

Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2017-2018 High School Breakfast Menu



Fri - 06/01/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	493.875	41.057
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	307.065	61.163
Assorted Breakfast Bars	1.00 each	286.839	47.361
Chicken Sausage, Egg & Cheese Croissant Sandwich	1.00 serving	339.629	31.965
Turkey Ham, Egg & Cheese Croissant Sandwich	1.00 serving	298.621	32.848
Assorted Fresh Fruit	1.00 each	65.155	16.788

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
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	5.000	1.000
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		448.365	64.316
% of Calories			57.38%

Mon - 06/04/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	493.875	41.057
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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

Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	307.065	61.163
Assorted Breakfast Bars	1.00 each	286.839	47.361
Chicken Sausage, Egg & Cheese Croissant Sandwich	1.00 serving	339.629	31.965
Turkey Ham, Egg & Cheese Croissant Sandwich	1.00 serving	298.621	32.848
Assorted Fresh Fruit	1.00 each	65.155	16.788
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
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	5.000	1.000
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		448.365	64.316
% of Calories			57.38%

Tue - 06/05/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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, Potato & Cheese	1.00 serving	470.470	42.581

Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	493.875	41.057
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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
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Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	307.065	61.163
Assorted Breakfast Bars	1.00 each	286.839	47.361
Chicken Sausage, Egg & Cheese Croissant Sandwich	1.00 serving	339.629	31.965
Turkey Ham, Egg & Cheese Croissant Sandwich	1.00 serving	298.621	32.848
Assorted Fresh Fruit	1.00 each	65.155	16.788
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
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	5.000	1.000
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		448.365	64.316
% of Calories			57.38%

Wed - 06/06/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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, Potato & Cheese	1.00 serving	470.470	42.581
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Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	493.875	41.057
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Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	307.065	61.163
Assorted Breakfast Bars	1.00 each	286.839	47.361
Chicken Sausage, Egg & Cheese Croissant Sandwich	1.00 serving	339.629	31.965
Turkey Ham, Egg & Cheese Croissant Sandwich	1.00 serving	298.621	32.848
Assorted Fresh Fruit	1.00 each	65.155	16.788
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
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	5.000	1.000
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		448.365	64.316
% of Calories			57.38%

Thu - 06/07/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	493.875	41.057
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	307.065	61.163
Assorted Breakfast Bars	1.00 each	286.839	47.361

Chicken Sausage, Egg & Cheese Croissant Sandwich	1.00 serving	339.629	31.965
Turkey Ham, Egg & Cheese Croissant Sandwich	1.00 serving	298.621	32.848
Assorted Fresh Fruit	1.00 each	65.155	16.788
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
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	5.000	1.000
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		448.365	64.316
% of Calories			57.38%

Fri - 06/08/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
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Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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
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Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	307.065	61.163
Assorted Breakfast Bars	1.00 each	286.839	47.361
Chicken Sausage, Egg & Cheese Croissant Sandwich	1.00 serving	339.629	31.965
Turkey Ham, Egg & Cheese Croissant Sandwich	1.00 serving	298.621	32.848
Assorted Fresh Fruit	1.00 each	65.155	16.788
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
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	5.000	1.000
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		448.365	64.316
% of Calories			57.38%

Mon - 06/11/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000

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, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	493.875	41.057
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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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Yogurt Parfait & Granola	1.00 serving	307.065	61.163
Assorted Breakfast Bars	1.00 each	286.839	47.361
Chicken Sausage, Egg & Cheese Croissant Sandwich	1.00 serving	339.629	31.965
Turkey Ham, Egg & Cheese Croissant Sandwich	1.00 serving	298.621	32.848
Assorted Fresh Fruit	1.00 each	65.155	16.788
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
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	5.000	1.000
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		448.365	64.316

% of Calories	57.38%
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Tue - 06/12/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
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Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197

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	5.000	1.000
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		448.365	64.316
% of Calories			57.38%

Wed - 06/13/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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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Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Yogurt Parfait & Granola	1.00 serving	307.065	61.163
Assorted Breakfast Bars	1.00 each	286.839	47.361
Chicken Sausage, Egg & Cheese Croissant Sandwich	1.00 serving	339.629	31.965
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Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
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% of Calories			57.38%

Thu - 06/14/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2)	1.00 serving/3 links + 2 pancakes	290.000	28.000
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Jalapenos	1.00 serving	5.000	1.000
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Weighted Daily Average		448.365	64.316
% of Calories			57.38%

Fri - 06/15/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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2017-2018 High School Breakfast Menu			
Recipe	Total		
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Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
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Assorted Fresh Fruit	1.00 each	65.155	16.788
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
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	5.000	1.000
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		448.365	64.316
% of Calories			57.38%

* = 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.