

Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2016-2017 High School Breakfast Menu



Mon - 04/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Chicken & Rice Burrito (HS)	1.00 serving	439.052	52.892
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	470.748	35.142
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	449.521	37.819
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	628.657	43.369
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Coffee Cake	1.00 each	340.000	53.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Pan Dulce, Assorted	1.00 each	200.000	34.000
Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST)	1.00 each	320.000	32.000
Pop Tarts & String Cheese	1.00 serving	260.000	37.500

Mon - 04/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	312.579	21.286
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	348.426	21.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait w/ Granola	1.00 serving	375.024	74.684
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Apple and Orange Juice, 4 oz, Carton	1.00 each	57.500	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		470.274	68.829
% of Calories			58.54%

Tue - 04/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
------------------	--------------	-----------------	-------------------

2016-2017 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Chicken & Rice Burrito (HS)	1.00 serving	439.052	52.892
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	470.748	35.142
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	449.521	37.819
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	628.657	43.369
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Coffee Cake	1.00 each	340.000	53.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Pan Dulce, Assorted	1.00 each	200.000	34.000
Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST)	1.00 each	320.000	32.000
Pop Tarts & String Cheese	1.00 serving	260.000	37.500
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	312.579	21.286
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	348.426	21.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000

Yogurt Parfait w/ Granola	1.00 serving	375.024	74.684
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Apple and Orange Juice, 4 oz, Carton	1.00 each	57.500	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		470.274	68.829
% of Calories			58.54%

Wed - 04/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000

Wed - 04/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Chicken & Rice Burrito (HS)	1.00 serving	439.052	52.892
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	470.748	35.142
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	449.521	37.819
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	628.657	43.369
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Coffee Cake	1.00 each	340.000	53.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Pan Dulce, Assorted	1.00 each	200.000	34.000
Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST)	1.00 each	320.000	32.000
Pop Tarts & String Cheese	1.00 serving	260.000	37.500
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	312.579	21.286
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	348.426	21.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait w/ Granola	1.00 serving	375.024	74.684
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197

Wed - 04/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Apple and Orange Juice, 4 oz, Carton	1.00 each	57.500	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		470.274	68.829
% of Calories			58.54%

Thu - 04/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Chicken & Rice Burrito (HS)	1.00 serving	439.052	52.892
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	470.748	35.142
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	449.521	37.819

Thu - 04/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	628.657	43.369
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Coffee Cake	1.00 each	340.000	53.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Pan Dulce, Assorted	1.00 each	200.000	34.000
Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST)	1.00 each	320.000	32.000
Pop Tarts & String Cheese	1.00 serving	260.000	37.500
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	312.579	21.286
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	348.426	21.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait w/ Granola	1.00 serving	375.024	74.684
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Apple and Orange Juice, 4 oz, Carton	1.00 each	57.500	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000

Thu - 04/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		470.274	68.829
% of Calories			58.54%

Fri - 04/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Chicken & Rice Burrito (HS)	1.00 serving	439.052	52.892
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	470.748	35.142
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	449.521	37.819
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	628.657	43.369
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Coffee Cake	1.00 each	340.000	53.000

Fri - 04/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Pan Dulce, Assorted	1.00 each	200.000	34.000
Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST)	1.00 each	320.000	32.000
Pop Tarts & String Cheese	1.00 serving	260.000	37.500
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	312.579	21.286
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	348.426	21.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait w/ Granola	1.00 serving	375.024	74.684
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Apple and Orange Juice, 4 oz, Carton	1.00 each	57.500	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	0.000	0.000

Fri - 04/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Weighted Daily Average		470.274	68.829
% of Calories			58.54%

Mon - 04/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Chicken & Rice Burrito (HS)	1.00 serving	439.052	52.892
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	470.748	35.142
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	449.521	37.819
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	628.657	43.369
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Coffee Cake	1.00 each	340.000	53.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Pan Dulce, Assorted	1.00 each	200.000	34.000
Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST)	1.00 each	320.000	32.000

Mon - 04/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Pop Tarts & String Cheese	1.00 serving	260.000	37.500
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	312.579	21.286
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	348.426	21.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait w/ Granola	1.00 serving	375.024	74.684
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Apple and Orange Juice, 4 oz, Carton	1.00 each	57.500	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		470.274	68.829
% of Calories			58.54%

Tue - 04/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Chicken & Rice Burrito (HS)	1.00 serving	439.052	52.892
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	470.748	35.142
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	449.521	37.819
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	628.657	43.369
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Coffee Cake	1.00 each	340.000	53.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Pan Dulce, Assorted	1.00 each	200.000	34.000
Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST)	1.00 each	320.000	32.000
Pop Tarts & String Cheese	1.00 serving	260.000	37.500
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	312.579	21.286
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	348.426	21.886

Tue - 04/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait w/ Granola	1.00 serving	375.024	74.684
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Apple and Orange Juice, 4 oz, Carton	1.00 each	57.500	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		470.274	68.829
% of Calories			58.54%

Wed - 04/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000

Wed - 04/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Bagel & Cream Cheese	1.00 serving	210.000	30.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Chicken & Rice Burrito (HS)	1.00 serving	439.052	52.892
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	470.748	35.142
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	449.521	37.819
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	628.657	43.369
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Coffee Cake	1.00 each	340.000	53.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Pan Dulce, Assorted	1.00 each	200.000	34.000
Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST)	1.00 each	320.000	32.000
Pop Tarts & String Cheese	1.00 serving	260.000	37.500
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	312.579	21.286
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	348.426	21.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait w/ Granola	1.00 serving	375.024	74.684
Assorted Breakfast Bars	1.00 each	286.839	47.361

Wed - 04/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Apple and Orange Juice, 4 oz, Carton	1.00 each	57.500	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		470.274	68.829
% of Calories			58.54%

Thu - 04/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Chicken & Rice Burrito (HS)	1.00 serving	439.052	52.892

Thu - 04/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	470.748	35.142
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	449.521	37.819
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	628.657	43.369
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Coffee Cake	1.00 each	340.000	53.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Pan Dulce, Assorted	1.00 each	200.000	34.000
Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST)	1.00 each	320.000	32.000
Pop Tarts & String Cheese	1.00 serving	260.000	37.500
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	312.579	21.286
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	348.426	21.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait w/ Granola	1.00 serving	375.024	74.684
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Apple and Orange Juice, 4 oz, Carton	1.00 each	57.500	14.000

Thu - 04/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		470.274	68.829
% of Calories			58.54%

Fri - 04/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Chicken & Rice Burrito (HS)	1.00 serving	439.052	52.892
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	470.748	35.142
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	449.521	37.819
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	628.657	43.369

Fri - 04/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Coffee Cake	1.00 each	340.000	53.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Pan Dulce, Assorted	1.00 each	200.000	34.000
Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST)	1.00 each	320.000	32.000
Pop Tarts & String Cheese	1.00 serving	260.000	37.500
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	312.579	21.286
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	348.426	21.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait w/ Granola	1.00 serving	375.024	74.684
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Apple and Orange Juice, 4 oz, Carton	1.00 each	57.500	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000

Fri - 04/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		470.274	68.829
% of Calories			58.54%

Mon - 04/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Chicken & Rice Burrito (HS)	1.00 serving	439.052	52.892
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	470.748	35.142
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	449.521	37.819
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	628.657	43.369
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Coffee Cake	1.00 each	340.000	53.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750

Mon - 04/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Pan Dulce, Assorted	1.00 each	200.000	34.000
Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST)	1.00 each	320.000	32.000
Pop Tarts & String Cheese	1.00 serving	260.000	37.500
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	312.579	21.286
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	348.426	21.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait w/ Granola	1.00 serving	375.024	74.684
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Apple and Orange Juice, 4 oz, Carton	1.00 each	57.500	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		470.274	68.829

Mon - 04/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
% of Calories			58.54%

Tue - 04/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Chicken & Rice Burrito (HS)	1.00 serving	439.052	52.892
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	470.748	35.142
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	449.521	37.819
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	628.657	43.369
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Coffee Cake	1.00 each	340.000	53.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Pan Dulce, Assorted	1.00 each	200.000	34.000
Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST)	1.00 each	320.000	32.000
Pop Tarts & String Cheese	1.00 serving	260.000	37.500

Tue - 04/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	312.579	21.286
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	348.426	21.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait w/ Granola	1.00 serving	375.024	74.684
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Apple and Orange Juice, 4 oz, Carton	1.00 each	57.500	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		470.274	68.829
% of Calories			58.54%

Wed - 04/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
------------------	--------------	-----------------	-------------------

2016-2017 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Chicken & Rice Burrito (HS)	1.00 serving	439.052	52.892
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	470.748	35.142
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	449.521	37.819
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	628.657	43.369
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Coffee Cake	1.00 each	340.000	53.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Pan Dulce, Assorted	1.00 each	200.000	34.000
Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST)	1.00 each	320.000	32.000
Pop Tarts & String Cheese	1.00 serving	260.000	37.500
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	312.579	21.286
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	348.426	21.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000

Yogurt Parfait w/ Granola	1.00 serving	375.024	74.684
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Apple and Orange Juice, 4 oz, Carton	1.00 each	57.500	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		470.274	68.829
% of Calories			58.54%

Thu - 04/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000

Thu - 04/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Chicken & Rice Burrito (HS)	1.00 serving	439.052	52.892
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	470.748	35.142
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	449.521	37.819
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	628.657	43.369
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Coffee Cake	1.00 each	340.000	53.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Pan Dulce, Assorted	1.00 each	200.000	34.000
Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST)	1.00 each	320.000	32.000
Pop Tarts & String Cheese	1.00 serving	260.000	37.500
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	312.579	21.286
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	348.426	21.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait w/ Granola	1.00 serving	375.024	74.684
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197

Thu - 04/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Apple and Orange Juice, 4 oz, Carton	1.00 each	57.500	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		470.274	68.829
% of Calories			58.54%

Fri - 04/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Chicken & Rice Burrito (HS)	1.00 serving	439.052	52.892
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	470.748	35.142
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	449.521	37.819

Fri - 04/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	628.657	43.369
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Coffee Cake	1.00 each	340.000	53.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Pan Dulce, Assorted	1.00 each	200.000	34.000
Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST)	1.00 each	320.000	32.000
Pop Tarts & String Cheese	1.00 serving	260.000	37.500
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	312.579	21.286
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	348.426	21.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait w/ Granola	1.00 serving	375.024	74.684
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Apple and Orange Juice, 4 oz, Carton	1.00 each	57.500	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000

Fri - 04/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		470.274	68.829
% of Calories			58.54%

* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.