

Carbohydrate Report

District: Guthrie PS

School: Fogarty Elementary

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



Mon - 05/01/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017				
Recipe	Total			
Whole Grain Biscuits & Gravy	1.00 Biscuit	246.479	36.296	
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 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	
Weighted Daily Average			254.933	45.751
% of Calories				71.78%

Tue - 05/02/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017				
Recipe	Total			
Flakey Sausage & Cheese Croissant	1.00 Sandwich	275.437	31.012	
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 - 05/02/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		162.165	28.069
% of Calories			69.24%

Wed - 05/03/2017	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 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		167.255	29.331
% of Calories			70.15%

Thu - 05/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017			
Recipe	Total		

Thu - 05/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Homemade Pig in a Blanket Breakfast	1.00 Each	321.373	31.025
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 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		163.033	28.225
% of Calories			69.25%

Fri - 05/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017			
Recipe	Total		
Whole Grain Cinnamon Roll with Icing	1.00 Roll	255.000	47.500
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
Apple Juice 4oz	1.00 Juice	50.000	13.000
Diced Pears in light syrup	1/2 Cup	60.601	14.393
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

Fri - 05/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Weighted Daily Average		162.008	28.024
% of Calories			69.19%

Mon - 05/08/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017			
Recipe	Total		
Whole Grain Blueberry Muffin	1.00 muffin	223.000	38.500
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
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 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		53.131	12.418
% of Calories			93.49%

Tue - 05/09/2017	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
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

Tue - 05/09/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Apple Juice 4oz	1.00 Juice	50.000	13.000
Fresh Orange	1.00 ORANGE	61.570	15.393
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		52.426	12.229
% of Calories			93.30%

Wed - 05/10/2017	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 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		52.564	12.292
% of Calories			93.54%

Thu - 05/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017			

Thu - 05/11/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Recipe	Total			
Strawberry Banana & Granola Yogurt Parfait	1.00 Parfait		316.106	62.406
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
Apple Slices	1/2 cup		70.000	16.800
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			162.187	28.070
% of Calories				69.23%

Fri - 05/12/2017		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
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 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

Fri - 05/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Syrup Cup	1.00 fl oz	71.471	18.225
Weighted Daily Average		161.794	27.974
% of Calories			69.16%

Mon - 05/15/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017			
Recipe	Total		
Scrambled Eggs w/ Buttery Toast	0.50 Cup	226.689	13.816
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
Jelly Packet	1.00 packet	25.000	7.000
Weighted Daily Average		164.524	28.224
% of Calories			68.62%

Tue - 05/16/2017	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

Tue - 05/16/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
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		162.156	28.080
% of Calories			69.27%

Wed - 05/17/2017	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		167.285	29.338
% of Calories			70.15%

Thu - 05/18/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
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	
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	
Syrup Cup	1.00 fl oz	71.471	18.225	
Weighted Daily Average		162.901	28.234	
% of Calories			69.33%	

Fri - 05/19/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017				
Recipe	Total			
Whole Grain Cinnamon Roll with Icing	1.00 Roll	255.000	47.500	
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	
Diced Peaches	1/2 Cup	53.827	13.604	

Fri - 05/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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		161.776	27.985
% of Calories			69.19%

Mon - 05/22/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie Breakfast (K-12) 2016-2017			
Recipe	Total		
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
Mini Golden Blueberry Pancakes	1.00 pouch	200.000	34.000
Apple Juice 4oz	1.00 Juice	50.000	13.000
100% Orange Juice 4oz	1.00 Juice	60.000	13.000
Fresh Orange	1.00 ORANGE	61.570	15.393
Juicy Pineapple Tidbits	1/2 CUP	97.576	23.697
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
Syrup Cup	1.00 fl oz	71.471	18.225
Weighted Daily Average		226.018	49.341
% of Calories			87.32%

Tue - 05/23/2017	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

Tue - 05/23/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
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 Apple	1.00 Apple	77.480	20.577
Diced Pears in light syrup	1/2 Cup	60.601	14.393
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
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		2.851	0.595
% of Calories			83.44%

* = Indicates missing Nutrient Information.

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