

Carbohydrate Report

District: Garden Grove Unified School District

School: Anthony Elementary

Menu: 2018-2019 Elementary Breakfast Menu



Mon - 06/03/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu				
Recipe		Total		
Cereal w/ String Cheese		1.00 serving	188.571	23.143
Cereal w/ Graham Crackers		1.00 serving	198.571	41.143
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	56.667	14.000
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			470.889	85.804
% of Calories				72.89%

Tue - 06/04/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu				
Recipe		Total		
Cereal w/ String Cheese		1.00 serving	188.571	23.143
Cereal w/ Graham Crackers		1.00 serving	198.571	41.143
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	56.667	14.000
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		417.556	79.582
% of Calories			76.24%

Wed - 06/05/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu				
Recipe	Total			
Cereal w/ String Cheese	1.00 serving	188.571	23.143	
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143	
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	56.667	14.000	
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		383.778	64.613	
% of Calories			67.34%	

Thu - 06/06/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu				
Recipe	Total			
Cereal w/ String Cheese	1.00 serving	188.571	23.143	

Cereal w/ Graham Crackers	1.00 serving	198.571	41.143
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	56.667	14.000
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		417.556	78.693
% of Calories			75.38%

Fri - 06/07/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu				
Recipe	Total			
Cereal w/ String Cheese	1.00 serving		188.571	23.143
Cereal w/ Graham Crackers	1.00 serving		198.571	41.143
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		56.667	14.000
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	30.000
Weighted Daily Average			459.778	86.693
% of Calories				75.42%

Mon - 06/10/2019		Portion Size	Calories (kcal)	Carbohydrates (g)

2018-2019 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	51.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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		479.778	89.360
% of Calories			74.50%

Tue - 06/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143
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	56.667	14.000
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		399.778	67.138
% of Calories			67.17%

Wed - 06/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143
Mini Chocolate Chip French Toast Bites	1.00 serving	210.000	35.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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		399.778	75.138
% of Calories			75.18%

Thu - 06/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143
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	56.667	14.000
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	30.000

Weighted Daily Average	470.889	83.138
% of Calories		70.62%

Fri - 06/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143
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	56.667	14.000
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		390.889	74.249
% of Calories			75.98%

* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.