

Carbohydrate Report

District: Garden Grove Unified School District

School: Anthony Elementary

Menu: 2018-2019 Elementary Breakfast Menu



Fri - 02/01/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu				
Recipe	Total			
Cereal w/ String Cheese	1.00 serving		188.726	23.186
Cereal w/ Graham Crackers	1.00 serving		198.726	41.186
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		56.667	14.000
1% Low-fat Milk	8.00 oz		120.000	16.000
Chocolate Milk, Fat-free	8.00 oz		110.000	20.000
Syrup Cup	1.00 each		120.000	31.000
Weighted Daily Average			470.906	84.031
% of Calories				71.38%

Mon - 02/04/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu				
Recipe	Total			
Cereal w/ String Cheese	1.00 serving		188.726	23.186
Cereal w/ Graham Crackers	1.00 serving		198.726	41.186
Oatmeal Chocolate Chips Breakfast Bar	1.00 serving		290.000	47.000

Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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		470.906	85.809
% of Calories			72.89%

Tue - 02/05/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu				
Recipe	Total			
Cereal w/ String Cheese	1.00 serving	188.726	23.186	
Cereal w/ Graham Crackers	1.00 serving	198.726	41.186	
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	56.667	14.000	
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		399.795	67.142	
% of Calories			67.18%	

Wed - 02/06/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu				
Recipe	Total			

Cereal w/ String Cheese	1.00 serving	188.726	23.186
Cereal w/ Graham Crackers	1.00 serving	198.726	41.186
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	56.667	14.000
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		417.573	79.587
% of Calories			76.24%

Thu - 02/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.726	23.186
Cereal w/ Graham Crackers	1.00 serving	198.726	41.186
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	56.667	14.000
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		355.351	63.587
% of Calories			71.58%

Fri - 02/08/2019	Portion Size	Calories (kcal)	Carbohydrates (g)

2018-2019 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.726	23.186
Cereal w/ Graham Crackers	1.00 serving	198.726	41.186
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	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		459.795	87.587
% of Calories			76.20%

Mon - 02/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 02/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.726	23.186

Cereal w/ Graham Crackers	1.00 serving	198.726	41.186
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	51.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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		479.795	89.365
% of Calories			74.50%

Wed - 02/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.726	23.186
Cereal w/ Graham Crackers	1.00 serving	198.726	41.186
Mini Chocolate Chip French Toast Bites	1.00 serving	210.000	35.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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		399.795	75.142
% of Calories			75.18%

Thu - 02/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu			

Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.726	23.186
Cereal w/ Graham Crackers	1.00 serving	198.726	41.186
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	56.667	14.000
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		383.795	64.618
% of Calories			67.35%

Fri - 02/15/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.726	23.186
Cereal w/ Graham Crackers	1.00 serving	198.726	41.186
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	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		470.906	84.031
% of Calories			71.38%

Mon - 02/18/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu				
Recipe		Total		
Weighted Daily Average			N/A	N/A
% of Calories				N/A

Tue - 02/19/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu				
Recipe		Total		
Cereal w/ String Cheese		1.00 serving	188.726	23.186
Cereal w/ Graham Crackers		1.00 serving	198.726	41.186
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	56.667	14.000
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			462.017	86.698
% of Calories				75.06%

Wed - 02/20/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu				
Recipe		Total		

Cereal w/ String Cheese	1.00 serving	188.726	23.186
Cereal w/ Graham Crackers	1.00 serving	198.726	41.186
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	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		462.017	87.587
% of Calories			75.83%

Thu - 02/21/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.726	23.186
Cereal w/ Graham Crackers	1.00 serving	198.726	41.186
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	56.667	14.000
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		417.573	78.698
% of Calories			75.39%

Fri - 02/22/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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2018-2019 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.726	23.186
Cereal w/ Graham Crackers	1.00 serving	198.726	41.186
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	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		459.795	87.587
% of Calories			76.20%

Mon - 02/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.726	23.186
Cereal w/ Graham Crackers	1.00 serving	198.726	41.186
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	56.667	14.000
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		390.906	74.254

% of Calories	75.98%
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Tue - 02/26/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu				
Recipe	Total			
Cereal w/ String Cheese	1.00 serving	188.726	23.186	
Cereal w/ Graham Crackers	1.00 serving	198.726	41.186	
Egg & Cheese Sandwich (Elementary)	1.00 each	160.000	19.000	
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974	
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000	
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		355.351	60.920	
% of Calories			68.57%	

Wed - 02/27/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu				
Recipe	Total			
Cereal w/ String Cheese	1.00 serving	188.726	23.186	
Cereal w/ Graham Crackers	1.00 serving	198.726	41.186	
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	56.667	14.000	

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		399.795	67.142
% of Calories			67.18%

Thu - 02/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.726	23.186
Cereal w/ Graham Crackers	1.00 serving	198.726	41.186
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	56.667	14.000
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		355.351	63.587
% of Calories			71.58%

* = Indicates missing Nutrient Information.

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