

Carbohydrate Report

District: Guthrie PS

School: Fogarty Elementary

Menu: Guthrie Breakfast (K-12) 2016-2017



Mon - 04/03/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017				
Recipe	Total			
Scrambled Eggs with Graham Cracker	0.50 Cup	170.256	7.786	
Reduced Sugar Cinnamon Toast Crunch w/ Graham Crackers	1.00 bowl	200.000	39.000	
Reduced Sugar Cocoa Puff w/ Graham Crackers	1.00 Bowl	200.000	42.000	
Cinnamon Chex Cereal with Honey Graham Crackers	1.00 bowl	200.000	40.000	
Lucky Charms w/ Graham Crackers	1.00 bowl	200.000	40.000	
100% Orange Juice 4oz	1.00 Juice	60.000	13.000	
Apple Juice 4oz	1.00 Juice	50.000	13.000	
Fresh Apple	1.00 Apple	77.480	20.577	
Juicy Mandarin Oranges	1/2 Cup	70.874	17.212	
Fat Free Chocolate Milk	1.00 carton	110.000	19.000	
1% Low Fat White Milk	1.00 carton	110.000	13.000	
Fat Free Strawberry Milk	1.00 carton	140.000	25.000	
Weighted Daily Average		163.904	28.154	
% of Calories			68.71%	

Tue - 04/04/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017				
Recipe	Total			
French Toast Sticks & Sausage	4.00 sticks & 1 Patty	360.000	42.000	
Reduced Sugar Cinnamon Toast Crunch w/ Graham Crackers	1.00 bowl	200.000	39.000	
Reduced Sugar Cocoa Puff w/ Graham Crackers	1.00 Bowl	200.000	42.000	
Lucky Charms w/ Graham Crackers	1.00 bowl	200.000	40.000	
Cinnamon Chex Cereal with Honey Graham Crackers	1.00 bowl	200.000	40.000	
100% Orange Juice 4oz	1.00 Juice	60.000	13.000	
Apple Juice 4oz	1.00 Juice	50.000	13.000	

Tue - 04/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Fresh Orange	1.00 ORANGE	61.570	15.393
Unsweetened Applesauce	1/2 Cup	52.284	13.594
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Syrup Cup	1.00 fl oz	71.471	18.225
Weighted Daily Average		162.303	28.092
% of Calories			69.23%

Wed - 04/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017			
Recipe	Total		
Whole Grain Breakfast Sausage & Cheese Pizza	1.00 Piece	209.636	26.953
Cinnamon Chex Cereal with Honey Graham Crackers	1.00 bowl	200.000	40.000
Lucky Charms w/ Graham Crackers	1.00 bowl	200.000	40.000
Reduced Sugar Cinnamon Toast Crunch w/ Graham Crackers	1.00 bowl	200.000	39.000
Cocoa Puffs Cereal with Graham Crackers	1.00 bowl	200.000	42.000
100% Orange Juice 4oz	1.00 Juice	60.000	13.000
Apple Juice 4oz	1.00 Juice	50.000	13.000
Fresh Banana	1.00 Banana	105.970	27.195
Diced Peaches	1/2 Cup	53.827	13.604
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Weighted Daily Average		161.759	27.970
% of Calories			69.16%

Thu - 04/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017			
Recipe	Total		

Thu - 04/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Strawberry Banana & Granola Yogurt Parfait	1.00 Parfait	316.106	62.406
Reduced Sugar Cocoa Puff w/ Graham Crackers	1.00 Bowl	200.000	42.000
Lucky Charms w/ Graham Crackers	1.00 bowl	200.000	40.000
Cinnamon Chex Cereal with Honey Graham Crackers	1.00 bowl	200.000	40.000
Reduced Sugar Cinnamon Toast Crunch w/ Graham Crackers	1.00 bowl	200.000	39.000
100% Orange Juice 4oz	1.00 Juice	60.000	13.000
Apple Juice 4oz	1.00 Juice	50.000	13.000
Juicy Tropical Fruit Salad	1/2 Cup	111.892	26.108
Fresh Apple	1.00 Apple	77.480	20.577
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Weighted Daily Average		162.998	28.252
% of Calories			69.33%

Fri - 04/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017			
Recipe	Total		
Warm Breakfast on a Stick	1.00 stick	200.000	19.000
Reduced Sugar Cinnamon Toast Crunch w/ Graham Crackers	1.00 bowl	200.000	39.000
Cinnamon Chex Cereal with Honey Graham Crackers	1.00 bowl	200.000	40.000
Lucky Charms w/ Graham Crackers	1.00 bowl	200.000	40.000
Reduced Sugar Cocoa Puff w/ Graham Crackers	1.00 Bowl	200.000	42.000
100% Orange Juice 4oz	1.00 Juice	60.000	13.000
Apple Juice 4oz	1.00 Juice	50.000	13.000
Fresh Orange	1.00 ORANGE	61.570	15.393
Juicy Pineapple Tidbits	1/2 CUP	97.576	23.697
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000

Fri - 04/07/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Syrup Cup	1.00 fl oz	71.471	18.225	
Weighted Daily Average			162.457	28.124
% of Calories				69.25%

Mon - 04/10/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017				
Recipe	Total			
Honey Glazed Chicken Biscuit Sandwich	1.00 Sandwich	420.586	54.428	
Reduced Sugar Cinnamon Toast Crunch w/ Graham Crackers	1.00 bowl	200.000	39.000	
Reduced Sugar Cocoa Puff w/ Graham Crackers	1.00 Bowl	200.000	42.000	
Cinnamon Chex Cereal with Honey Graham Crackers	1.00 bowl	200.000	40.000	
Lucky Charms w/ Graham Crackers	1.00 bowl	200.000	40.000	
100% Orange Juice 4oz	1.00 Juice	60.000	13.000	
Apple Juice 4oz	1.00 Juice	50.000	13.000	
Fresh Orange	1.00 ORANGE	61.570	15.393	
Juicy Pineapple Tidbits	1/2 CUP	97.576	23.697	
Fat Free Chocolate Milk	1.00 carton	110.000	19.000	
1% Low Fat White Milk	1.00 carton	110.000	13.000	
Fat Free Strawberry Milk	1.00 carton	140.000	25.000	
Weighted Daily Average			164.385	28.371
% of Calories				69.04%

Tue - 04/11/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017				
Recipe	Total			
Whole Grain French Toast	1.00 Slice	220.000	30.000	
Reduced Sugar Cinnamon Toast Crunch w/ Graham Crackers	1.00 bowl	200.000	39.000	
Reduced Sugar Cocoa Puff w/ Graham Crackers	1.00 Bowl	200.000	42.000	
Lucky Charms w/ Graham Crackers	1.00 bowl	200.000	40.000	
Cinnamon Chex Cereal with Honey Graham Crackers	1.00 bowl	200.000	40.000	

Tue - 04/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
100% Orange Juice 4oz	1.00 Juice	60.000	13.000
Apple Juice 4oz	1.00 Juice	50.000	13.000
Fresh Apple	1.00 Apple	77.480	20.577
Diced Pears in light syrup	1/2 Cup	60.601	14.393
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Syrup Cup	1.00 fl oz	71.471	18.225
Weighted Daily Average		162.064	28.030
% of Calories			69.18%

Wed - 04/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017			
Recipe	Total		
Whole Grain Breakfast Sausage & Cheese Pizza	1.00 Piece	209.636	26.953
Reduced Sugar Cinnamon Toast Crunch w/ Graham Crackers	1.00 bowl	200.000	39.000
Reduced Sugar Cocoa Puff w/ Graham Crackers	1.00 Bowl	200.000	42.000
Lucky Charms w/ Graham Crackers	1.00 bowl	200.000	40.000
Cinnamon Chex Cereal with Honey Graham Crackers	1.00 bowl	200.000	40.000
100% Orange Juice 4oz	1.00 Juice	60.000	13.000
Apple Juice 4oz	1.00 Juice	50.000	13.000
Diced Peaches	1/2 Cup	53.827	13.604
Fresh Banana	1.00 Banana	105.970	27.195
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Weighted Daily Average		167.285	29.338
% of Calories			70.15%

Thu - 04/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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Guthrie Breakfast (K-12) 2016-2017			
Recipe	Total		
Golden Whole Grain Pancakes	2.00 pancakes	153.333	27.333
Reduced Sugar Cocoa Puff w/ Graham Crackers	1.00 Bowl	200.000	42.000
Reduced Sugar Cinnamon Toast Crunch w/ Graham Crackers	1.00 bowl	200.000	39.000
Lucky Charms w/ Graham Crackers	1.00 bowl	200.000	40.000
Cinnamon Chex Cereal with Honey Graham Crackers	1.00 bowl	200.000	40.000
100% Orange Juice 4oz	1.00 Juice	60.000	13.000
Apple Juice 4oz	1.00 Juice	50.000	13.000
Juicy Tropical Fruit Salad	1/2 Cup	111.892	26.108
Fresh Apple	1.00 Apple	77.480	20.577
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Syrup Cup	1.00 fl oz	71.471	18.225
Weighted Daily Average		162.901	28.234
% of Calories			69.33%

Fri - 04/14/2017			
Recipe	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017			
Recipe	Total		
Whole Grain Cinnamon Roll with Vanilla Icing	1.00 Rolls	255.000	49.500
Cinnamon Chex Cereal with Honey Graham Crackers	1.00 bowl	200.000	40.000
Reduced Sugar Cinnamon Toast Crunch w/ Graham Crackers	1.00 bowl	200.000	39.000
Reduced Sugar Cocoa Puff w/ Graham Crackers	1.00 Bowl	200.000	42.000
Lucky Charms w/ Graham Crackers	1.00 bowl	200.000	40.000
100% Orange Juice 4oz	1.00 Juice	60.000	13.000
Apple Juice 4oz	1.00 Juice	50.000	13.000
Unsweetened Applesauce	1/2 Cup	52.284	13.594
Fresh Orange	1.00 ORANGE	61.570	15.393
Fat Free Strawberry Milk	1.00 carton	140.000	25.000

Fri - 04/14/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
1% Low Fat White Milk	1.00 carton		110.000	13.000
Fat Free Chocolate Milk	1.00 carton		110.000	19.000
Weighted Daily Average			2.991	0.669
% of Calories				89.41%

Mon - 04/17/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017				
Recipe	Total			
Egg, Cheese & Turkey Sausage Breakfast Burrito	1.00 Burrito		154.880	15.780
Reduced Sugar Cinnamon Toast Crunch w/ Graham Crackers	1.00 bowl		200.000	39.000
Cinnamon Chex Cereal with Honey Graham Crackers	1.00 bowl		200.000	40.000
Reduced Sugar Cocoa Puff w/ Graham Crackers	1.00 Bowl		200.000	42.000
Lucky Charms w/ Graham Crackers	1.00 bowl		200.000	40.000
Traditional Salsa	1/4 Cup		22.500	4.363
Apple Juice 4oz	1.00 Juice		50.000	13.000
100% Orange Juice 4oz	1.00 Juice		60.000	13.000
Diced Pears in light syrup	1/2 Cup		60.601	14.393
Fresh Orange	1.00 ORANGE		61.570	15.393
1% Low Fat White Milk	1.00 carton		110.000	13.000
Fat Free Chocolate Milk	1.00 carton		110.000	19.000
Fat Free Strawberry Milk	1.00 carton		140.000	25.000
Weighted Daily Average			2.871	0.596
% of Calories				83.01%

Tue - 04/18/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017				
Recipe	Total			
Mini Golden Blueberry Pancakes	1.00 pouch		200.000	34.000
Reduced Sugar Cinnamon Toast Crunch w/ Graham Crackers	1.00 bowl		200.000	39.000
Reduced Sugar Cocoa Puff w/ Graham Crackers	1.00 Bowl		200.000	42.000

Tue - 04/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Cinnamon Chex Cereal with Honey Graham Crackers	1.00 bowl	200.000	40.000
Lucky Charms w/ Graham Crackers	1.00 bowl	200.000	40.000
100% Orange Juice 4oz	1.00 Juice	60.000	13.000
Apple Juice 4oz	1.00 Juice	50.000	13.000
Juicy Mandarin Oranges	1/2 Cup	70.874	17.212
Fresh Apple	1.00 Apple	77.480	20.577
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Syrup Cup	1.00 fl oz	71.471	18.225
Weighted Daily Average		162.397	28.127
% of Calories			69.28%

Wed - 04/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017			
Recipe	Total		
Whole Grain Breakfast Sausage & Cheese Pizza	1.00 Piece	209.636	26.953
Reduced Sugar Cinnamon Toast Crunch w/ Graham Crackers	1.00 bowl	200.000	39.000
Reduced Sugar Cocoa Puff w/ Graham Crackers	1.00 Bowl	200.000	42.000
Cinnamon Chex Cereal with Honey Graham Crackers	1.00 bowl	200.000	40.000
Lucky Charms w/ Graham Crackers	1.00 bowl	200.000	40.000
100% Orange Juice 4oz	1.00 Juice	60.000	13.000
Apple Juice 4oz	1.00 Juice	50.000	13.000
Diced Peaches	1/2 Cup	53.827	13.604
Fresh Orange	1.00 ORANGE	61.570	15.393
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Weighted Daily Average		161.712	27.957
% of Calories			69.15%

Thu - 04/20/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017				
Recipe	Total			
Fluffy Jumbo Waffles	2.00 Waffle	200.000	32.000	
Reduced Sugar Cocoa Puff w/ Graham Crackers	1.00 Bowl	200.000	42.000	
Reduced Sugar Cinnamon Toast Crunch w/ Graham Crackers	1.00 bowl	200.000	39.000	
Lucky Charms w/ Graham Crackers	1.00 bowl	200.000	40.000	
Cinnamon Chex Cereal with Honey Graham Crackers	1.00 bowl	200.000	40.000	
100% Orange Juice 4oz	1.00 Juice	60.000	13.000	
Apple Juice 4oz	1.00 Juice	50.000	13.000	
Fresh Apple	1.00 Apple	77.480	20.577	
Juicy Pineapple Tidbits	1/2 CUP	97.576	23.697	
Fat Free Chocolate Milk	1.00 carton	110.000	19.000	
1% Low Fat White Milk	1.00 carton	110.000	13.000	
Fat Free Strawberry Milk	1.00 carton	140.000	25.000	
Syrup Cup	1.00 fl oz	71.471	18.225	
Weighted Daily Average		162.474	28.143	
% of Calories			69.29%	

Fri - 04/21/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017				
Recipe	Total			
Warm Breakfast on a Stick	1.00 stick	200.000	19.000	
Reduced Sugar Cinnamon Toast Crunch w/ Graham Crackers	1.00 bowl	200.000	39.000	
Reduced Sugar Cocoa Puff w/ Graham Crackers	1.00 Bowl	200.000	42.000	
Cinnamon Chex Cereal with Honey Graham Crackers	1.00 bowl	200.000	40.000	
Lucky Charms w/ Graham Crackers	1.00 bowl	200.000	40.000	
100% Orange Juice 4oz	1.00 Juice	60.000	13.000	
Apple Juice 4oz	1.00 Juice	50.000	13.000	
Unsweetened Applesauce	1/2 Cup	52.284	13.594	

Fri - 04/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Fresh Orange	1.00 ORANGE	61.570	15.393
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Syrup Cup	1.00 fl oz	71.471	18.225
Weighted Daily Average		162.135	28.068
% of Calories			69.25%

Mon - 04/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017			
Recipe	Total		
Scrambled Eggs with Graham Cracker	0.50 Cup	170.256	7.786
Reduced Sugar Cocoa Puff w/ Graham Crackers	1.00 Bowl	200.000	42.000
Reduced Sugar Cinnamon Toast Crunch w/ Graham Crackers	1.00 bowl	200.000	39.000
Lucky Charms w/ Graham Crackers	1.00 bowl	200.000	40.000
Cinnamon Chex Cereal with Honey Graham Crackers	1.00 bowl	200.000	40.000
100% Orange Juice 4oz	1.00 Juice	60.000	13.000
Apple Juice 4oz	1.00 Juice	50.000	13.000
Fresh Orange	1.00 ORANGE	61.570	15.393
Apple Slices w/ Cinnamon	1/2 cup	70.347	16.910
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Weighted Daily Average		279.232	50.626
% of Calories			72.52%

Tue - 04/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017			
Recipe	Total		
Maple Mini Waffles	1.00 waffle	186.667	32.667

Tue - 04/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Reduced Sugar Cinnamon Toast Crunch w/ Graham Crackers	1.00 bowl	200.000	39.000
Reduced Sugar Cocoa Puff w/ Graham Crackers	1.00 Bowl	200.000	42.000
Lucky Charms w/ Graham Crackers	1.00 bowl	200.000	40.000
Cinnamon Chex Cereal with Honey Graham Crackers	1.00 bowl	200.000	40.000
100% Orange Juice 4oz	1.00 Juice	60.000	13.000
Apple Juice 4oz	1.00 Juice	50.000	13.000
Juicy Tropical Fruit Salad	1/2 Cup	111.892	26.108
Fresh Apple	1.00 Apple	77.480	20.577
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Syrup Cup	1.00 fl oz	71.471	18.225
Weighted Daily Average		162.936	28.239
% of Calories			69.33%

Wed - 04/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017			
Recipe	Total		
Whole Grain Breakfast Sausage & Cheese Pizza	1.00 Piece	209.636	26.953
Reduced Sugar Cinnamon Toast Crunch w/ Graham Crackers	1.00 bowl	200.000	39.000
Reduced Sugar Cocoa Puff w/ Graham Crackers	1.00 Bowl	200.000	42.000
Lucky Charms w/ Graham Crackers	1.00 bowl	200.000	40.000
Cinnamon Chex Cereal with Honey Graham Crackers	1.00 bowl	200.000	40.000
100% Orange Juice 4oz	1.00 Juice	60.000	13.000
Apple Juice 4oz	1.00 Juice	50.000	13.000
Juicy Mandarin Oranges	1/2 Cup	70.874	17.212
Fresh Banana	1.00 Banana	105.970	27.195
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000

Wed - 04/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Weighted Daily Average		162.362	28.107
% of Calories			69.25%

Thu - 04/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017			
Recipe	Total		
Strawberry Oatmeal	1.00 Cup	352.534	69.050
Reduced Sugar Cinnamon Toast Crunch w/ Graham Crackers	1.00 bowl	200.000	39.000
Reduced Sugar Cocoa Puff w/ Graham Crackers	1.00 Bowl	200.000	42.000
Lucky Charms w/ Graham Crackers	1.00 bowl	200.000	40.000
Cinnamon Chex Cereal with Honey Graham Crackers	1.00 bowl	200.000	40.000
100% Orange Juice 4oz	1.00 Juice	60.000	13.000
Apple Juice 4oz	1.00 Juice	50.000	13.000
Fresh Orange	1.00 ORANGE	61.570	15.393
Chilled Mixed Fruit	1/2 Cup	58.934	15.436
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Weighted Daily Average		161.954	28.035
% of Calories			69.24%

Fri - 04/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017			
Recipe	Total		
Whole Grain Cinnamon Roll with Vanilla Icing	1.00 Rolls	255.000	49.500
Reduced Sugar Cinnamon Toast Crunch w/ Graham Crackers	1.00 bowl	200.000	39.000
Reduced Sugar Cocoa Puff w/ Graham Crackers	1.00 Bowl	200.000	42.000
Lucky Charms w/ Graham Crackers	1.00 bowl	200.000	40.000
Cinnamon Chex Cereal with Honey Graham Crackers	1.00 bowl	200.000	40.000
100% Orange Juice 4oz	1.00 Juice	60.000	13.000

Fri - 04/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Apple Juice 4oz	1.00 Juice	50.000	13.000
Unsweetened Applesauce	1/2 Cup	52.284	13.594
Fresh Orange	1.00 ORANGE	61.570	15.393
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Weighted Daily Average		162.117	28.081
% of Calories			69.29%

* = Indicates missing Nutrient Information.

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