

Carbohydrate Report

District: Roseville Joint Union High School District

School: Antelope High School

Menu: 2018-2019 High School Breakfast



| Mon - 08/27/2018 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---------------------------------|------------------|-----------------|-------------------|
| 2018-2019 High School Breakfast | | | |
| Recipe | Total | | |
| Muffin 4 oz. (Variety) | 1.00 4 oz muffin | 421.087 | 49.368 |
| Pop Tart (Variety) | 1.00 package | 416.135 | 70.248 |
| Bagel and Cream Cheese | 1.00 serving | 297.000 | 45.600 |
| Cereal (Variety) | 1.00 serving | 113.297 | 22.296 |
| Apple | 1.00 piece | 72.000 | 19.000 |
| Banana | 1.00 each | 112.000 | 29.000 |
| Orange | 1.00 piece | 62.000 | 15.000 |
| 1% Milk | 1.00 carton | 102.480 | 12.176 |
| Skim Milk | 1.00 carton | 83.300 | 12.152 |
| Weighted Daily Average | | 512.958 | 81.222 |
| % of Calories | | | 63.34% |

* = Indicates missing Nutrient Information.

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