

Carbohydrate Report

District: Huntington Beach Union High School District

School:

Menu: Breakfast 2018-2019



Mon - 10/15/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
EHS Breakfast 2018-2019			
Recipe	Total		
Bagel 3.0 oz	1.00 piece	316.000	45.600
Benefit Bar, Assorted	1.00 bar	286.667	47.667
Breakfast Bun, Glazed	1.00 bun	173.877	29.483
Cold Cereal, Assorted	1.00 bowl	213.333	46.000
Mini Donuts, Assorted	1.00 Pkg	290.000	40.500
Muffin, Assorted WG	1.00 Each	336.750	52.250
Pizza, Breakfast, Turkey Sausage	1.00 Each	203.000	24.000
Pop Tarts, Frosted Cinnamon	1.00 Package	370.000	75.000
Pop Tarts, Frosted Strawberry	1.00 Package	360.000	75.000
Uncrustables 2.6 oz, Assorted	1.00 Sandwich	320.000	32.000
Carrots, Baby (3 oz Package)	1.00 Package	29.627	6.846
Potato, Tater Tots	0.50 cup	130.807	16.099
Apples	1.00 serving	52.722	13.948
Banana	1.00 serving	105.020	26.951
Dried Fruit (C)	1.00 package (1/4 cup)	116.000	30.000
Oranges	1.00 serving	61.570	15.393
California Freezie Smoothie, Assorted 4 fl oz	1.00 each	55.000	13.500
Juice, Assorted 4 fl oz	1.00 each	57.500	14.750
1% White Milk, 8 fl oz	1.00 each	120.000	14.000
Nonfat White Milk, 8 fl oz	1.00 each	90.000	12.000
Nonfat Chocolate Milk, 8 fl oz	1.00 each	120.000	22.000
Nonfat Strawberry Milk, 8 fl oz	1.00 each	130.000	27.000
Cream Cheese	1.00 each	99.000	1.000
Weighted Daily Average		575.572	103.538
% of Calories			71.96%

Tue - 10/16/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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EHS Breakfast 2018-2019			
Recipe	Total		
Bagel 3.0 oz	1.00 piece	316.000	45.600
Bagel with Egg, Sausage and Cheese	1.00 Serving	336.000	35.000
Bagel with Egg, Turkey Bacon and Cheese	1.00 Serving	293.000	35.000
Benefit Bar, Assorted	1.00 bar	286.667	47.667
Breakfast Bun, Glazed	1.00 bun	173.877	29.483
Cold Cereal, Assorted	1.00 bowl	213.333	46.000
Cinnamon Roll, Bridgeford Baked	2.50 oz	210.000	35.000
Mini Donuts, Assorted	1.00 Pkg	290.000	40.500
Muffin, Assorted WG	1.00 Each	336.750	52.250
Pop Tarts, Frosted Cinnamon	1.00 Package	370.000	75.000
Pop Tarts, Frosted Strawberry	1.00 Package	360.000	75.000
Uncrustables 2.6 oz, Assorted	1.00 Sandwich	320.000	32.000
Yogurt Parfait (Breakfast)	1.00 Serving	231.340	44.446
Carrots, Baby (3 oz Package)	1.00 Package	29.627	6.846
Potato, Tater Tots	0.50 cup	130.807	16.099
Apples	1.00 serving	52.722	13.948
Banana	1.00 serving	105.020	26.951
Dried Fruit (C)	1.00 package (1/4 cup)	116.000	30.000
Oranges	1.00 serving	61.570	15.393
California Freezie Smoothie, Assorted 4 fl oz	1.00 each	55.000	13.500
Juice, Assorted 4 fl oz	1.00 each	57.500	14.750
1% White Milk, 8 fl oz	1.00 each	120.000	14.000
Nonfat White Milk, 8 fl oz	1.00 each	90.000	12.000
Nonfat Chocolate Milk, 8 fl oz	1.00 each	120.000	22.000
Nonfat Strawberry Milk, 8 fl oz	1.00 each	130.000	27.000
Cream Cheese	1.00 each	99.000	1.000
Weighted Daily Average		581.789	104.516
% of Calories			71.86%

Wed - 10/17/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
EHS Breakfast 2018-2019			

Recipe	Total		
Bagel 3.0 oz	1.00 piece	316.000	45.600
Benefit Bar, Assorted	1.00 bar	286.667	47.667
Breakfast Bun, Glazed	1.00 bun	173.877	29.483
Cold Cereal, Assorted	1.00 bowl	213.333	46.000
Mini Donuts, Assorted	1.00 Pkg	290.000	40.500
Muffin, Assorted WG	1.00 Each	336.750	52.250
Pizza, Breakfast, Turkey Sausage	1.00 Each	203.000	24.000
Pop Tarts, Frosted Cinnamon	1.00 Package	370.000	75.000
Pop Tarts, Frosted Strawberry	1.00 Package	360.000	75.000
Uncrustables 2.6 oz, Assorted	1.00 Sandwich	320.000	32.000
Yogurt Parfait (Breakfast)	1.00 Serving	231.340	44.446
Carrots, Baby (3 oz Package)	1.00 Package	29.627	6.846
Potato, Tater Tots	0.50 cup	130.807	16.099
Apples	1.00 serving	52.722	13.948
Banana	1.00 serving	105.020	26.951
Dried Fruit (C)	1.00 package (1/4 cup)	116.000	30.000
Oranges	1.00 serving	61.570	15.393
California Freezie Smoothie, Assorted 4 fl oz	1.00 each	55.000	13.500
Juice, Assorted 4 fl oz	1.00 each	57.500	14.750
1% White Milk, 8 fl oz	1.00 each	120.000	14.000
Nonfat White Milk, 8 fl oz	1.00 each	90.000	12.000
Nonfat Chocolate Milk, 8 fl oz	1.00 each	120.000	22.000
Nonfat Strawberry Milk, 8 fl oz	1.00 each	130.000	27.000
Cream Cheese	1.00 each	99.000	1.000
Weighted Daily Average		568.315	105.304
% of Calories			74.12%

Thu - 10/18/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
EHS Breakfast 2018-2019			
Recipe	Total		
Bagel 3.0 oz	1.00 piece	316.000	45.600
Bagel with Egg, Sausage and Cheese	1.00 Serving	336.000	35.000
Bagel with Egg, Turkey Bacon and Cheese	1.00 Serving	293.000	35.000
Benefit Bar, Assorted	1.00 bar	286.667	47.667

Breakfast Bun, Glazed	1.00 bun	173.877	29.483
Cinnamon Roll, Bridgeford Baked	2.50 oz	210.000	35.000
Cold Cereal, Assorted	1.00 bowl	213.333	46.000
Mini Donuts, Assorted	1.00 Pkg	290.000	40.500
Muffin, Assorted WG	1.00 Each	336.750	52.250
Pop Tarts, Frosted Cinnamon	1.00 Package	370.000	75.000
Pop Tarts, Frosted Strawberry	1.00 Package	360.000	75.000
Uncrustables 2.6 oz, Assorted	1.00 Sandwich	320.000	32.000
Yogurt Parfait (Breakfast)	1.00 Serving	231.340	44.446
Carrots, Baby (3 oz Package)	1.00 Package	29.627	6.846
Potato, Tater Tots	0.50 cup	130.807	16.099
Apples	1.00 serving	52.722	13.948
Banana	1.00 serving	105.020	26.951
Dried Fruit (C)	1.00 package (1/4 cup)	116.000	30.000
Oranges	1.00 serving	61.570	15.393
California Freezie Smoothie, Assorted 4 fl oz	1.00 each	55.000	13.500
Juice, Assorted 4 fl oz	1.00 each	57.500	14.750
1% White Milk, 8 fl oz	1.00 each	120.000	14.000
Nonfat White Milk, 8 fl oz	1.00 each	90.000	12.000
Nonfat Chocolate Milk, 8 fl oz	1.00 each	120.000	22.000
Nonfat Strawberry Milk, 8 fl oz	1.00 each	130.000	27.000
Cream Cheese	1.00 each	99.000	1.000
Weighted Daily Average		564.770	100.054
% of Calories			70.86%

Fri - 10/19/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
EHS Breakfast 2018-2019			
Recipe	Total		
Bagel 3.0 oz	1.00 piece	316.000	45.600
Benefit Bar, Assorted	1.00 bar	286.667	47.667
Breakfast Bun, Glazed	1.00 bun	173.877	29.483
Cold Cereal, Assorted	1.00 bowl	213.333	46.000
Mini Donuts, Assorted	1.00 Pkg	290.000	40.500
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Pizza, Breakfast, Turkey Sausage	1.00 Each	203.000	24.000
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Nonfat Chocolate Milk, 8 fl oz	1.00 each	120.000	22.000
Nonfat Strawberry Milk, 8 fl oz	1.00 each	130.000	27.000
Cream Cheese	1.00 each	99.000	1.000
Weighted Daily Average		581.074	105.455
% of Calories			72.59%

* = Indicates missing Nutrient Information.

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