

# Carbohydrate Report

District: Mead School District

School: Brentwood Elementary

Menu: 2021 Elementary Breakfast



| Mon - 01/04/2021             | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------------------|--------------|-----------------|-------------------|
| 2021 Elementary Breakfast    |              |                 |                   |
| Recipe                       | Total        |                 |                   |
| Strawberry Breakfast Bar     | 1.00 bar     | 150.000         | 24.000            |
| 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       |              | 405.198         | 74.028            |
| % of Calories                |              |                 | 73.08%            |

| Tue - 01/05/2021          | 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 - 01/06/2021 | 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% |

| Thu - 01/07/2021          | Portion Size  | Calories (kcal) | Carbohydrates (g) |
|---------------------------|---------------|-----------------|-------------------|
| 2021 Elementary Breakfast |               |                 |                   |
| Recipe                    | Total         |                 |                   |
| Egg Cheese English Muffin | 1.00 Sandwich | 255.000         | 25.000            |
| Egg & Cheese Bagel        | 1.00 Sandwich | 315.000         | 36.000            |
| Juice Variety             | 1.00 Each     | 63.333          | 15.667            |
| Milk                      | 1.00 Each     | 137.476         | 23.964            |
| Weighted Daily Average    |               | 510.348         | 75.026            |
| % of Calories             |               |                 | 58.80%            |

| Fri - 01/08/2021          | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---------------------------|--------------|-----------------|-------------------|
| 2021 Elementary Breakfast |              |                 |                   |
| Recipe                    | Total        |                 |                   |
|                           |              |                 |                   |

|                               |            |         |        |
|-------------------------------|------------|---------|--------|
| Pancake and Sausage Wrap      | 1.00 Each  | 200.000 | 17.000 |
| Mini Pancake Wrapped Sausages | 3.00 minis | 180.728 | 15.061 |
| Juice Variety                 | 1.00 Each  | 63.333  | 15.667 |
| Milk                          | 1.00 Each  | 137.476 | 23.964 |
| Weighted Daily Average        |            | 455.080 | 66.984 |
| % of Calories                 |            |         | 58.88% |

| Mon - 01/11/2021          | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---------------------------|--------------|-----------------|-------------------|
| 2021 Elementary Breakfast |              |                 |                   |
| Recipe                    | Total        |                 |                   |
| Strawberry Breakfast Bar  | 1.00 bar     | 150.000         | 24.000            |
| Juice Variety             | 1.00 Each    | 63.333          | 15.667            |
| Milk                      | 1.00 Each    | 137.476         | 23.964            |
| Weighted Daily Average    |              | 404.718         | 73.954            |
| % of Calories             |              |                 | 73.09%            |

| Tue - 01/12/2021          | 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%            |

| <b>Wed - 01/13/2021</b>          | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|----------------------------------|---------------------|------------------------|--------------------------|
| 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%                   |

| <b>Thu - 01/14/2021</b>   | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|---------------------------|---------------------|------------------------|--------------------------|
| 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%                   |

| <b>Fri - 01/15/2021</b>   | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|---------------------------|---------------------|------------------------|--------------------------|
| 2021 Elementary Breakfast |                     |                        |                          |

| Recipe                        | Total      |         |        |
|-------------------------------|------------|---------|--------|
| Pancake and Sausage Wrap      | 1.00 Each  | 200.000 | 17.000 |
| Mini Pancake Wrapped Sausages | 3.00 minis | 180.728 | 15.061 |
| Juice Variety                 | 1.00 Each  | 63.333  | 15.667 |
| Milk                          | 1.00 Each  | 137.476 | 23.964 |
| Weighted Daily Average        |            | 455.080 | 66.984 |
| % of Calories                 |            |         | 58.88% |

| Mon - 01/18/2021          | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---------------------------|--------------|-----------------|-------------------|
| 2021 Elementary Breakfast |              |                 |                   |
| Recipe                    | Total        |                 |                   |
| Weighted Daily Average    |              | N/A             | N/A               |
| % of Calories             |              |                 | N/A               |

| Tue - 01/19/2021          | 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 - 01/20/2021 | 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% |

| Thu - 01/21/2021          | 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%            |

| Fri - 01/22/2021          | 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 - 01/25/2021          | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---------------------------|--------------|-----------------|-------------------|
| 2021 Elementary Breakfast |              |                 |                   |
| Recipe                    | Total        |                 |                   |
| Strawberry Breakfast Bar  | 1.00 bar     | 150.000         | 24.000            |
| Juice Variety             | 1.00 Each    | 63.333          | 15.667            |
| Milk                      | 1.00 Each    | 137.476         | 23.964            |
| Weighted Daily Average    |              | 314.718         | 59.554            |
| % of Calories             |              |                 | 75.69%            |

| Tue - 01/26/2021          | 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 - 01/27/2021 | 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% |

| Thu - 01/28/2021          | 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%            |

| Fri - 01/29/2021          | 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% |

\* = 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.

# Carbohydrate Report

District: Mead School District

School: Evergreen Elementary

Menu: 2021 Evergreen Breakfast



| Mon - 01/04/2021         |           | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--------------------------|-----------|--------------|-----------------|-------------------|
| 2021 Evergreen Breakfast |           |              |                 |                   |
| Recipe                   |           | Total        |                 |                   |
| S'mores Breakfast Bar    | 1.00 bar  | 150.000      | 24.000          |                   |
| Juice Variety            | 1.00 Each | 63.333       | 15.667          |                   |
| Milk                     | 1.00 Each | 137.476      | 23.964          |                   |
| Weighted Daily Average   |           | 350.809      | 63.631          |                   |
| % of Calories            |           |              | 72.55%          |                   |

| Tue - 01/05/2021                    |           | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|-----------|--------------|-----------------|-------------------|
| 2021 Evergreen Breakfast            |           |              |                 |                   |
| Recipe                              |           | Total        |                 |                   |
| Mini Bagel Strawberry Creamy Cheese | 1.00 Each | 230.370      | 41.066          |                   |
| Juice Variety                       | 1.00 Each | 63.333       | 15.667          |                   |
| Milk                                | 1.00 Each | 137.476      | 23.964          |                   |
| Weighted Daily Average              |           | 431.179      | 80.697          |                   |
| % of Calories                       |           |              | 74.86%          |                   |

| Wed - 01/06/2021 |  | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------|--|--------------|-----------------|-------------------|
|------------------|--|--------------|-----------------|-------------------|

|                                  |           |         |        |
|----------------------------------|-----------|---------|--------|
| 2021 Evergreen 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% |

| Thu - 01/07/2021         | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--------------------------|--------------|-----------------|-------------------|
| 2021 Evergreen Breakfast |              |                 |                   |
| Recipe                   | Total        |                 |                   |
| Chocolate Chip Muffin    | 1.00 Each    | 310.177         | 52.030            |
| Juice Variety            | 1.00 Each    | 63.333          | 15.667            |
| Milk                     | 1.00 Each    | 137.476         | 23.964            |
| Weighted Daily Average   |              | 510.986         | 91.661            |
| % of Calories            |              |                 | 71.75%            |

| Fri - 01/08/2021         | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--------------------------|--------------|-----------------|-------------------|
| 2021 Evergreen Breakfast |              |                 |                   |
| Recipe                   | Total        |                 |                   |
| S'mores Breakfast Bar    | 1.00 bar     | 150.000         | 24.000            |
| Juice Variety            | 1.00 Each    | 63.333          | 15.667            |

|                        |           |         |        |
|------------------------|-----------|---------|--------|
| Milk                   | 1.00 Each | 137.476 | 23.964 |
| Weighted Daily Average |           | 350.809 | 63.631 |
| % of Calories          |           |         | 72.55% |

| Mon - 01/11/2021         |           | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--------------------------|-----------|--------------|-----------------|-------------------|
| 2021 Evergreen Breakfast |           |              |                 |                   |
| Recipe                   |           | Total        |                 |                   |
| S'mores Breakfast Bar    | 1.00 bar  | 150.000      | 24.000          |                   |
| Juice Variety            | 1.00 Each | 63.333       | 15.667          |                   |
| Milk                     | 1.00 Each | 137.476      | 23.964          |                   |
| Weighted Daily Average   |           | 350.809      | 63.631          |                   |
| % of Calories            |           |              | 72.55%          |                   |

| Tue - 01/12/2021                    |           | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|-----------|--------------|-----------------|-------------------|
| 2021 Evergreen Breakfast            |           |              |                 |                   |
| Recipe                              |           | Total        |                 |                   |
| Mini Bagel Strawberry Creamy Cheese | 1.00 Each | 230.370      | 41.066          |                   |
| Juice Variety                       | 1.00 Each | 63.333       | 15.667          |                   |
| Milk                                | 1.00 Each | 137.476      | 23.964          |                   |
| Weighted Daily Average              |           | 431.179      | 80.697          |                   |
| % of Calories                       |           |              | 74.86%          |                   |

| Wed - 01/13/2021 |  | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------|--|--------------|-----------------|-------------------|
|------------------|--|--------------|-----------------|-------------------|

|                                  |           |         |        |
|----------------------------------|-----------|---------|--------|
| 2021 Evergreen 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% |

| Thu - 01/14/2021         | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--------------------------|--------------|-----------------|-------------------|
| 2021 Evergreen Breakfast |              |                 |                   |
| Recipe                   |              | Total           |                   |
| Chocolate Chip Muffin    | 1.00 Each    | 310.177         | 52.030            |
| Juice Variety            | 1.00 Each    | 63.333          | 15.667            |
| Milk                     | 1.00 Each    | 137.476         | 23.964            |
| Weighted Daily Average   |              | 510.986         | 91.661            |
| % of Calories            |              |                 | 71.75%            |

| Fri - 01/15/2021         | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--------------------------|--------------|-----------------|-------------------|
| 2021 Evergreen Breakfast |              |                 |                   |
| Recipe                   |              | Total           |                   |
| S'mores Breakfast Bar    | 1.00 bar     | 150.000         | 24.000            |
| Juice Variety            | 1.00 Each    | 63.333          | 15.667            |

|                        |           |         |        |
|------------------------|-----------|---------|--------|
| Milk                   | 1.00 Each | 137.476 | 23.964 |
| Weighted Daily Average |           | 350.809 | 63.631 |
| % of Calories          |           |         | 72.55% |

| <b>Tue - 01/19/2021</b>             | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|-------------------------------------|---------------------|------------------------|--------------------------|
| 2021 Evergreen Breakfast            |                     |                        |                          |
| Recipe                              | Total               |                        |                          |
| Mini Bagel Strawberry Creamy Cheese | 1.00 Each           | 230.370                | 41.066                   |
| Juice Variety                       | 1.00 Each           | 63.333                 | 15.667                   |
| Milk                                | 1.00 Each           | 137.476                | 23.964                   |
| Weighted Daily Average              |                     | 431.179                | 80.697                   |
| % of Calories                       |                     |                        | 74.86%                   |

| <b>Wed - 01/20/2021</b>          | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|----------------------------------|---------------------|------------------------|--------------------------|
| 2021 Evergreen 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%                   |

| <b>Thu - 01/21/2021</b> | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|-------------------------|---------------------|------------------------|--------------------------|
|-------------------------|---------------------|------------------------|--------------------------|

|                          |           |         |        |
|--------------------------|-----------|---------|--------|
| 2021 Evergreen Breakfast |           |         |        |
| Recipe                   | Total     |         |        |
| Chocolate Chip Muffin    | 1.00 Each | 310.177 | 52.030 |
| Juice Variety            | 1.00 Each | 63.333  | 15.667 |
| Milk                     | 1.00 Each | 137.476 | 23.964 |
| Weighted Daily Average   |           | 510.986 | 91.661 |
| % of Calories            |           |         | 71.75% |

| <b>Fri - 01/22/2021</b>  | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|--------------------------|---------------------|------------------------|--------------------------|
| 2021 Evergreen Breakfast |                     |                        |                          |
| Recipe                   | Total               |                        |                          |
| S'mores Breakfast Bar    | 1.00 bar            | 150.000                | 24.000                   |
| Juice Variety            | 1.00 Each           | 63.333                 | 15.667                   |
| Milk                     | 1.00 Each           | 137.476                | 23.964                   |
| Weighted Daily Average   |                     | 350.809                | 63.631                   |
| % of Calories            |                     |                        | 72.55%                   |

| <b>Mon - 01/25/2021</b>  | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|--------------------------|---------------------|------------------------|--------------------------|
| 2021 Evergreen Breakfast |                     |                        |                          |
| Recipe                   | Total               |                        |                          |
| S'mores Breakfast Bar    | 1.00 bar            | 150.000                | 24.000                   |
| Juice Variety            | 1.00 Each           | 63.333                 | 15.667                   |

|                        |           |         |        |
|------------------------|-----------|---------|--------|
| Milk                   | 1.00 Each | 137.476 | 23.964 |
| Weighted Daily Average |           | 350.809 | 63.631 |
| % of Calories          |           |         | 72.55% |

| Tue - 01/26/2021                    |  | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|--|--------------|-----------------|-------------------|
| 2021 Evergreen Breakfast            |  |              |                 |                   |
| Recipe                              |  | Total        |                 |                   |
| Mini Bagel Strawberry Creamy Cheese |  | 1.00 Each    | 230.370         | 41.066            |
| Juice Variety                       |  | 1.00 Each    | 63.333          | 15.667            |
| Milk                                |  | 1.00 Each    | 137.476         | 23.964            |
| Weighted Daily Average              |  |              | 431.179         | 80.697            |
| % of Calories                       |  |              |                 | 74.86%            |

| Wed - 01/27/2021                 |  | Portion Size | Calories (kcal) | Carbohydrates (g) |
|----------------------------------|--|--------------|-----------------|-------------------|
| 2021 Evergreen 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%            |

| Thu - 01/28/2021 |  | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------|--|--------------|-----------------|-------------------|
|------------------|--|--------------|-----------------|-------------------|



|                          |           |         |        |
|--------------------------|-----------|---------|--------|
| 2021 Evergreen Breakfast |           |         |        |
| Recipe                   | Total     |         |        |
| Chocolate Chip Muffin    | 1.00 Each | 310.177 | 52.030 |
| Juice Variety            | 1.00 Each | 63.333  | 15.667 |
| Milk                     | 1.00 Each | 137.476 | 23.964 |
| Weighted Daily Average   |           | 510.986 | 91.661 |
| % of Calories            |           |         | 71.75% |

| <b>Fri - 01/29/2021</b>  | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|--------------------------|---------------------|------------------------|--------------------------|
| 2021 Evergreen Breakfast |                     |                        |                          |
| Recipe                   | Total               |                        |                          |
| S'mores Breakfast Bar    | 1.00 bar            | 150.000                | 24.000                   |
| Juice Variety            | 1.00 Each           | 63.333                 | 15.667                   |
| Milk                     | 1.00 Each           | 137.476                | 23.964                   |
| Weighted Daily Average   |                     | 350.809                | 63.631                   |
| % of Calories            |                     |                        | 72.55%                   |

\* = Indicates missing Nutrient Information.

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# Carbohydrate Report

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



| Mon - 01/04/2021                 |  | Portion Size | Calories (kcal) | Carbohydrates (g) |
|----------------------------------|--|--------------|-----------------|-------------------|
| 2021 Elementary Lunch            |  |              |                 |                   |
| Recipe                           |  | Total        |                 |                   |
| Sweet and Sour Chicken           |  | 3.60 ounces  | 140.000         | 18.000            |
| WG Bar, Yogurt, and Cheese Stick |  | 1.00 Each    | 469.332         | 66.833            |
| Vegetable Variety                |  | 0.50 Cup     | 54.362          | 9.196             |
| Selection of Fruits              |  | 0.50 Cup     | 61.660          | 15.716            |
| Whole Grain Rice                 |  | 0.50 Cup     | 112.000         | 22.400            |
| Milk                             |  | 1.00 Each    | 137.476         | 23.964            |
| Ranch Dressing                   |  | 1.00 oz      | 59.786          | 1.404             |
| Weighted Daily Average           |  |              | 659.150         | 104.047           |
| % of Calories                    |  |              |                 | 63.14%            |

| Tue - 01/05/2021                           |  | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|--|--------------|-----------------|-------------------|
| 2021 Elementary Lunch                      |  |              |                 |                   |
| Recipe                                     |  | Total        |                 |                   |
| Apple Cinnamon Texas Toast & Cheese Omelet |  | 1.00 Each    | 395.779         | 46.044            |
| WG Bar, Yogurt, and Cheese Stick           |  | 1.00 Each    | 469.332         | 66.833            |
| Vegetable Variety                          |  | 0.50 Cup     | 54.362          | 9.196             |
| Selection of Fruits                        |  | 0.50 Cup     | 61.660          | 15.716            |

|                            |             |         |        |
|----------------------------|-------------|---------|--------|
| Milk                       | 1.00 Each   | 137.476 | 23.964 |
| Ranch Dressing             | 1.00 oz     | 59.786  | 1.404  |
| Apple Cinnamon Texas Toast | 1.00 Each   | 260.000 | 45.000 |
| Cheese Omelet              | 1.00 Omelet | 135.779 | 1.044  |
| Weighted Daily Average     |             | 565.858 | 82.110 |
| % of Calories              |             |         | 58.04% |

| <b>Wed - 01/06/2021</b>          |           | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|----------------------------------|-----------|---------------------|------------------------|--------------------------|
| 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                 |                          |
| Ketchup                          | 1.00 Each | 10.000              | 3.000                  |                          |
| Ranch Dressing                   | 1.00 oz   | 59.786              | 1.404                  |                          |
| Weighted Daily Average           |           | 854.023             | 110.002                |                          |
| % of Calories                    |           |                     | 51.52%                 |                          |

| <b>Thu - 01/07/2021</b> |  | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|-------------------------|--|---------------------|------------------------|--------------------------|
|                         |  |                     |                        |                          |

2021 Elementary Lunch

| Recipe                           | Total     |         |        |
|----------------------------------|-----------|---------|--------|
| Pepperoni Pizza                  | 1.00 Each | 370.000 | 34.000 |
| WG Bar, Yogurt, and Cheese Stick | 1.00 Each | 469.332 | 66.833 |
| Vegetable Variety                | 0.50 Cup  | 54.362  | 9.196  |
| Selection of Fruits              | 0.50 Cup  | 61.660  | 15.716 |
| Milk                             | 1.00 Each | 137.476 | 23.964 |
| Ranch Dressing                   | 1.00 oz   | 59.786  | 1.404  |
| Weighted Daily Average           |           | 703.150 | 90.847 |
| % of Calories                    |           |         | 51.68% |

| <b>Fri - 01/08/2021</b>          | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|----------------------------------|---------------------|------------------------|--------------------------|
| 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            | 54.362                 | 9.196                    |
| Selection of Fruits              | 0.50 Cup            | 61.660                 | 15.716                   |
| Milk                             | 1.00 Each           | 137.476                | 23.964                   |
| Ranch Dressing                   | 1.00 oz             | 59.786                 | 1.404                    |
| BBQ Sauce                        | 1.00 Each           | 40.000                 | 10.000                   |
| Weighted Daily Average           |                     | 707.650                | 102.939                  |
| % of Calories                    |                     |                        | 58.19%                   |

| <b>Mon - 01/11/2021</b> | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|-------------------------|---------------------|------------------------|--------------------------|
|                         |                     |                        |                          |

|                                  |              |         |         |
|----------------------------------|--------------|---------|---------|
| 2021 Elementary Lunch            |              |         |         |
| Recipe                           | Total        |         |         |
| Popcorn Chicken                  | 10.00 Pieces | 278.036 | 20.672  |
| WG Bar, Yogurt, and Cheese Stick | 1.00 Each    | 469.332 | 66.833  |
| Vegetable Variety                | 0.50 Cup     | 54.362  | 9.196   |
| Selection of Fruits              | 0.50 Cup     | 61.660  | 15.716  |
| Dinner Roll                      | 1.00 Each    | 160.000 | 30.000  |
| Dinner Roll                      | 1.00 Roll    | 70.000  | 12.000  |
| Milk                             | 1.00 Each    | 137.476 | 23.964  |
| BBQ Sauce                        | 1.00 Each    | 40.000  | 10.000  |
| Ranch Dressing                   | 1.00 oz      | 59.786  | 1.404   |
| Weighted Daily Average           |              | 821.649 | 118.196 |
| % of Calories                    |              |         | 57.54%  |

| <b>Tue - 01/12/2021</b>          | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|----------------------------------|---------------------|------------------------|--------------------------|
| 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                   |

|                        |           |         |         |
|------------------------|-----------|---------|---------|
| Ketchup                | 1.00 Each | 10.000  | 3.000   |
| Ranch Dressing         | 1.00 oz   | 59.786  | 1.404   |
| Weighted Daily Average |           | 856.023 | 110.602 |
| % of Calories          |           |         | 51.68%  |

| Wed - 01/13/2021                 |             | Portion Size | Calories (kcal) | Carbohydrates (g) |
|----------------------------------|-------------|--------------|-----------------|-------------------|
| 2021 Elementary Lunch            |             |              |                 |                   |
| Recipe                           | Total       |              |                 |                   |
| Mandarin Chicken                 | 3.60 ounces | 150.000      | 19.000          |                   |
| WG Bar, Yogurt, and Cheese Stick | 1.00 Each   | 469.332      | 66.833          |                   |
| Vegetable Variety                | 0.50 Cup    | 54.362       | 9.196           |                   |
| Selection of Fruits              | 0.50 Cup    | 61.660       | 15.716          |                   |
| Whole Grain Rice                 | 0.50 Cup    | 112.000      | 22.400          |                   |
| Milk                             | 1.00 Each   | 137.476      | 23.964          |                   |
| Ranch Dressing                   | 1.00 oz     | 59.786       | 1.404           |                   |
| Weighted Daily Average           |             | 616.750      | 96.767          |                   |
| % of Calories                    |             |              | 62.76%          |                   |

| Thu - 01/14/2021                 |           | 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  | 54.362       | 9.196           |                   |

|                        |           |         |        |
|------------------------|-----------|---------|--------|
| Selection of Fruits    | 0.50 Cup  | 61.660  | 15.716 |
| Milk                   | 1.00 Each | 137.476 | 23.964 |
| Ketchup                | 1.00 Each | 10.000  | 3.000  |
| Ranch Dressing         | 1.00 oz   | 59.786  | 1.404  |
| Weighted Daily Average |           | 615.150 | 90.047 |
| % of Calories          |           |         | 58.55% |

| <b>Fri - 01/15/2021</b>          | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|----------------------------------|---------------------|------------------------|--------------------------|
| 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            | 54.362                 | 9.196                    |
| Selection of Fruits              | 0.50 Cup            | 61.660                 | 15.716                   |
| Milk                             | 1.00 Each           | 137.476                | 23.964                   |
| Ranch Dressing                   | 1.00 oz             | 59.786                 | 1.404                    |
| Weighted Daily Average           |                     | 434.469                | 56.779                   |
| % of Calories                    |                     |                        | 52.27%                   |

| <b>Mon - 01/18/2021</b> | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|-------------------------|---------------------|------------------------|--------------------------|
| 2021 Elementary Lunch   |                     |                        |                          |
| Recipe                  | Total               |                        |                          |
| Weighted Daily Average  |                     | N/A                    | N/A                      |

|               |     |
|---------------|-----|
| % of Calories | N/A |
|---------------|-----|

| Tue - 01/19/2021                           |  | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|--|--------------|-----------------|-------------------|
| 2021 Elementary Lunch                      |  |              |                 |                   |
| Recipe                                     |  | Total        |                 |                   |
| Apple Cinnamon Texas Toast & Cheese Omelet |  | 1.00 Each    | 395.779         | 46.044            |
| WG Bar, Yogurt, and Cheese Stick           |  | 1.00 Each    | 469.332         | 66.833            |
| Vegetable Variety                          |  | 0.50 Cup     | 54.362          | 9.196             |
| Selection of Fruits                        |  | 0.50 Cup     | 61.660          | 15.716            |
| Milk                                       |  | 1.00 Each    | 137.476         | 23.964            |
| Ranch Dressing                             |  | 1.00 oz      | 59.786          | 1.404             |
| Apple Cinnamon Texas Toast                 |  | 1.00 Each    | 260.000         | 45.000            |
| Cheese Omelet                              |  | 1.00 Omelet  | 135.779         | 1.044             |
| Weighted Daily Average                     |  |              | 565.858         | 82.110            |
| % of Calories                              |  |              |                 | 58.04%            |

| Wed - 01/20/2021                 |  | 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  |
| Ketchup                | 1.00 Each | 10.000  | 3.000   |
| Ranch Dressing         | 1.00 oz   | 59.786  | 1.404   |
| Weighted Daily Average |           | 854.023 | 110.002 |
| % of Calories          |           |         | 51.52%  |

| <b>Thu - 01/21/2021</b>          | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|----------------------------------|---------------------|------------------------|--------------------------|
| 2021 Elementary Lunch            |                     |                        |                          |
| Recipe                           | Total               |                        |                          |
| Pepperoni Pizza                  | 1.00 Each           | 370.000                | 34.000                   |
| WG Bar, Yogurt, and Cheese Stick | 1.00 Each           | 469.332                | 66.833                   |
| Vegetable Variety                | 0.50 Cup            | 54.362                 | 9.196                    |
| Selection of Fruits              | 0.50 Cup            | 61.660                 | 15.716                   |
| Milk                             | 1.00 Each           | 137.476                | 23.964                   |
| Ranch Dressing                   | 1.00 oz             | 59.786                 | 1.404                    |
| Weighted Daily Average           |                     | 703.150                | 90.847                   |
| % of Calories                    |                     |                        | 51.68%                   |

| <b>Fri - 01/22/2021</b> | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|-------------------------|---------------------|------------------------|--------------------------|
| 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  | 54.362  | 9.196   |
| Selection of Fruits              | 0.50 Cup  | 61.660  | 15.716  |
| Milk                             | 1.00 Each | 137.476 | 23.964  |
| Ranch Dressing                   | 1.00 oz   | 59.786  | 1.404   |
| BBQ Sauce                        | 1.00 Each | 40.000  | 10.000  |
| Weighted Daily Average           |           | 707.650 | 102.939 |
| % of Calories                    |           |         | 58.19%  |

| Mon - 01/25/2021                 |              | Portion Size | Calories (kcal) | Carbohydrates (g) |
|----------------------------------|--------------|--------------|-----------------|-------------------|
| 2021 Elementary Lunch            |              |              |                 |                   |
| Recipe                           | Total        |              |                 |                   |
| Popcorn Chicken                  | 10.00 Pieces | 278.036      | 20.672          |                   |
| WG Bar, Yogurt, and Cheese Stick | 1.00 Each    | 469.332      | 66.833          |                   |
| Vegetable Variety                | 0.50 Cup     | 54.362       | 9.196           |                   |
| 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          |                   |
| BBQ Sauce                        | 1.00 Each    | 40.000       | 10.000          |                   |
| Ranch Dressing                   | 1.00 oz      | 59.786       | 1.404           |                   |
| Weighted Daily Average           |              | 821.579      | 118.184         |                   |
| % of Calories                    |              |              | 57.54%          |                   |

| Tue - 01/26/2021 |  | 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  |
| Ketchup                          | 1.00 Each | 10.000  | 3.000   |
| Ranch Dressing                   | 1.00 oz   | 59.786  | 1.404   |
| Weighted Daily Average           |           | 856.023 | 110.602 |
| % of Calories                    |           |         | 51.68%  |

| <b>Wed - 01/27/2021</b>          | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|----------------------------------|---------------------|------------------------|--------------------------|
| 2021 Elementary Lunch            |                     |                        |                          |
| Recipe                           | Total               |                        |                          |
| Mandarin Chicken                 | 3.60 ounces         | 150.000                | 19.000                   |
| WG Bar, Yogurt, and Cheese Stick | 1.00 Each           | 469.332                | 66.833                   |
| Vegetable Variety                | 0.50 Cup            | 54.362                 | 9.196                    |
| Selection of Fruits              | 0.50 Cup            | 61.660                 | 15.716                   |
| Whole Grain Rice                 | 0.50 Cup            | 112.000                | 22.400                   |
| Milk                             | 1.00 Each           | 137.476                | 23.964                   |
| Ranch Dressing                   | 1.00 oz             | 59.786                 | 1.404                    |
| Weighted Daily Average           |                     | 616.750                | 96.767                   |

|               |        |
|---------------|--------|
| % of Calories | 62.76% |
|---------------|--------|

| Thu - 01/28/2021                 | 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     | 54.362          | 9.196             |
| Selection of Fruits              | 0.50 Cup     | 61.660          | 15.716            |
| Milk                             | 1.00 Each    | 137.476         | 23.964            |
| Ketchup                          | 1.00 Each    | 10.000          | 3.000             |
| Ranch Dressing                   | 1.00 oz      | 59.786          | 1.404             |
| Weighted Daily Average           |              | 615.150         | 90.047            |
| % of Calories                    |              |                 | 58.55%            |

| Fri - 01/29/2021                 | 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     | 54.362          | 9.196             |
| Selection of Fruits              | 0.50 Cup     | 61.660          | 15.716            |
| Milk                             | 1.00 Each    | 137.476         | 23.964            |

|                        |         |         |        |
|------------------------|---------|---------|--------|
| Ranch Dressing         | 1.00 oz | 59.786  | 1.404  |
| Weighted Daily Average |         | 434.469 | 56.779 |
| % of Calories          |         |         | 52.27% |

\* = Indicates missing Nutrient Information.

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