

Carbohydrate Report

District: Roseville Joint Union High School District

School: Antelope High School

Menu: 19-20 High School Breakfast



Thu - 08/08/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
19-20 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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