

San Juan Unified School District

November 2026, Nutrient Analysis

Elem ;K-8 Breakfast

	Portion Size	Cals (kcal)	Sugar (g)	Carb (g)
Mon - 11/02/2026				
CINN MAPLE SAUSAGE ROLLUP	1 EACH	120	2.00	15.0
BANANA BREAD,SLICE	1 EACH	365	25.17	53.0
CEREAL VARIETY,WG	BOWL/CUP	220	11.67	45.67
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
APPLESAUCE CUP ,IW	1 EACH	60	18.00	14.0
RAISINS	1BOX	120	27.00	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE WHITE	1 CARTON	90	12.00	13.0
Tue - 11/03/2026				
BISCUIT W/GRAVY,SAUSAGE	1 EACH	300	5.00	40.0
BISCUIT W/GRAVY	1 EACH	260	5.00	40.0
BAGEL /JALPEN0 CR CHEES	PKG	220	3.00	27.0
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
PEACHES,CANNED	1/2 CUP	60	13.00	14.0
RAISINS	1BOX	120	27.00	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE WHITE	1 CARTON	90	12.00	13.0
Wed - 11/04/2026				
EGG CHILAQUILES	SVG	330	2.55	31.93
COCOA FRUIT OATS	SERVIN	577	26.21	80.37
CEREAL VARIETY,WG	BOWL/	220	11.67	45.67
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
JUICE VARIETY, BOX	1 CARTON	60	13.00	14.5
RAISINS	1BOX	120	27.00	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE WHITE	1 CARTON	90	12.00	13.0
Thu - 11/05/2026				
PANCAKES W/FRUIT	SERVIN	210	17.00	39.0
COCOA FRUIT OATS	SERVIN	577	26.21	80.37
BAGEL /JALPEN0 CR CHEES	PKG	220	3.00	27.0
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
PEARS,CANNED	1/2 CUP	60	12.00	16.0
RAISINS	1BOX	120	27.00	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE WHITE	1 CARTON	90	12.00	13.0
Fri - 11/06/2026				
BLUEBERRY BANANA MINI LOAF	SVG	332	23.70	52.5
PANCAKE BEEF SAUSAGE STICK	1 EACH	173	6.90	16.5
CEREAL VARIETY,WG	BOWL/	220	11.67	45.67
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
PEACHES,CANNED	1/2 CUP	60	13.00	14.0
RAISINS	1BOX	120	27.00	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE WHITE	1 CARTON	90	12.00	13.0

Mon - 11/09/2026				
BISCUIT W/GRAVY,SAUSAGE	1 EACH	300	5.00	40.0
BISCUIT W/GRAVY	1 EACH	260	5.00	40.0
CEREAL VARIETY,WG	BOWL/	220	11.67	45.67
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
APPLESAUCE CUP ,IW	1 EACH	60	18.00	14.0
RAISINS	1BOX	120	27.00	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE WHITE	1 CARTON	90	12.00	13.0
Tue - 11/10/2026				
EGG CHILAQUILES	SVG	330	2.55	31.93
COCOA FRUIT OATS	SERVIN	577	26.21	80.37
BAGEL /JALPEN0 CR CHEES	PKG	220	3.00	27.0
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
PEARS,CANNED	1/2 CUP	60	12.00	16.0
RAISINS	1BOX	120	27.00	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE WHITE	1 CARTON	90	12.00	13.0
Thu - 11/12/2026				
YOGURT SMOOTHIE, WG CHURRO ST	SVG	330	32.00	54.0
BAGEL /JALPEN0 CR CHEES	PKG	220	3.00	27.0
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
JUICE VARIETY, BOX	CARTON	60	13.00	14.5
RAISINS	1BOX	120	27.00	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE WHITE	1 CARTON	90	12.00	13.0
Fri - 11/13/2026				
BANANA BREAD,SLICE	1 EACH	365	25.17	53.0
COCOA FRUIT OATS	SERVIN	577	26.21	80.37
CEREAL VARIETY,WG	BOWL/	220	11.67	45.67
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
JUICE VARIETY, BOX	CARTON	60	13.00	14.5
RAISINS	1BOX	120	27.00	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE WHITE	1 CARTON	90	12.00	13.0
Mon - 11/16/2026				
PANCAKE BEEF SAUSAGE STICK	1 EACH	173	6.90	16.5
CINN MAPLE SAUSAGE ROLLUP	1 EACH	120	2.00	15.0
CEREAL VARIETY,WG	BOWL/	220	11.67	45.67
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
APPLESAUCE CUP ,IW	1 EACH	60	18.00	14.0
RAISINS	1BOX	120	27.00	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE WHITE	1 CARTON	90	12.00	13.0
Tue - 11/17/2026				
YOGURT SMOOTHIE, WG CHURRO ST	SVG	330	32.00	54.0
COCOA FRUIT OATS	SERVIN	577	26.21	80.37
BAGEL /JALPEN0 CR CHEES	PKG	220	3.00	27.0
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
JUICE VARIETY, BOX	CARTON	60	13.00	14.5
RAISINS	1BOX	120	27.00	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE WHITE	1 CARTON	90	12.00	13.0

Wed - 11/18/2026				
EGG N CHEESE PACK	SERVIN	220	2.90	14.6
COCOA FRUIT OATS	SERVIN	577	26.21	80.37
CEREAL VARIETY,WG	BOWL/	220	11.67	45.67
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
PEARS,CANNED	1/2 CUP	60	12.00	16.0
RAISINS	1BOX	120	27.00	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE WHITE	1 CARTON	90	12.00	13.0
Thu - 11/19/2026				
BLUEBERRY BANANA MINI LOAF	SVG	332	23.70	52.5
DIP N CRUNCH PACK	SERVIN	525	25.16	64.55
BAGEL /JALPEN0 CR CHEES	PKG	220	3.00	27.0
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
PEACHES,CANNED	1/2 CUP	60	13.00	14.0
RAISINS	1BOX	120	27.00	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE WHITE	1 CARTON	90	12.00	13.0
Fri - 11/20/2026				
EGG CHILAQUILES	SVG	330	2.55	31.93
COCOA FRUIT OATS	SERVIN	577	26.21	80.37
CEREAL VARIETY,WG	BOWL/	220	11.67	45.67
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
JUICE VARIETY, BOX	CARTON	60	13.00	14.5
RAISINS	1BOX	120	27.00	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE WHITE	1 CARTON	90	12.00	13.0
Mon - 11/30/2026				
PANCAKE BEEF SAUSAGE STICK	1 EACH	173	6.90	16.5
CEREAL VARIETY,WG	BOWL/	220	11.67	45.67
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
APPLESAUCE CUP ,IW	1 EACH	60	18.00	14.0
RAISINS	1BOX	120	27.00	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE WHITE	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

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