

# Carbohydrate Report

**District: Garden Grove Unified School District**

**School: Bolsa High School**

**Menu: 2017-2018 High School Breakfast Menu**

Wed - 08/30/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast	1.00 each	358.426	34.886

Sandwich			
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	253.796	50.752
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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	5.000	1.000
Maple Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		459.104	67.352
% of Calories			58.68%

Thu - 08/31/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000

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	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	253.796	50.752
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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	5.000	1.000
Maple Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		459.104	67.352
% of Calories			58.68%

<b>Fri - 09/01/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	253.796	50.752
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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	5.000	1.000
Maple Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		459.104	67.352
% of Calories			58.68%

Tue - 09/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	253.796	50.752
Assorted Breakfast Bars	1.00 each	286.839	47.361

Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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	5.000	1.000
Maple Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		465.792	69.040
% of Calories			59.29%

Wed - 09/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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	505.625	40.514

Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	253.796	50.752
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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	5.000	1.000
Maple Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		465.792	69.040
% of Calories			59.29%

Thu - 09/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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

Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	253.796	50.752
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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	5.000	1.000
Maple Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		465.792	69.040
% of Calories			59.29%

<b>Fri - 09/08/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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## 2017-2018 High School Breakfast Menu

Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	253.796	50.752
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197

Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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	5.000	1.000
Maple Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		465.792	69.040
% of Calories			59.29%

Mon - 09/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581

Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	253.796	50.752
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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	5.000	1.000
Maple Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		465.792	69.040
% of Calories			59.29%

<b>Tue - 09/12/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
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Breakfast Sandwich, Ham, Cheese &			

Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
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Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Maple Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		459.104	67.352
% of Calories			58.68%

Wed - 09/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		

Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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
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Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250



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	5.000	1.000
Maple Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		459.104	67.352
% of Calories			58.68%

Thu - 09/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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
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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
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Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	253.796	50.752
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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	5.000	1.000
Maple Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		459.104	67.352
% of Calories			58.68%

Fri - 09/15/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	253.796	50.752

Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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	5.000	1.000
Maple Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		459.104	67.352
% of Calories			58.68%

Mon - 09/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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	505.625	40.514

Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	253.796	50.752
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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	5.000	1.000
Maple Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		459.104	67.352
% of Calories			58.68%

<b>Tue - 09/19/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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
Breakfast Sandwich, Ham, Cheese &	1.00 serving	330.105	34.613

Egg			
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	253.796	50.752
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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	5.000	1.000
Maple Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		459.104	67.352
% of Calories			58.68%

Wed - 09/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		

Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	253.796	50.752
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250



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	5.000	1.000
Maple Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		459.104	67.352
% of Calories			58.68%

Thu - 09/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	253.796	50.752
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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	5.000	1.000
Maple Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		459.104	67.352
% of Calories			58.68%

Fri - 09/22/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	253.796	50.752

Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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	5.000	1.000
Maple Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		459.104	67.352
% of Calories			58.68%

Mon - 09/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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	505.625	40.514

Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	253.796	50.752
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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	5.000	1.000
Maple Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		459.104	67.352
% of Calories			58.68%

<b>Tue - 09/26/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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
Breakfast Sandwich, Ham, Cheese &	1.00 serving	330.105	34.613

Egg			
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	253.796	50.752
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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	5.000	1.000
Maple Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		459.104	67.352
% of Calories			58.68%

Wed - 09/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		

Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	253.796	50.752
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250



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	5.000	1.000
Maple Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		459.104	67.352
% of Calories			58.68%

Thu - 09/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	253.796	50.752
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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	5.000	1.000
Maple Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		459.104	67.352
% of Calories			58.68%

Fri - 09/29/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	253.796	50.752

Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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	5.000	1.000
Maple Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		459.104	67.352
% of Calories			58.68%

\* = 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.