

# Carbohydrate Report

**District: Garden Grove Unified School District**

**School: Anthony Elementary**

**Menu: 2017-2018 Elementary Breakfast Menu**

Wed - 08/30/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 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 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%

Thu - 08/31/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 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 w/ Vanilla Graham Crackers	1.00 serving	220.000	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		407.020	79.366
% of Calories			78.00%

<b>Fri - 09/01/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2017-2018 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
Mini Turkey Pancake Wraps (3 pieces)	1.00 serving/3 pieces	157.500	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
Weighted Daily Average		458.131	87.366
% of Calories			76.28%

<b>Tue - 09/05/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2017-2018 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%

<b>Wed - 09/06/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2017-2018 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%

<b>Thu - 09/07/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2017-2018 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

Maple Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		469.242	83.811
% of Calories			71.44%

<b>Fri - 09/08/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2017-2018 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%

<b>Mon - 09/11/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2017-2018 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
Strawberry Banana Yogurt w/ Jungle 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%

<b>Tue - 09/12/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2017-2018 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
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%

<b>Wed - 09/13/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2017-2018 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
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%

<b>Thu - 09/14/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2017-2018 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
Weighted Daily Average		460.353	87.366
% of Calories			75.91%

<b>Fri - 09/15/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2017-2018 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 - 09/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 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 - 09/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 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%

<b>Wed - 09/20/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2017-2018 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 Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
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	478.131	91.811
% of Calories		76.81%

Thu - 09/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 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
Mini Strawberry Pancakes	1.00 packet	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%

Fri - 09/22/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 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
Mini Turkey Pancake Wraps (3 pieces)	1.00 serving/3 pieces	157.500	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
Weighted Daily Average		458.131	87.366
% of Calories			76.28%

<b>Mon - 09/25/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2017-2018 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	371.766	66.249
% of Calories		71.28%

<b>Tue - 09/26/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2017-2018 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		407.321	78.694
% of Calories			77.28%

<b>Wed - 09/27/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2017-2018 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 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		400.210	69.058
% of Calories			69.02%

Thu - 09/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 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 w/ Vanilla Graham Crackers	1.00 serving	220.000	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		425.099	84.027

% of Calories	79.07%
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<b>Fri - 09/29/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2017-2018 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		407.321	70.694
% of Calories			69.42%

\* = Indicates missing Nutrient Information.

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