

Carbohydrate Report

District: Garden Grove Unified School District

School: Anthony Elementary

Menu: 2018-2019 Elementary Breakfast Menu



Mon - 01/07/2019		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	39.186
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	56.250	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			470.489	85.970
% of Calories				73.09%

Tue - 01/08/2019		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	39.186
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	56.250	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		399.378	67.304
% of Calories			67.41%

Wed - 01/09/2019		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	39.186	
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	56.250	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		417.156	79.748	
% of Calories			76.47%	

Thu - 01/10/2019		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	39.186
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	56.250	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		354.934	63.748
% of Calories			71.84%

Fri - 01/11/2019		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	39.186
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		56.250	14.250
1% Low-fat Milk	8.00 oz		120.000	16.000
Chocolate Milk, Fat-free	8.00 oz		110.000	20.000
Syrup Cup	1.00 each		120.000	31.000
Weighted Daily Average			470.489	84.192
% of Calories				71.58%

Mon - 01/14/2019	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	39.186
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		479.378	92.192
% of Calories			76.93%

Tue - 01/15/2019		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	39.186	
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		354.934	61.970	
% of Calories			69.84%	

Wed - 01/16/2019	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	39.186
Mini Chocolate Chip French Toast Bites	1.00 serving	N/A	N/A
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		212.712	44.192
% of Calories			83.10%

Thu - 01/17/2019	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	39.186
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	56.250	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		383.378	64.779

% of Calories	67.59%
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Fri - 01/18/2019	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	39.186
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	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		470.489	84.192
% of Calories			71.58%

Mon - 01/21/2019	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 - 01/22/2019	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	39.186
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	56.250	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		417.156	78.859
% of Calories			75.62%

Wed - 01/23/2019		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	39.186	
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	56.250	14.250	
1% Low-fat Milk	8.00 oz	120.000	16.000	
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000	
Syrup Cup	1.00 each	120.000	31.000	
Weighted Daily Average		461.600	87.748	

% of Calories	76.04%
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Thu - 01/24/2019	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	39.186
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	56.250	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		461.600	86.859
% of Calories			75.27%

Fri - 01/25/2019	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	39.186
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	56.250	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		352.712	60.192
% of Calories			68.26%

Mon - 01/28/2019	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 - 01/29/2019	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	39.186
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	56.250	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		390.489	74.415
% of Calories			76.23%

Wed - 01/30/2019		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	39.186
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	56.250	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			399.378	67.304
% of Calories				67.41%

Thu - 01/31/2019		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	39.186
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	56.250	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	354.934	63.748
% of Calories		71.84%

* = Indicates missing Nutrient Information.

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