

Carbohydrate Report

District: Bellevue School District

Menu: Middle School Breakfast 2018-19



Mon - 06/03/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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	59.516	14.407
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		544.765	94.712
% of Calories			69.54%

Tue - 06/04/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
------------------	--------------	-----------------	-------------------

Middle 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
Fruit Juices	1.00 each	60.000	14.500
Chilled Fruit	1.00 serving	59.516	14.407
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		544.681	91.179
% of Calories			66.96%

Wed - 06/05/2019	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
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	59.516	14.407
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		480.031	85.476
% of Calories			71.23%

Thu - 06/06/2019	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
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	59.516	14.407
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		512.336	106.168
% of Calories			82.89%

Fri - 06/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Breakfast 2018-19			
Recipe	Total		
English Muffin SW - Egg, Cheese & Turkey Bacon	1.00 sandwich	250.637	25.127
English Muffin SW - Egg & Cheese	1.00 sandwich	215.000	22.000
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	59.516	14.407
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		498.183	86.115
% of Calories			69.14%

* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.