

Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2018-2019 High School Breakfast Menu



Mon - 01/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	384.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	507.925	42.633
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	484.520	44.157
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	659.096	42.042
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
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	286.839	47.361
Yogurt Parfait & Granola	1.00 serving	307.065	61.163
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
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

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		531.584	79.781
% of Calories			60.03%

Tue - 01/08/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	384.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	507.925	42.633
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	484.520	44.157
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	659.096	42.042
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
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	286.839	47.361
Yogurt Parfait & Granola	1.00 serving	307.065	61.163
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
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
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		531.584	79.781
% of Calories			60.03%

Wed - 01/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	384.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	507.925	42.633
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	484.520	44.157
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	659.096	42.042
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
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	286.839	47.361
Yogurt Parfait & Granola	1.00 serving	307.065	61.163
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
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
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		531.584	79.781
% of Calories			60.03%

Thu - 01/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	384.068	59.040
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Assorted Breakfast Bars	1.00 each	286.839	47.361
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Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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		531.584	79.781
% of Calories			60.03%

Fri - 01/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000

Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	384.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	507.925	42.633
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	484.520	44.157
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	659.096	42.042
Turkey Ham, Egg & Cheese Croissant Sandwich	1.00 serving	298.621	32.848
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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
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	286.839	47.361
Yogurt Parfait & Granola	1.00 serving	307.065	61.163
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
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
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		531.584	79.781
% of Calories			60.03%

Mon - 01/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	384.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	507.925	42.633
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	484.520	44.157
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	659.096	42.042
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
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	286.839	47.361
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Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
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
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		531.584	79.781
% of Calories			60.03%

Tue - 01/15/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	384.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	507.925	42.633
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	484.520	44.157
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	659.096	42.042
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
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	286.839	47.361
Yogurt Parfait & Granola	1.00 serving	307.065	61.163
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
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

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		531.584	79.781
% of Calories			60.03%

Wed - 01/16/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	384.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	507.925	42.633
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	484.520	44.157
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	659.096	42.042
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
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	286.839	47.361
Yogurt Parfait & Granola	1.00 serving	307.065	61.163
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
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
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		531.584	79.781
% of Calories			60.03%

Thu - 01/17/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	384.068	59.040
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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		531.584	79.781
% of Calories			60.03%

Fri - 01/18/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
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Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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		531.584	79.781
% of Calories			60.03%

Tue - 01/22/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Breakfast Menu			
Recipe	Total		

Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
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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		531.584	79.781
% of Calories			60.03%

Wed - 01/23/2019

Portion Size

Calories (kcal)

Carbohydrates (g)

2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
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Yogurt Parfait & Granola	1.00 serving	307.065	61.163
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
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
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		531.584	79.781
% of Calories			60.03%

Thu - 01/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	384.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	507.925	42.633
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	484.520	44.157
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	659.096	42.042
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
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	286.839	47.361
Yogurt Parfait & Granola	1.00 serving	307.065	61.163
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
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

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		531.584	79.781
% of Calories			60.03%

Fri - 01/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	384.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	507.925	42.633
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	484.520	44.157
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	659.096	42.042
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
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	286.839	47.361
Yogurt Parfait & Granola	1.00 serving	307.065	61.163
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
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
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		531.584	79.781
% of Calories			60.03%

Tue - 01/29/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	384.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	507.925	42.633
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	484.520	44.157
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	659.096	42.042
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
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	286.839	47.361
Yogurt Parfait & Granola	1.00 serving	307.065	61.163
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
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
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		531.584	79.781
% of Calories			60.03%

Wed - 01/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	384.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	507.925	42.633

Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	484.520	44.157
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	659.096	42.042
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
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	286.839	47.361
Yogurt Parfait & Granola	1.00 serving	307.065	61.163
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
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
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		531.584	79.781
% of Calories			60.03%

Thu - 01/31/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Breakfast Menu			
Recipe	Total		

Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	384.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	507.925	42.633
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	484.520	44.157
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	659.096	42.042
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
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	286.839	47.361
Yogurt Parfait & Granola	1.00 serving	307.065	61.163
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
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
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		531.584	79.781
% of Calories			60.03%

* = Indicates missing Nutrient Information.

12/31/2018

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