

# Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2021-2022 High School Breakfast Menu



Wed - 12/01/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	471.381	52.815
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	579.933	43.667
Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST)	1.00 each	320.000	32.000
Assorted Breakfast Bars	1.00 each	285.000	47.500
Pan Dulce, Assorted	1.00 each	200.000	34.000
Pop Tart & String Cheese	1.00 serving	260.000	37.500
Yogurt Parfait w/ Granola 1.25M/1G	1.00 serving	263.705	50.887
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000

Weighted Daily Average	572.621	84.287
% of Calories		58.88%

Thu - 12/02/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	471.381	52.815
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
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Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000

Weighted Daily Average	572.621	84.287
% of Calories	58.88%	

Fri - 12/03/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	471.381	52.815
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Assorted Breakfast Bars	1.00 each	285.000	47.500
Pan Dulce, Assorted	1.00 each	200.000	34.000
Pop Tart & String Cheese	1.00 serving	260.000	37.500
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Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Weighted Daily Average		572.621	84.287

% of Calories	58.88%
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Mon - 12/06/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	471.381	52.815
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
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Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST)	1.00 each	320.000	32.000
Assorted Breakfast Bars	1.00 each	285.000	47.500
Pan Dulce, Assorted	1.00 each	200.000	34.000
Pop Tart & String Cheese	1.00 serving	260.000	37.500
Yogurt Parfait w/ Granola 1.25M/1G	1.00 serving	263.705	50.887
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Weighted Daily Average		527.875	79.754

% of Calories	60.43%
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Tue - 12/07/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	471.381	52.815
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	579.933	43.667
Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST)	1.00 each	320.000	32.000
Assorted Breakfast Bars	1.00 each	285.000	47.500
Pan Dulce, Assorted	1.00 each	200.000	34.000
Pop Tart & String Cheese	1.00 serving	260.000	37.500
Yogurt Parfait w/ Granola 1.25M/1G	1.00 serving	263.705	50.887
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Weighted Daily Average		572.621	84.287
% of Calories			58.88%

Wed - 12/08/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	471.381	52.815
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	579.933	43.667
Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST)	1.00 each	320.000	32.000
Assorted Breakfast Bars	1.00 each	285.000	47.500
Pan Dulce, Assorted	1.00 each	200.000	34.000
Pop Tart & String Cheese	1.00 serving	260.000	37.500
Yogurt Parfait w/ Granola 1.25M/1G	1.00 serving	263.705	50.887
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Weighted Daily Average		572.621	84.287
% of Calories			58.88%

Thu - 12/09/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	471.381	52.815
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	579.933	43.667
Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST)	1.00 each	320.000	32.000
Assorted Breakfast Bars	1.00 each	285.000	47.500
Pan Dulce, Assorted	1.00 each	200.000	34.000
Pop Tart & String Cheese	1.00 serving	260.000	37.500
Yogurt Parfait w/ Granola 1.25M/1G	1.00 serving	263.705	50.887
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Weighted Daily Average		572.621	84.287
% of Calories			58.88%

Fri - 12/10/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	471.381	52.815
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Assorted Breakfast Bars	1.00 each	285.000	47.500
Pan Dulce, Assorted	1.00 each	200.000	34.000
Pop Tart & String Cheese	1.00 serving	260.000	37.500
Yogurt Parfait w/ Granola 1.25M/1G	1.00 serving	263.705	50.887
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Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
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1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Weighted Daily Average		572.621	84.287
% of Calories			58.88%



Mon - 12/13/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Weighted Daily Average		527.875	79.754
% of Calories			60.43%

Tue - 12/14/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021-2022 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Chicken & Rice Burrito (HS)	1.00 serving	471.381	52.815
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Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Weighted Daily Average		572.621	84.287
% of Calories			58.88%

Wed - 12/15/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021-2022 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Weighted Daily Average		572.621	84.287
% of Calories			58.88%

Thu - 12/16/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021-2022 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Weighted Daily Average		572.621	84.287
% of Calories			58.88%

Fri - 12/17/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021-2022 High School Breakfast Menu			
Recipe	Total		
Pork Sausage Links (3) w/ French Toast Slice & Syrup	1.00 serving/3 links + 1 french toast slice	480.000	59.000
Breakfast Sausage Pizza (2 pieces)	1.00 serving/2 pieces	420.000	52.000
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Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
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Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Weighted Daily Average		572.621	84.287
% of Calories			58.88%

\* = 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.