

Carbohydrate Report

District: Garden Grove Unified School District

School: Bell Intermediate

Menu: 2016-2017 Intermediate Breakfast Menu

Thu - 06/01/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Breakfast Menu			
Recipe	Total		
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Egg & Cheese Sandwich (Intermediate)	1.00 each	242.996	31.387
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
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000

Bagel & Cream Cheese	1.00 serving	210.000	30.000
Egg & Cheese Breakfast Sandwich	1.00 serving	297.426	34.286
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	312.579	21.286
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	348.426	21.886
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
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
Maple Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		521.497	89.061
% of Calories			68.31%

Fri - 06/02/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Breakfast Menu			
Recipe	Total		

Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Egg & Cheese Sandwich (Elementary)	1.00 each	160.000	20.000
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
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
Cinnamon Roll, Homemade	1.00 serving	256.761	43.939
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
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
Maple Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		504.548	89.697
% of Calories			71.11%

Mon - 06/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Breakfast Menu			
Recipe	Total		
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Egg & Cheese Sandwich (Intermediate)	1.00 each	242.996	31.387
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
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750

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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
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
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
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	65.155	16.788
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Maple Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		542.618	89.021
% of Calories			65.62%

Tue - 06/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Breakfast Menu			
Recipe	Total		
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Egg & Cheese Sandwich (Intermediate)	1.00 each	242.996	31.387
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
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
Egg & Cheese Breakfast Sandwich	1.00 serving	297.426	34.286
Breakfast Sandwich, Ham, Cheese &			

Egg	1.00 serving	312.579	21.286
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	348.426	21.886
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
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
Maple Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		521.497	89.061
% of Calories			68.31%

Wed - 06/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Breakfast Menu			
Recipe	Total		
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Egg & Cheese Sandwich (Intermediate)	1.00 each	242.996	31.387
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
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
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
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
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
Weighted Daily Average		543.219	89.177
% of Calories			65.67%

Thu - 06/08/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Breakfast Menu			
Recipe	Total		
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Egg & Cheese Sandwich (Intermediate)	1.00 each	242.996	31.387
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
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yoqurt w/ Mini Muffin	1.00 serving	159.000	29.900

Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
Egg & Cheese Breakfast Sandwich	1.00 serving	297.426	34.286
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	312.579	21.286
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	348.426	21.886
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
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
Maple Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		521.497	89.061
% of Calories			68.31%

Fri - 06/09/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Breakfast Menu			

Recipe	Total		
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Egg & Cheese Sandwich (Elementary)	1.00 each	160.000	20.000
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
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
Cinnamon Roll, Homemade	1.00 serving	256.761	43.939
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
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
Maple Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		504.548	89.697
% of Calories			71.11%

Mon - 06/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Breakfast Menu			
Recipe	Total		
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Egg & Cheese Sandwich (Intermediate)	1.00 each	242.996	31.387
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
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750

Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
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
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
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	65.155	16.788
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Maple Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		542.618	89.021

% of Calories	65.62%
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Tue - 06/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Breakfast Menu			
Recipe	Total		
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Egg & Cheese Sandwich (Intermediate)	1.00 each	242.996	31.387
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
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
Egg & Cheese Breakfast Sandwich	1.00 serving	297.426	34.286

Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	312.579	21.286
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	348.426	21.886
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
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
Maple Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		521.497	89.061
% of Calories			68.31%

Wed - 06/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Breakfast Menu			
Recipe	Total		
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Egg & Cheese Sandwich (Intermediate)	1.00 each	242.996	31.387

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
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	470.748	35.142
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	449.521	37.819
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Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
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
Weighted Daily Average		543.219	89.177
% of Calories			65.67%

Thu - 06/15/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Breakfast Menu			
Recipe	Total		
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Egg & Cheese Sandwich (Intermediate)	1.00 each	242.996	31.387
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
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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

Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
Egg & Cheese Breakfast Sandwich	1.00 serving	297.426	34.286
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	312.579	21.286
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	348.426	21.886
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
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
Maple Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		521.497	89.061
% of Calories			68.31%

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

2016-2017 Intermediate Breakfast Menu

Recipe	Total		
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Egg & Cheese Sandwich (Elementary)	1.00 each	160.000	20.000
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
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
Cinnamon Roll, Homemade	1.00 serving	256.761	43.939
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000

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
Maple Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		504.548	89.697
% of Calories			71.11%

Mon - 06/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Breakfast Menu			
Recipe	Total		
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Egg & Cheese Sandwich (Intermediate)	1.00 each	242.996	31.387
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
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000

Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000
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
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
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	65.155	16.788
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Maple Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	0.000	0.000

Weighted Daily Average	542.618	89.021
% of Calories		65.62%

Tue - 06/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Breakfast Menu			
Recipe	Total		
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Egg & Cheese Sandwich (Intermediate)	1.00 each	242.996	31.387
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
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Bagel & Cream Cheese	1.00 serving	210.000	30.000

Egg & Cheese Breakfast Sandwich	1.00 serving	297.426	34.286
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	312.579	21.286
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	348.426	21.886
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Brown Sugar Oatmeal w/ String Cheese	1.00 serving	380.000	57.000
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
Maple Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		521.497	89.061
% of Calories			68.31%

* = 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.