

San Juan Unified School District

November 2026, Nutrient Analysis

ECE COLD BREAKFAST

	Portion Size	Cals (kcal)	Sugar (g)	Carb (g)
Mon - 11/02/2026				
BOILED EGG W/BUN	SVG	150	3.00	15.0
CEREAL, RICE CHEX (ECE)	BOWL	110	2.00	24.0
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
Tue - 11/03/2026				
PANCAKES, MINI MAPLE	1 PKT	200	10.00	35.0
PEACHES,CANNED	1/2 CUP	60	13.00	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
Wed - 11/04/2026				
OATMEAL ROUND,CINN/APP	1 EACH	280	14.00	38.0
COCOA FRUIT OATS	SVG	623	28.33	84.36
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
Thu - 11/05/2026				
TURKEY HAM & CH CROISSANT	1 EACH	190	3.00	19.0
COCOA FRUIT OATS	SERVIN	623	28.33	84.36
PEARS,CANNED	1/2 CUP	60	12.00	16.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
Fri - 11/06/2026				
BLUEBERRY BANANA MINI L OAF	SVG	332	23.70	52.5
FRUIT, FRESH VARIETY 1	SVG (1/ 2 CUP)	40	7.56	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
Mon - 11/09/2026				
CEREAL, RICE CHEX (ECE)	BOWL	110	2.00	24.0
APPLESAUCE CUP ,IW	1 EACH	60	18.00	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
Tue - 11/10/2026				
MUFFIN VARIETY (SM)	1 EACH	118	7.40	19.5
COCOA FRUIT OATS	SERVIN	623	28.33	84.36
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
Thu - 11/12/2026				
OATMEAL ROUND,CINN/APP	1 EACH	280	14.00	38.0
FRUIT, FRESH VARIETY 1	SVG (1/ 2 C)	40	7.56	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
Fri - 11/13/2026				
MUFFIN VARIETY (SM)	1 EACH	118	7.40	19.5
COCOA FRUIT OATS	SVG	623	28.33	84.36
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
Mon - 11/16/2026				
CEREAL, RICE CHEX (ECE)	BOWL (1OZ)	110	2.00	24.0
APPLESAUCE CUP ,IW	1 EACH	60	18.00	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0

Tue - 11/17/2026				
PANCAKES, MINI MAPLE	1 PKT	200	10.00	35.0
COCOA FRUIT OATS	SVG	623	28.33	84.36
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
Wed - 11/18/2026				
BOILED EGG W/BUN	SVG	150	3.00	15.0
COCOA FRUIT OATS	SVG	623	28.33	84.36
PEARS,CANNED	1/2 CUP	60	12.00	16.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
Thu - 11/19/2026				
BLUEBERRY BANANA MINI L OAF	SVG	332	23.70	52.5
FRUIT, FRESH VARIETY 1	SVG (1/ 2 CUP)	40	7.56	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
Fri - 11/20/2026				
MUFFIN VARIETY (SM)	1 EACH	118	7.40	19.5
FRUIT, FRESH VARIETY 1	SVG (1/ 2 CUP)	40	7.56	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
Mon - 11/23/2026				
OATMEAL ROUND,CINN/APP	1 EACH	280	14.00	38.0
FRUIT, FRESH VARIETY 1	SVG (1/ 2 CUP)	40	7.56	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
Tue - 11/24/2026				
BOILED EGG W/BUN	SVG	150	3.00	15.0
CEREAL, RICE CHEX (ECE)	BOWL	110	2.00	24.0
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
Wed - 11/25/2026				
CEREAL, RICE CHEX (ECE)	BOWL (1OZ)	110	2.00	24.0
APPLESAUCE CUP ,IW	1 EACH	60	18.00	14.0
MILK, 1% LOW FAT WHITE	1 CART ON	130	15.00	16.0
Mon - 11/30/2026				
CEREAL, RICE CHEX (ECE)	BOWL	110	2.00	24.0
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
MILK, 1% LOW FAT WHITE	1 CART	130	15.00	16.0

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

This institution is an equal opportunity