

Carbohydrate Report

District: Garden Grove Unified School District

School: Anthony Elementary

Menu: 2018-2019 Afterschool Snack Menu



Mon - 01/07/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Afterschool Snack Menu				
Recipe		Total		
Assorted Apple & Eve Juice Box		1.00 each	140.000	33.600
Chocolate Sports Bites Crackers		1.00 package	110.000	20.000
Weighted Daily Average			250.000	53.600
% of Calories				85.76%

Tue - 01/08/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Afterschool Snack Menu				
Recipe		Total		
Assorted Apple & Eve Juice Box		1.00 each	140.000	33.600
Goldfish Pretzel Crackers		1.00 each	90.000	16.000
Weighted Daily Average			230.000	49.600
% of Calories				86.26%

Wed - 01/09/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Afterschool Snack Menu				

Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Cereal Bar, Assorted	1.00 each	150.000	30.000
Weighted Daily Average		290.000	63.600
% of Calories			87.72%

Thu - 01/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Afterschool Snack Menu			
Recipe	Total		
Mini Chocolate Chip Cookies	1.00 package	160.000	30.000
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		272.000	49.200
% of Calories			72.35%

Fri - 01/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Assorted Crackers	1.00 each	124.172	20.583
Weighted Daily Average		264.172	54.183
% of Calories			82.04%

Mon - 01/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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2018-2019 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Sunflower Seeds, Honey Roasted, Package	1.00 each	170.000	8.000
Weighted Daily Average		310.000	41.600
% of Calories			53.68%

Tue - 01/15/2019			
	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
String Cheese	1.00 each	80.000	0.000
Weighted Daily Average		220.000	33.600
% of Calories			61.09%

Wed - 01/16/2019			
	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Cheez-it Crackers	1.00 each	100.000	14.000
Weighted Daily Average		240.000	47.600

% of Calories	79.33%
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Thu - 01/17/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Afterschool Snack Menu			
Recipe	Total		
Chocolate Chip Cookie (Bonzer)	1.00 each	165.000	27.000
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		277.000	46.200
% of Calories			66.71%

Fri - 01/18/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Assorted Crackers	1.00 each	124.172	20.583
Weighted Daily Average		264.172	54.183
% of Calories			82.04%

Tue - 01/22/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Afterschool Snack Menu			

Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Scooby Graham Crackers	1.00 bag	121.240	21.000
Weighted Daily Average		261.240	54.600
% of Calories			83.60%

Wed - 01/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Goldfish Snack Crackers, Cheddar	1.00 Bag	100.000	14.000
Weighted Daily Average		240.000	47.600
% of Calories			79.33%

Thu - 01/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Afterschool Snack Menu			
Recipe	Total		
Mini Vanilla Wafers	1.00 package	140.000	19.000
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		252.000	38.200
% of Calories			60.63%

Fri - 01/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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2018-2019 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Assorted Crackers	1.00 each	124.172	20.583
Weighted Daily Average		264.172	54.183
% of Calories			82.04%

Tue - 01/29/2019			
	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Keebler Elf Grahams	1.00 bag	90.000	16.000
Weighted Daily Average		230.000	49.600
% of Calories			86.26%

Wed - 01/30/2019			
	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Goldfish Snack Crackers, Cheddar	1.00 Bag	100.000	14.000
Weighted Daily Average		240.000	47.600

% of Calories	79.33%
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Thu - 01/31/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Afterschool Snack Menu				
Recipe	Total			
Chocolate Bear Grahams	1.00 each	221.373	42.262	
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		333.373	61.462	
% of Calories			73.75%	

* = Indicates missing Nutrient Information.

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