Carbohydrate Report

District: Renton School District
School: Cascade
Menu: Breakfast After the Bell 19-20

Wed - 08/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Breakfast After the Bell 19-20			
Recipe	Total		
Blueberry Muffin	1.00 Muffin	223.000	38.500
Fresh Apple Slices	1.00 bag	29.000	6.000
Dried Cranberries	1.00 Packet	110.000	28.000
1% Milk	1.00 Carton	100.000	12.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		412.500	67.500
% of Calories			65.45%

Thu - 08/29/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Breakfast After the Bell 19-20			
Recipe	Total		
Cinnamon Bun	1.00 Each	240.000	38.000
Strawberry Apple Crisps	1.00 Bag	40.000	10.000
Orange Juice	1.00 container	50.000	14.000
1% Milk	1.00 Carton	100.000	12.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		405.000	62.000

% of Calories	61.23%

Fri - 08/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Breakfast After the Bell 19-20			
Recipe	Total		
Berry Apple Crisp Nutrition Bar	1.00 Bar	250.000	41.000
Fruit Assortment	1.00 Serving	77.375	18.875
Apple Banana Fruitocracy	1.00 Pouch	90.000	22.000
1% Milk	$^{1}/_{2}$ pint	110.000	13.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		458.688	73.938
% of Calories			64.48%

Mon - 09/02/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Breakfast After the Bell 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)
Breakfast After the Bell 19-20			

Recipe	Total		
Apple Juice	1.00 Box	60.000	14.000
Strawberry Amazin' Raisins	1.00 Package	120.000	28.000
Cinnamon Breakfast Round	1.00 Round	281.666	44.262
1% Milk	1.00 Carton	100.000	12.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		491.666	77.262
% of Calories			62.86%

Wed - 09/04/2019	**Portion Size**	**Calories (kcal)**	**Carbohydrates (g)**
Breakfast After the Bell 19-20			
Recipe	Total		
Mini Maple Pancakes	1.00 Package	220.000	39.000
Mini Strawberry Pancakes	1.00 Package	220.000	40.000
Fresh Apple Slices	1.00 bag	29.000	6.000
Dried Cranberries	1.00 Packet	110.000	28.000
1% Milk	1.00 Carton	100.000	12.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		409.500	68.500
% of Calories			66.91%

Thu - 09/05/2019	**Portion Size**	**Calories (kcal)**	**Carbohydrates (g)**
Breakfast After the Bell 19-20			
Recipe	Total		

Sausage, Egg, & Cheese Breakfast Sliders	2.00 Pieces	150.000	21.000
Strawberry Apple Crisps	1.00 Bag	40.000	10.000
Orange Juice	1.00 container	50.000	14.000
1% Milk	1.00 Carton	100.000	12.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		315.000	45.000
% of Calories			57.14%

Fri - 09/06/2019	**Portion Size**	**Calories (kcal)**	**Carbohydrates (g)**
Breakfast After the Bell 19-20			
Recipe	Total		
Berry Apple Crisp Nutrition Bar	1.00 Bar	250.000	41.000
Fruit Assortment	1.00 Serving	77.375	18.875
Apple Banana Fruitocracy	1.00 Pouch	90.000	22.000
1% Milk	1.00 Carton	100.000	12.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		453.688	73.438
% of Calories			64.75%

Mon - 09/09/2019	**Portion Size**	**Calories (kcal)**	**Carbohydrates (g)**
Breakfast After the Bell 19-20			
Recipe	Total		
Blueberry Muffin	1.00 Muffin	223.000	38.500

Fresh Apple Slices	1.00 bag	29.000	6.000
Dried Cranberries	1.00 Packet	110.000	28.000
1% Milk	1.00 Carton	100.000	12.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		412.500	67.500
% of Calories			65.45%

Tue - 09/10/2019	**Portion Size**	**Calories (kcal)**	**Carbohydrates (g)**
Breakfast After the Bell 19-20			
Recipe	Total		
Taco Roll Up	1.00 Taco	140.000	15.000
Apple Juice	1.00 Box	60.000	14.000
Strawberry Amazin' Raisins	1.00 Package	120.000	28.000
1% Milk	1.00 Carton	100.000	12.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		350.000	48.000
% of Calories			54.86%

Wed - 09/11/2019	**Portion Size**	**Calories (kcal)**	**Carbohydrates (g)**
Breakfast After the Bell 19-20			
Recipe	Total		
Banana Bread	1.00 Slice	280.000	44.000
Fresh Apple Slices	1.00 bag	29.000	6.000
Dried Cranberries	1.00 Packet	110.000	28.000

1% Milk	1.00 Carton	100.000	12.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		469.500	73.000
% of Calories			62.19%

Thu - 09/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Breakfast After the Bell 19-20			
Recipe	Total		
Egg & Cheese Breakfast Sandwich	1.00 Each	160.000	19.000
Strawberry Apple Crisps	1.00 Bag	40.000	10.000
Orange Juice	1.00 container	50.000	14.000
1% Milk	1.00 Carton	100.000	12.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		325.000	43.000
% of Calories			52.92%

Fri - 09/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Breakfast After the Bell 19-20			
Recipe	Total		
Berry Apple Crisp Nutrition Bar	1.00 Bar	250.000	41.000
Fruit Assortment	1.00 Serving	77.375	18.875
Apple Banana Fruitocracy	1.00 Pouch	90.000	22.000
1% Milk	1.00 Carton	100.000	12.000

Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		453.688	73.438
% of Calories			64.75%

Mon - 09/16/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Breakfast After the Bell 19-20			
Recipe	Total		
Fresh Apple Slices	1.00 bag	29.000	6.000
Dried Cranberries	1.00 Packet	110.000	28.000
Cinnamon Breakfast Round	1.00 Round	281.666	44.262
1% Milk	1.00 Carton	100.000	12.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		471.166	73.262
% of Calories			62.20%

Tue - 09/17/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Breakfast After the Bell 19-20			
Recipe	Total		
Pancake on a Stick	1.00 Wrap	200.000	17.000
Apple Juice	1.00 Box	60.000	14.000
Strawberry Amazin' Raisins	1.00 Package	120.000	28.000
1% Milk	1.00 Carton	100.000	12.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		410.000	50.000

% of Calories			48.78%

Wed - 09/18/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Breakfast After the Bell 19-20			
Recipe	Total		
Apple Fruit Pocket	1.00 Pocket	310.000	54.000
Cherry Fruit Pocket	1.00 Pocket	310.000	54.000
Fresh Apple Slices	1.00 bag	29.000	6.000
Dried Cranberries	1.00 Packet	110.000	28.000
1% Milk	1.00 Carton	100.000	12.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		499.500	83.000
% of Calories			66.47%

Thu - 09/19/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Breakfast After the Bell 19-20			
Recipe	Total		
Mini Blueberry Waffles	1.00 Package	210.000	37.000
Mini Maple Waffles	1.00 Pouch	210.000	38.000
Strawberry Apple Crisps	1.00 Bag	40.000	10.000
Orange Juice	1.00 container	50.000	14.000
1% Milk	1.00 Carton	100.000	12.000
Soy Milk	1.00 Cup	140.000	12.000

Weighted Daily Average	375.000	61.500
% of Calories		65.60%

Fri - 09/20/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Breakfast After the Bell 19-20			
Recipe	Total		
Berry Apple Crisp Nutrition Bar	1.00 Bar	250.000	41.000
Apple Banana Fruitocracy	1.00 Pouch	90.000	22.000
Fruit Assortment	1.00 Serving	77.375	18.875
1% Milk	1.00 Carton	100.000	12.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		537.375	93.875
% of Calories			69.88%

Mon - 09/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Breakfast After the Bell 19-20			
Recipe	Total		
Blueberry Muffin	1.00 Muffin	223.000	38.500
Fresh Apple Slices	1.00 bag	29.000	6.000
Dried Cranberries	1.00 Packet	110.000	28.000
1% Milk	1.00 Carton	100.000	12.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		412.500	67.500
% of Calories			65.45%

Tue - 09/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Breakfast After the Bell 19-20			
Recipe	Total		
Breakfast Wrap	1.00 Wrap	180.000	14.000
Apple Juice	1.00 Box	60.000	14.000
Strawberry Amazin' Raisins	1.00 Package	120.000	28.000
1% Milk	1.00 Carton	100.000	12.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		390.000	47.000
% of Calories			48.21%

Wed - 09/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Breakfast After the Bell 19-20			
Recipe	Total		
Mini Cinnamon Rolls	1.00 Package	240.000	40.000
Fresh Apple Slices	1.00 bag	29.000	6.000
Dried Cranberries	1.00 Packet	110.000	28.000
1% Milk	1.00 Carton	100.000	12.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		429.500	69.000
% of Calories			64.26%

Thu - 09/26/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Breakfast After the Bell 19-20			
Recipe	Total		
Mini Cinnamon French Toast	1.00 Package	220.000	37.000
Orange Juice	1.00 container	50.000	14.000
Strawberry Apple Crisps	1.00 Bag	40.000	10.000
1% Milk	1.00 Carton	100.000	12.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		385.000	61.000
% of Calories			63.38%

Fri - 09/27/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Breakfast After the Bell 19-20			
Recipe	Total		
Berry Apple Crisp Nutrition Bar	1.00 Bar	250.000	41.000
Fruit Assortment	1.00 Serving	77.375	18.875
Apple Banana Fruitocracy	1.00 Pouch	90.000	22.000
1% Milk	1.00 Carton	100.000	12.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		453.688	73.438
% of Calories			64.75%

Mon - 09/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)

Breakfast After the Bell 19-20			
Recipe	Total		
Fresh Apple Slices	1.00 bag	29.000	6.000
Dried Cranberries	1.00 Packet	110.000	28.000
Cinnamon Breakfast Round	1.00 Round	281.666	44.262
1% Milk	1.00 Carton	100.000	12.000
Soy Milk	1.00 Cup	140.000	12.000
Weighted Daily Average		471.166	73.262
% of Calories			62.20%

* = Indicates missing Nutrient Information.

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