

Carbohydrate Report

District: Sedro-Woolley School District

School: Clear Lake Elementary School

Menu: Elementary Breakfast Menu_SY 22-23



Mon - 02/06/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast Menu_SY 22-23			
Recipe	Total		
Cinnamon Chex	1.00 Bowlpak	120.000	23.000
Cinnamon Toast Crunch	1.00 Bowlpak	121.498	22.275
Cocoa Puffs (1oz)	1.00 Bowlpak	113.398	23.625
Golden Grahams	1.00 Bowlpak	110.000	24.000
Lucky Charms	1.00 Bowlpak	110.000	23.000
Trix	1.00 Bowlpak	110.000	24.000
Cinnamon Ultimate Breakfast Round	1.00 Round	270.299	44.049
Applesauce Cup	1.00 Cup	51.240	13.749
Orange Juice	1.00 container	50.000	14.000
Frozen Peach Cup	1.00 each	80.000	19.000
Diced Pears Cup	1.00 Cup	70.000	19.000
Apple Juice	1.00 container	60.000	14.000
Mixed Berries Cup	1.00 Cup	90.000	20.000
Strawberry Cup	1.00 container	89.997	21.990
Chocolate Graham Bear	1.00 Package	108.644	20.741
Giant Goldfish Graham Cracker	1.00 Cracker	120.000	19.000
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Unflavored Milk	1.00 Carton	80.000	12.000

Weighted Daily Average	426.963	72.664
% of Calories		68.08%

Tue - 02/07/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast Menu_SY 22-23			
Recipe	Total		
Cinnamon Chex	1.00 Bowlpak	120.000	23.000
Cinnamon Toast Crunch	1.00 Bowlpak	121.498	22.275
Cocoa Puffs (1oz)	1.00 Bowlpak	113.398	23.625
Golden Grahams	1.00 Bowlpak	110.000	24.000
Lucky Charms	1.00 Bowlpak	110.000	23.000
Trix	1.00 Bowlpak	110.000	24.000
Glazed Cinnamon Roll	1.00 Each	240.000	40.000
Applesauce Cup	1.00 Cup	51.240	13.749
Orange Juice	1.00 container	50.000	14.000
Frozen Peach Cup	1.00 each	80.000	19.000
Diced Pears Cup	1.00 Cup	70.000	19.000
Apple Juice	1.00 container	60.000	14.000
Mixed Berries Cup	1.00 Cup	90.000	20.000
Strawberry Cup	1.00 container	89.997	21.990
Chocolate Graham Bear	1.00 Package	108.644	20.741
Scooby Snack Crackers	1.00 Each	120.000	21.000
Giant Goldfish Graham Cracker	1.00 Cracker	120.000	19.000
Apple Frudel Bar	1.00 Bar	210.000	36.000
1% Regular Milk	1.00 Carton	100.000	12.000

Nonfat Unflavored Milk	1.00 Carton	80.000	12.000
Weighted Daily Average		489.687	84.301
% of Calories			68.86%

Wed - 02/08/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast Menu_SY 22-23			
Recipe	Total		
Cinnamon Chex	1.00 Bowlpak	120.000	23.000
Cinnamon Toast Crunch	1.00 Bowlpak	121.498	22.275
Cocoa Puffs (1oz)	1.00 Bowlpak	113.398	23.625
Lucky Charms	1.00 Bowlpak	110.000	23.000
Trix	1.00 Bowlpak	110.000	24.000
Golden Grahams	1.00 Bowlpak	110.000	24.000
Yogurt Parfait with Grace Harbor Yogurt	1.00 Parfait	140.180	22.723
Applesauce Cup	1.00 Cup	51.240	13.749
Orange Juice	1.00 container	50.000	14.000
Frozen Peach Cup	1.00 each	80.000	19.000
Diced Pears Cup	1.00 Cup	70.000	19.000
Apple Juice	1.00 container	60.000	14.000
Mixed Berries Cup	1.00 Cup	90.000	20.000
Strawberry Cup	1.00 container	89.997	21.990
Chocolate Graham Bear	1.00 Package	108.644	20.741
Scooby Snack Crackers	1.00 Each	120.000	21.000
Giant Goldfish Graham Cracker	1.00 Cracker	120.000	19.000
Animal Crackers	1.00 Package	130.000	20.000

1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Unflavored Milk	1.00 Carton	80.000	12.000
Weighted Daily Average		427.337	71.570
% of Calories			66.99%

Thu - 02/09/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast Menu_SY 22-23			
Recipe	Total		
Cinnamon Chex	1.00 Bowlpak	120.000	23.000
Cinnamon Toast Crunch	1.00 Bowlpak	121.498	22.275
Cocoa Puffs (1oz)	1.00 Bowlpak	113.398	23.625
Golden Grahams	1.00 Bowlpak	110.000	24.000
Lucky Charms	1.00 Bowlpak	110.000	23.000
Trix	1.00 Bowlpak	110.000	24.000
Mini Maple Waffles	1.00 Package	187.261	32.994
Applesauce Cup	1.00 Cup	51.240	13.749
Orange Juice	1.00 container	50.000	14.000
Frozen Peach Cup	1.00 each	80.000	19.000
Diced Pears Cup	1.00 Cup	70.000	19.000
Apple Juice	1.00 container	60.000	14.000
Mixed Berries Cup	1.00 Cup	90.000	20.000
Strawberry Cup	1.00 container	89.997	21.990
Chocolate Graham Bear	1.00 Package	108.644	20.741
Giant Goldfish Graham Cracker	1.00 Cracker	120.000	19.000
Scooby Snack Crackers	1.00 Each	120.000	21.000

1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Unflavored Milk	1.00 Carton	80.000	12.000
Weighted Daily Average		358.238	63.462
% of Calories			70.86%

Fri - 02/10/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast Menu_SY 22-23			
Recipe	Total		
Cinnamon Chex	1.00 Bowlpak	120.000	23.000
Cinnamon Toast Crunch	1.00 Bowlpak	121.498	22.275
Cocoa Puffs (1oz)	1.00 Bowlpak	113.398	23.625
Golden Grahams	1.00 Bowlpak	110.000	24.000
Lucky Charms	1.00 Bowlpak	110.000	23.000
Trix	1.00 Bowlpak	110.000	24.000
Blueberry Muffin	1.00 each	223.000	38.500
Applesauce Cup	1.00 Cup	51.240	13.749
Orange Juice	1.00 container	50.000	14.000
Frozen Peach Cup	1.00 each	80.000	19.000
Diced Pears Cup	1.00 Cup	70.000	19.000
Apple Juice	1.00 container	60.000	14.000
Mixed Berries Cup	1.00 Cup	90.000	20.000
Strawberry Cup	1.00 container	89.997	21.990
Chocolate Graham Bear	1.00 Package	108.644	20.741
Scooby Snack Crackers	1.00 Each	120.000	21.000
Giant Goldfish Graham Cracker	1.00 Cracker	120.000	19.000

1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Unflavored Milk	1.00 Carton	80.000	12.000
Weighted Daily Average		388.021	68.051
% of Calories			70.15%

* = Indicates missing Nutrient Information.

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