San Juan Unified School District

November 2026, Nutrient Analysis MIDDLE SCH BREAKFAST

	Portion Size	Cals (kcal)	Sugar (g)	Carb (g)
MONDAYS				
BANANA BREAD,SLICE	1 EACH	365	25.17	53.0
BLUEBERRY BANANA MINI LOAF	SVG	332	23.70	52.5
BREAKFAST CROISSANT	SVG	269	7.50	33.75
CINN MAPLE SAUSAGE ROLLUP	1 EACH	120	2.00	15.0
CEREAL VARIETY,WG	BOWL	220	11.67	45.67
EGG CHILAQUILES	SVG	330	2.55	31.93
COCOA FRUIT OATS	SVG	623	28.33	84.36
BISCUIT W/GRAVY,SAUSAGE	1 EACH	300	5.00	40.0
PANCAKES W/ CINN APPLES	SVG	248	25.61	49.39
APPLESAUCE CUP ,IW	1 EACH	60	18.00	14.0
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
MILK, FAT FREE WHITE	CARTON	90	12.00	13.0
TUESDAYS				
BANANA BREAD,SLICE	1 EACH	365	25.17	53.0
BLUEBERRY BANANA MINI LOAF	SVG	332	23.70	52.5
BREAKFAST CROISSANT	SVG	269	7.50	33.75
CINN MAPLE SAUSAGE ROLLUP	1 EACH	120	2.00	15.0
CEREAL VARIETY,WG	BOWL	220	11.67	45.67
EGG CHILAQUILES	SVG	330	2.55	31.93
COCOA FRUIT OATS	SVG	623	28.33	84.36
DIP N CRUNCH PACK	SVG	525	25.16	64.55
YOGURT SMOOTHIE, WG CHURRO STICK	SVG	330	32.00	54.0
PEACHES,CANNED	1/2 CUP	60	13.00	14.0
JUICE VARIETY, BOX	CARTON	60	13.00	14.5
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
MILK, FAT FREE WHITE	CARTON	90	12.00	13.0
WEDNESDAYS				
BANANA BREAD,SLICE	1 EACH	365	25.17	53.0
BLUEBERRY BANANA MINI LOAF	SVG	332	23.70	52.5
BREAKFAST CROISSANT	SVG	269	7.50	33.75
CINN MAPLE SAUSAGE ROLLUP	1 EACH	120	2.00	15.0
CEREAL VARIETY,WG	BOWL	220	11.67	45.67
EGG CHILAQUILES	SVG	330	2.55	31.93
COCOA FRUIT OATS	SVG	623	28.33	84.36
BISCUIT W/GRAVY,SAUSAGE	1 EACH	300	5.00	40.0
PANCAKES W/ CINN APPLES	SVG	248	25.61	49.39
PEARS,CANNED	1/2 CUP	60	12.00	16.0
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
MILK, FAT FREE WHITE	CARTON	90	12.00	13.0

THURSDAYS				
BANANA BREAD,SLICE	1 EACH	365	25.17	53.0
BLUEBERRY BANANA MINI LOAF	SVG	332	23.70	52.5
BREAKFAST CROISSANT	SVG	269	7.50	33.75
CINN MAPLE SAUSAGE ROLLUP	1 EACH	120	2.00	15.0
CEREAL VARIETY,WG	BOWL	220	11.67	45.67
EGG CHILAQUILES	SVG	330	2.55	31.93
COCOA FRUIT OATS	SVG	623	28.33	84.36
DIP N CRUNCH PACK	SVG	525	25.16	64.55
YOGURT SMOOTHIE, WG CHURRO STICK	SVG	330	32.00	54.0
PEACHES,CANNED	1/2 CUP	60	13.00	14.0
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
MILK, FAT FREE WHITE	CARTON	90	12.00	13.0
FRIDAYS				
BANANA BREAD,SLICE	1 EACH	365	25.17	53.0
BLUEBERRY BANANA MINI LOAF	SVG	332	23.70	52.5
BREAKFAST CROISSANT	SVG	269	7.50	33.75
CINN MAPLE SAUSAGE ROLLUP	1 EACH	120	2.00	15.0
CEREAL VARIETY,WG	BOWL	220	11.67	45.67
EGG CHILAQUILES	SVG	330	2.55	31.93
COCOA FRUIT OATS	SVG	623	28.33	84.36
YOGURT SMOOTHIE, WG CHURRO STICK	SVG	330	32.00	54.0
PANCAKES W/ CINN APPLES	SERVIN	248	25.61	49.39
FRUIT VARIETY ,CANNED	1/2 CUP	60	13.00	15.67
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
MILK, FAT FREE WHITE	CARTON	90	12.00	13.0
JUICE VARIETY, BOX	CARTON	60	13.00	14.5

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.

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