

Carbohydrate Report

District: Garden Grove Unified School District

School: Bell Intermediate

Menu: 2017-2018 Intermediate Breakfast Menu



Wed - 11/01/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Breakfast Menu			
Recipe	Total		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000

Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
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
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
Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		550.641	92.115
% of Calories			66.91%

Thu - 11/02/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Breakfast Menu			
Recipe	Total		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000

Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Egg & Cheese Breakfast Sandwich	1.00 serving	297.426	34.286
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
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
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
Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	5.000	1.000

Weighted Daily Average	519.696	90.677
% of Calories		69.79%

Fri - 11/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Breakfast Menu			
Recipe	Total		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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
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
Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		507.751	90.089
% of Calories			70.97%

Mon - 11/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Breakfast Menu			
Recipe	Total		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000

Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
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
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
Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		550.641	92.115
% of Calories			66.91%

Tue - 11/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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2017-2018 Intermediate Breakfast Menu			
Recipe	Total		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Egg & Cheese Breakfast Sandwich	1.00 serving	297.426	34.286
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
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
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
Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		519.696	90.677
% of Calories			69.79%

Wed - 11/08/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Breakfast Menu			
Recipe	Total		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000

Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
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
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
Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		550.641	92.115
% of Calories			66.91%

Thu - 11/09/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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2017-2018 Intermediate Breakfast Menu			
Recipe	Total		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Egg & Cheese Breakfast Sandwich	1.00 serving	297.426	34.286
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
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
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
Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		519.696	90.677
% of Calories			69.79%

Fri - 11/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Breakfast Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 11/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Breakfast Menu			
Recipe	Total		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000

Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
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
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

Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		550.641	92.115
% of Calories			66.91%

Tue - 11/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Breakfast Menu			
Recipe	Total		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900

Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Egg & Cheese Breakfast Sandwich	1.00 serving	297.426	34.286
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
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
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
Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		519.696	90.677
% of Calories			69.79%

Wed - 11/15/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Breakfast Menu			
Recipe	Total		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000

Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
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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

Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		550.641	92.115
% of Calories			66.91%

Thu - 11/16/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Breakfast Menu			
Recipe	Total		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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Pop Tarts & String Cheese	1.00 serving	260.000	37.500
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900

Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Egg & Cheese Breakfast Sandwich	1.00 serving	297.426	34.286
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613
Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
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
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
Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		519.696	90.677
% of Calories			69.79%

Fri - 11/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Breakfast Menu			
Recipe	Total		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Breakfast Sausage Pizza	1.00 serving	210.000	26.000

Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
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Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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
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
Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		507.751	90.089
% of Calories			70.97%

Tue - 11/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Breakfast Menu			
Recipe	Total		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Egg & Cheese Breakfast Sandwich	1.00 serving	297.426	34.286
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613

Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
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
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
Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		519.696	90.677
% of Calories			69.79%

Wed - 11/29/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Breakfast Menu			
Recipe	Total		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361

Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Breakfast Burrito, Egg, Ham & Cheese	1.00 serving	505.625	40.514
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	470.470	42.581
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	654.844	49.321
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
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
Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		550.641	92.115
% of Calories			66.91%

Thu - 11/30/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Breakfast Menu			
Recipe	Total		
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
Turkey Sausage, Egg & Cheese Fiesta Sticks	1.00 serving/2 pieces	400.000	34.000
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Turkey Taco Pocket, Breakfast, 1.5M/2.25G	1.00 each	250.000	32.000
Pork Sausage Links (2) w/ Pancakes	1.00 serving/2 links + 2 pancakes	240.000	28.000
Assorted Breakfast Bars	1.00 each	286.839	47.361
Pan Dulce, Assorted	1.00 each	200.000	34.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
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
Trix Yogurt w/ Mini Muffin	1.00 serving	159.000	29.900
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Egg & Cheese Breakfast Sandwich	1.00 serving	297.426	34.286
Breakfast Sandwich, Ham, Cheese & Egg	1.00 serving	330.105	34.613

Sausage, Egg & Cheese Breakfast Sandwich	1.00 each	358.426	34.886
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
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
Syrup Cup	1.00 each	120.000	31.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		519.696	90.677
% of Calories			69.79%

* = 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.