

# Carbohydrate Report

District: Bellevue School District



Menu: High School Breakfast 2019-20

Mon - 03/02/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Breakfast 2019-20			
Recipe	Total		
Cinnamon Roll, WG	1.00 roll	260.000	36.000
Maple Pancake & Turkey Sausage on a Stick	1.00 serving	200.000	17.000
Assorted Breakfast Cereal 1 oz Bowls	1.00 each	103.333	23.000
Cereal 2 oz Bowls	1.00 each	235.000	45.000
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	1.00 serving	313.860	55.640
Soft-baked Nut-FREE Cereal Bar [ubr]	1.00 each	280.310	44.049
Fresh Fruit Variety	1.00 each	71.069	18.481
Fruit Juices	1.00 each	60.000	14.500
Breakfast Cereals	1.00 each	103.333	23.000
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		480.299	87.109
% of Calories			72.55%

Tue - 03/03/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Breakfast 2019-20			
Recipe	Total		
Breakfast Burrito - Egg, Cheese, Turkey Sausage & Green Chile Salsa	1.00 burrito	259.450	28.620
Maple Pancake & Turkey Sausage on a Stick	1.00 serving	200.000	17.000
Assorted Breakfast Cereal 1 oz Bowls	1.00 each	103.333	23.000
Cereal 2 oz Bowls	1.00 each	235.000	45.000
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	1.00 serving	313.860	55.640
Soft-baked Nut-FREE Cereal Bar [ubr]	1.00 each	280.310	44.049
Fresh Fruit Variety	1.00 each	71.069	18.481
Fruit Juices	1.00 each	60.000	14.500
Breakfast Cereals	1.00 each	103.333	23.000
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		475.968	84.139
% of Calories			70.71%

Wed - 03/04/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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High School Breakfast 2019-20			
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
Maple Pancake & Turkey Sausage on a Stick	1.00 serving	200.000	17.000
Assorted Breakfast Cereal 1 oz Bowls	1.00 each	103.333	23.000
Cereal 2 oz Bowls	1.00 each	235.000	45.000
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	1.00 serving	313.860	55.640
Soft-baked Nut-FREE Cereal Bar [ubr]	1.00 each	280.310	44.049
Fresh Fruit Variety	1.00 each	71.069	18.481
Fruit Juices	1.00 each	60.000	14.500
Breakfast Cereals	1.00 each	103.333	23.000
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		512.965	85.109
% of Calories			66.37%

Thu - 03/05/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Breakfast 2019-20				
Recipe	Total			
Cinnamon Roll, WG	1.00 roll	260.000	36.000	
Maple Pancake & Turkey Sausage on a Stick	1.00 serving	200.000	17.000	
Assorted Breakfast Cereal 1 oz Bowls	1.00 each	103.333	23.000	
Cereal 2 oz Bowls	1.00 each	235.000	45.000	
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	1.00 serving	313.860	55.640	
Soft-baked Nut-FREE Cereal Bar [ubr]	1.00 each	280.310	44.049	
Fresh Fruit Variety	1.00 each	71.069	18.481	
Fruit Juices	1.00 each	60.000	14.500	
Breakfast Cereals	1.00 each	103.333	23.000	
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		480.299	87.109	
% of Calories			72.55%	

Fri - 03/06/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Breakfast 2019-20				
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	
Maple Pancake & Turkey Sausage on a Stick	1.00 serving	200.000	17.000	
Assorted Breakfast Cereal 1 oz Bowls	1.00 each	103.333	23.000	

Cereal 2 oz Bowls	1.00 each	235.000	45.000
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	1.00 serving	313.860	55.640
Soft-baked Nut-FREE Cereal Bar [ubr]	1.00 each	280.310	44.049
Fresh Fruit Variety	1.00 each	71.069	18.481
Fruit Juices	1.00 each	60.000	14.500
Breakfast Cereals	1.00 each	103.333	23.000
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		512.493	85.126
% of Calories			66.44%

\* = Indicates missing Nutrient Information.

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