

Carbohydrate Report

District: Garden Grove Unified School District

School: Bell Intermediate

Menu: 2017-2018 Intermediate Breakfast Menu



| Mon - 10/02/2017 | 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 |

| | | | |
|---|--------------|---------|--------|
| 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 - 10/03/2017 | 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 |
| 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 - 10/04/2017 | 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 - 10/05/2017 | 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 - 10/06/2017 | 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 |
| 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 - 10/09/2017 | 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 - 10/10/2017 | 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 - 10/11/2017 | 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 - 10/12/2017 | 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 |

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|-----------------------------------|--------------|---------|--------|
| 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 - 10/13/2017 | 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 |
| 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 - 10/16/2017 | 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 |
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| 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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| 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 - 10/17/2017 | 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 |
| 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 - 10/18/2017 | 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 | 1.00 serving/2 pieces | 400.000 | 34.000 |

| | | | |
|--|-----------------------------------|---------|--------|
| Fiesta Sticks | | | |
| 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 - 10/19/2017 | 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 - 10/20/2017 | 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 - 10/23/2017 | 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 - 10/24/2017 | 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 - 10/25/2017 | 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 & | 1.00 serving | 470.470 | 42.581 |

| | | | |
|---|--------------|---------|--------|
| Cheese | | | |
| 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 - 10/26/2017 | 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 - 10/27/2017 | 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 - 10/30/2017 | 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 |
| 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 - 10/31/2017 | 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.