

# Carbohydrate Report

District: Garden Grove Unified School District

School: Bell Intermediate

Menu: 2018-2019 Intermediate Breakfast Menu



Mon - 01/07/2019	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, 1.5M/2.25G	1.00 each	250.000	32.000
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	566.220	42.323
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
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
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	286.839	47.361
Trix Yogurt w/ Mini Muffin	1.00 serving	218.000	39.900
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
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		506.755	84.924
% of Calories			67.03%

<b>Tue - 01/08/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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, 1.5M/2.25G	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	54.000
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	286.839	47.361
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
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		496.476	84.439
% of Calories			68.03%

Wed - 01/09/2019	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, 1.5M/2.25G	1.00 each	250.000	32.000
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	566.220	42.323
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 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	54.000
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	286.839	47.361
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
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		507.955	84.627
% of Calories			66.64%

Thu - 01/10/2019	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, 1.5M/2.25G	1.00 each	250.000	32.000
Turkey Ham, Egg & Cheese Croissant Sandwich	1.00 serving	298.621	32.848
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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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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		496.476	84.439
% of Calories			68.03%

<b>Fri - 01/11/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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, 1.5M/2.25G	1.00 each	250.000	32.000
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	566.220	42.323
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
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
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	286.839	47.361
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197

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		507.955	84.627
% of Calories			66.64%

Mon - 01/14/2019	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, 1.5M/2.25G	1.00 each	250.000	32.000
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	566.220	42.323
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
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
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	286.839	47.361

Trix Yogurt w/ Mini Muffin	1.00 serving	218.000	39.900
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
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		506.755	84.924
% of Calories			67.03%

<b>Tue - 01/15/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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, 1.5M/2.25G	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	54.000
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	286.839	47.361
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
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		496.476	84.439
% of Calories			68.03%

Wed - 01/16/2019	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, 1.5M/2.25G	1.00 each	250.000	32.000
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	566.220	42.323
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
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
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	286.839	47.361
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
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		507.955	84.627
% of Calories			66.64%

Thu - 01/17/2019	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, 1.5M/2.25G	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	54.000
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	286.839	47.361
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
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		496.476	84.439
% of Calories			68.03%

<b>Fri - 01/18/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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, 1.5M/2.25G	1.00 each	250.000	32.000
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	566.220	42.323
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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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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
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		507.955	84.627
% of Calories			66.64%

<b>Tue - 01/22/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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
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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		496.476	84.439
% of Calories			68.03%

Wed - 01/23/2019	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
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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		507.955	84.627
% of Calories			66.64%

Thu - 01/24/2019	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, 1.5M/2.25G	1.00 each	250.000	32.000
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Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
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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		496.476	84.439
% of Calories			68.03%

<b>Fri - 01/25/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2018-2019 Intermediate Breakfast Menu</b>			
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, 1.5M/2.25G	1.00 each	250.000	32.000
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	566.220	42.323
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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Pop Tart & String Cheese	1.00 serving	260.000	37.500
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
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	286.839	47.361
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
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		507.955	84.627
% of Calories			66.64%

<b>Tue - 01/29/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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, 1.5M/2.25G	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	54.000
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	286.839	47.361
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
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		496.476	84.439
% of Calories			68.03%

Wed - 01/30/2019	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, 1.5M/2.25G	1.00 each	250.000	32.000
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	566.220	42.323
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
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
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	286.839	47.361
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
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		507.955	84.627
% of Calories			66.64%

Thu - 01/31/2019	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, 1.5M/2.25G	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	54.000
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	286.839	47.361
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
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		496.476	84.439
% of Calories			68.03%

\* = 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.