

Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2016-2017 High School Breakfast Menu

| Thu - 06/01/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|-----------------|-------------------|
| 2016-2017 High School Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (3) w/ Pancakes (2) | 1.00 serving/3 links + 2 pancakes | 290.000 | 28.000 |
| Bagel & Cream Cheese | 1.00 serving | 210.000 | 30.000 |
| 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 | 470.748 | 35.142 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 449.521 | 37.819 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 628.657 | 43.369 |
| Cereal Bar & String Cheese | 1.00 serving | 230.000 | 30.000 |
| Coffee Cake | 1.00 each | 340.000 | 53.000 |
| 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 |

| | | | |
|---|--------------|---------|--------|
| Brown Sugar Oatmeal w/ String Cheese | 1.00 serving | 380.000 | 57.000 |
| Breakfast Sandwich, Ham, Cheese & Egg | 1.00 serving | 312.579 | 21.286 |
| Sausage, Egg & Cheese Breakfast Sandwich | 1.00 each | 348.426 | 21.886 |
| Turkey Taco Pocket, Breakfast, 1.5M/2.25G | 1.00 each | 250.000 | 32.000 |
| Yogurt Parfait w/ Granola | 1.00 serving | 375.024 | 74.684 |
| Assorted Breakfast Bars | 1.00 each | 286.839 | 47.361 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 60.193 | 15.197 |
| Apple and Orange Juice, 4 oz, Carton | 1.00 each | 57.500 | 14.000 |
| 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 | 0.000 | 0.000 |
| Weighted Daily Average | | 470.274 | 68.829 |
| % of Calories | | | 58.54% |

| Fri - 06/02/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--------------------------------------|---------------------|------------------------|--------------------------|
| 2016-2017 High School Breakfast Menu | | | |

| Recipe | Total | | |
|--|-----------------------------------|---------|--------|
| Pork Sausage Links (3) w/ Pancakes (2) | 1.00 serving/3 links + 2 pancakes | 290.000 | 28.000 |
| Bagel & Cream Cheese | 1.00 serving | 210.000 | 30.000 |
| 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 | 470.748 | 35.142 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 449.521 | 37.819 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 628.657 | 43.369 |
| Cereal Bar & String Cheese | 1.00 serving | 230.000 | 30.000 |
| Coffee Cake | 1.00 each | 340.000 | 53.000 |
| 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 |
| Brown Sugar Oatmeal w/ String Cheese | 1.00 serving | 380.000 | 57.000 |
| Breakfast Sandwich, Ham, Cheese & Egg | 1.00 serving | 312.579 | 21.286 |
| Sausage, Egg & Cheese Breakfast Sandwich | 1.00 each | 348.426 | 21.886 |
| Turkey Taco Pocket, Breakfast, 1.5M/2.25G | 1.00 each | 250.000 | 32.000 |
| Yogurt Parfait w/ Granola | 1.00 serving | 375.024 | 74.684 |

| | | | |
|--------------------------------------|--------------|---------|--------|
| Assorted Breakfast Bars | 1.00 each | 286.839 | 47.361 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 60.193 | 15.197 |
| Apple and Orange Juice, 4 oz, Carton | 1.00 each | 57.500 | 14.000 |
| 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 | 0.000 | 0.000 |
| Weighted Daily Average | | 470.274 | 68.829 |
| % of Calories | | | 58.54% |

| Mon - 06/05/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|-----------------|-------------------|
| 2016-2017 High School Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (3) w/ Pancakes (2) | 1.00 serving/3 links + 2 pancakes | 290.000 | 28.000 |
| Bagel & Cream Cheese | 1.00 serving | 210.000 | 30.000 |
| 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 | 470.748 | 35.142 |

| | | | |
|--|--------------|---------|--------|
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 449.521 | 37.819 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 628.657 | 43.369 |
| Cereal Bar & String Cheese | 1.00 serving | 230.000 | 30.000 |
| Coffee Cake | 1.00 each | 340.000 | 53.000 |
| 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 |
| Brown Sugar Oatmeal w/ String Cheese | 1.00 serving | 380.000 | 57.000 |
| Breakfast Sandwich, Ham, Cheese & Egg | 1.00 serving | 312.579 | 21.286 |
| Sausage, Egg & Cheese Breakfast Sandwich | 1.00 each | 348.426 | 21.886 |
| Turkey Taco Pocket, Breakfast, 1.5M/2.25G | 1.00 each | 250.000 | 32.000 |
| Yogurt Parfait w/ Granola | 1.00 serving | 375.024 | 74.684 |
| Assorted Breakfast Bars | 1.00 each | 286.839 | 47.361 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 60.193 | 15.197 |
| Apple and Orange Juice, 4 oz, Carton | 1.00 each | 57.500 | 14.000 |
| 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 | 0.000 | 0.000 |
| Weighted Daily Average | | 470.274 | 68.829 |
| % of Calories | | | 58.54% |

| Tue - 06/06/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|-----------------------------------|------------------------|--------------------------|
| 2016-2017 High School Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (3) w/ Pancakes (2) | 1.00 serving/3 links + 2 pancakes | 290.000 | 28.000 |
| Bagel & Cream Cheese | 1.00 serving | 210.000 | 30.000 |
| 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 | 470.748 | 35.142 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 449.521 | 37.819 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 628.657 | 43.369 |
| Cereal Bar & String Cheese | 1.00 serving | 230.000 | 30.000 |
| Coffee Cake | 1.00 each | 340.000 | 53.000 |
| Cereal w/ String Cheese | 1.00 serving | 177.500 | 19.750 |
| Pan Dulce, Assorted | 1.00 each | 200.000 | 34.000 |

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| 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 |
| Brown Sugar Oatmeal w/ String Cheese | 1.00 serving | 380.000 | 57.000 |
| Breakfast Sandwich, Ham, Cheese & Egg | 1.00 serving | 312.579 | 21.286 |
| Sausage, Egg & Cheese Breakfast Sandwich | 1.00 each | 348.426 | 21.886 |
| Turkey Taco Pocket, Breakfast, 1.5M/2.25G | 1.00 each | 250.000 | 32.000 |
| Yogurt Parfait w/ Granola | 1.00 serving | 375.024 | 74.684 |
| Assorted Breakfast Bars | 1.00 each | 286.839 | 47.361 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 60.193 | 15.197 |
| Apple and Orange Juice, 4 oz, Carton | 1.00 each | 57.500 | 14.000 |
| 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 | 0.000 | 0.000 |
| Weighted Daily Average | | 470.274 | 68.829 |
| % of Calories | | | 58.54% |

| Wed - 06/07/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|-----------------|-------------------|
| 2016-2017 High School Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (3) w/ Pancakes (2) | 1.00 serving/3 links + 2 pancakes | 290.000 | 28.000 |
| Bagel & Cream Cheese | 1.00 serving | 210.000 | 30.000 |
| 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 | 470.748 | 35.142 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 449.521 | 37.819 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 628.657 | 43.369 |
| Cereal Bar & String Cheese | 1.00 serving | 230.000 | 30.000 |
| Coffee Cake | 1.00 each | 340.000 | 53.000 |
| 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 |
| Brown Sugar Oatmeal w/ String Cheese | 1.00 serving | 380.000 | 57.000 |
| Breakfast Sandwich, Ham, Cheese & Egg | 1.00 serving | 312.579 | 21.286 |
| Sausage, Egg & Cheese Breakfast Sandwich | 1.00 each | 348.426 | 21.886 |

| | | | |
|---|--------------|---------|--------|
| Turkey Taco Pocket, Breakfast, 1.5M/2.25G | 1.00 each | 250.000 | 32.000 |
| Yogurt Parfait w/ Granola | 1.00 serving | 375.024 | 74.684 |
| Assorted Breakfast Bars | 1.00 each | 286.839 | 47.361 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 60.193 | 15.197 |
| Apple and Orange Juice, 4 oz, Carton | 1.00 each | 57.500 | 14.000 |
| 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 | 0.000 | 0.000 |
| Weighted Daily Average | | 470.274 | 68.829 |
| % of Calories | | | 58.54% |

| Thu - 06/08/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|------------------------|--------------------------|
| 2016-2017 High School Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (3) w/ Pancakes (2) | 1.00 serving/3 links + 2 pancakes | 290.000 | 28.000 |
| Bagel & Cream Cheese | 1.00 serving | 210.000 | 30.000 |
| 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 | 470.748 | 35.142 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 449.521 | 37.819 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 628.657 | 43.369 |
| Cereal Bar & String Cheese | 1.00 serving | 230.000 | 30.000 |
| Coffee Cake | 1.00 each | 340.000 | 53.000 |
| 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 |
| Brown Sugar Oatmeal w/ String Cheese | 1.00 serving | 380.000 | 57.000 |
| Breakfast Sandwich, Ham, Cheese & Egg | 1.00 serving | 312.579 | 21.286 |
| Sausage, Egg & Cheese Breakfast Sandwich | 1.00 each | 348.426 | 21.886 |
| Turkey Taco Pocket, Breakfast, 1.5M/2.25G | 1.00 each | 250.000 | 32.000 |
| Yogurt Parfait w/ Granola | 1.00 serving | 375.024 | 74.684 |
| Assorted Breakfast Bars | 1.00 each | 286.839 | 47.361 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 60.193 | 15.197 |
| Apple and Orange Juice, 4 oz, Carton | 1.00 each | 57.500 | 14.000 |

| | | | |
|--------------------------|--------------|---------|--------|
| 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 | 0.000 | 0.000 |
| Weighted Daily Average | | 470.274 | 68.829 |
| % of Calories | | | 58.54% |

| Fri - 06/09/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|-----------------------------------|------------------------|--------------------------|
| 2016-2017 High School Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (3) w/ Pancakes (2) | 1.00 serving/3 links + 2 pancakes | 290.000 | 28.000 |
| Bagel & Cream Cheese | 1.00 serving | 210.000 | 30.000 |
| 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 | 470.748 | 35.142 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 449.521 | 37.819 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 628.657 | 43.369 |
| Cereal Bar & String Cheese | 1.00 serving | 230.000 | 30.000 |
| Coffee Cake | 1.00 each | 340.000 | 53.000 |

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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 |
| Pop Tarts & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Brown Sugar Oatmeal w/ String Cheese | 1.00 serving | 380.000 | 57.000 |
| Breakfast Sandwich, Ham, Cheese & Egg | 1.00 serving | 312.579 | 21.286 |
| Sausage, Egg & Cheese Breakfast Sandwich | 1.00 each | 348.426 | 21.886 |
| Turkey Taco Pocket, Breakfast, 1.5M/2.25G | 1.00 each | 250.000 | 32.000 |
| Yogurt Parfait w/ Granola | 1.00 serving | 375.024 | 74.684 |
| Assorted Breakfast Bars | 1.00 each | 286.839 | 47.361 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 60.193 | 15.197 |
| Apple and Orange Juice, 4 oz, Carton | 1.00 each | 57.500 | 14.000 |
| 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 | 0.000 | 0.000 |
| Weighted Daily Average | | 470.274 | 68.829 |

| | |
|---------------|--------|
| % of Calories | 58.54% |
|---------------|--------|

| Mon - 06/12/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|-----------------|-------------------|
| 2016-2017 High School Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (3) w/ Pancakes (2) | 1.00 serving/3 links + 2 pancakes | 290.000 | 28.000 |
| Bagel & Cream Cheese | 1.00 serving | 210.000 | 30.000 |
| 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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| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 449.521 | 37.819 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 628.657 | 43.369 |
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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 |
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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 | 0.000 | 0.000 |
| Weighted Daily Average | | 470.274 | 68.829 |
| % of Calories | | | 58.54% |

| Tue - 06/13/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|------------------------|--------------------------|
| 2016-2017 High School Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (3) w/ Pancakes (2) | 1.00 serving/3 links + 2 pancakes | 290.000 | 28.000 |

| | | | |
|--|-----------------------|---------|--------|
| Bagel & Cream Cheese | 1.00 serving | 210.000 | 30.000 |
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| Ketchup Packet | 1.00 packet | 10.000 | 0.000 |
| Jalapenos | 1.00 serving | 0.000 | 0.000 |
| Weighted Daily Average | | 470.274 | 68.829 |
| % of Calories | | | 58.54% |

| Wed - 06/14/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|-----------------------------------|------------------------|--------------------------|
| 2016-2017 High School Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (3) w/ Pancakes (2) | 1.00 serving/3 links + 2 pancakes | 290.000 | 28.000 |
| Bagel & Cream Cheese | 1.00 serving | 210.000 | 30.000 |
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| Chicken & Rice Burrito (HS) | 1.00 serving | 439.052 | 52.892 |
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| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 449.521 | 37.819 |
| Breakfast Burrito, Sausage, Egg, & | 1.00 serving | 628.657 | 43.369 |

| | | | |
|--|--------------|---------|--------|
| Cheese | | | |
| Cereal Bar & String Cheese | 1.00 serving | 230.000 | 30.000 |
| Coffee Cake | 1.00 each | 340.000 | 53.000 |
| 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 |
| Brown Sugar Oatmeal w/ String Cheese | 1.00 serving | 380.000 | 57.000 |
| Breakfast Sandwich, Ham, Cheese & Egg | 1.00 serving | 312.579 | 21.286 |
| Sausage, Egg & Cheese Breakfast Sandwich | 1.00 each | 348.426 | 21.886 |
| Turkey Taco Pocket, Breakfast, 1.5M/2.25G | 1.00 each | 250.000 | 32.000 |
| Yogurt Parfait w/ Granola | 1.00 serving | 375.024 | 74.684 |
| Assorted Breakfast Bars | 1.00 each | 286.839 | 47.361 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 60.193 | 15.197 |
| Apple and Orange Juice, 4 oz, Carton | 1.00 each | 57.500 | 14.000 |
| 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 | 0.000 | 0.000 |
| Weighted Daily Average | | 470.274 | 68.829 |
| % of Calories | | | 58.54% |

| Thu - 06/15/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|-----------------|-------------------|
| 2016-2017 High School Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (3) w/ Pancakes (2) | 1.00 serving/3 links + 2 pancakes | 290.000 | 28.000 |
| Bagel & Cream Cheese | 1.00 serving | 210.000 | 30.000 |
| 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 | 470.748 | 35.142 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 449.521 | 37.819 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 628.657 | 43.369 |
| Cereal Bar & String Cheese | 1.00 serving | 230.000 | 30.000 |
| Coffee Cake | 1.00 each | 340.000 | 53.000 |
| 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 |
| Brown Sugar Oatmeal w/ String Cheese | 1.00 serving | 380.000 | 57.000 |
| Breakfast Sandwich, Ham, Cheese & Egg | 1.00 serving | 312.579 | 21.286 |
| Sausage, Egg & Cheese Breakfast Sandwich | 1.00 each | 348.426 | 21.886 |
| Turkey Taco Pocket, Breakfast, 1.5M/2.25G | 1.00 each | 250.000 | 32.000 |
| Yogurt Parfait w/ Granola | 1.00 serving | 375.024 | 74.684 |
| Assorted Breakfast Bars | 1.00 each | 286.839 | 47.361 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 60.193 | 15.197 |
| Apple and Orange Juice, 4 oz, Carton | 1.00 each | 57.500 | 14.000 |
| 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 | 0.000 | 0.000 |
| Weighted Daily Average | | 470.274 | 68.829 |
| % of Calories | | | 58.54% |

| Fri - 06/16/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------|---------------------|------------------------|--------------------------|
|-------------------------|---------------------|------------------------|--------------------------|

| Recipe | Total | | |
|--|-----------------------------------|---------|--------|
| Pork Sausage Links (3) w/ Pancakes (2) | 1.00 serving/3 links + 2 pancakes | 290.000 | 28.000 |
| Bagel & Cream Cheese | 1.00 serving | 210.000 | 30.000 |
| 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 | 470.748 | 35.142 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 449.521 | 37.819 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 628.657 | 43.369 |
| Cereal Bar & String Cheese | 1.00 serving | 230.000 | 30.000 |
| Coffee Cake | 1.00 each | 340.000 | 53.000 |
| 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 |
| Brown Sugar Oatmeal w/ String Cheese | 1.00 serving | 380.000 | 57.000 |
| Breakfast Sandwich, Ham, Cheese & Egg | 1.00 serving | 312.579 | 21.286 |
| Sausage, Egg & Cheese Breakfast Sandwich | 1.00 each | 348.426 | 21.886 |
| Turkey Taco Pocket, Breakfast, 1.5M/2.25G | 1.00 each | 250.000 | 32.000 |
| Yogurt Parfait w/ Granola | 1.00 serving | 375.024 | 74.684 |

| | | | |
|--------------------------------------|--------------|---------|--------|
| Assorted Breakfast Bars | 1.00 each | 286.839 | 47.361 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 60.193 | 15.197 |
| Apple and Orange Juice, 4 oz, Carton | 1.00 each | 57.500 | 14.000 |
| 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 | 0.000 | 0.000 |
| Weighted Daily Average | | 470.274 | 68.829 |
| % of Calories | | | 58.54% |

| Mon - 06/19/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|-----------------------------------|-----------------|-------------------|
| 2016-2017 High School Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (3) w/ Pancakes (2) | 1.00 serving/3 links + 2 pancakes | 290.000 | 28.000 |
| Bagel & Cream Cheese | 1.00 serving | 210.000 | 30.000 |
| 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 | 470.748 | 35.142 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 449.521 | 37.819 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 628.657 | 43.369 |
| Cereal Bar & String Cheese | 1.00 serving | 230.000 | 30.000 |
| Coffee Cake | 1.00 each | 340.000 | 53.000 |
| 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 |
| Brown Sugar Oatmeal w/ String Cheese | 1.00 serving | 380.000 | 57.000 |
| Breakfast Sandwich, Ham, Cheese & Egg | 1.00 serving | 312.579 | 21.286 |
| Sausage, Egg & Cheese Breakfast Sandwich | 1.00 each | 348.426 | 21.886 |
| Turkey Taco Pocket, Breakfast, 1.5M/2.25G | 1.00 each | 250.000 | 32.000 |
| Yogurt Parfait w/ Granola | 1.00 serving | 375.024 | 74.684 |
| Assorted Breakfast Bars | 1.00 each | 286.839 | 47.361 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 60.193 | 15.197 |
| Apple and Orange Juice, 4 oz, Carton | 1.00 each | 57.500 | 14.000 |
| 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 | 0.000 | 0.000 |
| Weighted Daily Average | | 470.274 | 68.829 |
| % of Calories | | | 58.54% |

| Tue - 06/20/2017 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|-----------------------------------|------------------------|--------------------------|
| 2016-2017 High School Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (3) w/ Pancakes (2) | 1.00 serving/3 links + 2 pancakes | 290.000 | 28.000 |
| Bagel & Cream Cheese | 1.00 serving | 210.000 | 30.000 |
| 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 | 470.748 | 35.142 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 449.521 | 37.819 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 628.657 | 43.369 |
| Cereal Bar & String Cheese | 1.00 serving | 230.000 | 30.000 |
| Coffee Cake | 1.00 each | 340.000 | 53.000 |
| 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 |
| Brown Sugar Oatmeal w/ String Cheese | 1.00 serving | 380.000 | 57.000 |
| Breakfast Sandwich, Ham, Cheese & Egg | 1.00 serving | 312.579 | 21.286 |
| Sausage, Egg & Cheese Breakfast Sandwich | 1.00 each | 348.426 | 21.886 |
| Turkey Taco Pocket, Breakfast, 1.5M/2.25G | 1.00 each | 250.000 | 32.000 |
| Yogurt Parfait w/ Granola | 1.00 serving | 375.024 | 74.684 |
| Assorted Breakfast Bars | 1.00 each | 286.839 | 47.361 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 60.193 | 15.197 |
| Apple and Orange Juice, 4 oz, Carton | 1.00 each | 57.500 | 14.000 |
| 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 | 0.000 | 0.000 |
| Weighted Daily Average | | 470.274 | 68.829 |
| % of Calories | | | 58.54% |

* = 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.