

Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2022-2023 High School Breakfast Menu



Thu - 09/01/2022	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	299.401	64.973
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		584.410	86.329
% of Calories			59.09%

Fri - 09/02/2022	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
Yogurt Parfait w/ Granola 1.25M/1G	1.00 serving	263.705	50.887
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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		584.410	86.329
% of Calories			59.09%

Tue - 09/06/2022	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
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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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		584.410	86.329
% of Calories			59.09%

Wed - 09/07/2022	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
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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		584.410	86.329
% of Calories			59.09%

Thu - 09/08/2022	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
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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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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		584.410	86.329
% of Calories			59.09%

Fri - 09/09/2022	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
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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		584.410	86.329
% of Calories			59.09%

Mon - 09/12/2022	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
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
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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		584.410	86.329
% of Calories			59.09%

Tue - 09/13/2022	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
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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		584.410	86.329
% of Calories			59.09%

Wed - 09/14/2022	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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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		584.410	86.329
% of Calories			59.09%

Thu - 09/15/2022	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
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		584.410	86.329
% of Calories			59.09%

Fri - 09/16/2022	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
Egg, Sausage, Cheese English Muffin Sandwich	1.00 sandwich	414.335	25.989
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Assorted Dried Fruit	1.00 each	112.500	28.250
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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		584.410	86.329
% of Calories			59.09%

Mon - 09/19/2022	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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Weighted Daily Average		584.410	86.329
% of Calories			59.09%

Tue - 09/20/2022	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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% of Calories			59.09%

Wed - 09/21/2022	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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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	299.401	64.973
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		584.410	86.329
% of Calories			59.09%

Thu - 09/22/2022	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	299.401	64.973
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		584.410	86.329
% of Calories			59.09%

Fri - 09/23/2022	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	299.401	64.973
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		584.410	86.329
% of Calories			59.09%

Mon - 09/26/2022	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	299.401	64.973
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		584.410	86.329
% of Calories			59.09%

Tue - 09/27/2022	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	299.401	64.973
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		584.410	86.329
% of Calories			59.09%

Wed - 09/28/2022	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	299.401	64.973
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		584.410	86.329
% of Calories			59.09%

Thu - 09/29/2022	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	299.401	64.973
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		584.410	86.329
% of Calories			59.09%

Fri - 09/30/2022	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	299.401	64.973
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		584.410	86.329
% of Calories			59.09%

* = Indicates missing Nutrient Information.

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