

Carbohydrate Report

District: Bellevue School District

Menu: Elementary School Breakfast 2018-19



Mon - 05/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Breakfast 2018-19			
Recipe	Total		
French Toast Sticks	1.00 serving	255.000	36.000
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	59.516	14.407
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		496.189	89.272
% of Calories			71.97%

Tue - 05/07/2019	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	59.516	14.407
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		468.814	80.018
% of Calories			68.27%

Wed - 05/08/2019	Portion Size	Calories (kcal)	Carbohydrates (g)

Elementary School Breakfast 2018-19

Recipe	Total		
Yogurt Parfait	1.00 parfait	317.580	53.106
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	59.516	14.407
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		526.401	97.948
% of Calories			74.43%

Thu - 05/09/2019	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
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	59.516	14.407
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		500.754	82.484
% of Calories			65.89%

Fri - 05/10/2019	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	59.516	14.407
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		462.356	84.782
% of Calories			73.35%

* = Indicates missing Nutrient Information.

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