

Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2022-2023 High School Breakfast Menu



Thu - 12/01/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 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
Egg, Sausage, Cheese English Muffin Sandwich	1.00 sandwich	414.335	25.989
Chicken & Rice Burrito (HS)	1.00 serving	471.381	52.815
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	547.235	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
Berry Banana Yogurt Smoothie w/ Pretzels	1.00 serving/12 oz cup + Pretzels	364.104	78.897
Tropical Yogurt Smoothie w/ Pretzels	1.00 serving/12 oz cup + Pretzels	306.842	63.931
Juice, Assorted, 4 oz	1.00 each	60.000	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	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000

Ketchup Packet	1.00 packet	10.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		588.590	87.123
% of Calories			59.21%

Fri - 12/02/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 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
Egg, Sausage, Cheese English Muffin Sandwich	1.00 sandwich	414.335	25.989
Chicken & Rice Burrito (HS)	1.00 serving	471.381	52.815
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	547.235	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
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Tropical Yogurt Smoothie w/ Pretzels	1.00 serving/12 oz cup + Pretzels	306.842	63.931
Juice, Assorted, 4 oz	1.00 each	60.000	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	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		588.590	87.123
% of Calories			59.21%

Mon - 12/05/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 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
Egg, Sausage, Cheese English Muffin Sandwich	1.00 sandwich	414.335	25.989
Chicken & Rice Burrito (HS)	1.00 serving	471.381	52.815
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	547.235	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
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Tropical Yogurt Smoothie w/ Pretzels	1.00 serving/12 oz cup + Pretzels	306.842	63.931
Juice, Assorted, 4 oz	1.00 each	60.000	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	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		588.590	87.123
% of Calories			59.21%

Tue - 12/06/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 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
Egg, Sausage, Cheese English Muffin Sandwich	1.00 sandwich	414.335	25.989
Chicken & Rice Burrito (HS)	1.00 serving	471.381	52.815
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	547.235	45.263
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	579.933	43.667
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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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Tropical Yogurt Smoothie w/ Pretzels	1.00 serving/12 oz cup + Pretzels	306.842	63.931
Juice, Assorted, 4 oz	1.00 each	60.000	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	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		588.590	87.123
% of Calories			59.21%

Wed - 12/07/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 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
Egg, Sausage, Cheese English Muffin Sandwich	1.00 sandwich	414.335	25.989
Chicken & Rice Burrito (HS)	1.00 serving	471.381	52.815
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	547.235	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
Berry Banana Yogurt Smoothie w/ Pretzels	1.00 serving/12 oz cup + Pretzels	364.104	78.897
Tropical Yoqurt Smoothie w/ Pretzels	1.00 serving/12 oz cup + Pretzels	306.842	63.931

Juice, Assorted, 4 oz	1.00 each	60.000	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	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		588.590	87.123
% of Calories			59.21%

Thu - 12/08/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 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
Egg, Sausage, Cheese English Muffin Sandwich	1.00 sandwich	414.335	25.989
Chicken & Rice Burrito (HS)	1.00 serving	471.381	52.815
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	547.235	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

Berry Banana Yogurt Smoothie w/ Pretzels	1.00 serving/12 oz cup + Pretzels	364.104	78.897
Tropical Yogurt Smoothie w/ Pretzels	1.00 serving/12 oz cup + Pretzels	306.842	63.931
Juice, Assorted, 4 oz	1.00 each	60.000	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	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		588.590	87.123
% of Calories			59.21%

Fri - 12/09/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 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
Egg, Sausage, Cheese English Muffin Sandwich	1.00 sandwich	414.335	25.989
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Juice, Assorted, 4 oz	1.00 each	60.000	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	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		588.590	87.123
% of Calories			59.21%

Mon - 12/12/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 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
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Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		588.590	87.123
% of Calories			59.21%

Tue - 12/13/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 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
Egg, Sausage, Cheese English Muffin Sandwich	1.00 sandwich	414.335	25.989
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Assorted Fruit Cups	0.50 cup	84.199	19.997
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Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		588.590	87.123
% of Calories			59.21%

Wed - 12/14/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 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
Egg, Sausage, Cheese English Muffin Sandwich	1.00 sandwich	414.335	25.989
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Ketchup Packet	1.00 packet	10.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		588.590	87.123
% of Calories			59.21%

Thu - 12/15/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 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
Egg, Sausage, Cheese English Muffin Sandwich	1.00 sandwich	414.335	25.989

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Assorted Fruit Cups	0.50 cup	84.199	19.997
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Ketchup Packet	1.00 packet	10.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		588.590	87.123
% of Calories			59.21%

Fri - 12/16/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 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
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		588.590	87.123
% of Calories			59.21%

* = 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.