

Carbohydrate Report

District: Bellevue School District



Menu: Elementary School Breakfast 2019-20

Mon - 03/02/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Breakfast 2019-20			
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 & Granola	1.00 each	103.729	21.563
Blueberry Muffins	1.00 each	191.009	31.165
Assorted Yogurt (4 oz Cup)	4.00 oz	100.000	20.000
Fresh Fruit Variety	1.00 each	71.069	18.481
Fruit Juices	1.00 each	60.000	14.500
Breakfast Cereals & Granola	1.00 each	103.729	21.563
WG Blueberry Muffin	1.00 each	191.009	31.165
Assorted Yogurt (4 oz Cup)	4.00 oz	100.000	20.000
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		459.991	77.097
% of Calories			67.04%

Tue - 03/03/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Breakfast 2019-20			
Recipe	Total		
Texas-style French Toast	1.00 toast	158.880	26.680
Bagel & Cream Cheese	1.00 each	215.506	50.138
Breakfast Cereals & Granola	1.00 each	103.729	21.563
Blueberry Muffins	1.00 each	191.009	31.165
Assorted Yogurt (4 oz Cup)	4.00 oz	100.000	20.000
Fresh Fruit Variety	1.00 each	71.069	18.481
Fruit Juices	1.00 each	60.000	14.500
Breakfast Cereals & Granola	1.00 each	103.729	21.563
WG Blueberry Muffin	1.00 each	191.009	31.165
Assorted Yogurt (4 oz Cup)	4.00 oz	100.000	20.000
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		443.078	83.441
% of Calories			75.33%

Wed - 03/04/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Breakfast 2019-20			
Recipe	Total		
Breakfast Burrito	1.00 each	156.000	16.970
Bagel & Cream Cheese	1.00 each	215.506	50.138
Breakfast Cereals & Granola	1.00 each	103.729	21.563
Blueberry Muffins	1.00 each	191.009	31.165
Assorted Yogurt (4 oz Cup)	4.00 oz	100.000	20.000
Fresh Fruit Variety	1.00 each	71.069	18.481

Fruit Juices	1.00 each	60.000	14.500
Breakfast Cereals & Granola	1.00 each	103.729	21.563
WG Blueberry Muffin	1.00 each	191.009	31.165
Assorted Yogurt (4 oz Cup)	4.00 oz	100.000	20.000
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		440.987	80.016
% of Calories			72.58%

Thu - 03/05/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Breakfast 2019-20			
Recipe	Total		
Texas-style French Toast	1.00 toast	158.880	26.680
Bagel & Cream Cheese	1.00 each	215.506	50.138
Breakfast Cereals & Granola	1.00 each	103.729	21.563
Blueberry Muffins	1.00 each	191.009	31.165
Assorted Yogurt (4 oz Cup)	4.00 oz	100.000	20.000
Fresh Fruit Variety	1.00 each	71.069	18.481
Fruit Juices	1.00 each	60.000	14.500
Breakfast Cereals & Granola	1.00 each	103.729	21.563
WG Blueberry Muffin	1.00 each	191.009	31.165
Assorted Yogurt (4 oz Cup)	4.00 oz	100.000	20.000
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		443.078	83.441
% of Calories			75.33%

Fri - 03/06/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Breakfast 2019-20			
Recipe	Total		
Biscuit SW - Egg & Cheese	1.00 each	305.000	28.000
Bagel & Cream Cheese	1.00 each	215.506	50.138
Breakfast Cereals & Granola	1.00 each	103.729	21.563
Blueberry Muffins	1.00 each	191.009	31.165
Assorted Yogurt (4 oz Cup)	4.00 oz	100.000	20.000
Fresh Fruit Variety	1.00 each	71.069	18.481
Fruit Juices	1.00 each	60.000	14.500
Breakfast Cereals & Granola	1.00 each	103.729	21.563
WG Blueberry Muffin	1.00 each	191.009	31.165
Assorted Yogurt (4 oz Cup)	4.00 oz	100.000	20.000
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		475.230	77.183
% of Calories			64.97%

* = 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.