

Carbohydrate Report

District: Mead School District

School: Brentwood Elementary

Menu: 2021 Elementary Breakfast



Mon - 09/14/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast				
Recipe	Total			
Warm Bagel with Cream Cheese	1.00 Each	240.000	37.000	
Juice Variety	1.00 Each	63.333	15.667	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average			494.718	86.954
% of Calories				70.31%

Tue - 09/15/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast				
Recipe	Total			
Dutch Waffle	1.00 Each	302.431	43.618	
Juice Variety	1.00 Each	63.333	15.667	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average			503.240	83.249
% of Calories				66.17%

Wed - 09/16/2020		Portion Size	Calories (kcal)	Carbohydrates (g)

2021 Elementary Breakfast			
Recipe	Total		
Egg Cheese English Muffin	1.00 Sandwich	255.000	25.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		509.718	74.954
% of Calories			58.82%

Thu - 09/17/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Cinnamon Toast Crunch Filled Bar	1.00 Bar	260.000	41.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		460.809	80.631
% of Calories			69.99%

Fri - 09/18/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Juice Variety	1.00 Each	63.333	15.667

Milk	1.00 Each	137.476	23.964
Weighted Daily Average		454.718	66.954
% of Calories			58.90%

Mon - 09/21/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Warm Bagel with Cream Cheese	1.00 Each	240.000	37.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		494.718	86.954
% of Calories			70.31%

Tue - 09/22/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		503.240	83.249
% of Calories			66.17%

Wed - 09/23/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 Elementary Breakfast			
Recipe	Total		
Egg Cheese English Muffin	1.00 Sandwich	255.000	25.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		509.718	74.954
% of Calories			58.82%

Thu - 09/24/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Cinnamon Toast Crunch Filled Bar	1.00 Bar	260.000	41.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		460.809	80.631
% of Calories			69.99%

Fri - 09/25/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Juice Variety	1.00 Each	63.333	15.667

Milk	1.00 Each	137.476	23.964
Weighted Daily Average		454.718	66.954
% of Calories			58.90%

Mon - 09/28/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Warm Bagel with Cream Cheese	1.00 Each	240.000	37.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		494.718	86.954
% of Calories			70.31%

Tue - 09/29/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		503.240	83.249
% of Calories			66.17%

Wed - 09/30/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 Elementary Breakfast			
Recipe	Total		
Egg Cheese English Muffin	1.00 Sandwich	255.000	25.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		509.718	74.954
% of Calories			58.82%

* = Indicates missing Nutrient Information.

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Carbohydrate Report

District: Mead School District
 School: Brentwood Elementary
 Menu: 2021 Elementary Lunch



Mon - 09/14/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch				
Recipe	Total			
Chicken Nuggets	5.00 Pieces	183.877	12.991	
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833	
Vegetable Variety	0.50 Cup	50.710	8.531	
Selection of Fruits	0.50 Cup	61.660	15.716	
Dinner Roll	1.00 Each	160.000	30.000	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average		650.814	101.970	
% of Calories			62.67%	

Tue - 09/15/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch				
Recipe	Total			
Cheeseburger	1.00 Each	372.810	29.009	
Hamburger	1.00 Each	322.810	28.009	
Veggie Burger	1.00 Each	320.097	36.935	
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833	
Oven Baked Fries	1.00 Cup	200.000	30.000	

Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		786.237	106.198
% of Calories			54.03%

Wed - 09/16/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch				
Recipe		Total		
Sweet and Sour Chicken		1.00 Serving	178.000	24.000
WG Bar, Yogurt, and Cheese Stick		1.00 Each	469.332	66.833
Vegetable Variety		0.50 Cup	50.710	8.531
Selection of Fruits		0.50 Cup	61.660	15.716
Rice		1.00 Cup	224.000	44.800
Milk		1.00 Each	137.476	23.964
Weighted Daily Average			665.312	116.618
% of Calories				70.11%

Thu - 09/17/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch				
Recipe		Total		
Mini Corn Dogs		6.00 Each	250.000	30.000
WG Bar, Yogurt, and Cheese Stick		1.00 Each	469.332	66.833
Vegetable Variety		0.50 Cup	50.710	8.531

Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		543.712	85.578
% of Calories			62.96%

Fri - 09/18/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
Recipe	Total		
Cheese Pizza	1.00 Slice	360.000	34.000
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		394.820	55.486
% of Calories			56.21%

Mon - 09/21/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
Recipe	Total		
Beef Teriyaki Dippers	6.00 Dippers	240.000	9.000
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Rice	1.00 Cup	224.000	44.800

Milk	1.00 Each	137.476	23.964
Weighted Daily Average		759.712	113.578
% of Calories			59.80%

Tue - 09/22/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch				
Recipe	Total			
Cheese Pizza	1.00 Slice	360.000	34.000	
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833	
Vegetable Variety	0.50 Cup	50.710	8.531	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average		631.712	88.778	
% of Calories			56.21%	

Wed - 09/23/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch				
Recipe	Total			
Cheeseburger	1.00 Each	372.810	29.009	
Hamburger	1.00 Each	322.810	28.009	
Veggie Burger	1.00 Each	320.097	36.935	
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833	
Oven Baked Fries	1.00 Cup	200.000	30.000	

Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		786.237	106.198
% of Calories			54.03%

Thu - 09/24/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
Recipe	Total		
Apple Cinnamon Texas Toast & Cheese Omelet	1.00 Each	395.779	46.044
Cinnamon French Toast with Cheese Omelet	1.00 serving	345.779	29.044
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		640.336	91.613
% of Calories			57.23%

Fri - 09/25/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716

Milk	1.00 Each	137.476	23.964
Weighted Daily Average		612.212	92.870
% of Calories			60.68%

Mon - 09/28/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
Recipe	Total		
Chicken Nuggets	5.00 Pieces	183.877	12.991
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		650.814	101.970
% of Calories			62.67%

Tue - 09/29/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
Recipe	Total		
Cheeseburger	1.00 Each	372.810	29.009
Hamburger	1.00 Each	322.810	28.009
Veggie Burger	1.00 Each	320.097	36.935
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833

Oven Baked Fries	1.00 Cup	200.000	30.000
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		786.237	106.198
% of Calories			54.03%

Wed - 09/30/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
Recipe	Total		
Sweet and Sour Chicken	1.00 Serving	178.000	24.000
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		665.312	116.618
% of Calories			70.11%

* = Indicates missing Nutrient Information.

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