

# Carbohydrate Report

District: Garden Grove Unified School District

School: Anthony Elementary

Menu: 2017-2018 Elementary Breakfast Menu



Thu - 03/01/2018		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%	

Fri - 03/02/2018		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%

Mon - 03/05/2018	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
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%

Tue - 03/06/2018	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
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%

<b>Wed - 03/07/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	54.000
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		478.131	91.811
% of Calories			76.81%

<b>Thu - 03/08/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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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%

Fri - 03/09/2018			
	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%

<b>Mon - 03/12/2018</b>		<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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
Banana Chocolate Breakfast Bar		1.00 each	280.000	48.000
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			460.353	86.477
% of Calories				75.14%

<b>Tue - 03/13/2018</b>		<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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%

Wed - 03/14/2018	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
Egg & Cheese Sandwich (Elementary)	1.00 each	160.000	20.000
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	61.588
% of Calories			69.65%

Thu - 03/15/2018	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

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	56.250	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		382.131	64.397
% of Calories			67.41%

Fri - 03/16/2018		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%	

Mon - 03/19/2018		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 - 03/20/2018		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	
Stuffed Pepperoni Pizza Pastry	1.00 each	220.000	27.000	
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	67.811	
% of Calories			66.64%	

Wed - 03/21/2018	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
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 - 03/22/2018	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%

<b>Fri - 03/23/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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%

<b>Mon - 03/26/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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 - 03/27/2018		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 - 03/28/2018		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
Turkey Sausage, Egg, Cheese, & Green Salsa Burrito		1.00 serving	259.450	28.620

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		442.086	69.251
% of Calories			62.66%

Thu - 03/29/2018		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 - 03/30/2018		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%

\* = Indicates missing Nutrient Information.

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