

Carbohydrate Report

District: Mead School District

School: Brentwood Elementary

Menu: Elementary Breakfast 2017-2018



Fri - 12/01/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Chocolate Chip Muffin	1.00 Each	169.102	27.852
Cereal Variety	1.00 Each	96.105	21.685
Yogurt Parfait	1.00 Each	283.624	62.832
Fruit Variety	0.50 Cup	75.965	18.727
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Weighted Daily Average		405.972	78.377
% of Calories			77.22%

Mon - 12/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Bagel	1.00 Serving	85.000	16.500

Cereal Variety	1.00 Each	96.105	21.685
Fruit Variety	0.50 Cup	75.965	18.727
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Cream Cheese Variety	1.00 Each	55.000	2.250
Weighted Daily Average		406.278	75.165
% of Calories			74.00%

Tue - 12/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Pancake	1.00 Each	80.000	13.700
Cereal Variety	1.00 Each	96.105	21.685
Fruit Variety	0.50 Cup	75.965	18.727
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Scrambled Eggs	2.00 oz	90.000	2.000
Picante Sauce	1.00 Each	5.000	1.000

Ketchup	1.00 Each	10.000	3.000
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		438.357	84.583
% of Calories			77.18%

Wed - 12/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.624
Cereal Variety	1.00 Each	96.105	21.685
Yogurt Parfait	1.00 Each	283.624	62.832
Fruit Variety	0.50 Cup	75.965	18.727
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Weighted Daily Average		448.080	80.751
% of Calories			72.09%

Thu - 12/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			

Recipe	Total		
Cheesy Egg Patty	1.00 Each	95.000	1.500
Cereal Variety	1.00 Each	96.105	21.685
Fruit Variety	0.50 Cup	75.965	18.727
Juice Variety	1.00 Each	63.333	15.667
Toast	1.00 Each	96.786	15.000
Milk	1.00 Each	126.000	21.800
Jelly	1.00 Each	33.333	8.667
Yogurt Variety	1.00 Each	103.333	19.333
Picante Sauce	1.00 Each	5.000	1.000
Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		401.878	71.486
% of Calories			71.15%

Fri - 12/08/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Chocolate Chip Muffin	1.00 Each	169.102	27.852
Cereal Variety	1.00 Each	96.105	21.685

Yogurt Parfait	1.00 Each	283.624	62.832
Fruit Variety	0.50 Cup	75.965	18.727
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Weighted Daily Average		405.972	78.377
% of Calories			77.22%

Mon - 12/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Pancake Wrap	1.00 Each	200.000	17.000
Cereal Variety	1.00 Each	96.105	21.685
Fruit Variety	0.50 Cup	75.965	18.727
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Maple Syrup	1.00 Each	120.000	31.000
Yogurt Variety	1.00 Each	103.333	19.333
Weighted Daily Average		445.019	82.939
% of Calories			74.55%

Tue - 12/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Cheese Omelet	1.00 Omelet	104.762	0.952
Cereal Variety	1.00 Each	96.105	21.685
Fruit Variety	0.50 Cup	75.965	18.727
Juice Variety	1.00 Each	63.333	15.667
Toast	1.00 Each	96.786	15.000
Milk	1.00 Each	126.000	21.800
Jelly	1.00 Each	33.333	8.667
Yogurt Variety	1.00 Each	103.333	19.333
Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		390.833	69.087
% of Calories			70.71%

Wed - 12/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Waffles	2.00 Waffles	220.000	33.000

Cereal Variety	1.00 Each	96.105	21.685
Yogurt Parfait	1.00 Each	283.624	62.832
Fruit Variety	0.50 Cup	75.965	18.727
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		467.384	95.901
% of Calories			82.07%

Thu - 12/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Sausage Cheese English Muffin	1.00 Sandwich	260.000	22.500
Cereal Variety	1.00 Each	96.105	21.685
Fruit Variety	0.50 Cup	75.965	18.727
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333

Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		379.466	63.457
% of Calories			66.89%

Fri - 12/15/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Chocolate Chip Muffin	1.00 Each	169.102	27.852
Cereal Variety	1.00 Each	96.105	21.685
Yogurt Parfait	1.00 Each	283.624	62.832
Fruit Variety	0.50 Cup	75.965	18.727
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Weighted Daily Average		405.972	78.377
% of Calories			77.22%

Mon - 12/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		

Bagel	1.00 Serving	85.000	16.500
Cereal Variety	1.00 Each	96.105	21.685
Fruit Variety	0.50 Cup	75.965	18.727
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Cream Cheese Variety	1.00 Each	55.000	2.250
Weighted Daily Average		406.278	75.165
% of Calories			74.00%

Tue - 12/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Pancake	1.00 Each	80.000	13.700
Cereal Variety	1.00 Each	96.105	21.685
Fruit Variety	0.50 Cup	75.965	18.727
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333

Scrambled Eggs	2.00 oz	90.000	2.000
Picante Sauce	1.00 Each	5.000	1.000
Ketchup	1.00 Each	10.000	3.000
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		438.357	84.583
% of Calories			77.18%

Wed - 12/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.624
Cereal Variety	1.00 Each	96.105	21.685
Yogurt Parfait	1.00 Each	283.624	62.832
Fruit Variety	0.50 Cup	75.965	18.727
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Weighted Daily Average		448.080	80.751
% of Calories			72.09%

* = Indicates missing Nutrient Information.

Carbohydrate Report

District: Mead School District

School: Brentwood Elementary

Menu: Elementary Lunch 2017-2018



Fri - 12/01/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Cheese Ripper	1.00 Slice	280.986	30.106
Roasted Broccoli	0.50 Cup	38.496	4.634
Broccoli	0.50 Cup	18.038	3.523
Carrots	0.50 Cup	29.058	6.790
Peaches	0.50 Cup	72.426	18.106
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
Ranch Dressing	1.00 oz	56.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Tomato Soup	1.00 Cup	85.048	18.900
Weighted Daily Average		573.730	88.393

% of Calories	61.63%
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Mon - 12/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Mini Corn Dog	6.00 Each	254.678	30.829
Tater Tots	0.50 Cup	151.111	16.889
Broccoli	0.50 Cup	18.038	3.523
Pears	0.50 Cup	70.697	18.815
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
BBQ Sauce	1.00 Each	40.499	10.125
Ketchup	1.00 Each	10.000	3.000
Mustard	1.00 Each	5.000	0.000
Ranch Dressing	1.00 oz	56.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		612.270	91.339
% of Calories			59.67%

Tue - 12/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Chili (Knorr)	1.00 Cup	180.130	19.246
Carrots	0.50 Cup	29.058	6.790
Corn	0.50 Cup	91.635	19.243
Applesauce	0.50 Cup	60.479	15.120
Breakfast Bar Variety	1.00 Each	288.000	47.600
Homebaked Cinnamon Roll	1.00 Roll	220.488	39.374
Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	80.000	1.000
Yogurt Variety	1.00 Each	103.333	19.333
Ranch Dressing	1.00 oz	56.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		637.778	102.877
% of Calories			64.52%

Wed - 12/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		

Chicken Alfredo	1.00 Serving	279.420	38.209
Power Salad	1.00 Cup	35.731	2.308
Cucumbers	0.50 Cup	10.974	2.656
Pineapple	0.50 Cup	107.049	19.473
Breakfast Bar Variety	1.00 Each	288.000	47.600
Garlic Toast	1.00 Toast	70.000	12.000
Rice Crispy Treat	1.00 Each	100.000	16.000
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
Ranch Dressing	1.00 oz	56.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		663.058	101.068
% of Calories			60.97%

Thu - 12/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Macho Nachos	1.00 Each	365.332	28.190

Refried Beans	0.50 Cuo	209.991	29.999
Red Bell Peppers	0.50 Cup	19.203	3.735
Sliced Apples	0.50 Cup	32.137	8.535
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
Ranch Dressing	1.00 oz	56.875	0.875
Sour Cream	1.00 Each	25.312	4.050
Picante Sauce	1.00 Each	5.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		653.646	79.616
% of Calories			48.72%

Fri - 12/08/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Pancakes, WG	2.00 Each	160.000	27.400
Cheese Omelet	1.00 Omelet	104.762	0.952
Carrots	0.50 Cup	29.058	6.790

Kale Chips	0.50 Cup	14.261	1.654
Grapes	0.50 Cup	59.662	15.650
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	80.000	1.000
Yogurt Variety	1.00 Each	103.333	19.333
Ranch Dressing	1.00 oz	56.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Pancake	1.00 Each	80.000	13.700
Maple Syrup	1.00 Each	120.000	31.000
Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		585.638	98.844
% of Calories			67.51%

Mon - 12/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Ham & Cheese Rippers	1.00 Serving	270.000	28.000
Cucumbers	0.50 Cup	10.974	2.656

Baked Beans	0.50 Cup	155.671	31.134
Peaches	0.50 Cup	72.426	18.106
Breakfast Bar Variety	1.00 Each	288.000	47.600
Apple Delight Cookie	1.00 Each	160.000	27.000
Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	80.000	1.000
Yogurt Variety	1.00 Each	103.333	19.333
Ranch Dressing	1.00 oz	56.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		711.786	110.969
% of Calories			62.36%

Tue - 12/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Chicken Nuggets	5.00 Pieces	183.877	12.991
Green Beans	0.50 Cup	21.069	4.214
Roasted Rosemary Potatoes	0.50 Cup	79.487	13.570
Sliced Apples	0.50 Cup	32.137	8.535

Breakfast Bar Variety	1.00 Each	288.000	47.600
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	80.000	1.000
Yogurt Variety	1.00 Each	103.333	19.333
Ranch Dressing	1.00 oz	56.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		574.762	84.969
% of Calories			59.13%

Wed - 12/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Cheese Pizza	1.00 Slice	360.000	34.000
Pepperoni Pizza	1.00 Each	370.000	34.000
Power Salad	1.00 Cup	35.731	2.308
Red Bell Peppers	0.50 Cup	19.203	3.735
Pineapple	0.50 Cup	107.049	19.473
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800

String Cheese	1.00 Each	80.000	1.000
Yogurt Variety	1.00 Each	103.333	19.333
Ranch Dressing	1.00 oz	56.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Chicken Caesar Wrap	1.00 Serving	267.396	23.768
Weighted Daily Average		606.765	75.607
% of Calories			49.84%

Thu - 12/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Spaghetti with Meat Sauce	1.00 Serving	333.728	13.940
Kale Chips	0.50 Cup	14.261	1.654
Carrots	0.50 Cup	29.058	6.790
Oranges	0.50 Cup	62.702	15.676
Breakfast Bar Variety	1.00 Each	288.000	47.600
Garlic Toast	1.00 Toast	70.000	12.000
Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	80.000	1.000
Yogurt Variety	1.00 Each	103.333	19.333

Ranch Dressing	1.00 oz	56.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		605.724	69.146
% of Calories			45.66%

Fri - 12/15/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Mozzarella Breadstick	1.00 Each	140.000	15.000
Chicken Noodle Soup	1.00 Cup	83.054	10.607
Roasted Broccoli	0.50 Cup	38.496	4.634
Roasted Cauliflower	0.50 Cup	39.184	3.248
Pears	0.50 Cup	70.697	18.815
Breakfast Bar Variety	1.00 Each	288.000	47.600
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	80.000	1.000
Yogurt Variety	1.00 Each	103.333	19.333
Ranch Dressing	1.00 oz	56.875	0.875

Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		601.413	94.069
% of Calories			62.57%

Mon - 12/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Apple Cinnamon Texas Toast	1.00 Each	260.000	45.000
Cheese Omelet	1.00 Omelet	104.762	0.952
Roasted Squash	0.50 Cup	64.303	14.211
Cucumbers	0.50 Cup	10.974	2.656
Applesauce	0.50 Cup	60.479	15.120
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	80.000	1.000
Yogurt Variety	1.00 Each	103.333	19.333
Ranch Dressing	1.00 oz	56.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000

Weighted Daily Average	584.774	90.875
% of Calories		62.16%

Tue - 12/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Turkey & Gravy	4.00 oz	179.888	5.587
Carrots	0.50 Cup	29.058	6.790
Mashed Potatoes	0.50 Cup	80.180	16.036
Sliced Apples	0.50 Cup	32.137	8.535
Breakfast Bar Variety	1.00 Each	288.000	47.600
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
Ranch Dressing	1.00 oz	56.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		551.496	75.650
% of Calories			54.87%

Wed - 12/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Cheese Pizza	1.00 Slice	360.000	34.000
Pepperoni Pizza	1.00 Each	370.000	34.000
Power Salad	1.00 Cup	35.731	2.308
Roasted Lentils	0.50 Cup	129.840	19.929
Pineapple	0.50 Cup	107.049	19.473
Breakfast Bar Variety	1.00 Each	288.000	47.600
Frosted Cookie	1.00 Each	152.000	23.772
Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	80.000	1.000
Yogurt Variety	1.00 Each	103.333	19.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		781.413	102.163
% of Calories			52.30%

* = Indicates missing Nutrient Information.

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