

Carbohydrate Report

District: Bellevue School District



Menu: Middle School Breakfast 2018-19

Mon - 02/04/2019	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
Bagel & Cream Cheese, Jam	1.00 each	275.506	61.138
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
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		544.581	93.631
% of Calories			68.77%

Tue - 02/05/2019	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
Bagel & Cream Cheese, Jam	1.00 each	275.506	61.138
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
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		550.102	90.403
% of Calories			65.74%

Wed - 02/06/2019	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

Bagel & Cream Cheese, Jam	1.00 each	275.506	61.138
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
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		467.803	84.498
% of Calories			72.25%

Thu - 02/07/2019	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
Bagel & Cream Cheese, Jam	1.00 each	275.506	61.138
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
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		500.108	105.190
% of Calories			84.13%

Fri - 02/08/2019	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
Bagel & Cream Cheese, Jam	1.00 each	275.506	61.138
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
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		495.214	83.078
% of Calories			67.10%

* = Indicates missing Nutrient Information.

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