

Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2017-2018 High School Breakfast Menu



Mon - 10/02/2017	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, 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
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
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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		450.672	64.958
% of Calories			57.65%

Tue - 10/03/2017	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, 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
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
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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		450.672	64.958
% of Calories			57.65%

Wed - 10/04/2017	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, 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
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	1.00 each	320.000	32.000

Uncrustables, 2.8 oz, Assorted (BREAKFAST)			
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
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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		450.672	64.958
% of Calories			57.65%

Thu - 10/05/2017	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, 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
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
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197

Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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		450.672	64.958
% of Calories			57.65%

Fri - 10/06/2017	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, 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, &	1.00 serving	654.844	49.321

Cheese			
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
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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	450.672	64.958
% of Calories		57.65%

Mon - 10/09/2017	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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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
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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
Yogurt Parfait & Granola	1.00 serving	307.065	61.163
Assorted Breakfast Bars	1.00 each	286.839	47.361
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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		450.672	64.958
% of Calories			57.65%

Tue - 10/10/2017	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, 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
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Cereal w/ String Cheese	1.00 serving	177.500	19.750
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Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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		450.672	64.958
% of Calories			57.65%

Wed - 10/11/2017	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, 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
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	1.00 each	320.000	32.000

Uncrustables, 2.8 oz, Assorted (BREAKFAST)			
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
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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		450.672	64.958
% of Calories			57.65%

Thu - 10/12/2017	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, Ham & Cheese	1.00 serving	505.625	40.514
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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
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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		450.672	64.958
% of Calories			57.65%

Fri - 10/13/2017	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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Cheese			
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
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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
Yogurt Parfait & Granola	1.00 serving	307.065	61.163
Assorted Breakfast Bars	1.00 each	286.839	47.361
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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	450.672	64.958
% of Calories		57.65%

Mon - 10/16/2017	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
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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
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Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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		450.672	64.958
% of Calories			57.65%

Tue - 10/17/2017	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
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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
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
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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		450.672	64.958
% of Calories			57.65%

Wed - 10/18/2017	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, 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
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	1.00 each	320.000	32.000

Uncrustables, 2.8 oz, Assorted (BREAKFAST)			
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
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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		450.672	64.958
% of Calories			57.65%

Thu - 10/19/2017	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, 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
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
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197

Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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		450.672	64.958
% of Calories			57.65%

Fri - 10/20/2017	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, 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, &	1.00 serving	654.844	49.321

Cheese			
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
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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	450.672	64.958
% of Calories		57.65%

Mon - 10/23/2017	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, 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
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
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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		450.672	64.958
% of Calories			57.65%

Tue - 10/24/2017	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, 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
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
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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		450.672	64.958
% of Calories			57.65%

Wed - 10/25/2017	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, 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
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	1.00 each	320.000	32.000

Uncrustables, 2.8 oz, Assorted (BREAKFAST)			
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
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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		450.672	64.958
% of Calories			57.65%

Thu - 10/26/2017	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, 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
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
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197

Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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		450.672	64.958
% of Calories			57.65%

Fri - 10/27/2017	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, 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, &	1.00 serving	654.844	49.321

Cheese			
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
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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	450.672	64.958
% of Calories		57.65%

Mon - 10/30/2017	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, 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
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
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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		450.672	64.958
% of Calories			57.65%

Tue - 10/31/2017	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, 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
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
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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		450.672	64.958
% of Calories			57.65%

* = Indicates missing Nutrient Information.

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