

# Carbohydrate Report

District: Garden Grove Unified School District

School: Bell Intermediate

Menu: 2017-2018 Intermediate Breakfast Menu



Fri - 06/01/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Breakfast Menu			
Recipe	Total		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
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
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
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		512.126	90.964
% of Calories			71.05%

Mon - 06/04/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Breakfast Menu			
Recipe	Total		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
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
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
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
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		555.016	92.990
% of Calories			67.02%

<b>Tue - 06/05/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2017-2018 Intermediate Breakfast Menu</b>			
<b>Recipe</b>	<b>Total</b>		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
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

Egg & Cheese Breakfast Sandwich	1.00 serving	297.426	34.286
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
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
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		524.071	91.552
% of Calories			69.88%

<b>Wed - 06/06/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2017-2018 Intermediate Breakfast Menu</b>			
Recipe	Total		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
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
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
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
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		555.016	92.990
% of Calories			67.02%

Thu - 06/07/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Breakfast Menu			
Recipe	Total		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
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
Egg & Cheese Breakfast Sandwich	1.00 serving	297.426	34.286
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
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
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		524.071	91.552
% of Calories			69.88%

Fri - 06/08/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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2017-2018 Intermediate Breakfast Menu

Recipe	Total		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
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
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
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		512.126	90.964
% of Calories			71.05%

Mon - 06/11/2018	Portion Size	Calories (kcal)	Carbohydrates (g)

2017-2018 Intermediate Breakfast Menu			
Recipe	Total		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
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
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
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
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		555.016	92.990



% of Calories	67.02%
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<b>Tue - 06/12/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2017-2018 Intermediate Breakfast Menu			
Recipe	Total		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
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
Egg & Cheese Breakfast Sandwich	1.00 serving	297.426	34.286
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
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
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		524.071	91.552
% of Calories			69.88%

Wed - 06/13/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Breakfast Menu			
Recipe	Total		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
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
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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
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321

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
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		555.016	92.990
% of Calories			67.02%

Thu - 06/14/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Breakfast Menu			
Recipe	Total		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
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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Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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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
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		524.071	91.552
% of Calories			69.88%

<b>Fri - 06/15/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2017-2018 Intermediate Breakfast Menu</b>			
<b>Recipe</b>	<b>Total</b>		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
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
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
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		512.126	90.964
% of Calories			71.05%

\* = Indicates missing Nutrient Information.

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