

Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2021-2022 High School Breakfast Menu



| Mon - 11/01/2021 | 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 | 395.068 | 59.040 |
| 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 | 520.243 | 80.377 |
| % of Calories | | 61.80% |

| Tue - 11/02/2021 | 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 | 395.068 | 59.040 |
| 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 | 564.990 | 84.910 |
| % of Calories | | 60.11% |

| Wed - 11/03/2021 | 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 | 395.068 | 59.040 |
| 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 | | 564.990 | 84.910 |

| | |
|---------------|--------|
| % of Calories | 60.11% |
|---------------|--------|

| Thu - 11/04/2021 | 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 | 395.068 | 59.040 |
| 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 | | 564.990 | 84.910 |

| | |
|---------------|--------|
| % of Calories | 60.11% |
|---------------|--------|

| Mon - 11/08/2021 | 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 | 395.068 | 59.040 |
| 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 | | 520.243 | 80.377 |
| % of Calories | | | 61.80% |

| Tue - 11/09/2021 | 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 | 395.068 | 59.040 |
| 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 | | 564.990 | 84.910 |
| % of Calories | | | 60.11% |

| Wed - 11/10/2021 | 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 | 395.068 | 59.040 |
| 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 | | 564.990 | 84.910 |
| % of Calories | | | 60.11% |

| Thu - 11/11/2021 | 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 | 395.068 | 59.040 |
| 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 | | 564.990 | 84.910 |
| % of Calories | | | 60.11% |

| Fri - 11/12/2021 | 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 | 395.068 | 59.040 |
| 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 | 564.990 | 84.910 | |
| % of Calories | | 60.11% | |

| Mon - 11/15/2021 | 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 | 395.068 | 59.040 |
| 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 | | 520.243 | 80.377 |
| % of Calories | | | 61.80% |

| Tue - 11/16/2021 | 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 | 395.068 | 59.040 |
| 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 | | 564.990 | 84.910 |
| % of Calories | | | 60.11% |

| Wed - 11/17/2021 | 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 | 395.068 | 59.040 |
| 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 | | 564.990 | 84.910 |
| % of Calories | | | 60.11% |

| Thu - 11/18/2021 | 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 | 395.068 | 59.040 |
| 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 | | 564.990 | 84.910 |
| % of Calories | | | 60.11% |

| Fri - 11/19/2021 | 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 | 395.068 | 59.040 |
| 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 | | 564.990 | 84.910 |
| % of Calories | | | 60.11% |

| Mon - 11/29/2021 | 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 | 395.068 | 59.040 |
| 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 | | 520.243 | 80.377 |
| % of Calories | | | 61.80% |

| Tue - 11/30/2021 | 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 | 395.068 | 59.040 |
| 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 | | 564.990 | 84.910 |
| % of Calories | | | 60.11% |

* = 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.