

Carbohydrate Report

District: Garden Grove Unified School District

School: Anthony Elementary

Menu: 2017-2018 Elementary Breakfast Menu



Fri - 06/01/2018		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%	

Mon - 06/04/2018		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	
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%

Tue - 06/05/2018		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	
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		460.353	87.366	
% of Calories			75.91%	

Wed - 06/06/2018		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
Strawberry & Banana Yogurt (Trix) 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%

Thu - 06/07/2018	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
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		469.242	83.811
% of Calories			71.44%

Fri - 06/08/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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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%

Mon - 06/11/2018		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	
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		469.242	85.588	
% of Calories			72.96%	

Tue - 06/12/2018	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
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%

Wed - 06/13/2018	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

Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		458.131	87.366
% of Calories			76.28%

Thu - 06/14/2018	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%

Fri - 06/15/2018	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
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%

* = Indicates missing Nutrient Information.

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