

San Juan Unified School District

November 2026, Nutrient Analysis

BRIDGES SUPER SNACK

	Portion Size	Cals (kcal)	Sugar (g)	Carb (g)
Mon - 11/02/2026				
TURKEY HAM & CH CROISSANT,IW	1 EACH	190	3.00	19.0
CARROTS, PKG	2.6 OZ	25	3.00	6.0
APPLESAUCE CUP ,IW	1 EACH	60	18.00	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12.00	13.0
Tue - 11/03/2026				
BBQ CHKN BITES MEAL KIT	1 EACH	530	46.00	68.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12.00	13.0
Wed - 11/04/2026				
BAGEL /JALPEN0 CR CHEES	PKG	220	3.00	27.0
CHEESE, STRING (2)	2 EACH	160	2.00	2.0
CELERY STICKS	1/2 CUP	8	0.68	1.5
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 CHOC	1 CARTON	90	12.00	13.0
Thu - 11/05/2026				
GRILLED CHEESE SANDWIC	1 EACH	309	5.95	32.86
CARROTS, PKG	2.6 OZ	25	3.00	6.0
RAISINS	1BOX	120	27.00	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12.00	13.0
Fri - 11/06/2026				
BOILED EGG W/CRACKERS	SERVIN	260	6.00	31.0
CHEESE, STRING (1)	1 EACH	80	1.00	1.0
VEGGIE JUICE ,100%	1 each	60	7.00	13.0
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 CHOC	1 CARTON	90	12.00	13.0
Mon - 11/09/2026				
BBQ CHKN BITES MEAL KIT	1 EACH	530	46.00	68.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12.00	13.0
Tue - 11/10/2026				
WOWBUTTER GRAPE SWICH	1 SANDW	540	19.00	53.0
BROCCOLI FRESH	1/2 CUP	25	1.00	4.0
JUICE VARIETY, BOX	CARTON	60	13.00	14.5
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12.00	13.0
Mon - 11/16/2026				
BAGEL /JALPEN0 CR CHEES	PKG	220	3.00	27.0
CHEESE, STRING (2)	2 EACH	160	2.00	2.0
VEGGIE JUICE ,100%	1 each	60	7.00	13.0

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 CHOC	1 CARTON	90	12.00	13.0
Tue - 11/17/2026				
WOWBUTTER GRAPE SWICH	1 SANDW	540	19.00	53.0
BROCCOLI FRESH	1/2 CUP	25	1.00	4.0
JUICE VARIETY, BOX	CARTON	60	13.00	14.5
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12.00	13.0
Wed - 11/18/2026				
BAGEL /JALPEN0 CR CHEES	PKG	220	3.00	27.0
CHEESE, STRING (2)	2 EACH	160	2.00	2.0
CELERY STICKS	1/2 CUP	8	0.68	1.5
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 CHOC	1 CARTON	90	12.00	13.0
Thu - 11/19/2026				
GRILLED CHEESE SANDWIC	1 EACH	309	5.95	32.86
CARROTS, PKG	2.6 OZ	25	3.00	6.0
RAISINS	1BOX	120	27.00	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12.00	13.0
Fri - 11/20/2026				
BOILED EGG W/CRACKERS	SERVIN	260	6.00	31.0
CHEESE, STRING (1)	1 EACH	80	1.00	1.0
VEGGIE JUICE ,100%	1 each	60	7.00	13.0
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 CHOC	1 CARTON	90	12.00	13.0
Mon - 11/30/2026				
BBQ CHKN BITES MEAL KIT	1 EACH	530	46.00	68.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12.00	13.0

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.

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