

Carbohydrate Report

District: Bellevue School District



Menu: Elementary School Breakfast 2018-19

Mon - 02/04/2019		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	
Assorted Yogurt (4 oz Cup)	4.00 oz	95.283	16.577	
Nut-FREE Cereal Bar	1.00 bar	150.961	30.192	
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	102.500	23.250	
Assorted Yogurt (4 oz Cup)	4.00 oz	95.283	16.577	
Nut-FREE Cereal Bar	1.00 bar	150.961	30.192	
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		473.171	85.819	
% of Calories			72.55%	

Tue - 02/05/2019	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
Assorted Yogurt (4 oz Cup)	4.00 oz	95.283	16.577
Nut-FREE Cereal Bar	1.00 bar	150.961	30.192
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	102.500	23.250
Assorted Yogurt (4 oz Cup)	4.00 oz	95.283	16.577
Nut-FREE Cereal Bar	1.00 bar	150.961	30.192
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		456.921	78.757
% of Calories			68.95%

Wed - 02/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Breakfast 2018-19			
Recipe	Total		
Yogurt Parfait	1.00 parfait	340.667	60.191
Bagel & Cream Cheese	1.00 each	215.506	50.138

Breakfast Cereals	1.00 each	102.500	23.250
Assorted Yogurt (4 oz Cup)	4.00 oz	95.283	16.577
Nut-FREE Cereal Bar	1.00 bar	150.961	30.192
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	102.500	23.250
Assorted Yogurt (4 oz Cup)	4.00 oz	95.283	16.577
Nut-FREE Cereal Bar	1.00 bar	150.961	30.192
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		527.254	100.352
% of Calories			76.13%

Thu - 02/07/2019	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
Breakfast Cereals	1.00 each	102.500	23.250
Assorted Yogurt (4 oz Cup)	4.00 oz	95.283	16.577
Nut-FREE Cereal Bar	1.00 bar	150.961	30.192
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

Breakfast Cereals	1.00 each	102.500	23.250
Assorted Yogurt (4 oz Cup)	4.00 oz	95.283	16.577
Nut-FREE Cereal Bar	1.00 bar	150.961	30.192
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		466.718	79.009
% of Calories			67.71%

Fri - 02/08/2019	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
Assorted Yogurt (4 oz Cup)	4.00 oz	95.283	16.577
Nut-FREE Cereal Bar	1.00 bar	150.961	30.192
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
Breakfast Cereals	1.00 each	102.500	23.250
Nut-FREE Cereal Bar	1.00 bar	150.961	30.192
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		450.001	83.862
% of Calories			74.54%

* = Indicates missing Nutrient Information.

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