

Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2017-2018 High School Breakfast Menu



Thu - 03/01/2018	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
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		446.930	64.981
% of Calories			58.16%

Fri - 03/02/2018	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
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		446.930	64.981
% of Calories			58.16%

Mon - 03/05/2018	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
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
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		446.930	64.981
% of Calories			58.16%

Tue - 03/06/2018	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
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		446.930	64.981
% of Calories			58.16%

Wed - 03/07/2018	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
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
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		446.930	64.981
% of Calories			58.16%

Thu - 03/08/2018	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
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
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		446.930	64.981
% of Calories			58.16%

Fri - 03/09/2018	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
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		446.930	64.981
% of Calories			58.16%

Mon - 03/12/2018	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
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
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		446.930	64.981
% of Calories			58.16%

Tue - 03/13/2018	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
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
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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
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
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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		446.930	64.981
% of Calories			58.16%

Wed - 03/14/2018	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 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
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
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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		446.930	64.981
% of Calories			58.16%

Thu - 03/15/2018	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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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
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Assorted Breakfast Bars	1.00 each	286.839	47.361
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		446.930	64.981
% of Calories			58.16%

Fri - 03/16/2018	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
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		446.930	64.981
% of Calories			58.16%

Mon - 03/19/2018	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
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		446.930	64.981
% of Calories			58.16%

Tue - 03/20/2018	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
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		446.930	64.981
% of Calories			58.16%

Wed - 03/21/2018

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
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		446.930	64.981
% of Calories			58.16%

Thu - 03/22/2018	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
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		446.930	64.981
% of Calories			58.16%

Fri - 03/23/2018	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
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		446.930	64.981
% of Calories			58.16%

Mon - 03/26/2018	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
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		446.930	64.981
% of Calories			58.16%

Tue - 03/27/2018	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
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		446.930	64.981
% of Calories			58.16%

Wed - 03/28/2018	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
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		446.930	64.981
% of Calories			58.16%

Thu - 03/29/2018	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
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		446.930	64.981
% of Calories			58.16%

Fri - 03/30/2018	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
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		446.930	64.981
% of Calories			58.16%

* = Indicates missing Nutrient Information.

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