

Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2019-2020 High School Breakfast Menu

Mon - 03/02/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	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

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		538.090	78.956
% of Calories			58.69%

Tue - 03/03/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 High School Breakfast Menu

Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	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

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		538.090	78.956
% of Calories			58.69%

Wed - 03/04/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 High School Breakfast Menu

Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	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

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		538.090	78.956
% of Calories			58.69%

Thu - 03/05/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 High School Breakfast Menu

Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	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
Pancakes & String Cheese	1.00 serving	222.000	27.500

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		538.090	78.956
% of Calories			58.69%

Fri - 03/06/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 High School Breakfast Menu

Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	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		538.090	78.956
% of Calories			58.69%

Mon - 03/09/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 High School Breakfast Menu

Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	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		538.090	78.956
% of Calories			58.69%

Tue - 03/10/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	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		538.090	78.956
% of Calories			58.69%

Wed - 03/11/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 High School Breakfast Menu

Recipe	Total
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Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	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		538.090	78.956
% of Calories			58.69%

Thu - 03/12/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	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		538.090	78.956
% of Calories			58.69%

Fri - 03/13/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 High School Breakfast Menu

Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	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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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

Weighted Daily Average	538.090	78.956
% of Calories		58.69%

Mon - 03/16/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 High School Breakfast Menu

Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	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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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 f	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		538.090	78.956
% of Calories			58.69%

Tue - 03/17/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 High School Breakfast Menu

Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	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
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Chicken Sausage, Egg & Cheese Croissant Sandwich	1.00 serving	339.629	31.965
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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		538.090	78.956
% of Calories			58.69%

Wed - 03/18/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	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		538.090	78.956
% of Calories			58.69%

Thu - 03/19/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 High School Breakfast Menu

Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	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		538.090	78.956
% of Calories			58.69%

Fri - 03/20/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 High School Breakfast Menu

Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	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		538.090	78.956
% of Calories			58.69%

Mon - 03/23/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 High School Breakfast Menu

Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	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		538.090	78.956
% of Calories			58.69%

Tue - 03/24/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	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		538.090	78.956
% of Calories			58.69%

Wed - 03/25/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 High School Breakfast Menu

Recipe	Total
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Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	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		538.090	78.956
% of Calories			58.69%

Thu - 03/26/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	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		538.090	78.956
% of Calories			58.69%

Fri - 03/27/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 High School Breakfast Menu

Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	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

Weighted Daily Average	538.090	78.956
% of Calories		58.69%

Mon - 03/30/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 High School Breakfast Menu

Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	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 f	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		538.090	78.956
% of Calories			58.69%

Tue - 03/31/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 High School Breakfast Menu

Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	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		538.090	78.956
% of Calories			58.69%

* = Indicates missing Nutrient Information.

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