

Carbohydrate Report

District: Sedro-Woolley School District

School: Sedro-Woolley High School

Menu: SWHS Breakfast Menu_SY 22-23



Mon - 09/12/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
SWHS Breakfast Menu_SY 22-23			
Recipe	Total		
Cocoa Puffs Cereal (2oz)	1.00 Bowlpak	230.000	47.000
Cinnamon Toast Crunch	1.00 Container	230.000	44.000
Cinnamon Chex	1.00 Bowlpak	210.000	39.000
Pumpkin Bread	1.00 Each	260.000	44.000
Zucchini Bread	1.00 Slice	260.000	44.000
Strawberry Smoothie	1.00 Smoothie (14oz)	189.992	42.488
Yogurt Parfait	1.00 parfait	366.075	73.955
French Toast Sticks with sausage	3.00 sticks	403.116	30.049
Sausage Links	2.00 Links	240.000	0.000
Banana Chocolate Breakfast Bar	1.00 Bar	280.000	48.000
Oatmeal Chocolate Chip Breakfast Bar	1.00 Bar	290.000	47.000
Apple Juice	1.00 container	60.000	14.000
Grape Juice	1.00 container	80.000	20.000
Fresh Apples	1.00 each	64.445	17.115
Fresh Orange Wedges	6.00 wedges	20.303	5.076
Strawberry Cream Cheese Mini Bagels	1.00 package	230.000	42.000
Giant Goldfish Graham Cracker	1.00 Cracker	120.000	19.000
1% Regular Milk	1.00 Carton	100.000	12.000

Nonfat Unflavored Milk	1.00 Carton	80.000	12.000
Weighted Daily Average		611.615	107.681
% of Calories			70.42%

Tue - 09/13/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
SWHS Breakfast Menu_SY 22-23			
Recipe	Total		
Cinnamon Chex	1.00 Bowlpak	210.000	39.000
Cinnamon Toast Crunch	1.00 Container	230.000	44.000
Cocoa Puffs Cereal (2oz)	1.00 Bowlpak	230.000	47.000
Pumpkin Bread	1.00 Each	260.000	44.000
Zucchini Bread	1.00 Slice	260.000	44.000
Strawberry Smoothie	1.00 Smoothie (14oz)	189.992	42.488
Yogurt Parfait	1.00 parfait	366.075	73.955
Egg and Sausage Bagel Sandwich	1.00 each	572.308	45.154
Banana Chocolate Breakfast Bar	1.00 Bar	280.000	48.000
Oatmeal Chocolate Chip Breakfast Bar	1.00 Bar	290.000	47.000
Apple Juice	1.00 container	60.000	14.000
Grape Juice	1.00 container	80.000	20.000
Fresh Apples	1.00 each	64.445	17.115
Fresh Orange Wedges	6.00 wedges	20.303	5.076
Strawberry Cream Cheese Mini Bagels	1.00 package	230.000	42.000
Giant Goldfish Graham Cracker	1.00 Cracker	120.000	19.000
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Unflavored Milk	1.00 Carton	80.000	12.000

Weighted Daily Average	602.764	109.569
% of Calories		72.71%

Wed - 09/14/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
SWHS Breakfast Menu_SY 22-23			
Recipe	Total		
Cinnamon Chex	1.00 Bowlpak	210.000	39.000
Cinnamon Toast Crunch	1.00 Container	230.000	44.000
Cocoa Puffs Cereal (2oz)	1.00 Bowlpak	230.000	47.000
Pumpkin Bread	1.00 Each	260.000	44.000
Zucchini Bread	1.00 Slice	260.000	44.000
Strawberry Smoothie	1.00 Smoothie (14oz)	189.992	42.488
Yogurt Parfait	1.00 parfait	366.075	73.955
Iced Long John Donut	1.00 Donut	396.627	61.940
Sausage Links	2.00 Links	240.000	0.000
Banana Chocolate Breakfast Bar	1.00 Bar	280.000	48.000
Oatmeal Chocolate Chip Breakfast Bar	1.00 Bar	290.000	47.000
Apple Juice	1.00 container	60.000	14.000
Grape Juice	1.00 container	80.000	20.000
Fresh Apples	1.00 each	64.445	17.115
Fresh Orange Wedges	6.00 wedges	20.303	5.076
Strawberry Cream Cheese Mini Bagels	1.00 package	230.000	42.000
Giant Goldfish Graham Cracker	1.00 Cracker	120.000	19.000
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Unflavored Milk	1.00 Carton	80.000	12.000

Weighted Daily Average	610.804	111.667
% of Calories		73.13%

Thu - 09/15/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
SWHS Breakfast Menu_SY 22-23			
Recipe	Total		
Cinnamon Chex	1.00 Bowlpak	210.000	39.000
Cinnamon Toast Crunch	1.00 Container	230.000	44.000
Cocoa Puffs Cereal (2oz)	1.00 Bowlpak	230.000	47.000
Pumpkin Bread	1.00 Each	260.000	44.000
Zucchini Bread	1.00 Slice	260.000	44.000
Strawberry Smoothie	1.00 Smoothie (14oz)	189.992	42.488
Yogurt Parfait	1.00 parfait	366.075	73.955
Egg and Sausage Bagel Sandwich	1.00 each	572.308	45.154
Banana Chocolate Breakfast Bar	1.00 Bar	280.000	48.000
Oatmeal Chocolate Chip Breakfast Bar	1.00 Bar	290.000	47.000
Apple Juice	1.00 container	60.000	14.000
Grape Juice	1.00 container	80.000	20.000
Fresh Apples	1.00 each	64.445	17.115
Fresh Orange Wedges	6.00 wedges	20.303	5.076
Strawberry Cream Cheese Mini Bagels	1.00 package	230.000	42.000
Giant Goldfish Graham Cracker	1.00 Cracker	120.000	19.000
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Unflavored Milk	1.00 Carton	80.000	12.000
Weighted Daily Average		602.764	109.569

% of Calories	72.71%
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Fri - 09/16/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
SWHS Breakfast Menu_SY 22-23			
Recipe	Total		
Cinnamon Chex	1.00 Bowlpak	210.000	39.000
Cinnamon Toast Crunch	1.00 Container	230.000	44.000
Cocoa Puffs Cereal (2oz)	1.00 Bowlpak	230.000	47.000
Pumpkin Bread	1.00 Each	260.000	44.000
Zucchini Bread	1.00 Slice	260.000	44.000
Strawberry Smoothie	1.00 Smoothie (14oz)	189.992	42.488
Yogurt Parfait	1.00 parfait	366.075	73.955
Breakfast Pizza	1.00 Slice	210.000	27.000
Banana Chocolate Breakfast Bar	1.00 Bar	280.000	48.000
Oatmeal Chocolate Chip Breakfast Bar	1.00 Bar	290.000	47.000
Apple Juice	1.00 container	60.000	14.000
Grape Juice	1.00 container	80.000	20.000
Fresh Apples	1.00 each	64.445	17.115
Fresh Orange Wedges	6.00 wedges	20.303	5.076
Strawberry Cream Cheese Mini Bagels	1.00 package	230.000	42.000
Giant Goldfish Graham Cracker	1.00 Cracker	120.000	19.000
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Unflavored Milk	1.00 Carton	80.000	12.000
Weighted Daily Average		445.981	85.840
% of Calories			76.99%

* = Indicates missing Nutrient Information.

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