

Carbohydrate Report

District: Bellevue School District



Menu: Middle School Breakfast 2018-19

| Mon - 01/07/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|--------------|-----------------|-------------------|
| Middle School Breakfast 2018-19 | | | |
| Recipe | Total | | |
| French Toast Sticks & Turkey Sausage | 1.00 serving | 340.000 | 35.000 |
| Breakfast Bread Slices - Banana, Pumpkin, or Zucchini | 1.00 each | 273.333 | 43.333 |
| Breakfast Cereals | 1.00 each | 136.667 | 31.000 |
| 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 |
| Breakfast Cereals | 1.00 each | 136.667 | 31.000 |
| 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 | | 533.695 | 91.215 |
| % of Calories | | | 68.36% |

| Tue - 01/08/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------|--------------|-----------------|-------------------|
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| | | | |
|---|--------------|---------|--------|
| 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 |
| Breakfast Bread Slices - Banana, Pumpkin, or Zucchini | 1.00 each | 273.333 | 43.333 |
| Breakfast Cereals | 1.00 each | 136.667 | 31.000 |
| 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 |
| Breakfast Cereals | 1.00 each | 136.667 | 31.000 |
| 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 | | 540.717 | 88.670 |
| % of Calories | | | 65.59% |

| Wed - 01/09/2019 | 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 |

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|---|--------------|---------|--------|
| Breakfast Bread Slices - Banana, Pumpkin, or Zucchini | 1.00 each | 273.333 | 43.333 |
| Breakfast Cereals | 1.00 each | 136.667 | 31.000 |
| 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 |
| Breakfast Cereals | 1.00 each | 136.667 | 31.000 |
| 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 | | 468.362 | 82.815 |
| % of Calories | | | 70.73% |

| Thu - 01/10/2019 | 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 |
| Breakfast Bread Slices - Banana, Pumpkin, or Zucchini | 1.00 each | 273.333 | 43.333 |
| Breakfast Cereals | 1.00 each | 136.667 | 31.000 |
| 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 |
| Breakfast Cereals | 1.00 each | 136.667 | 31.000 |
| 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 | | 496.001 | 102.307 |
| % of Calories | | | 82.51% |

| Fri - 01/11/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|---------------|-----------------|-------------------|
| 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 |
| Breakfast Bread Slices - Banana, Pumpkin, or Zucchini | 1.00 each | 273.333 | 43.333 |
| Breakfast Cereals | 1.00 each | 136.667 | 31.000 |
| 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 |
| Breakfast Cereals | 1.00 each | 136.667 | 31.000 |
| 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 | | 491.483 | 83.978 |
| % of Calories | | | 68.35% |

* = Indicates missing Nutrient Information.

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