

Carbohydrate Report

District: Garden Grove Unified School District

School: Crosby Elementary

Menu: 2018-2019 Super Snack Menu



Mon - 01/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Super Snack Menu			
Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Applesauce Cup	1.00 serving	51.000	14.000
Apricot Cup, (frozen)	1.00 serving	118.000	30.370
Apple, Fresh	1.00 each	52.520	13.948
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		529.710	79.693
% of Calories			60.18%

Tue - 01/08/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Super Snack Menu			
Recipe	Total		
Mini Chicken Corndogs	1.00 serving	270.000	30.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000

Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Applesauce Cup	1.00 serving	51.000	14.000
Apricot Cup, (frozen)	1.00 serving	118.000	30.370
Banana (fresh)	1.00 each	105.020	26.951
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Weighted Daily Average		535.960	81.194
% of Calories			60.60%

Wed - 01/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Super Snack Menu			
Recipe	Total		
Cheesy Pull Apart Bread	1.00 serving	260.000	29.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Applesauce Cup	1.00 serving	51.000	14.000
Apricot Cup, (frozen)	1.00 serving	118.000	30.370
Fresh Apple Slices, IW	1.00 each	30.159	7.037
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Marinara Sauce Cup	1.00 each	15.000	3.000
Weighted Daily Average		493.530	73.237

% of Calories	59.36%
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Thu - 01/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Super Snack Menu			
Recipe	Total		
Whole Muscle Breaded Chicken Bites	5.00 Pieces	200.000	16.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Applesauce Cup	1.00 serving	51.000	14.000
Apricot Cup, (frozen)	1.00 serving	118.000	30.370
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Weighted Daily Average		428.860	57.663
% of Calories			53.78%

Fri - 01/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Super Snack Menu			
Recipe	Total		
Papa John's Cheese Pizza	1.00 slice	330.000	40.000
Papa John's Pepperoni Pizza	1.00 slice	320.000	36.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000

Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Applesauce Cup	1.00 serving	51.000	14.000
Apricot Cup, (frozen)	1.00 serving	118.000	30.370
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		547.100	80.006
% of Calories			58.49%

Mon - 01/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Super Snack Menu			
Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Applesauce Cup	1.00 serving	51.000	14.000
Apricot Cup, (frozen)	1.00 serving	118.000	30.370
Apple, Fresh	1.00 each	52.520	13.948
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		529.710	79.693
% of Calories			60.18%

Tue - 01/15/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Super Snack Menu				
Recipe	Total			
Mini Chicken Corndogs	1.00 serving	270.000	30.000	
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000	
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250	
Applesauce Cup	1.00 serving	51.000	14.000	
Apricot Cup, (frozen)	1.00 serving	118.000	30.370	
Banana (fresh)	1.00 each	105.020	26.951	
1% Low-fat Milk	8.00 oz	120.000	16.000	
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000	
Ranch Packet	1.00 packet	70.000	1.000	
Ketchup Packet	1.00 packet	10.000	0.000	
Weighted Daily Average		535.960	81.194	
% of Calories			60.60%	

Wed - 01/16/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Super Snack Menu				
Recipe	Total			
Mini Teriyaki Chicken Sandwich Sliders	1.00 package	273.370	40.499	
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000	
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250	
Applesauce Cup	1.00 serving	51.000	14.000	
Apricot Cup, (frozen)	1.00 serving	118.000	30.370	

Fresh Apple Slices, IW	1.00 each	30.159	7.037
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		491.900	81.736
% of Calories			66.47%

Thu - 01/17/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Super Snack Menu			
Recipe	Total		
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Applesauce Cup	1.00 serving	51.000	14.000
Apricot Cup, (frozen)	1.00 serving	118.000	30.370
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Weighted Daily Average		528.860	82.163
% of Calories			62.14%

Fri - 01/18/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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2018-2019 Super Snack Menu			
Recipe	Total		
Papa John's Cheese Pizza	1.00 slice	330.000	40.000
Papa John's Pepperoni Pizza	1.00 slice	320.000	36.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Applesauce Cup	1.00 serving	51.000	14.000
Apricot Cup, (frozen)	1.00 serving	118.000	30.370
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		547.100	80.006
% of Calories			58.49%

Tue - 01/22/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Super Snack Menu				
Recipe	Total			
Sweet Potato Chocolate Chip Muffin Top w/ Honey Roasted Sunflower Seeds & String Cheese	1.00 serving	550.000	60.000	
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000	
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250	
Applesauce Cup	1.00 serving	51.000	14.000	
Apricot Cup, (frozen)	1.00 serving	118.000	30.370	
Banana (fresh)	1.00 each	105.020	26.951	
1% Low-fat Milk	8.00 oz	120.000	16.000	

Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		805.960	111.194
% of Calories			55.19%

Wed - 01/23/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Super Snack Menu				
Recipe	Total			
Cheesy Pull Apart Bread	1.00 serving	260.000	29.000	
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000	
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250	
Applesauce Cup	1.00 serving	51.000	14.000	
Apricot Cup, (frozen)	1.00 serving	118.000	30.370	
Fresh Apple Slices, IW	1.00 each	30.159	7.037	
1% Low-fat Milk	8.00 oz	120.000	16.000	
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000	
Ranch Packet	1.00 packet	70.000	1.000	
Marinara Sauce Cup	1.00 each	15.000	3.000	
Weighted Daily Average		493.530	73.237	
% of Calories			59.36%	

Thu - 01/24/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Super Snack Menu				

Recipe	Total		
Whole Muscle Breaded Chicken Bites	5.00 Pieces	200.000	16.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Applesauce Cup	1.00 serving	51.000	14.000
Apricot Cup, (frozen)	1.00 serving	118.000	30.370
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Weighted Daily Average		428.860	57.663
% of Calories			53.78%

Fri - 01/25/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Super Snack Menu				
Recipe	Total			
Papa John's Cheese Pizza	1.00 slice	330.000	40.000	
Papa John's Pepperoni Pizza	1.00 slice	320.000	36.000	
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000	
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250	
Applesauce Cup	1.00 serving	51.000	14.000	
Apricot Cup, (frozen)	1.00 serving	118.000	30.370	
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575	
1% Low-fat Milk	8.00 oz	120.000	16.000	

Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		547.100	80.006
% of Calories			58.49%

Tue - 01/29/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Super Snack Menu				
Recipe		Total		
Sweet Potato Chocolate Chip Muffin Top w/ Honey Roasted Sunflower Seeds & String Cheese		1.00 serving	550.000	60.000
Grab-it Carrots, 1/2 cup		0.50 cup	35.000	8.000
Juice, Assorted, 4 oz, Hollandia		1.00 each	56.250	14.250
Applesauce Cup		1.00 serving	51.000	14.000
Apricot Cup, (frozen)		1.00 serving	118.000	30.370
Banana (fresh)		1.00 each	105.020	26.951
1% Low-fat Milk		8.00 oz	120.000	16.000
Chocolate Milk, Fat-free		8.00 oz	110.000	20.000
Ranch Packet		1.00 packet	70.000	1.000
Weighted Daily Average			805.960	111.194
% of Calories				55.19%

Wed - 01/30/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Super Snack Menu				
Recipe		Total		
Mini Teriyaki Chicken Sandwich Sliders		1.00 package	273.370	40.499

Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Applesauce Cup	1.00 serving	51.000	14.000
Apricot Cup, (frozen)	1.00 serving	118.000	30.370
Fresh Apple Slices, IW	1.00 each	30.159	7.037
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		491.900	81.736
% of Calories			66.47%

Thu - 01/31/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Super Snack Menu			
Recipe	Total		
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Applesauce Cup	1.00 serving	51.000	14.000
Apricot Cup, (frozen)	1.00 serving	118.000	30.370
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Weighted Daily Average		528.860	82.163

% of Calories

62.14%

* = Indicates missing Nutrient Information.

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