

# Carbohydrate Report

District: Garden Grove Unified School District

School: Anthony Elementary

Menu: 2018-2019 Elementary Breakfast Menu



Wed - 05/01/2019		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
Egg & Cheese Sandwich (Elementary)		1.00 each	160.000	19.000
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			355.334	60.915
% of Calories				68.57%

Thu - 05/02/2019		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
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	56.667	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		355.334	63.582
% of Calories			71.57%

Fri - 05/03/2019		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
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%

Mon - 05/06/2019		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
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 - 05/07/2019		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 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 - 05/08/2019		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 - 05/09/2019	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%

<b>Fri - 05/10/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2018-2019 Elementary Breakfast Menu</b>			
<b>Recipe</b>	<b>Total</b>		
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
<b>Weighted Daily Average</b>		<b>459.778</b>	<b>86.693</b>
<b>% of Calories</b>			<b>75.42%</b>

<b>Mon - 05/13/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2018-2019 Elementary Breakfast Menu</b>			
<b>Recipe</b>	<b>Total</b>		
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 - 05/14/2019		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	
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 - 05/15/2019		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%

<b>Thu - 05/16/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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 Bagels with Strawberry Cream Cheese Filling	1.00 each	230.000	41.000
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	80.471
% of Calories			77.09%

<b>Fri - 05/17/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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%

Mon - 05/20/2019		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	
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	56.667	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		462.000	86.693	
% of Calories			75.06%	

Tue - 05/21/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
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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 - 05/22/2019		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	
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	56.667	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		462.000	86.693	
% of Calories			75.06%	

<b>Thu - 05/23/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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%

<b>Fri - 05/24/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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%

Tue - 05/28/2019		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%	

Wed - 05/29/2019		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	
Egg & Cheese Sandwich (Elementary)	1.00 each	160.000	19.000	
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		355.334	60.915
% of Calories			68.57%

Thu - 05/30/2019	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%

Fri - 05/31/2019	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%

\* = Indicates missing Nutrient Information.

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