

Carbohydrate Report

District: Garden Grove Unified School District

School: Anthony Elementary

Menu: 2016-2017 Elementary Breakfast Menu



Mon - 04/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
Raspberry Yogurt (Trix) w/ Strawberry Sports Graham Crackers	1.00 serving	230.000	40.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		415.909	79.366
% of Calories			76.33%

Tue - 04/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Breakfast Menu			
Recipe	Total		

Tue - 04/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
Breakfast Bagel Cheese Pizza	1.00 serving	192.000	23.160
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		382.131	64.397
% of Calories			67.41%

Wed - 04/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
Pan Dulce, Assorted	1.00 each	200.000	34.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250

Wed - 04/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		389.242	74.033
% of Calories			76.08%

Thu - 04/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
Pork Sausage Links & Pancake	1.00 serving/2 links + 1 pancake	170.000	14.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		362.575	56.255
% of Calories			62.06%

Fri - 04/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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2016-2017 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
Breakfast Boat	1.00 each	200.000	25.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		389.242	66.033
% of Calories			67.86%

Mon - 04/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Breakfast Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 04/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Breakfast Menu			

Tue - 04/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Wed - 04/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Breakfast Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Thu - 04/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Breakfast Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Fri - 04/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Breakfast Menu			
Recipe	Total		

Fri - 04/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 04/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
Banana Chocolate Breakfast Bar	1.00 each	280.000	48.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		460.353	86.477
% of Calories			75.14%

Tue - 04/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Breakfast Menu			
Recipe	Total		

Tue - 04/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
Pork Sausage Links & Pancake	1.00 serving/2 links + 1 pancake	170.000	14.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		362.575	56.255
% of Calories			62.06%

Wed - 04/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
Whole Grain Cinnamon Roll, Homemade	1.00 serving	332.398	57.052
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250

Wed - 04/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		506.929	94.524
% of Calories			74.59%

Thu - 04/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		398.131	66.922
% of Calories			67.24%

Fri - 04/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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2016-2017 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
Pan Dulce, Assorted	1.00 each	200.000	34.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		389.242	74.033
% of Calories			76.08%

Mon - 04/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
Honey Oatmeal Bun	1.00 each	230.000	39.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974

Mon - 04/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		415.909	78.477
% of Calories			75.48%

Tue - 04/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
Egg & Cheese Sandwich (Elementary)	1.00 each	160.000	20.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		353.686	61.588
% of Calories			69.65%

Wed - 04/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		398.131	66.922
% of Calories			67.24%

Thu - 04/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
Sausage Egg & Cheese Breakfast Sliders	1.00 serving/2 sliders	160.000	22.000

Thu - 04/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		353.686	63.366
% of Calories			71.66%

Fri - 04/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	177.500	19.750
Cereal w/ Graham Crackers	1.00 serving	187.500	35.750
Blueberry Pancake Turkey Sausage on a Stick	1.00 each	160.000	18.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Maple Syrup Cup	1.00 each	120.000	31.000

Fri - 04/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Weighted Daily Average		460.353	87.366
% of Calories			75.91%

* = Indicates missing Nutrient Information.

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