

# Carbohydrate Report

District: Bellevue School District



Menu: Middle School Breakfast 2019-20

| Mon - 03/02/2020                                      | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|--------------|-----------------|-------------------|
| Middle 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            |
| Bagel & Cream Cheese, Jam                             | 1.00 each    | 275.506         | 61.138            |
| Assorted Breakfast Cereal 1 oz Bowls                  | 1.00 each    | 103.333         | 23.000            |
| Cereal 2 oz Bowls                                     | 1.00 each    | 235.000         | 45.000            |
| 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                                |              | 503.647         | 91.528            |
| % of Calories   |              |                 | 72.69%            |

| Tue - 03/03/2020                                      | Portion Size  | Calories (kcal) | Carbohydrates (g) |
|---|---------------|-----------------|-------------------|
| Middle School Breakfast 2019-20                       |               |                 |                   |
| 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            |
| Maple Pancake & Turkey Sausage on a Stick             | 1.00 serving  | 200.000         | 17.000            |
| Bagel & Cream Cheese, Jam                             | 1.00 each     | 275.506         | 61.138            |
| Assorted Breakfast Cereal 1 oz Bowls                  | 1.00 each     | 103.333         | 23.000            |
| Cereal 2 oz Bowls                                     | 1.00 each     | 235.000         | 45.000            |
| 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                                |               | 496.215         | 88.307            |
| % of Calories   |               |                 | 71.18%            |

| Wed - 03/04/2020 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------|--------------|-----------------|-------------------|
|------------------|--------------|-----------------|-------------------|

| Middle 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 |
| Bagel & Cream Cheese, Jam   | 1.00 each    | 275.506 | 61.138 |
| Assorted Breakfast Cereal 1 oz Bowls                                | 1.00 each    | 103.333 | 23.000 |
| Cereal 2 oz Bowls   | 1.00 each    | 235.000 | 45.000 |
| 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  |              | 501.887 | 90.532 |
| % of Calories   |              |         | 72.15% |

| Thu - 03/05/2020                                      |              |                 |                   |
|---|--------------|-----------------|-------------------|
|   | Portion Size | Calories (kcal) | Carbohydrates (g) |
| Middle 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            |
| Bagel & Cream Cheese, Jam                             | 1.00 each    | 275.506         | 61.138            |
| Assorted Breakfast Cereal 1 oz Bowls                  | 1.00 each    | 103.333         | 23.000            |
| Cereal 2 oz Bowls                                     | 1.00 each    | 235.000         | 45.000            |
| 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                                |              | 503.647         | 91.528            |
| % of Calories   |              |                 | 72.69%            |

| Fri - 03/06/2020                              |              |                 |                   |
|---|--------------|-----------------|-------------------|
|   | Portion Size | Calories (kcal) | Carbohydrates (g) |
| Middle School Breakfast 2019-20               |              |                 |                   |
| Recipe  | Total        |                 |                   |
| Buttermilk Pancakes w/ Turkey Sausage & Syrup | 1.00 serving | 330.186         | 59.898            |
| Maple Pancake & Turkey Sausage on a Stick     | 1.00 serving | 200.000         | 17.000            |

|   |              |         |         |
|---|--------------|---------|---------|
| Bagel & Cream Cheese, Jam                             | 1.00 each    | 275.506 | 61.138  |
| Assorted Breakfast Cereal 1 oz Bowls                  | 1.00 each    | 103.333 | 23.000  |
| Cereal 2 oz Bowls                                     | 1.00 each    | 235.000 | 45.000  |
| 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                                |              | 537.197 | 102.444 |
| % of Calories   |              |         | 76.28%  |

\* = Indicates missing Nutrient Information.

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