

# Carbohydrate Report

District: Garden Grove Unified School District

School: Alamitos Intermediate

Menu: 2019-2020 Intermediate Breakfast Menu

Mon - 03/02/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	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

Weighted Daily Average	531.373	84.702
% of Calories	63.76%	

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

Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	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		519.401	83.673

Wed - 03/04/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	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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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		531.373	84.702

Thu - 03/05/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	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
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		519.401	83.673
% of Calories			64.44%

Fri - 03/06/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	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		533.123	84.952
% of Calories			63.74%

Mon - 03/09/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	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		531.373	84.702
% of Calories			63.76%

Tue - 03/10/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	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		519.401	83.673
% of Calories			64.44%

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

Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	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		531.373	84.702
% of Calories			63.76%

Thu - 03/12/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Intermediate Breakfast Menu

Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	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		519.401	83.673
% of Calories			64.44%

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

Recipe	Total		
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Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	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
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Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST)	1.00 each	320.000	32.000
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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		533.123	84.952
% of Calories			63.74%

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

Recipe	Total
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Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	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		531.373	84.702
% of Calories			63.76%

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

Recipe	Total
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Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	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		519.401	83.673
% of Calories			64.44%

Wed - 03/18/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	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		531.373	84.702
% of Calories			63.76%

Thu - 03/19/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	59.000
Breakfast Sausage Pizza	1.00 serving	210.000	26.000

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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
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
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Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
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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		519.401	83.673
% of Calories			64.44%

Fri - 03/20/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	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		533.123	84.952
% of Calories			63.74%

Mon - 03/23/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	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		531.373	84.702
% of Calories			63.76%

Tue - 03/24/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Intermediate Breakfast Menu				
Recipe	Total			
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	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		519.401	83.673
% of Calories			64.44%

Wed - 03/25/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	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		531.373	84.702
% of Calories			63.76%

Thu - 03/26/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	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		519.401	83.673
% of Calories			64.44%

Fri - 03/27/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	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		533.123	84.952
% of Calories			63.74%

Mon - 03/30/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	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		531.373	84.702
% of Calories			63.76%

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

Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	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		519.401	83.673
% of Calories			64.44%

\* = 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.