

Carbohydrate Report

District: Garden Grove Unified School District

School: Bell Intermediate

Menu: 2018-2019 Intermediate Breakfast Menu



| Fri - 02/01/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|-----------------|-------------------|
| 2018-2019 Intermediate Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (2) w/ Pancakes & Syrup | 1.00 serving/2 links + 2 pancakes | 360.000 | 59.000 |
| Breakfast Sausage Pizza | 1.00 serving | 210.000 | 26.000 |
| Turkey Taco Pocket, Breakfast | 1.00 each | 250.000 | 32.000 |
| Breakfast Burrito, Egg, Ham & Cheese | 1.00 serving | 583.183 | 43.196 |
| 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 | 188.726 | 23.186 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Whole Wheat Cinnamon Roll (Old Town Bakery) | 1.00 serving | 300.000 | 51.000 |
| 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 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| 1% Low-fat Milk | 8.00 oz | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 oz | 110.000 | 20.000 |

| | | | |
|------------------------|-----------------|---------|--------|
| Ketchup | 1.00 tablespoon | 20.000 | 4.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Weighted Daily Average | | 508.745 | 84.136 |
| % of Calories | | | 66.15% |

| Mon - 02/04/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|-----------------|-------------------|
| 2018-2019 Intermediate Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (2) w/ Pancakes & Syrup | 1.00 serving/2 links + 2 pancakes | 360.000 | 59.000 |
| Breakfast Sausage Pizza | 1.00 serving | 210.000 | 26.000 |
| Turkey Taco Pocket, Breakfast | 1.00 each | 250.000 | 32.000 |
| Breakfast Burrito, Egg, Ham & Cheese | 1.00 serving | 583.183 | 43.196 |
| 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 | 188.726 | 23.186 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Whole Wheat Cinnamon Roll (Old Town Bakery) | 1.00 serving | 300.000 | 51.000 |
| 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 |
| Trix Yogurt w/ Mini Muffin | 1.00 serving | 218.000 | 39.900 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |

| | | | |
|--------------------------|-----------------|---------|--------|
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| 1% Low-fat Milk | 8.00 oz | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 oz | 110.000 | 20.000 |
| Ketchup | 1.00 tablespoon | 20.000 | 4.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Weighted Daily Average | | 507.545 | 84.432 |
| % of Calories | | | 66.54% |

| Tue - 02/05/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|------------------------|--------------------------|
| 2018-2019 Intermediate Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (2) w/ Pancakes & Syrup | 1.00 serving/2 links + 2 pancakes | 360.000 | 59.000 |
| Breakfast Sausage Pizza | 1.00 serving | 210.000 | 26.000 |
| Turkey Taco Pocket, Breakfast | 1.00 each | 250.000 | 32.000 |
| 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 | 188.726 | 23.186 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Whole Wheat Cinnamon Roll (Old Town Bakery) | 1.00 serving | 300.000 | 51.000 |
| 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 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |

| | | | |
|--------------------------|-----------------|---------|--------|
| 1% Low-fat Milk | 8.00 oz | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 oz | 110.000 | 20.000 |
| Ketchup | 1.00 tablespoon | 20.000 | 4.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Weighted Daily Average | | 496.704 | 83.924 |
| % of Calories | | | 67.58% |

| Wed - 02/06/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|-----------------|-------------------|
| 2018-2019 Intermediate Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (2) w/ Pancakes & Syrup | 1.00 serving/2 links + 2 pancakes | 360.000 | 59.000 |
| Breakfast Sausage Pizza | 1.00 serving | 210.000 | 26.000 |
| Turkey Taco Pocket, Breakfast | 1.00 each | 250.000 | 32.000 |
| Breakfast Burrito, Egg, Ham & Cheese | 1.00 serving | 583.183 | 43.196 |
| 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 | 188.726 | 23.186 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Whole Wheat Cinnamon Roll (Old Town Bakery) | 1.00 serving | 300.000 | 51.000 |
| 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 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |

| | | | |
|-----------------------------------|-----------------|---------|--------|
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| 1% Low-fat Milk | 8.00 oz | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 oz | 110.000 | 20.000 |
| Ketchup | 1.00 tablespoon | 20.000 | 4.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Weighted Daily Average | | 508.745 | 84.136 |
| % of Calories | | | 66.15% |

| Thu - 02/07/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|-----------------|-------------------|
| 2018-2019 Intermediate Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (2) w/ Pancakes & Syrup | 1.00 serving/2 links + 2 pancakes | 360.000 | 59.000 |
| Breakfast Sausage Pizza | 1.00 serving | 210.000 | 26.000 |
| Turkey Taco Pocket, Breakfast | 1.00 each | 250.000 | 32.000 |
| 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 | 188.726 | 23.186 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Whole Wheat Cinnamon Roll (Old Town Bakery) | 1.00 serving | 300.000 | 51.000 |
| 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 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |

| | | | |
|--------------------------|-----------------|---------|--------|
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| 1% Low-fat Milk | 8.00 oz | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 oz | 110.000 | 20.000 |
| Ketchup | 1.00 tablespoon | 20.000 | 4.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Weighted Daily Average | | 496.704 | 83.924 |
| % of Calories | | | 67.58% |

| Fri - 02/08/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|------------------------|--------------------------|
| 2018-2019 Intermediate Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (2) w/ Pancakes & Syrup | 1.00 serving/2 links + 2 pancakes | 360.000 | 59.000 |
| Breakfast Sausage Pizza | 1.00 serving | 210.000 | 26.000 |
| Turkey Taco Pocket, Breakfast | 1.00 each | 250.000 | 32.000 |
| Breakfast Burrito, Egg, Ham & Cheese | 1.00 serving | 583.183 | 43.196 |
| 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 | 188.726 | 23.186 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Whole Wheat Cinnamon Roll (Old Town Bakery) | 1.00 serving | 300.000 | 51.000 |
| 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 |

| | | | |
|-----------------------------------|-----------------|---------|--------|
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| 1% Low-fat Milk | 8.00 oz | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 oz | 110.000 | 20.000 |
| Ketchup | 1.00 tablespoon | 20.000 | 4.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Weighted Daily Average | | 508.745 | 84.136 |
| % of Calories | | | 66.15% |

| Tue - 02/12/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|------------------------|--------------------------|
| 2018-2019 Intermediate Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (2) w/ Pancakes & Syrup | 1.00 serving/2 links + 2 pancakes | 360.000 | 59.000 |
| Breakfast Sausage Pizza | 1.00 serving | 210.000 | 26.000 |
| Turkey Taco Pocket, Breakfast | 1.00 each | 250.000 | 32.000 |
| 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 | 188.726 | 23.186 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Whole Wheat Cinnamon Roll (Old Town Bakery) | 1.00 serving | 300.000 | 51.000 |
| 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 |

| | | | |
|-----------------------------------|-----------------|---------|--------|
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| 1% Low-fat Milk | 8.00 oz | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 oz | 110.000 | 20.000 |
| Ketchup | 1.00 tablespoon | 20.000 | 4.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Weighted Daily Average | | 496.704 | 83.924 |
| % of Calories | | | 67.58% |

| Wed - 02/13/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|-----------------|-------------------|
| 2018-2019 Intermediate Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (2) w/ Pancakes & Syrup | 1.00 serving/2 links + 2 pancakes | 360.000 | 59.000 |
| Breakfast Sausage Pizza | 1.00 serving | 210.000 | 26.000 |
| Turkey Taco Pocket, Breakfast | 1.00 each | 250.000 | 32.000 |
| Breakfast Burrito, Egg, Ham & Cheese | 1.00 serving | 583.183 | 43.196 |
| 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 | 188.726 | 23.186 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Whole Wheat Cinnamon Roll (Old Town Bakery) | 1.00 serving | 300.000 | 51.000 |
| 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 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| 1% Low-fat Milk | 8.00 oz | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 oz | 110.000 | 20.000 |
| Ketchup | 1.00 tablespoon | 20.000 | 4.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Weighted Daily Average | | 508.745 | 84.136 |
| % of Calories | | | 66.15% |

| Thu - 02/14/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|-----------------|-------------------|
| 2018-2019 Intermediate Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (2) w/ Pancakes & Syrup | 1.00 serving/2 links + 2 pancakes | 360.000 | 59.000 |
| Breakfast Sausage Pizza | 1.00 serving | 210.000 | 26.000 |
| Turkey Taco Pocket, Breakfast | 1.00 each | 250.000 | 32.000 |
| 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 | 188.726 | 23.186 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Whole Wheat Cinnamon Roll (Old Town Bakery) | 1.00 serving | 300.000 | 51.000 |
| 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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|-----------------------------------|-----------------|---------|--------|
| Assorted Breakfast Bars | 1.00 each | 285.000 | 47.500 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| 1% Low-fat Milk | 8.00 oz | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 oz | 110.000 | 20.000 |
| Ketchup | 1.00 tablespoon | 20.000 | 4.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Weighted Daily Average | | 496.704 | 83.924 |
| % of Calories | | | 67.58% |

| Fri - 02/15/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|------------------------|--------------------------|
| 2018-2019 Intermediate Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (2) w/ Pancakes & Syrup | 1.00 serving/2 links + 2 pancakes | 360.000 | 59.000 |
| Breakfast Sausage Pizza | 1.00 serving | 210.000 | 26.000 |
| Turkey Taco Pocket, Breakfast | 1.00 each | 250.000 | 32.000 |
| Breakfast Burrito, Egg, Ham & Cheese | 1.00 serving | 583.183 | 43.196 |
| 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 | 188.726 | 23.186 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Whole Wheat Cinnamon Roll (Old Town Bakery) | 1.00 serving | 300.000 | 51.000 |
| 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 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| 1% Low-fat Milk | 8.00 oz | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 oz | 110.000 | 20.000 |
| Ketchup | 1.00 tablespoon | 20.000 | 4.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Weighted Daily Average | | 508.745 | 84.136 |
| % of Calories | | | 66.15% |

| Tue - 02/19/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|------------------------|--------------------------|
| 2018-2019 Intermediate Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (2) w/ Pancakes & Syrup | 1.00 serving/2 links + 2 pancakes | 360.000 | 59.000 |
| Breakfast Sausage Pizza | 1.00 serving | 210.000 | 26.000 |
| Turkey Taco Pocket, Breakfast | 1.00 each | 250.000 | 32.000 |
| 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 |
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| | | | |
|--|-----------------|---------|--------|
| Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST) | 1.00 each | 320.000 | 32.000 |
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| 1% Low-fat Milk | 8.00 oz | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 oz | 110.000 | 20.000 |
| Ketchup | 1.00 tablespoon | 20.000 | 4.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Weighted Daily Average | | 496.704 | 83.924 |
| % of Calories | | | 67.58% |

| Wed - 02/20/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|-----------------|-------------------|
| 2018-2019 Intermediate Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (2) w/ Pancakes & Syrup | 1.00 serving/2 links + 2 pancakes | 360.000 | 59.000 |
| Breakfast Sausage Pizza | 1.00 serving | 210.000 | 26.000 |
| Turkey Taco Pocket, Breakfast | 1.00 each | 250.000 | 32.000 |
| Breakfast Burrito, Egg, Ham & Cheese | 1.00 serving | 583.183 | 43.196 |
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| 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 | 188.726 | 23.186 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |

| | | | |
|--|-----------------|---------|--------|
| Whole Wheat Cinnamon Roll (Old Town Bakery) | 1.00 serving | 300.000 | 51.000 |
| 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 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| 1% Low-fat Milk | 8.00 oz | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 oz | 110.000 | 20.000 |
| Ketchup | 1.00 tablespoon | 20.000 | 4.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Weighted Daily Average | | 508.745 | 84.136 |
| % of Calories | | | 66.15% |

| Thu - 02/21/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|-----------------|-------------------|
| 2018-2019 Intermediate Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (2) w/ Pancakes & Syrup | 1.00 serving/2 links + 2 pancakes | 360.000 | 59.000 |
| Breakfast Sausage Pizza | 1.00 serving | 210.000 | 26.000 |
| Turkey Taco Pocket, Breakfast | 1.00 each | 250.000 | 32.000 |
| 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 | 188.726 | 23.186 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Whole Wheat Cinnamon Roll (Old Town Bakery) | 1.00 serving | 300.000 | 51.000 |

| | | | |
|--|-----------------|---------|--------|
| 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 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| 1% Low-fat Milk | 8.00 oz | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 oz | 110.000 | 20.000 |
| Ketchup | 1.00 tablespoon | 20.000 | 4.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Weighted Daily Average | | 496.704 | 83.924 |
| % of Calories | | | 67.58% |

| Fri - 02/22/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|------------------------|--------------------------|
| 2018-2019 Intermediate Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (2) w/ Pancakes & Syrup | 1.00 serving/2 links + 2 pancakes | 360.000 | 59.000 |
| Breakfast Sausage Pizza | 1.00 serving | 210.000 | 26.000 |
| Turkey Taco Pocket, Breakfast | 1.00 each | 250.000 | 32.000 |
| Breakfast Burrito, Egg, Ham & Cheese | 1.00 serving | 583.183 | 43.196 |
| 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 | 188.726 | 23.186 |

| | | | |
|--|-----------------|---------|--------|
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Whole Wheat Cinnamon Roll (Old Town Bakery) | 1.00 serving | 300.000 | 51.000 |
| 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 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| 1% Low-fat Milk | 8.00 oz | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 oz | 110.000 | 20.000 |
| Ketchup | 1.00 tablespoon | 20.000 | 4.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Weighted Daily Average | | 508.745 | 84.136 |
| % of Calories | | | 66.15% |

| Mon - 02/25/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|-----------------|-------------------|
| 2018-2019 Intermediate Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (2) w/ Pancakes & Syrup | 1.00 serving/2 links + 2 pancakes | 360.000 | 59.000 |
| Breakfast Sausage Pizza | 1.00 serving | 210.000 | 26.000 |
| Turkey Taco Pocket, Breakfast | 1.00 each | 250.000 | 32.000 |
| Breakfast Burrito, Egg, Ham & Cheese | 1.00 serving | 583.183 | 43.196 |
| 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 | 188.726 | 23.186 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Whole Wheat Cinnamon Roll (Old Town Bakery) | 1.00 serving | 300.000 | 51.000 |
| 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 |
| Trix Yogurt w/ Mini Muffin | 1.00 serving | 218.000 | 39.900 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| 1% Low-fat Milk | 8.00 oz | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 oz | 110.000 | 20.000 |
| Ketchup | 1.00 tablespoon | 20.000 | 4.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Weighted Daily Average | | 507.545 | 84.432 |
| % of Calories | | | 66.54% |

| Tue - 02/26/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|------------------------|--------------------------|
| 2018-2019 Intermediate Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (2) w/ Pancakes & Syrup | 1.00 serving/2 links + 2 pancakes | 360.000 | 59.000 |
| Breakfast Sausage Pizza | 1.00 serving | 210.000 | 26.000 |
| Turkey Taco Pocket, Breakfast | 1.00 each | 250.000 | 32.000 |
| 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 | 188.726 | 23.186 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Whole Wheat Cinnamon Roll (Old Town Bakery) | 1.00 serving | 300.000 | 51.000 |
| 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 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| 1% Low-fat Milk | 8.00 oz | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 oz | 110.000 | 20.000 |
| Ketchup | 1.00 tablespoon | 20.000 | 4.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Weighted Daily Average | | 496.704 | 83.924 |
| % of Calories | | | 67.58% |

| Wed - 02/27/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|------------------------|--------------------------|
| 2018-2019 Intermediate Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (2) w/ Pancakes & Syrup | 1.00 serving/2 links + 2 pancakes | 360.000 | 59.000 |
| Breakfast Sausage Pizza | 1.00 serving | 210.000 | 26.000 |
| Turkey Taco Pocket, Breakfast | 1.00 each | 250.000 | 32.000 |
| Breakfast Burrito, Egg, Ham & Cheese | 1.00 serving | 583.183 | 43.196 |
| 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 | 188.726 | 23.186 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Whole Wheat Cinnamon Roll (Old Town Bakery) | 1.00 serving | 300.000 | 51.000 |
| 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 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| 1% Low-fat Milk | 8.00 oz | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 oz | 110.000 | 20.000 |
| Ketchup | 1.00 tablespoon | 20.000 | 4.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Weighted Daily Average | | 508.745 | 84.136 |
| % of Calories | | | 66.15% |

| Thu - 02/28/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|-----------------------------------|-----------------|-------------------|
| 2018-2019 Intermediate Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (2) w/ Pancakes & Syrup | 1.00 serving/2 links + 2 pancakes | 360.000 | 59.000 |
| Breakfast Sausage Pizza | 1.00 serving | 210.000 | 26.000 |
| Turkey Taco Pocket, Breakfast | 1.00 each | 250.000 | 32.000 |
| 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 | 188.726 | 23.186 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Whole Wheat Cinnamon Roll (Old Town Bakery) | 1.00 serving | 300.000 | 51.000 |
| 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 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| 1% Low-fat Milk | 8.00 oz | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 oz | 110.000 | 20.000 |
| Ketchup | 1.00 tablespoon | 20.000 | 4.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Weighted Daily Average | | 496.704 | 83.924 |
| % of Calories | | | 67.58% |

* = 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.