

Carbohydrate Report

District: Roseville Joint Union High School District

School: Antelope High School

Menu: 2016-2017 High School Breakfast



Mon - 08/29/2016	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Breakfast			
Recipe	Total		
Bagel and Cream Cheese	1.00 serving	297.000	45.600
Muffin 4 oz. (Variety)	1.00 4 oz muffin	423.404	49.336
Oatmeal (Variety)	1.00 Cup	200.000	42.000
Pop Tart (Variety)	1.00 package	416.135	70.248
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		507.764	80.985
% of Calories			63.80%

* = Indicates missing Nutrient Information.

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