

Carbohydrate Report

District: Garden Grove Unified School District

School: Bell Intermediate

Menu: 2021-2022 Intermediate Breakfast Menu



Mon - 01/03/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	59.000
Breakfast Sausage Pizza IW	1.00 serving	240.000	31.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Egg, Ham, Potato & Cheese	1.00 serving	477.069	41.077
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	579.933	43.667
Yogurt Parfait w/ Granola 1.25M/1G	1.00 serving	263.705	50.887
Cereal w/ String Cheese	1.00 serving	187.499	23.371
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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		546.704	86.308
% of Calories			63.15%

Tue - 01/04/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	59.000
Breakfast Sausage Pizza IW	1.00 serving	240.000	31.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Egg, Ham, Potato & Cheese	1.00 serving	477.069	41.077
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	579.933	43.667
Cereal w/ String Cheese	1.00 serving	187.499	23.371
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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		549.518	85.364
% of Calories			62.14%

Wed - 01/05/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	59.000
Breakfast Sausage Pizza IW	1.00 serving	240.000	31.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Egg, Ham, Potato & Cheese	1.00 serving	477.069	41.077
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	579.933	43.667
Cereal w/ String Cheese	1.00 serving	187.499	23.371
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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	549.518	85.364
% of Calories		62.14%

Thu - 01/06/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	59.000
Breakfast Sausage Pizza IW	1.00 serving	240.000	31.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Egg, Ham, Potato & Cheese	1.00 serving	477.069	41.077
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	579.933	43.667
Cereal w/ String Cheese	1.00 serving	187.499	23.371
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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	549.518	85.364
% of Calories		62.14%

Fri - 01/07/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	59.000
Breakfast Sausage Pizza IW	1.00 serving	240.000	31.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Egg, Ham, Potato & Cheese	1.00 serving	477.069	41.077
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	579.933	43.667
Yogurt Parfait w/ Granola 1.25M/1G	1.00 serving	263.705	50.887
Cereal w/ String Cheese	1.00 serving	187.499	23.371
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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	546.704	86.308
% of Calories		63.15%

Mon - 01/10/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	59.000
Breakfast Sausage Pizza IW	1.00 serving	240.000	31.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Egg, Ham, Potato & Cheese	1.00 serving	477.069	41.077
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	579.933	43.667
Yogurt Parfait w/ Granola 1.25M/1G	1.00 serving	263.705	50.887
Cereal w/ String Cheese	1.00 serving	187.499	23.371
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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		546.704	86.308
% of Calories			63.15%

Tue - 01/11/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	59.000
Breakfast Sausage Pizza IW	1.00 serving	240.000	31.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Egg, Ham, Potato & Cheese	1.00 serving	477.069	41.077
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	579.933	43.667
Cereal w/ String Cheese	1.00 serving	187.499	23.371
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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		549.518	85.364
% of Calories			62.14%

Wed - 01/12/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	59.000
Breakfast Sausage Pizza IW	1.00 serving	240.000	31.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Egg, Ham, Potato & Cheese	1.00 serving	477.069	41.077
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	579.933	43.667
Cereal w/ String Cheese	1.00 serving	187.499	23.371
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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	549.518	85.364
% of Calories		62.14%

Thu - 01/13/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	59.000
Breakfast Sausage Pizza IW	1.00 serving	240.000	31.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Egg, Ham, Potato & Cheese	1.00 serving	477.069	41.077
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Cereal w/ String Cheese	1.00 serving	187.499	23.371
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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	549.518	85.364
% of Calories		62.14%

Tue - 01/18/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	59.000
Breakfast Sausage Pizza IW	1.00 serving	240.000	31.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Egg, Ham, Potato & Cheese	1.00 serving	477.069	41.077
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	579.933	43.667
Cereal w/ String Cheese	1.00 serving	187.499	23.371
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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		549.518	85.364

% of Calories	62.14%
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Wed - 01/19/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	59.000
Breakfast Sausage Pizza IW	1.00 serving	240.000	31.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Egg, Ham, Potato & Cheese	1.00 serving	477.069	41.077
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Cereal w/ String Cheese	1.00 serving	187.499	23.371
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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		549.518	85.364

% of Calories	62.14%
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Thu - 01/20/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	59.000
Breakfast Sausage Pizza IW	1.00 serving	240.000	31.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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
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Breakfast Burrito, Egg, Ham, Potato & Cheese	1.00 serving	477.069	41.077
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Cereal w/ String Cheese	1.00 serving	187.499	23.371
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Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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		549.518	85.364

% of Calories

62.14%

Fri - 01/21/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	59.000
Breakfast Sausage Pizza IW	1.00 serving	240.000	31.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST)	1.00 each	320.000	32.000
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Cereal w/ String Cheese	1.00 serving	187.499	23.371
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		546.704	86.308

% of Calories	63.15%
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Mon - 01/24/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	59.000
Breakfast Sausage Pizza IW	1.00 serving	240.000	31.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST)	1.00 each	320.000	32.000
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Cereal w/ String Cheese	1.00 serving	187.499	23.371
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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	546.704	86.308
% of Calories		63.15%

Tue - 01/25/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	59.000
Breakfast Sausage Pizza IW	1.00 serving	240.000	31.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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
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Pop Tart & String Cheese	1.00 serving	260.000	37.500
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Cereal w/ String Cheese	1.00 serving	187.499	23.371
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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		549.518	85.364

% of Calories	62.14%
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Wed - 01/26/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	59.000
Breakfast Sausage Pizza IW	1.00 serving	240.000	31.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Egg, Ham, Potato & Cheese	1.00 serving	477.069	41.077
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	579.933	43.667
Cereal w/ String Cheese	1.00 serving	187.499	23.371
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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		549.518	85.364

% of Calories	62.14%
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Thu - 01/27/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	59.000
Breakfast Sausage Pizza IW	1.00 serving	240.000	31.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Egg, Ham, Potato & Cheese	1.00 serving	477.069	41.077
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	579.933	43.667
Cereal w/ String Cheese	1.00 serving	187.499	23.371
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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		549.518	85.364

% of Calories

62.14%

Fri - 01/28/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	59.000
Breakfast Sausage Pizza IW	1.00 serving	240.000	31.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Egg, Ham, Potato & Cheese	1.00 serving	477.069	41.077
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	579.933	43.667
Yogurt Parfait w/ Granola 1.25M/1G	1.00 serving	263.705	50.887
Cereal w/ String Cheese	1.00 serving	187.499	23.371
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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		546.704	86.308

% of Calories	63.15%
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Mon - 01/31/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	59.000
Breakfast Sausage Pizza IW	1.00 serving	240.000	31.000
Turkey Taco Pocket, Breakfast	1.00 each	250.000	32.000
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
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	548.029	45.263
Breakfast Burrito, Egg, Ham, Potato & Cheese	1.00 serving	477.069	41.077
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	579.933	43.667
Yogurt Parfait w/ Granola 1.25M/1G	1.00 serving	263.705	50.887
Cereal w/ String Cheese	1.00 serving	187.499	23.371
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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	546.704	86.308
% of Calories		63.15%

* = 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.