

# Carbohydrate Report

District: Mead School District

School: Brentwood Elementary

Menu: 2022 Elementary Breakfast



Wed - 12/01/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 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	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average		434.769	76.262	
% of Calories			70.16%	

Thu - 12/02/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast				
Recipe	Total			
Sausage Cheese English Muffin	1.00 Sandwich	304.455	24.105	
Juice Variety	1.00 Each	63.333	15.667	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average		479.224	59.367	
% of Calories			49.55%	

Fri - 12/03/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast				
Recipe	Total			
Pancake and Sausage Wrap	1.00 Each	200.000	17.000	
Juice Variety	1.00 Each	63.333	15.667	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average		374.769	52.262	
% of Calories			55.78%	

Mon - 12/06/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast				
Recipe	Total			
Mini Bagel Bar with Strawberry Cream Cheese	1.00 bar	239.615	40.934	
Juice Variety	1.00 Each	63.333	15.667	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average		414.384	76.196	
% of Calories			73.55%	

Tue - 12/07/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
------------------	--	--------------	-----------------	-------------------

2022 Elementary Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		477.200	78.880
% of Calories			66.12%

Wed - 12/08/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 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	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average		434.769	76.262	
% of Calories			70.16%	

Thu - 12/09/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast				
Recipe	Total			
Sausage Cheese English Muffin	1.00 Sandwich	304.455	24.105	
Juice Variety	1.00 Each	63.333	15.667	

Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		479.224	59.367
% of Calories			49.55%

<b>Fri - 12/10/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		374.769	52.262
% of Calories			55.78%

<b>Mon - 12/13/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Breakfast			
Recipe	Total		
Mini Bagel Bar with Strawberry Cream Cheese	1.00 bar	239.615	40.934
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		414.384	76.196

% of Calories	73.55%
---------------	--------

Tue - 12/14/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast				
Recipe	Total			
Dutch Waffle	1.00 Each	302.431	43.618	
Juice Variety	1.00 Each	63.333	15.667	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average		477.200	78.880	
% of Calories			66.12%	

Wed - 12/15/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 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	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average		434.769	76.262	
% of Calories			70.16%	

Thu - 12/16/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
------------------	--	--------------	-----------------	-------------------

2022 Elementary Breakfast			
Recipe	Total		
Sausage Cheese English Muffin	1.00 Sandwich	304.455	24.105
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		479.224	59.367
% of Calories			49.55%

Fri - 12/17/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		374.769	52.262
% of Calories			55.78%

\* = 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: Brentwood Elementary  
 Menu: 2022 Elementary Lunch



Wed - 12/01/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch				
Recipe		Total		
Cheeseburger		1.00 Each	372.000	29.000
Hamburger		1.00 Each	174.458	30.239
Veggie Burger		1.00 Each	320.097	36.935
Chewy Oat Bar with Yogurt and Cheese		1.00 Each	470.999	66.667
Oven Baked Fries		0.50 Cup	100.000	15.000
Selection of Fruits		0.50 Cup	61.660	15.716
Milk		1.00 Each	137.476	23.964
Chewy Oat Bar		1.00 Each	286.667	47.333
Yogurt Variety		1.00 Each	103.333	19.333
String Cheese		1.00 Each	80.999	0.000
Ketchup		1.00 Each	10.000	3.000
Weighted Daily Average			677.163	88.508
% of Calories				52.28%

Thu - 12/02/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch				
Recipe		Total		

Cheesy Beef Quesadilla	1.00 each	292.078	22.768
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Tater Tots	0.50 Cup	120.745	14.087
Carrots and Beans	1.00 1/2 cup	87.021	10.374
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		686.739	94.232
% of Calories			54.89%

<b>Fri - 12/03/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Lunch			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Carrots	0.50 Cup	29.058	6.790
Carrots and Beans	1.00 1/2 cup	87.021	10.374
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000



Ranch Dressing	1.00 oz	59.786	1.404
BBQ Sauce	1.00 Each	40.000	10.000
Weighted Daily Average		638.031	91.278
% of Calories			57.22%

Mon - 12/06/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Dutch Waffle & Sausage Patty	1.00 Each	380.166	43.515
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Potato Baby Bakers	1.00 Serving	100.290	17.049
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Dutch Waffle	1.00 Each	302.026	43.515
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ketchup- Bulk	1.00 Each	20.000	5.000
Ranch Dressing	1.00 oz	59.786	1.404
Sausage Patty	1.00 Patty	78.140	0.000
Weighted Daily Average		710.730	104.048
% of Calories			58.56%

Tue - 12/07/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
------------------	--------------	-----------------	-------------------

2022 Elementary Lunch			
Recipe	Total		
Popcorn Chicken	10.00 Pieces	278.036	20.672
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Cucumbers	0.50 Cup	10.974	2.656
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
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Ketchup	1.00 Each	10.000	3.000
BBQ Sauce	1.00 Each	40.000	10.000
Weighted Daily Average		686.195	99.592
% of Calories			58.05%

Wed - 12/08/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Cheese Pizza	1.00 Slice	360.000	34.000
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Carrots	0.50 Cup	29.058	6.790
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964

Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		633.970	85.049
% of Calories			53.66%

Thu - 12/09/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Mandarin Chicken	3.60 ounces	150.000	19.000
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Broccoli	0.50 Cup	18.038	3.523
Carrots and Beans	1.00 1/2 cup	87.021	10.374
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
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Mustard	1.00 Each	5.000	0.000
Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		520.018	88.055
% of Calories			67.73%

<b>Fri - 12/10/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Lunch			
Recipe	Total		
Cheeseburger	1.00 Each	372.000	29.000
Hamburger	1.00 Each	174.458	30.239
Veggie Burger	1.00 Each	320.097	36.935
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Oven Baked Fries	0.50 Cup	100.000	15.000
Carrots and Beans	1.00 1/2 cup	87.021	10.374
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		717.329	93.050
% of Calories			51.89%

<b>Mon - 12/13/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Lunch			
Recipe	Total		
Popcorn Chicken	10.00 Pieces	278.036	20.672

Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Carrots	0.50 Cup	29.058	6.790
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
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
BBQ Sauce	1.00 Each	40.000	10.000
Weighted Daily Average		690.904	104.058
% of Calories			60.24%

<b>Tue - 12/14/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Lunch			
Recipe	Total		
Mini Corn Dogs	6.00 Each	250.000	30.000
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Broccoli	0.50 Cup	18.038	3.523
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		541.674	79.476
% of Calories			58.69%

<b>Wed - 12/15/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Lunch			
Recipe	Total		
Cheese Pizza	1.00 Slice	360.000	34.000
Pepperoni Pizza	1.00 Each	370.000	34.000
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Cucumbers	0.50 Cup	10.974	2.656
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		630.797	80.883
% of Calories			51.29%

<b>Thu - 12/16/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Lunch			
Recipe	Total		
Apple Cinnamon Texas Toast & Sausage Patty	1.00 Each	338.140	45.000
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Red Bell Peppers	0.50 Cup	19.203	3.735

Carrots and Beans	1.00 1/2 cup	87.021	10.374
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Apple Cinnamon Texas Toast	1.00 Each	260.000	45.000
Sausage Patty	1.00 Patty	78.140	0.000
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		606.485	92.303
% of Calories			60.88%

<b>Fri - 12/17/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Lunch			
Recipe	Total		
Cheesy Beef Quesadilla	1.00 each	292.078	22.768
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Tater Tots	0.50 Cup	120.745	14.087
Carrots and Beans	1.00 1/2 cup	87.021	10.374
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404

Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		646.639	83.780
% of Calories			51.82%

\* = 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.