

Carbohydrate Report

District: Garden Grove Unified School District

School: Bell Intermediate

Menu: 2021-2022 Intermediate Breakfast Menu



Wed - 09/01/2021	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	587.933	44.733
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		552.943	85.852

% of Calories	62.11%
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Thu - 09/02/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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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	587.933	44.733
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		552.943	85.852
% of Calories			62.11%

Fri - 09/03/2021	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
Breakfast Burrito, Sausage, Egg, & Cheese	1.00 serving	587.933	44.733
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, 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		550.129	86.796
% of Calories			63.11%

Tue - 09/07/2021	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	587.933	44.733
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		552.943	85.852
% of Calories			62.11%

Wed - 09/08/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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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	587.933	44.733
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		552.943	85.852
% of Calories			62.11%

Thu - 09/09/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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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 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		552.943	85.852
% of Calories			62.11%

Fri - 09/10/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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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	587.933	44.733
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, 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		550.129	86.796
% of Calories			63.11%

Mon - 09/13/2021	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	587.933	44.733
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, 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		550.129	86.796
% of Calories			63.11%

Tue - 09/14/2021	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	587.933	44.733
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		552.943	85.852
% of Calories			62.11%

Wed - 09/15/2021	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	587.933	44.733
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		552.943	85.852
% of Calories			62.11%

Thu - 09/16/2021	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	587.933	44.733
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		552.943	85.852
% of Calories			62.11%

Fri - 09/17/2021	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
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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	587.933	44.733
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, 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		550.129	86.796
% of Calories			63.11%

Mon - 09/20/2021	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
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Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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Ketchup Packet	1.00 packet	10.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Weighted Daily Average		550.129	86.796
% of Calories			63.11%

Tue - 09/21/2021	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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Ketchup Packet	1.00 packet	10.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Weighted Daily Average		552.943	85.852
% of Calories			62.11%

Wed - 09/22/2021	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
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Assorted Breakfast Bars	1.00 each	285.000	47.500
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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	587.933	44.733
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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		552.943	85.852
% of Calories			62.11%

Thu - 09/23/2021	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	587.933	44.733
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		552.943	85.852
% of Calories			62.11%

Fri - 09/24/2021	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	587.933	44.733

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, 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		550.129	86.796
% of Calories			63.11%

Mon - 09/27/2021	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	587.933	44.733

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, 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		550.129	86.796
% of Calories			63.11%

Tue - 09/28/2021	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	587.933	44.733

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		552.943	85.852
% of Calories			62.11%

Wed - 09/29/2021	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	587.933	44.733
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		552.943	85.852
% of Calories			62.11%

Thu - 09/30/2021	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	587.933	44.733
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		552.943	85.852
% of Calories			62.11%

* = Indicates missing Nutrient Information.

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