

Carbohydrate Report

District: Garden Grove Unified School District

School: Barker Elementary

Menu: 2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu



Mon - 11/02/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu				
Recipe	Total			
Breakfast Sausage Pizza IW	1.00 serving	240.000	31.000	
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333	
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600	
Assorted Fruit Cups	0.50 cup	84.199	19.997	
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		1075.249	138.534	
% of Calories			51.54%	

Tue - 11/03/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu				
Recipe	Total			
Assorted Breakfast Bars	1.00 each		285.000	47.500
Assorted Yami Yogurt w/ Granola	1.00 serving		370.000	69.333
Orange Popcorn Chicken w/ Fried Rice and Mixed Vegetables	1.00 serving/1-#4 scoop chix + 1-#4 scoop rice + 1/2 c veg		482.500	83.250
Assorted Dried Fruit	1.00 each		112.500	28.250
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		1104.375	194.304
% of Calories			70.38%

Wed - 11/04/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	59.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Breaded Chicken Drumstick w/ Seasoned Potato Wedges	1.00 serving/1 drumstick + 1/2 c fries	320.000	24.000
Assorted Fruit Cups	0.50 cup	84.199	19.997
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		1066.699	141.264
% of Calories			52.97%

Thu - 11/05/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Pop Tart & String Cheese	1.00 serving	260.000	37.500
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Assorted Dried Fruit	1.00 each	112.500	28.250

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		934.500	141.317
% of Calories			60.49%

Fri - 11/06/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu				
Recipe		Total		
Turkey Sausage, Egg & Cheese Wrap		1.00 each	200.000	22.000
Assorted Yami Yogurt w/ Granola		1.00 serving	370.000	69.333
Breaded Chicken Patty Sandwich w/ Seasoned Potato Wedges		1.00 serving	530.000	66.000
Assorted Dried Fruit		1.00 each	112.500	28.250
Assorted Fruit Cups		0.50 cup	84.199	19.997
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			1050.350	148.290
% of Calories				56.47%

Sat - 11/07/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu				
Recipe		Total		
Weighted Daily Average		N/A	N/A	N/A
% of Calories				N/A

Sun - 11/08/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Weighted Daily Average	N/A		N/A
% of Calories			N/A

Mon - 11/09/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fruit Cups	0.50 cup	84.199	19.997
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	891.916		121.534
% of Calories			54.50%

Tue - 11/10/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		

Assorted Breakfast Bars	1.00 each	285.000	47.500
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Orange Popcorn Chicken w/ Fried Rice and Mixed Vegetables	1.00 serving/1-#4 scoop chix + 1-#4 scoop rice + 1/2 c veg	482.500	83.250
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Dried Fruit	1.00 each	112.500	28.250
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		799.167	145.867
% of Calories			73.01%

Wed - 11/11/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice	430.000	59.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Breaded Chicken Drumstick w/ Seasoned Potato Wedges	1.00 serving/1 drumstick + 1/2 c fries	320.000	24.000
Assorted Fruit Cups	0.50 cup	84.199	19.997
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		1066.699	141.264
% of Calories			52.97%

Thu - 11/12/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			

Recipe	Total		
Pop Tart & String Cheese	1.00 serving	260.000	37.500
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Dried Fruit	1.00 each	112.500	28.250
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		991.167	155.317
% of Calories			62.68%

Fri - 11/13/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu				
Recipe	Total			
Turkey Sausage, Egg & Cheese Wrap	1.00 each	200.000	22.000	
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333	
Breaded Chicken Patty Sandwich w/ Seasoned Potato Wedges	1.00 serving	530.000	66.000	
Assorted Dried Fruit	1.00 each	112.500	28.250	
Assorted Fruit Cups	0.50 cup	84.199	19.997	
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		1050.350	148.290	
% of Calories			56.47%	

Sat - 11/14/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Weighted Daily Average	N/A		N/A
% of Calories			N/A

Sun - 11/15/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Weighted Daily Average	N/A		N/A
% of Calories			N/A

Mon - 11/16/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fruit Cups	0.50 cup	84.199	19.997
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	891.916		121.534
% of Calories			54.50%

Tue - 11/17/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu				
Recipe	Total			
Assorted Breakfast Bars	1.00 each		285.000	47.500
Assorted Yami Yogurt w/ Granola	1.00 serving		370.000	69.333
Orange Popcorn Chicken w/ Fried Rice and Mixed Vegetables	1.00 serving/1-#4 scoop chix + 1-#4 scoop rice + 1/2 c veg		482.500	83.250
Juice, Assorted, 4 oz, Hollandia	1.00 each		56.667	14.000
Assorted Dried Fruit	1.00 each		112.500	28.250
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			799.167	145.867
% of Calories				73.01%

Wed - 11/18/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu				
Recipe	Total			
Pork Sausage Links (2) w/ French Toast Slice & Syrup	1.00 serving/2 links + 1 french toast slice		430.000	59.000
Assorted Yami Yogurt w/ Granola	1.00 serving		370.000	69.333
Breaded Chicken Drumstick w/ Seasoned Potato Wedges	1.00 serving/1 drumstick + 1/2 c fries		320.000	24.000
Assorted Fruit Cups	0.50 cup		84.199	19.997
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	1066.699	141.264
% of Calories		52.97%

Thu - 11/19/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Pop Tart & String Cheese	1.00 serving	260.000	37.500
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Dried Fruit	1.00 each	112.500	28.250
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		991.167	155.317
% of Calories			62.68%

Fri - 11/20/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Turkey Sausage, Egg & Cheese Wrap	1.00 each	200.000	22.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Breaded Chicken Patty Sandwich w/ Seasoned Potato Wedges	1.00 serving	530.000	66.000
Assorted Dried Fruit	1.00 each	112.500	28.250
Assorted Fruit Cups	0.50 cup	84.199	19.997

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		1050.350	148.290
% of Calories			56.47%

Sat - 11/21/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Sun - 11/22/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Sat - 11/28/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A

% of Calories	N/A
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Sun - 11/29/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

* = 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.