

# Carbohydrate Report

District: Bellevue School District



Menu: High School Breakfast 2018-19

<b>Mon - 12/03/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
High School Breakfast 2018-19			
Recipe	Total		
French Toast Sticks & Turkey Sausage	1.00 serving	340.000	35.000
Bagel & Cream Cheese	1.00 each	275.506	61.138
Breakfast Bread Slices - Banana, Pumpkin, or Zucchini	1.00 each	273.333	43.333
Cinnamon Breakfast Crumble	1.00 each	340.000	53.000
Yogurt Parfait	1.00 serving	233.182	39.548
Fresh Fruit Variety	1.00 each	71.069	18.481
Fruit Juices	1.00 each	60.000	14.500
Chilled Fruit	1.00 serving	62.999	15.763
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Weighted Daily Average		539.800	92.941
% of Calories			68.87%

<b>Tue - 12/04/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>

High School Breakfast 2018-19			
Recipe	Total		
Biscuit SW - Egg, Ham & Cheese	1.00 each	365.749	29.012
Biscuit SW - Egg & Cheese	1.00 each	360.000	28.000
Bagel & Cream Cheese	1.00 each	275.506	61.138
Breakfast Bread Slices - Banana, Pumpkin, or Zucchini	1.00 each	273.333	43.333
Cinnamon Breakfast Crumble	1.00 each	340.000	53.000
Yogurt Parfait	1.00 serving	233.182	39.548
Fresh Fruit Variety	1.00 each	71.069	18.481
Chilled Fruit	1.00 serving	62.999	15.763
Fruit Juices	1.00 each	60.000	14.500
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Weighted Daily Average		549.410	90.425
% of Calories			65.83%

Wed - 12/05/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Breakfast 2018-19			
Recipe	Total		
Maple Pancake & Turkey Sausage on a Stick	1.00 serving	200.000	17.000
Bagel Sandwich - Egg & Cheese	1.00 each	305.000	41.000
Bagel & Cream Cheese	1.00 each	275.506	61.138

Breakfast Bread Slices - Banana, Pumpkin, or Zucchini	1.00 each	273.333	43.333
Cinnamon Breakfast Crumble	1.00 each	340.000	53.000
Yogurt Parfait	1.00 serving	233.182	39.548
Fresh Fruit Variety	1.00 each	71.069	18.481
Fruit Juices	1.00 each	60.000	14.500
Chilled Fruit	1.00 serving	62.999	15.763
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Weighted Daily Average		487.853	84.994
% of Calories			69.69%

Thu - 12/06/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Breakfast 2018-19			
Recipe	Total		
Croissant Sandwich - Egg, Cheese & Turkey Bacon	1.00 serving	350.000	31.000
Croissant Sandwich - Egg & Cheese	1.00 serving	380.000	31.000
Bagel & Cream Cheese	1.00 each	275.506	61.138
Breakfast Bread Slices - Banana, Pumpkin, or Zucchini	1.00 each	273.333	43.333
Cinnamon Breakfast Crumble	1.00 each	340.000	53.000
Yogurt Parfait	1.00 serving	233.182	39.548
Fresh Fruit Variety	1.00 each	71.069	18.481
Fruit Juices	1.00 each	60.000	14.500
Chilled Fruit	1.00 serving	62.999	15.763

1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Weighted Daily Average		556.786	89.107
% of Calories			64.02%

<b>Fri - 12/07/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
High School Breakfast 2018-19			
Recipe	Total		
Bagel Sandwich - Egg, Ham & Cheese	1.00 each	320.187	41.000
Bagel Sandwich - Egg & Cheese	1.00 each	305.000	41.000
Bagel & Cream Cheese	1.00 each	275.506	61.138
Breakfast Bread Slices - Banana, Pumpkin, or Zucchini	1.00 each	273.333	43.333
Cinnamon Breakfast Crumble	1.00 each	340.000	53.000
Yogurt Parfait	1.00 serving	233.182	39.548
Fresh Fruit Variety	1.00 each	71.069	18.481
Fruit Juices	1.00 each	60.000	14.500
Chilled Fruit	1.00 serving	62.999	15.763
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000

Weighted Daily Average	537.107	93.788
% of Calories		69.85%

\* = Indicates missing Nutrient Information.

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