

Carbohydrate Report

District: Garden Grove Unified School District

School: Anthony Elementary

Menu: 2017-2018 Elementary Breakfast Menu



Wed - 11/01/2017	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%

Thu - 11/02/2017	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
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		488.833	91.957
% of Calories			75.25%

Fri - 11/03/2017	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 Boat	1.00 each	200.000	25.000
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	66.033
% of Calories			67.86%

Mon - 11/06/2017	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 - 11/07/2017	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 Cinnamon Waffles	1.00 package	200.000	35.000
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	74.922
% of Calories			76.99%

Wed - 11/08/2017	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 - 11/09/2017	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 - 11/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Breakfast Menu			
Recipe	Total		

Weighted Daily Average	N/A	N/A
% of Calories		N/A

Mon - 11/13/2017	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
Raspberry Yogurt w/ Berry ABC Graham Crackers 1M/1G	1.00 serving	230.000	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		415.909	79.366
% of Calories			76.33%

Tue - 11/14/2017	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 - 11/15/2017	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%

Thu - 11/16/2017	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%

Fri - 11/17/2017	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 - 11/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Breakfast Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 11/28/2017	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

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%

Wed - 11/29/2017	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
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%

Thu - 11/30/2017	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%

* = Indicates missing Nutrient Information.

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