

# Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2019-2020 High School Breakfast Menu



Wed - 08/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	672.181	42.586
Turkey Ham, Egg & Cheese Croissant Sandwich	1.00 serving	298.621	32.848
Chicken Sausage, Egg & Cheese Croissant Sandwich	1.00 serving	339.629	31.965
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Pop Tart & String Cheese	1.00 serving	260.000	37.500
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
Assorted Breakfast Bars	1.00 each	285.000	47.500
Yogurt Parfait & Granola	1.00 serving	229.699	44.463
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000

1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		538.090	78.956
% of Calories			58.69%

Thu - 08/29/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
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Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Pop Tart & String Cheese	1.00 serving	260.000	37.500
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

Assorted Breakfast Bars	1.00 each	285.000	47.500
Yogurt Parfait & Granola	1.00 serving	229.699	44.463
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		538.090	78.956
% of Calories			58.69%

<b>Fri - 08/30/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	672.181	42.586
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Cereal Bar & String Cheese	1.00 serving	230.000	30.000

Cereal w/ String Cheese	1.00 serving	188.571	23.143
Pop Tart & String Cheese	1.00 serving	260.000	37.500
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
Assorted Breakfast Bars	1.00 each	285.000	47.500
Yogurt Parfait & Granola	1.00 serving	229.699	44.463
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		538.090	78.956
% of Calories			58.69%

Mon - 09/02/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Breakfast Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 09/03/2019	Portion Size	Calories (kcal)	Carbohydrates (g)

2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
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Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Pop Tart & String Cheese	1.00 serving	260.000	37.500
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
Assorted Breakfast Bars	1.00 each	285.000	47.500
Yogurt Parfait & Granola	1.00 serving	229.699	44.463
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		538.090	78.956

% of Calories			58.69%
<b>Wed - 09/04/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	672.181	42.586
Turkey Ham, Egg & Cheese Croissant Sandwich	1.00 serving	298.621	32.848
Chicken Sausage, Egg & Cheese Croissant Sandwich	1.00 serving	339.629	31.965
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Pop Tart & String Cheese	1.00 serving	260.000	37.500
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
Assorted Breakfast Bars	1.00 each	285.000	47.500
Yogurt Parfait & Granola	1.00 serving	229.699	44.463
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000

Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		538.090	78.956
% of Calories			58.69%

Thu - 09/05/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	672.181	42.586
Turkey Ham, Egg & Cheese Croissant Sandwich	1.00 serving	298.621	32.848
Chicken Sausage, Egg & Cheese Croissant Sandwich	1.00 serving	339.629	31.965
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Pop Tart & String Cheese	1.00 serving	260.000	37.500
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
Assorted Breakfast Bars	1.00 each	285.000	47.500

Yogurt Parfait & Granola	1.00 serving	229.699	44.463
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		538.090	78.956
% of Calories			58.69%

<b>Fri - 09/06/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	672.181	42.586
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Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Cereal w/ String Cheese	1.00 serving	188.571	23.143



Pop Tart & String Cheese	1.00 serving	260.000	37.500
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
Assorted Breakfast Bars	1.00 each	285.000	47.500
Yogurt Parfait & Granola	1.00 serving	229.699	44.463
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		538.090	78.956
% of Calories			58.69%

Mon - 09/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
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Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	672.181	42.586
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Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		538.090	78.956
% of Calories			58.69%

<b>Tue - 09/10/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000

Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
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Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		538.090	78.956
% of Calories			58.69%

<b>Wed - 09/11/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
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Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000

Weighted Daily Average	538.090	78.956
% of Calories		58.69%

Thu - 09/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000

Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		538.090	78.956
% of Calories			58.69%

Fri - 09/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	672.181	42.586
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Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST)	1.00 each	320.000	32.000
Assorted Breakfast Bars	1.00 each	285.000	47.500

Yogurt Parfait & Granola	1.00 serving	229.699	44.463
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		538.090	78.956
% of Calories			58.69%

Mon - 09/16/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	672.181	42.586
Turkey Ham, Egg & Cheese Croissant Sandwich	1.00 serving	298.621	32.848
Chicken Sausage, Egg & Cheese Croissant Sandwich	1.00 serving	339.629	31.965
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Cereal w/ String Cheese	1.00 serving	188.571	23.143

Pop Tart & String Cheese	1.00 serving	260.000	37.500
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
Assorted Breakfast Bars	1.00 each	285.000	47.500
Yogurt Parfait & Granola	1.00 serving	229.699	44.463
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		538.090	78.956
% of Calories			58.69%

<b>Tue - 09/17/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263



Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	672.181	42.586
Turkey Ham, Egg & Cheese Croissant Sandwich	1.00 serving	298.621	32.848
Chicken Sausage, Egg & Cheese Croissant Sandwich	1.00 serving	339.629	31.965
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Pop Tart & String Cheese	1.00 serving	260.000	37.500
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
Assorted Breakfast Bars	1.00 each	285.000	47.500
Yogurt Parfait & Granola	1.00 serving	229.699	44.463
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		538.090	78.956
% of Calories			58.69%

Wed - 09/18/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000

Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	672.181	42.586
Turkey Ham, Egg & Cheese Croissant Sandwich	1.00 serving	298.621	32.848
Chicken Sausage, Egg & Cheese Croissant Sandwich	1.00 serving	339.629	31.965
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Pop Tart & String Cheese	1.00 serving	260.000	37.500
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
Assorted Breakfast Bars	1.00 each	285.000	47.500
Yogurt Parfait & Granola	1.00 serving	229.699	44.463
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		538.090	78.956
% of Calories			58.69%

Thu - 09/19/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	672.181	42.586
Turkey Ham, Egg & Cheese Croissant Sandwich	1.00 serving	298.621	32.848
Chicken Sausage, Egg & Cheese Croissant Sandwich	1.00 serving	339.629	31.965
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Pop Tart & String Cheese	1.00 serving	260.000	37.500
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
Assorted Breakfast Bars	1.00 each	285.000	47.500
Yogurt Parfait & Granola	1.00 serving	229.699	44.463
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000

Weighted Daily Average	538.090	78.956
% of Calories		58.69%

Fri - 09/20/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	672.181	42.586
Turkey Ham, Egg & Cheese Croissant Sandwich	1.00 serving	298.621	32.848
Chicken Sausage, Egg & Cheese Croissant Sandwich	1.00 serving	339.629	31.965
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Pop Tart & String Cheese	1.00 serving	260.000	37.500
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
Assorted Breakfast Bars	1.00 each	285.000	47.500
Yogurt Parfait & Granola	1.00 serving	229.699	44.463
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000

Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		538.090	78.956
% of Calories			58.69%

Mon - 09/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	672.181	42.586
Turkey Ham, Egg & Cheese Croissant Sandwich	1.00 serving	298.621	32.848
Chicken Sausage, Egg & Cheese Croissant Sandwich	1.00 serving	339.629	31.965
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Pop Tart & String Cheese	1.00 serving	260.000	37.500
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
Assorted Breakfast Bars	1.00 each	285.000	47.500

Yogurt Parfait & Granola	1.00 serving	229.699	44.463
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		538.090	78.956
% of Calories			58.69%

<b>Tue - 09/24/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	672.181	42.586
Turkey Ham, Egg & Cheese Croissant Sandwich	1.00 serving	298.621	32.848
Chicken Sausage, Egg & Cheese Croissant Sandwich	1.00 serving	339.629	31.965
Cereal Bar & String Cheese	1.00 serving	230.000	30.000

Cereal w/ String Cheese	1.00 serving	188.571	23.143
Pop Tart & String Cheese	1.00 serving	260.000	37.500
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
Assorted Breakfast Bars	1.00 each	285.000	47.500
Yogurt Parfait & Granola	1.00 serving	229.699	44.463
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		538.090	78.956
% of Calories			58.69%

Wed - 09/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263

Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	672.181	42.586
Turkey Ham, Egg & Cheese Croissant Sandwich	1.00 serving	298.621	32.848
Chicken Sausage, Egg & Cheese Croissant Sandwich	1.00 serving	339.629	31.965
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Pop Tart & String Cheese	1.00 serving	260.000	37.500
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
Assorted Breakfast Bars	1.00 each	285.000	47.500
Yogurt Parfait & Granola	1.00 serving	229.699	44.463
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		538.090	78.956
% of Calories			58.69%

Thu - 09/26/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000



Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	672.181	42.586
Turkey Ham, Egg & Cheese Croissant Sandwich	1.00 serving	298.621	32.848
Chicken Sausage, Egg & Cheese Croissant Sandwich	1.00 serving	339.629	31.965
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Pop Tart & String Cheese	1.00 serving	260.000	37.500
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
Assorted Breakfast Bars	1.00 each	285.000	47.500
Yogurt Parfait & Granola	1.00 serving	229.699	44.463
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		538.090	78.956
% of Calories			58.69%

<b>Fri - 09/27/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	672.181	42.586
Turkey Ham, Egg & Cheese Croissant Sandwich	1.00 serving	298.621	32.848
Chicken Sausage, Egg & Cheese Croissant Sandwich	1.00 serving	339.629	31.965
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Pop Tart & String Cheese	1.00 serving	260.000	37.500
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
Assorted Breakfast Bars	1.00 each	285.000	47.500
Yogurt Parfait & Granola	1.00 serving	229.699	44.463
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000

Weighted Daily Average	538.090	78.956
% of Calories		58.69%

Mon - 09/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	672.181	42.586
Turkey Ham, Egg & Cheese Croissant Sandwich	1.00 serving	298.621	32.848
Chicken Sausage, Egg & Cheese Croissant Sandwich	1.00 serving	339.629	31.965
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Pop Tart & String Cheese	1.00 serving	260.000	37.500
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
Assorted Breakfast Bars	1.00 each	285.000	47.500
Yogurt Parfait & Granola	1.00 serving	229.699	44.463
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000

1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		538.090	78.956
% of Calories			58.69%

\* = Indicates missing Nutrient Information.

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