

Carbohydrate Report

District: Garden Grove Unified School District

School: Bell Intermediate

Menu: 2022-2023 Intermediate Breakfast Menu



Wed - 03/01/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Intermediate 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	1.00 serving	210.000	26.000
Egg, Sausage, Cheese English Muffin Sandwich	1.00 sandwich	414.335	25.989
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	547.235	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
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
Cereal w/ String Cheese	1.00 serving	187.499	23.371
Yogurt Parfait w/ Granola 1.25M/1G	1.00 serving	263.705	50.887
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	1.00 each	60.000	14.000
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup	1.00 tablespoon	20.000	4.000

Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		532.486	80.202
% of Calories			60.25%
Thu - 03/02/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Intermediate 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	1.00 serving	210.000	26.000
Egg, Sausage, Cheese English Muffin Sandwich	1.00 sandwich	414.335	25.989
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	547.235	45.263
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Pan Dulce, Assorted	1.00 each	200.000	34.000
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1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup	1.00 tablespoon	20.000	4.000

Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		532.486	80.202
% of Calories			60.25%
Fri - 03/03/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Intermediate 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	1.00 serving	210.000	26.000
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1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup	1.00 tablespoon	20.000	4.000

Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		532.486	80.202
% of Calories			60.25%
Mon - 03/06/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Intermediate 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	1.00 serving	210.000	26.000
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Ketchup	1.00 tablespoon	20.000	4.000

Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		532.486	80.202
% of Calories			60.25%
Tue - 03/07/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Intermediate 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	1.00 serving	210.000	26.000
Egg, Sausage, Cheese English Muffin Sandwich	1.00 sandwich	414.335	25.989
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Pan Dulce, Assorted	1.00 each	200.000	34.000
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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
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup	1.00 tablespoon	20.000	4.000

Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		532.486	80.202
% of Calories			60.25%
Wed - 03/08/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Intermediate 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	1.00 serving	210.000	26.000
Egg, Sausage, Cheese English Muffin Sandwich	1.00 sandwich	414.335	25.989
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Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup	1.00 tablespoon	20.000	4.000

Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		532.486	80.202
% of Calories			60.25%
Thu - 03/09/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Intermediate 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	1.00 serving	210.000	26.000
Egg, Sausage, Cheese English Muffin Sandwich	1.00 sandwich	414.335	25.989
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Ketchup	1.00 tablespoon	20.000	4.000

Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		532.486	80.202
% of Calories			60.25%
Fri - 03/10/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Intermediate 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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Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		532.486	80.202
% of Calories			60.25%
Mon - 03/13/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Intermediate 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	1.00 tablespoon	20.000	4.000

Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		532.486	80.202
% of Calories			60.25%
Tue - 03/14/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Intermediate 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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Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		532.486	80.202
% of Calories			60.25%
Wed - 03/15/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Intermediate 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	1.00 serving	210.000	26.000
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Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		532.486	80.202
% of Calories			60.25%
Thu - 03/16/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Intermediate 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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Ketchup	1.00 tablespoon	20.000	4.000

Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		532.486	80.202
% of Calories			60.25%
Fri - 03/17/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Intermediate 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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Mon - 03/20/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Intermediate 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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Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup	1.00 tablespoon	20.000	4.000

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Weighted Daily Average		532.486	80.202
% of Calories			60.25%
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2022-2023 Intermediate 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	1.00 serving	210.000	26.000
Egg, Sausage, Cheese English Muffin Sandwich	1.00 sandwich	414.335	25.989
Breakfast Burrito, Egg, Potato & Cheese	1.00 serving	547.235	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
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
Cereal w/ String Cheese	1.00 serving	187.499	23.371
Yogurt Parfait w/ Granola 1.25M/1G	1.00 serving	263.705	50.887
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	1.00 each	60.000	14.000
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup	1.00 tablespoon	20.000	4.000

Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		532.486	80.202
% of Calories			60.25%
Wed - 03/22/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Intermediate 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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2022-2023 Intermediate Breakfast Menu			
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Ketchup	1.00 tablespoon	20.000	4.000

Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Weighted Daily Average		532.486	80.202
% of Calories			60.25%
Fri - 03/24/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Intermediate 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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* = 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.