

Carbohydrate Report

District: Bellevue School District

Menu: High School Breakfast 2018-19



Mon - 05/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Breakfast 2018-19			
Recipe	Total		
French Toast Sticks & Turkey Sausage	1.00 serving	325.960	37.130
Assorted Breakfast Cereals	1.00 each	136.667	31.000
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
Cinnamon Breakfast Crumble	1.00 each	340.000	53.000
Yogurt Parfait w/ Cinnamon Granola	1.00 parfait	337.504	52.455
Fresh Fruit Variety	1.00 each	71.069	18.481
Fruit Juices	1.00 each	60.000	14.500
Chilled Fruit	1.00 serving	62.998	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		563.536	98.537
% of Calories			69.94%

Tue - 05/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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High School Breakfast 2018-19			
Recipe	Total		
Biscuit SW - Egg, Ham & Cheese	1.00 each	335.374	28.506
Biscuit SW - Egg & Cheese	1.00 each	305.000	28.000
Assorted Breakfast Cereals	1.00 each	136.667	31.000
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
Cinnamon Breakfast Crumble	1.00 each	340.000	53.000
Yogurt Parfait w/ Cinnamon Granola	1.00 parfait	337.504	52.455
Fresh Fruit Variety	1.00 each	71.069	18.481
Chilled Fruit	1.00 serving	62.998	15.763
Fruit Juices	1.00 each	60.000	14.500
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		564.957	96.005
% of Calories			67.97%

Wed - 05/08/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Breakfast 2018-19			

Recipe	Total		
Maple Pancake & Turkey Sausage on a Stick	1.00 serving	200.000	17.000
Bagel Sandwich - Egg & Cheese	1.00 each	305.000	41.000
Assorted Breakfast Cereals	1.00 each	136.667	31.000
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
Cinnamon Breakfast Crumble	1.00 each	340.000	53.000
Yogurt Parfait w/ Cinnamon Granola	1.00 parfait	337.504	52.455
Fresh Fruit Variety	1.00 each	71.069	18.481
Fruit Juices	1.00 each	60.000	14.500
Chilled Fruit	1.00 serving	62.998	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		519.452	91.925
% of Calories			70.79%

Thu - 05/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Breakfast 2018-19			
Recipe	Total		
Croissant Sandwich - Egg, Cheese & Turkey Bacon	1.00 serving	350.000	31.000
Croissant Sandwich - Egg & Cheese	1.00 serving	325.000	31.000
Assorted Breakfast Cereals	1.00 each	136.667	31.000

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
Cinnamon Breakfast Crumble	1.00 each	340.000	53.000
Yogurt Parfait w/ Cinnamon Granola	1.00 parfait	337.504	52.455
Fresh Fruit Variety	1.00 each	71.069	18.481
Fruit Juices	1.00 each	60.000	14.500
Chilled Fruit	1.00 serving	62.998	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		573.185	94.980
% of Calories			66.28%

Fri - 05/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Breakfast 2018-19			
Recipe	Total		
Bagel Sandwich - Egg, Ham & Cheese	1.00 each	335.000	41.500
Bagel Sandwich - Egg & Cheese	1.00 each	305.000	41.000
Assorted Breakfast Cereals	1.00 each	136.667	31.000
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
Cinnamon Breakfast Crumble	1.00 each	340.000	53.000

Yogurt Parfait w/ Cinnamon Granola	1.00 parfait	337.504	52.455
Fresh Fruit Variety	1.00 each	71.069	18.481
Fruit Juices	1.00 each	60.000	14.500
Chilled Fruit	1.00 serving	62.998	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		564.652	99.807
% of Calories			70.70%

* = Indicates missing Nutrient Information.

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