

# Carbohydrate Report

District: Huntington Beach Union High School District  
 School: Huntington Beach High School  
 Menu: Beverages 2018-19



Mon - 10/15/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Beverages 2018-19			
Recipe	Total		
Juice, Assorted 4 fl oz	1.00 each	57.500	14.750
California Freezie Smoothie, Assorted 4 fl oz	1.00 each	55.000	13.500
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
Gatorade G2	1.00 Bottle (12 fl oz)	30.000	7.000
Hot Cocoa	6.00 fl oz	241.311	42.806
Mango Green Tea 8 fl oz	8.00 fl oz	40.000	9.000
Peach Tea	8.00 fl oz	40.000	9.000
Frozen Milk Bliss Vanilla 8 fl oz	1.00 serving	356.121	61.609
Bubly Sparkling Water, Assorted Flavors	1.00 can	0.000	0.000
Juice, Apple Tropicana 10 oz.	1.00 Bottle	140.000	34.000
Juice, Fruit Medley Tropicana 10 oz.	1.00 Bottle	140.000	34.000
Juice, Orange Tropicana, 10 oz.	1.00 Bottle	140.000	33.000
Juice, Sparkling Apple Izza	1.00 can	90.000	24.000
Juice, Sparkling Blackberry Izza	1.00 can	90.000	22.000
Juice, Sparkling Clementine Izza	1.00 can	90.000	21.000
Juice, Sparkling Grapefruit Izza	1.00 can	90.000	22.000
Juice, Sparkling Peach Izza	1.00 can	90.000	22.000
Juice, Strawberry Kiwi Tropicana, 10 oz.	1.00 Bottle	150.000	38.000
Juice, Strawberry Orange Tropicana, 10 oz.	1.00 Bottle	160.000	40.000
Juice/Smoothie Berry Blast	1.00 Bottle	160.000	38.000
Juice/Smoothie Blue Machine	1.00 Bottle	210.000	50.000
Juice/Smoothie Green Machine	1.00 Bottle	170.000	42.000
Juice/Smoothie Mighty Mango	1.00 Bottle	180.000	43.000
Juice/Smoothie Strawberry Banana	1.00 Bottle	160.000	38.000
Weighted Daily Average		0.668	0.147