

Carbohydrate Report

District: Bellevue School District



Menu: Elementary School Breakfast 2018-19

Mon - 01/07/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Breakfast 2018-19				
Recipe	Total			
French Toast Sticks	3.00 sticks	232.500	31.125	
Bagel & Cream Cheese	1.00 each	215.506	50.138	
Breakfast Cereals	1.00 each	102.500	23.250	
WG Fruit Muffins	1.00 each	191.009	30.662	
Assorted Yogurt (4 oz Cup)	4.00 oz	95.283	16.577	
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	
Assorted Yogurt (4 oz Cup)	4.00 oz	95.283	16.577	
WG Fruit Muffins	1.00 each	191.009	30.662	
Breakfast Cereals	1.00 each	102.500	23.250	
1% Milk	1.00 carton	110.000	13.000	
Lactose Free Milk 1%	1.00 carton	110.000	13.000	
Soy Milk	1.00 carton	140.000	12.000	
Weighted Daily Average		479.178	85.890	
% of Calories			71.70%	

Tue - 01/08/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary 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	215.506	50.138
Breakfast Cereals	1.00 each	102.500	23.250
WG Fruit Muffins	1.00 each	191.009	30.662
Assorted Yogurt (4 oz Cup)	4.00 oz	95.283	16.577
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
Assorted Yogurt (4 oz Cup)	4.00 oz	95.283	16.577
WG Fruit Muffins	1.00 each	191.009	30.662
Breakfast Cereals	1.00 each	102.500	23.250
1% Milk	1.00 carton	110.000	13.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Weighted Daily Average		462.928	78.827
% of Calories			68.11%

Wed - 01/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Breakfast 2018-19			
Recipe	Total		
Yogurt Parfait	1.00 parfait	222.580	40.106
Bagel & Cream Cheese	1.00 each	215.506	50.138

Breakfast Cereals	1.00 each	102.500	23.250
WG Fruit Muffins	1.00 each	191.009	30.662
Assorted Yogurt (4 oz Cup)	4.00 oz	95.283	16.577
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
Assorted Yogurt (4 oz Cup)	4.00 oz	95.283	16.577
WG Fruit Muffins	1.00 each	191.009	30.662
Breakfast Cereals	1.00 each	102.500	23.250
1% Milk	1.00 carton	110.000	13.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Weighted Daily Average		474.218	90.380
% of Calories			76.24%

Thu - 01/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Breakfast 2018-19			
Recipe	Total		
Ciabatta Bread Cheese Toast	1.00 slice	270.016	18.172
Bagel & Cream Cheese	1.00 each	215.506	50.138
Assorted Yogurt (4 oz Cup)	4.00 oz	95.283	16.577
Breakfast Cereals	1.00 each	102.500	23.250
WG Fruit Muffins	1.00 each	191.009	30.662
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

Assorted Yogurt (4 oz Cup)	4.00 oz	95.283	16.577
WG Fruit Muffins	1.00 each	191.009	30.662
Breakfast Cereals	1.00 each	102.500	23.250
1% Milk	1.00 carton	110.000	13.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Weighted Daily Average		480.684	80.357
% of Calories			66.87%

Fri - 01/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Breakfast 2018-19			
Recipe	Total		
Turkey Ham & Cheese Breakfast Sandwich	1.00 each	186.160	27.210
Bagel & Cream Cheese	1.00 each	215.506	50.138
Breakfast Cereals	1.00 each	102.500	23.250
WG Fruit Muffins	1.00 each	191.009	30.662
Assorted Yogurt (4 oz Cup)	4.00 oz	95.283	16.577
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
Assorted Yogurt (4 oz Cup)	4.00 oz	95.283	16.577
WG Fruit Muffins	1.00 each	191.009	30.662
Breakfast Cereals	1.00 each	102.500	23.250
1% Milk	1.00 carton	110.000	13.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000

Soy Milk	1.00 carton	140.000	12.000
Weighted Daily Average		456.008	83.932
% of Calories			73.62%

* = Indicates missing Nutrient Information.

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