

# Carbohydrate Report

District: Garden Grove Unified School District

School: Anthony Elementary

Menu: 2017-2018 Elementary Lunch Menu



Fri - 06/01/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Sausage Patties w/ French Toast	1.00 serving/2 patties + 1 french toast	325.116	28.282
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Kidney Beans, 1/2 cup	0.50 cup	104.000	18.995
Celery Sticks, 1/2 cup	0.50 cup	9.600	1.782
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Appleberry Juice Carton, 4 oz	1.00 each	55.000	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		631.083	91.782

% of Calories	58.17%
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Mon - 06/04/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Chicken Double Dogs	1.00 each	260.000	31.500
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Bell Peppers, 1/2 cup, (sliced red)	0.50 cup	14.260	2.774
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Apple, Fresh	1.00 each	52.520	13.948
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		516.345	80.457
% of Calories			62.33%

Tue - 06/05/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Cheese French Bread Pizza	1.00 each	340.000	35.000
Pepperoni French Bread Pizza	1.00 serving	350.000	35.000
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	310.000	31.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Banana (fresh)	1.00 each	105.020	26.951
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		563.052	73.751
% of Calories			52.39%

Wed - 06/06/2018	Portion Size	Calories (kcal)	Carbohydrates (g)

2017-2018 Elementary Lunch Menu			
Recipe	Total		
Breaded Chicken Patty w/ Hamburger Buns 3.5"	1.00 serving	360.000	39.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Potato Crinkle Cut Fries 1/2 cup	1/2 cup	110.000	17.000
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993
Peach, (Fresh)	1.00 each	50.700	12.402
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		669.560	92.247
% of Calories			55.11%

Thu - 06/07/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		

Turkey Taco Pocket	1.00 each	310.000	40.000
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Apricot Cup, (frozen)	1.00 serving	118.000	30.370
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Salsa	1.00 tablespoon	5.000	1.000
Weighted Daily Average		538.712	79.069
% of Calories			58.71%

<b>Fri - 06/08/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Chicken Nuggets	1.00 serving/5 pieces	260.000	16.000
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000

4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Apple Juice Carton, 4 oz	1.00 each	55.000	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		528.828	70.675
% of Calories			53.46%

Mon - 06/11/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Hamburger w/ Whole Wheat Bun	1.00 serving	238.000	24.500
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000

Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Apple, Fresh	1.00 each	52.520	13.948
Sun Chips Cheddar Chips	1.00 each	140.000	18.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Cheese Slice	1.00 slice	55.686	1.012
Pickles	1.00 serving	1.540	0.316
Weighted Daily Average		682.910	93.597
% of Calories			54.82%

<b>Tue - 06/12/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	310.000	31.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000

Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Banana (fresh)	1.00 each	105.020	26.951
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		549.052	76.151
% of Calories			55.48%

Wed - 06/13/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Teriyaki Beef Dippers w/ Vegetable Fried Rice (1/2 cup)	1.00 serving	293.997	38.700
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Raisin Box	0.25 cup	108.388	28.703



Assorted Flavored Craisins	1.00 each	110.000	28.000
Applesauce Cup	1.00 serving	51.000	14.000
Nectarine, (Fresh)	1.00 each	56.760	13.610
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		515.449	75.339
% of Calories			58.46%

Thu - 06/14/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Chicken Corn Dog	1.00 each	238.000	27.800
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Apricot Cup, (frozen)	1.00 serving	118.000	30.370
Plum, (Fresh)	1.00 each	30.360	7.537

Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		472.811	68.963
% of Calories			58.34%

<b>Fri - 06/15/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Macaroni & Cheese (#6 SCOOP)	1.00 serving	290.015	32.002
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Kidney Beans, 1/2 cup	0.50 cup	104.000	18.995
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Rainbow Goldfish Cheese Crackers	1.00 package	100.000	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000

Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		639.040	94.077
% of Calories			58.89%

\* = Indicates missing Nutrient Information.

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