

Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2018-2019 High School Breakfast Menu



Mon - 06/03/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	672.181	42.586
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	188.571	23.143
Pop Tart & String Cheese	1.00 serving	260.000	37.500
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	285.000	47.500
Yogurt Parfait & Granola	1.00 serving	229.699	44.463
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000

1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		533.890	78.956
% of Calories			59.16%

Tue - 06/04/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
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Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Pop Tart & String Cheese	1.00 serving	260.000	37.500
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	285.000	47.500
Yogurt Parfait & Granola	1.00 serving	229.699	44.463
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		533.890	78.956
% of Calories			59.16%

Wed - 06/05/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
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Cereal w/ String Cheese	1.00 serving	188.571	23.143
Pop Tart & String Cheese	1.00 serving	260.000	37.500
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	285.000	47.500
Yogurt Parfait & Granola	1.00 serving	229.699	44.463
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		533.890	78.956
% of Calories			59.16%

Thu - 06/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519

Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
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Cereal w/ String Cheese	1.00 serving	188.571	23.143
Pop Tart & String Cheese	1.00 serving	260.000	37.500
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	285.000	47.500
Yogurt Parfait & Granola	1.00 serving	229.699	44.463
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		533.890	78.956
% of Calories			59.16%

Fri - 06/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000

Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	672.181	42.586
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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	188.571	23.143
Pop Tart & String Cheese	1.00 serving	260.000	37.500
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	285.000	47.500
Yogurt Parfait & Granola	1.00 serving	229.699	44.463
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		533.890	78.956
% of Calories			59.16%

Mon - 06/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
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Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
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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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000

Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		533.890	78.956
% of Calories			59.16%

Tue - 06/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
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Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		533.890	78.956
% of Calories			59.16%

Wed - 06/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
Breakfast Burrito, Turkey Chorizo, Egg, & Cheese	1.00 serving	568.848	43.519
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Cereal w/ String Cheese	1.00 serving	188.571	23.143
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Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		533.890	78.956
% of Calories			59.16%

Thu - 06/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	395.068	59.040
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Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		533.890	78.956
% of Calories			59.16%

Fri - 06/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ Pancakes (2) & Syrup	1.00 serving/3 links + 2 pancakes	410.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
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Tapatio Hot Sauce	1.00 each	0.000	0.000
Ketchup Packet	1.00 packet	10.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		533.890	78.956
% of Calories			59.16%

* = 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.