

# Carbohydrate Report

District: Bellevue School District



Menu: Middle School Breakfast 2018-19

<b>Mon - 12/03/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Middle 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		533.985	91.100
% of Calories			68.24%

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

Middle 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
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		541.007	88.555
% of Calories			65.47%

Wed - 12/05/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Breakfast 2018-19			
Recipe	Total		
Maple Pancake & Turkey Sausage on a Stick	1.00 serving	200.000	17.000
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		468.651	82.700
% of Calories			70.59%

Thu - 12/06/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Breakfast 2018-19			
Recipe	Total		
Buttermilk Pancakes w/ Maple-flavored Syrup	1.00 serving	259.226	58.768
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		496.290	102.192
% of Calories			82.36%

<b>Fri - 12/07/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Middle School Breakfast 2018-19			
Recipe	Total		
English Muffin SW - Egg, Cheese & Turkey Bacon	1.00 sandwich	240.000	22.000
English Muffin SW - Egg & Cheese	1.00 sandwich	270.000	22.000
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		491.773	83.863
% of Calories			68.21%

11/26/2018

\* = Indicates missing Nutrient Information.

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