

# Carbohydrate Report

District: Garden Grove Unified School District

School: Bell Intermediate

Menu: 2018-2019 Intermediate Breakfast Menu



Mon - 06/03/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ Pancakes & Syrup	1.00 serving/2 links + 2 pancakes	360.000	59.000
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	583.183	43.196
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
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	51.000
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
Trix Yogurt w/ Mini Muffin	1.00 serving	218.000	39.900
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
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
Weighted Daily Average		507.538	84.430
% of Calories			66.54%

<b>Tue - 06/04/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2018-2019 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ Pancakes & Syrup	1.00 serving/2 links + 2 pancakes	360.000	59.000
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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
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Pop Tart & String Cheese	1.00 serving	260.000	37.500
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Pan Dulce, Assorted	1.00 each	200.000	34.000
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Assorted Breakfast Bars	1.00 each	285.000	47.500
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Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
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
Weighted Daily Average		496.697	83.922
% of Calories			67.58%

Wed - 06/05/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ Pancakes & Syrup	1.00 serving/2 links + 2 pancakes	360.000	59.000
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	583.183	43.196
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Pop Tart & String Cheese	1.00 serving	260.000	37.500
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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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
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
Weighted Daily Average		508.738	84.134
% of Calories			66.15%

Thu - 06/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ Pancakes & Syrup	1.00 serving/2 links + 2 pancakes	360.000	59.000
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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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
Ketchup	1.00 tablespoon	20.000	4.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Weighted Daily Average		496.697	83.922
% of Calories			67.58%

<b>Fri - 06/07/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2018-2019 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ Pancakes & Syrup	1.00 serving/2 links + 2 pancakes	360.000	59.000
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	583.183	43.196
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
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	51.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998

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
Weighted Daily Average		508.738	84.134
% of Calories			66.15%

Mon - 06/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ Pancakes & Syrup	1.00 serving/2 links + 2 pancakes	360.000	59.000
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	583.183	43.196
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
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	51.000
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

Trix Yogurt w/ Mini Muffin	1.00 serving	218.000	39.900
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
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
Weighted Daily Average		507.538	84.430
% of Calories			66.54%

<b>Tue - 06/11/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2018-2019 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ Pancakes & Syrup	1.00 serving/2 links + 2 pancakes	360.000	59.000
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	51.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
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
Weighted Daily Average		496.697	83.922
% of Calories			67.58%

<b>Wed - 06/12/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2018-2019 Intermediate Breakfast Menu</b>			
Recipe	Total		
Pork Sausage Links (2) w/ Pancakes & Syrup	1.00 serving/2 links + 2 pancakes	360.000	59.000
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	583.183	43.196
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
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Pop Tart & String Cheese	1.00 serving	260.000	37.500
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	51.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
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
Weighted Daily Average		508.738	84.134
% of Calories			66.15%

Thu - 06/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ Pancakes & Syrup	1.00 serving/2 links + 2 pancakes	360.000	59.000
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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Cereal w/ String Cheese	1.00 serving	188.571	23.143
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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
Weighted Daily Average		496.697	83.922
% of Calories			67.58%

<b>Fri - 06/14/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2018-2019 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ Pancakes & Syrup	1.00 serving/2 links + 2 pancakes	360.000	59.000
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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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
Weighted Daily Average		508.738	84.134
% of Calories			66.15%

\* = 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.