

Carbohydrate Report

District: Bellevue School District

Menu: Elementary School Breakfast 2018-19



Mon - 03/25/2019		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 Blueberry Muffin	1.00 each	191.009	31.165	
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	
WG Blueberry Muffin	1.00 each	191.009	31.165	
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		487.431	87.675	
% of Calories				71.95%

Tue - 03/26/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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 Blueberry Muffin	1.00 each	191.009	31.165
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
WG Blueberry Muffin	1.00 each	191.009	31.165
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		470.556	80.696
% of Calories			68.60%

Wed - 03/27/2019	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
WG Blueberry Muffin	1.00 each	191.009	31.165
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
WG Blueberry Muffin	1.00 each	191.009	31.165
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		540.618	101.982
% of Calories			75.46%

Thu - 03/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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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
WG Blueberry Muffin	1.00 each	191.009	31.165
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
WG Blueberry Muffin	1.00 each	191.009	31.165
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		503.571	83.494
% of Calories			66.32%

Fri - 03/29/2019	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 Blueberry Muffin	1.00 each	191.009	31.165
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
WG Blueberry Muffin	1.00 each	191.009	31.165
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		466.458	85.891
% of Calories			73.65%

* = Indicates missing Nutrient Information.

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