

Carbohydrate Report

District: Renton School District

School: Talley

Menu: Talley High Breakfast 19-20



Wed - 08/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Talley High Breakfast 19-20			
Recipe	Total		
Rice Chex Cereal	1.00 Bowl	100.000	24.000
Apple Cinnamon Cheerios Cereal	1.00 Bowl	110.000	22.000
Cinnamon Toast Crunch Cereal	1.00 Bowl	111.373	22.275
Lucky Charms Cereal	1.00 Bowl	110.000	23.000
Mini Strawberry Cream Cheese Bagels	1.00 Package	240.000	41.000
Apple Frudel	1.00 Frudel	210.000	36.000
Taco Roll Up	1.00 Taco	140.000	15.000
Cereal and Graham	1.00 Serving	210.000	42.000
Fresh Kiwi	1/2 cup	66.036	15.870
Banana	1/2 cup	112.138	28.778
Apple Juice	1.00 Each	60.000	14.000
Orange Juice	4.00 oz	60.000	13.000
Graham Cracker Sticks	1.00 Package	120.000	21.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		445.389	78.653
% of Calories			70.64%

Thu - 08/29/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Talley High Breakfast 19-20			
Recipe	Total		
Blueberry Muffin	1.00 Muffin	223.000	38.500
Chocolate Chip Muffin	1.00 Muffin	227.000	39.500
Chicken and Biscuit Breakfast Sandwich	1.00 Sandwich	230.000	28.000
Cinnamon Glazed French Toast	1.00 Piece	210.000	28.000
Cereal and Graham	1.00 Serving	210.000	42.000
Fresh Apple	1.00 each	52.520	13.948
Strawberry Cup	1.00 each	90.000	22.000
Apple Juice	1.00 Each	60.000	14.000
Grape Juice	1.00 Each	80.000	20.000
Granola	1.00 Pouch	220.000	47.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Yogurt	1.00 Container	103.333	19.333
Weighted Daily Average		475.675	82.446
% of Calories			69.33%

Fri - 08/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Talley High Breakfast 19-20			
Recipe	Total		

Rice Chex Cereal	1.00 Bowl	100.000	24.000
Apple Cinnamon Cheerios Cereal	1.00 Bowl	110.000	22.000
Cinnamon Toast Crunch Cereal	1.00 Bowl	111.373	22.275
Lucky Charms Cereal	1.00 Bowl	110.000	23.000
Mini Blueberry Waffles	1.00 Package	210.000	37.000
Buttermilk Bar	1.00 Bar	270.000	45.000
Pancake on a Stick	1.00 Wrap	200.000	17.000
Cereal and Graham	1.00 Serving	210.000	42.000
Fresh Oranges	1/2 cup	121.822	30.455
Applesauce: Cinnamon, Strawberry, or Peach-Mango	1.00 Each (0.5 cup)	50.333	14.000
Cinnamon Applesauce	1.00 Each (0.5 cup)	70.500	18.000
Apple Juice	1.00 Each	60.000	14.000
Orange Juice	4.00 oz	60.000	13.000
Graham Cracker Sticks	1.00 Package	120.000	21.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		578.477	102.520
% of Calories			70.89%

Mon - 09/02/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Talley High Breakfast 19-20			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 09/03/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Talley High Breakfast 19-20			
Recipe	Total		
Cereal and Graham	1.00 Serving	210.000	42.000
Chocolate Oatmeal Benefit Bar	1.00 Bar	290.000	47.000
Mini Maple Pancakes	1.00 Package	220.000	39.000
Sausage, Egg & Potato Breakfast Wrap	1.00 Wrap	151.470	16.720
Fresh Oranges	1½ cup	121.822	30.455
Applesauce: Cinnamon, Strawberry, or Peach-Mango	1.00 Each (0.5 cup)	50.333	14.000
Cinnamon Applesauce	1.00 Each (0.5 cup)	70.500	18.000
Apple Juice	1.00 Each	60.000	14.000
Grape Juice	1.00 Each	80.000	20.000
Granola	1.00 Pouch	220.000	47.000
1% Milk	1½ pint	110.000	13.000
Fat Free Chocolate Milk	1½ pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Yogurt	1.00 Container	103.333	19.333
Weighted Daily Average		516.865	92.377
% of Calories			71.49%

Wed - 09/04/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Talley High Breakfast 19-20			
Recipe	Total		

Cheerios Cereal	1.00 Bowl	100.000	20.000
Cereal and Graham	1.00 Serving	210.000	42.000
Cocoa Puffs Cereal	1.00 Bowl	110.000	25.000
Cinnamon Toast Crunch Cereal	1.00 Bowl	111.373	22.275
Trix Cereal	1.00 Bowl	110.000	24.000
Mini Strawberry Cream Cheese Bagels	1.00 Package	240.000	41.000
Apple Frudel	1.00 Frudel	210.000	36.000
Taco Roll Up	1.00 Taco	140.000	15.000
Fresh Kiwi	1/2 cup	66.036	15.870
Banana	1/2 cup	112.138	28.778
Apple Juice	1.00 Each	60.000	14.000
Orange Juice	4.00 oz	60.000	13.000
Graham Cracker Sticks	1.00 Package	120.000	21.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		445.389	78.653
% of Calories			70.64%

Thu - 09/05/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Talley High Breakfast 19-20			
Recipe	Total		
Cereal and Graham	1.00 Serving	210.000	42.000
Blueberry Muffin	1.00 Muffin	223.000	38.500
Chocolate Chip Muffin	1.00 Muffin	227.000	39.500

Chicken and Biscuit Breakfast Sandwich	1.00 Sandwich	230.000	28.000
Cinnamon Glazed French Toast	1.00 Piece	210.000	28.000
Fresh Apple	1.00 each	52.520	13.948
Strawberry Cup	1.00 each	90.000	22.000
Apple Juice	1.00 Each	60.000	14.000
Grape Juice	1.00 Each	80.000	20.000
Granola	1.00 Pouch	220.000	47.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Yogurt	1.00 Container	103.333	19.333
Weighted Daily Average		475.675	82.446
% of Calories			69.33%

Fri - 09/06/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Talley High Breakfast 19-20				
Recipe	Total			
Cheerios Cereal	1.00 Bowl	100.000	20.000	
Cereal and Graham	1.00 Serving	210.000	42.000	
Cocoa Puffs Cereal	1.00 Bowl	110.000	25.000	
Cinnamon Toast Crunch Cereal	1.00 Bowl	111.373	22.275	
Trix Cereal	1.00 Bowl	110.000	24.000	
Mini Blueberry Waffles	1.00 Package	210.000	37.000	
Buttermilk Bar	1.00 Bar	270.000	45.000	
Pancake on a Stick	1.00 Wrap	200.000	17.000	
Fresh Oranges		121.822	30.455	

	1/2 cup		
Applesauce: Cinnamon, Strawberry, or Peach-Mango	1.00 Each (0.5 cup)	50.333	14.000
Cinnamon Applesauce	1.00 Each (0.5 cup)	70.500	18.000
Apple Juice	1.00 Each	60.000	14.000
Orange Juice	4.00 oz	60.000	13.000
Graham Cracker Sticks	1.00 Package	120.000	21.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		458.026	80.169
% of Calories			70.01%

Mon - 09/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Talley High Breakfast 19-20			
Recipe	Total		
Cheerios Cereal	1.00 Bowl	100.000	20.000
Cocoa Puffs Cereal	1.00 Bowl	110.000	25.000
Cinnamon Toast Crunch Cereal	1.00 Bowl	111.373	22.275
Trix Cereal	1.00 Bowl	110.000	24.000
Banana Bread	1.00 Slice	280.000	44.000
Zucchini Bread	1.00 Slice	270.000	43.000
Pumpkin Bread	1.00 Slice	270.000	43.000
Cinnamon Bun	1.00 Each	240.000	38.000
Egg & Chorizo Chicken Breakfast Wrap	1.00 Burrito	0.000	0.000
Turkey Sausage, Egg, Cheese & Potato Wrap	1.00 Burrito	155.986	16.969

Cereal and Graham	1.00 Serving	210.000	42.000
Fresh Apple Slices	1.00 bag	29.000	6.000
Strawberry Cup	1.00 each	90.000	22.000
Apple Juice	1.00 Each	60.000	14.000
Orange Juice	4.00 oz	60.000	13.000
Graham Cracker Sticks	1.00 Package	120.000	21.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		380.396	63.659
% of Calories			66.94%

Tue - 09/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Talley High Breakfast 19-20			
Recipe	Total		
Chocolate Oatmeal Benefit Bar	1.00 Bar	290.000	47.000
Mini Maple Pancakes	1.00 Package	220.000	39.000
Sausage, Egg & Potato Breakfast Wrap	1.00 Wrap	151.470	16.720
Cereal and Graham	1.00 Serving	210.000	42.000
Fresh Oranges	1/2 cup	121.822	30.455
Applesauce: Cinnamon, Strawberry, or Peach-Mango	1.00 Each (0.5 cup)	50.333	14.000
Cinnamon Applesauce	1.00 Each (0.5 cup)	70.500	18.000
Apple Juice	1.00 Each	60.000	14.000
Grape Juice	1.00 Each	80.000	20.000
Granola	1.00 Pouch	220.000	47.000
1% Milk		110.000	13.000

	1/2 pint		
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Yogurt	1.00 Container	103.333	19.333
Weighted Daily Average		516.865	92.377
% of Calories			71.49%

Wed - 09/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Talley High Breakfast 19-20			
Recipe	Total		
Rice Chex Cereal	1.00 Bowl	100.000	24.000
Apple Cinnamon Cheerios Cereal	1.00 Bowl	110.000	22.000
Cinnamon Toast Crunch Cereal	1.00 Bowl	111.373	22.275
Lucky Charms Cereal	1.00 Bowl	110.000	23.000
Mini Strawberry Cream Cheese Bagels	1.00 Package	240.000	41.000
Apple Frudel	1.00 Frudel	210.000	36.000
Taco Roll Up	1.00 Taco	140.000	15.000
Cereal and Graham	1.00 Serving	210.000	42.000
Fresh Kiwi	1/2 cup	66.036	15.870
Banana	1/2 cup	112.138	28.778
Apple Juice	1.00 Each	60.000	14.000
Orange Juice	4.00 oz	60.000	13.000
Graham Cracker Sticks	1.00 Package	120.000	21.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000

Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		445.389	78.653
% of Calories			70.64%

Thu - 09/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Talley High Breakfast 19-20			
Recipe	Total		
Blueberry Muffin	1.00 Muffin	223.000	38.500
Chocolate Chip Muffin	1.00 Muffin	227.000	39.500
Chicken and Biscuit Breakfast Sandwich	1.00 Sandwich	230.000	28.000
Cinnamon Glazed French Toast	1.00 Piece	210.000	28.000
Cereal and Graham	1.00 Serving	210.000	42.000
Fresh Apple	1.00 each	52.520	13.948
Strawberry Cup	1.00 each	90.000	22.000
Apple Juice	1.00 Each	60.000	14.000
Grape Juice	1.00 Each	80.000	20.000
Granola	1.00 Pouch	220.000	47.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Yogurt	1.00 Container	103.333	19.333
Weighted Daily Average		475.675	82.446
% of Calories			69.33%

Fri - 09/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Talley High Breakfast 19-20			
Recipe	Total		
Rice Chex Cereal	1.00 Bowl	100.000	24.000
Apple Cinnamon Cheerios Cereal	1.00 Bowl	110.000	22.000
Cinnamon Toast Crunch Cereal	1.00 Bowl	111.373	22.275
Lucky Charms Cereal	1.00 Bowl	110.000	23.000
Mini Blueberry Waffles	1.00 Package	210.000	37.000
Buttermilk Bar	1.00 Bar	270.000	45.000
Pancake on a Stick	1.00 Wrap	200.000	17.000
Cereal and Graham	1.00 Serving	210.000	42.000
Fresh Oranges	1/2 cup	121.822	30.455
Applesauce: Cinnamon, Strawberry, or Peach-Mango	1.00 Each (0.5 cup)	50.333	14.000
Cinnamon Applesauce	1.00 Each (0.5 cup)	70.500	18.000
Apple Juice	1.00 Each	60.000	14.000
Orange Juice	4.00 oz	60.000	13.000
Graham Cracker Sticks	1.00 Package	120.000	21.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		578.477	102.520
% of Calories			70.89%

Mon - 09/16/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Talley High Breakfast 19-20			

Recipe	Total		
Cereal and Graham	1.00 Serving	210.000	42.000
Rice Chex Cereal	1.00 Bowl	100.000	24.000
Apple Cinnamon Cheerios Cereal	1.00 Bowl	110.000	22.000
Cinnamon Toast Crunch Cereal	1.00 Bowl	111.373	22.275
Lucky Charms Cereal	1.00 Bowl	110.000	23.000
Banana Bread	1.00 Slice	280.000	44.000
Zucchini Bread	1.00 Slice	270.000	43.000
Pumpkin Bread	1.00 Slice	270.000	43.000
Cinnamon Bun	1.00 Each	240.000	38.000
Egg & Chorizo Chicken Breakfast Wrap	1.00 Burrito	0.000	0.000
Turkey Sausage, Egg, Cheese & Potato Wrap	1.00 Burrito	155.986	16.969
Fresh Apple Slices	1.00 bag	29.000	6.000
Strawberry Cup	1.00 each	90.000	22.000
Apple Juice	1.00 Each	60.000	14.000
Orange Juice	4.00 oz	60.000	13.000
Graham Cracker Sticks	1.00 Package	120.000	21.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		418.436	70.024
% of Calories			66.94%

Tue - 09/17/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Talley High Breakfast 19-20			

Recipe	Total		
Cereal and Graham	1.00 Serving	210.000	42.000
Chocolate Oatmeal Benefit Bar	1.00 Bar	290.000	47.000
Mini Maple Pancakes	1.00 Package	220.000	39.000
Sausage, Egg & Potato Breakfast Wrap	1.00 Wrap	151.470	16.720
Fresh Oranges	1½ cup	121.822	30.455
Applesauce: Cinnamon, Strawberry, or Peach-Mango	1.00 Each (0.5 cup)	50.333	14.000
Cinnamon Applesauce	1.00 Each (0.5 cup)	70.500	18.000
Apple Juice	1.00 Each	60.000	14.000
Grape Juice	1.00 Each	80.000	20.000
Granola	1.00 Pouch	220.000	47.000
1% Milk	1½ pint	110.000	13.000
Fat Free Chocolate Milk	1½ pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Yogurt	1.00 Container	103.333	19.333
Weighted Daily Average		516.865	92.377
% of Calories			71.49%

Wed - 09/18/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Talley High Breakfast 19-20				
Recipe	Total			
Cheerios Cereal	1.00 Bowl	100.000	20.000	
Cereal and Graham	1.00 Serving	210.000	42.000	
Cocoa Puffs Cereal	1.00 Bowl	110.000	25.000	
Cinnamon Toast Crunch Cereal	1.00 Bowl	111.373	22.275	
Trix Cereal	1.00 Bowl	110.000	24.000	

Mini Strawberry Cream Cheese Bagels	1.00 Package	240.000	41.000
Apple Frudel	1.00 Frudel	210.000	36.000
Taco Roll Up	1.00 Taco	140.000	15.000
Fresh Kiwi	1/2 cup	66.036	15.870
Banana	1/2 cup	112.138	28.778
Apple Juice	1.00 Each	60.000	14.000
Orange Juice	4.00 oz	60.000	13.000
Graham Cracker Sticks	1.00 Package	120.000	21.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		445.389	78.653
% of Calories			70.64%

Thu - 09/19/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Talley High Breakfast 19-20			
Recipe	Total		
Cereal and Graham	1.00 Serving	210.000	42.000
Blueberry Muffin	1.00 Muffin	223.000	38.500
Chocolate Chip Muffin	1.00 Muffin	227.000	39.500
Chicken and Biscuit Breakfast Sandwich	1.00 Sandwich	230.000	28.000
Cinnamon Glazed French Toast	1.00 Piece	210.000	28.000
Fresh Apple	1.00 each	52.520	13.948
Strawberry Cup	1.00 each	90.000	22.000
Apple Juice	1.00 Each	60.000	14.000

Grape Juice	1.00 Each	80.000	20.000
Granola	1.00 Pouch	220.000	47.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Yogurt	1.00 Container	103.333	19.333
Weighted Daily Average		475.675	82.446
% of Calories			69.33%

Fri - 09/20/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Talley High Breakfast 19-20			
Recipe	Total		
Cereal and Graham	1.00 Serving	210.000	42.000
Cheerios Cereal	1.00 Bowl	100.000	20.000
Cocoa Puffs Cereal	1.00 Bowl	110.000	25.000
Cinnamon Toast Crunch Cereal	1.00 Bowl	111.373	22.275
Trix Cereal	1.00 Bowl	110.000	24.000
Mini Blueberry Waffles	1.00 Package	210.000	37.000
Buttermilk Bar	1.00 Bar	270.000	45.000
Pancake on a Stick	1.00 Wrap	200.000	17.000
Fresh Oranges	1/2 cup	121.822	30.455
Applesauce: Cinnamon, Strawberry, or Peach-Mango	1.00 Each (0.5 cup)	50.333	14.000
Cinnamon Applesauce	1.00 Each (0.5 cup)	70.500	18.000
Apple Juice	1.00 Each	60.000	14.000
Orange Juice	4.00 oz	60.000	13.000

Graham Cracker Sticks	1.00 Package	120.000	21.000
1% Milk	¹ / ₂ pint	110.000	13.000
Fat Free Chocolate Milk	¹ / ₂ pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		458.026	80.169
% of Calories			70.01%

Mon - 09/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Talley High Breakfast 19-20			
Recipe	Total		
Cheerios Cereal	1.00 Bowl	100.000	20.000
Cocoa Puffs Cereal	1.00 Bowl	110.000	25.000
Cinnamon Toast Crunch Cereal	1.00 Bowl	111.373	22.275
Trix Cereal	1.00 Bowl	110.000	24.000
Banana Bread	1.00 Slice	280.000	44.000
Zucchini Bread	1.00 Slice	270.000	43.000
Pumpkin Bread	1.00 Slice	270.000	43.000
Cinnamon Bun	1.00 Each	240.000	38.000
Egg & Chorizo Chicken Breakfast Wrap	1.00 Burrito	0.000	0.000
Turkey Sausage, Egg, Cheese & Potato Wrap	1.00 Burrito	155.986	16.969
Cereal and Graham	1.00 Serving	210.000	42.000
Fresh Apple Slices	1.00 bag	29.000	6.000
Strawberry Cup	1.00 each	90.000	22.000
Apple Juice	1.00 Each	60.000	14.000
Orange Juice	4.00 oz	60.000	13.000
Graham Cracker Sticks	1.00 Package	120.000	21.000

1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		380.396	63.659
% of Calories			66.94%

Tue - 09/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Talley High Breakfast 19-20			
Recipe	Total		
Chocolate Oatmeal Benefit Bar	1.00 Bar	290.000	47.000
Mini Maple Pancakes	1.00 Package	220.000	39.000
Sausage, Egg & Potato Breakfast Wrap	1.00 Wrap	151.470	16.720
Cereal and Graham	1.00 Serving	210.000	42.000
Fresh Oranges	1/2 cup	121.822	30.455
Applesauce: Cinnamon, Strawberry, or Peach-Mango	1.00 Each (0.5 cup)	50.333	14.000
Cinnamon Applesauce	1.00 Each (0.5 cup)	70.500	18.000
Apple Juice	1.00 Each	60.000	14.000
Grape Juice	1.00 Each	80.000	20.000
Granola	1.00 Pouch	220.000	47.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Yogurt	1.00 Container	103.333	19.333
Weighted Daily Average		516.865	92.377
% of Calories			71.49%

Wed - 09/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Talley High Breakfast 19-20			
Recipe	Total		
Rice Chex Cereal	1.00 Bowl	100.000	24.000
Apple Cinnamon Cheerios Cereal	1.00 Bowl	110.000	22.000
Cinnamon Toast Crunch Cereal	1.00 Bowl	111.373	22.275
Lucky Charms Cereal	1.00 Bowl	110.000	23.000
Mini Strawberry Cream Cheese Bagels	1.00 Package	240.000	41.000
Apple Frudel	1.00 Frudel	210.000	36.000
Taco Roll Up	1.00 Taco	140.000	15.000
Cereal and Graham	1.00 Serving	210.000	42.000
Fresh Kiwi	1/2 cup	66.036	15.870
Banana	1/2 cup	112.138	28.778
Apple Juice	1.00 Each	60.000	14.000
Orange Juice	4.00 oz	60.000	13.000
Graham Cracker Sticks	1.00 Package	120.000	21.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		445.389	78.653
% of Calories			70.64%

Thu - 09/26/2019	Portion Size	Calories (kcal)	Carbohydrates (g)

Talley High Breakfast 19-20			
Recipe	Total		
Blueberry Muffin	1.00 Muffin	223.000	38.500
Chocolate Chip Muffin	1.00 Muffin	227.000	39.500
Chicken and Biscuit Breakfast Sandwich	1.00 Sandwich	230.000	28.000
Cinnamon Glazed French Toast	1.00 Piece	210.000	28.000
Cereal and Graham	1.00 Serving	210.000	42.000
Fresh Apple	1.00 each	52.520	13.948
Strawberry Cup	1.00 each	90.000	22.000
Apple Juice	1.00 Each	60.000	14.000
Grape Juice	1.00 Each	80.000	20.000
Granola	1.00 Pouch	220.000	47.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Yogurt	1.00 Container	103.333	19.333
Weighted Daily Average		475.675	82.446
% of Calories			69.33%

Fri - 09/27/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Talley High Breakfast 19-20			
Recipe	Total		
Rice Chex Cereal	1.00 Bowl	100.000	24.000
Apple Cinnamon Cheerios Cereal	1.00 Bowl	110.000	22.000
Cinnamon Toast Crunch Cereal	1.00 Bowl	111.373	22.275

Lucky Charms Cereal	1.00 Bowl	110.000	23.000
Mini Blueberry Waffles	1.00 Package	210.000	37.000
Buttermilk Bar	1.00 Bar	270.000	45.000
Pancake on a Stick	1.00 Wrap	200.000	17.000
Cereal and Graham	1.00 Serving	210.000	42.000
Fresh Oranges	1/2 cup	121.822	30.455
Applesauce: Cinnamon, Strawberry, or Peach-Mango	1.00 Each (0.5 cup)	50.333	14.000
Cinnamon Applesauce	1.00 Each (0.5 cup)	70.500	18.000
Apple Juice	1.00 Each	60.000	14.000
Orange Juice	4.00 oz	60.000	13.000
Graham Cracker Sticks	1.00 Package	120.000	21.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		578.477	102.520
% of Calories			70.89%

Mon - 09/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Talley High Breakfast 19-20			
Recipe	Total		
Cereal and Graham	1.00 Serving	210.000	42.000
Rice Chex Cereal	1.00 Bowl	100.000	24.000
Apple Cinnamon Cheerios Cereal	1.00 Bowl	110.000	22.000
Cinnamon Toast Crunch Cereal	1.00 Bowl	111.373	22.275
Lucky Charms Cereal	1.00 Bowl	110.000	23.000

Banana Bread	1.00 Slice	280.000	44.000
Zucchini Bread	1.00 Slice	270.000	43.000
Pumpkin Bread	1.00 Slice	270.000	43.000
Cinnamon Bun	1.00 Each	240.000	38.000
Egg & Chorizo Chicken Breakfast Wrap	1.00 Burrito	0.000	0.000
Turkey Sausage, Egg, Cheese & Potato Wrap	1.00 Burrito	155.986	16.969
Fresh Apple Slices	1.00 bag	29.000	6.000
Strawberry Cup	1.00 each	90.000	22.000
Apple Juice	1.00 Each	60.000	14.000
Orange Juice	4.00 oz	60.000	13.000
Graham Cracker Sticks	1.00 Package	120.000	21.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		418.436	70.024
% of Calories			66.94%

* = Indicates missing Nutrient Information.

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