

# Carbohydrate Report

District: Garden Grove Unified School District

School: Bell Intermediate

Menu: 2021-2022 Intermediate Breakfast Menu



Mon - 11/01/2021	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	188.571	23.286
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		546.757	86.304
% of Calories			63.14%

<b>Tue - 11/02/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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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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		549.572	85.359
% of Calories			62.13%

Wed - 11/03/2021	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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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	549.572	85.359
% of Calories		62.13%

Thu - 11/04/2021	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
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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	549.572	85.359
% of Calories		62.13%

<b>Fri - 11/05/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021-2022 Intermediate Breakfast Menu			
Recipe	Total		
Weighted Daily Average	N/A	N/A	
% of Calories			N/A

<b>Mon - 11/08/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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	188.571	23.286

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		546.757	86.304
% of Calories			63.14%

<b>Tue - 11/09/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2021-2022 Intermediate Breakfast Menu</b>			
<b>Recipe</b>	<b>Total</b>		
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	188.571	23.286

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		549.572	85.359
% of Calories			62.13%

<b>Wed - 11/10/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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	188.571	23.286

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		549.572	85.359
% of Calories			62.13%

Thu - 11/11/2021	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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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		549.572	85.359
% of Calories			62.13%

Fri - 11/12/2021	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
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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	188.571	23.286

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		546.757	86.304
% of Calories			63.14%

<b>Mon - 11/15/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2021-2022 Intermediate Breakfast Menu</b>			
<b>Recipe</b>	<b>Total</b>		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	59.000
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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		546.757	86.304
% of Calories			63.14%

<b>Tue - 11/16/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2021-2022 Intermediate Breakfast Menu</b>			
<b>Recipe</b>	<b>Total</b>		
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
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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		549.572	85.359
% of Calories			62.13%

<b>Wed - 11/17/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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
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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		549.572	85.359
% of Calories			62.13%

Thu - 11/18/2021	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
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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		549.572	85.359
% of Calories			62.13%

Fri - 11/19/2021	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
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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	188.571	23.286

Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
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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		546.757	86.304
% of Calories			63.14%

Mon - 11/29/2021	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	188.571	23.286

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		546.757	86.304
% of Calories			63.14%

<b>Tue - 11/30/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2021-2022 Intermediate Breakfast Menu</b>			
<b>Recipe</b>	<b>Total</b>		
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Cereal w/ String Cheese	1.00 serving	188.571	23.286



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		549.572	85.359
% of Calories			62.13%

\* = 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.