

# Carbohydrate Report

District: Genuine Foods DC

School: Learn DC

Menu: 22/23 DC Base Breakfast K-12



Thu - 06/01/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
BYO Yogurt Parfait (IW Yogurt + Granola) 1MMA 1WG	1.00 serving	237.077	33.302
Craisins/Raisins, Assorted Flavors - 1/2 F	1.00 packet	114.020	28.805
100% Apple Juice, 4 oz	1.00 count	60.000	14.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Weighted Daily Average		511.097	89.107
% of Calories			69.74%

Fri - 06/02/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
French Toast, WG Stick Cooked, Frozen (Richs) 2.25WG	4.00 pieces	260.000	38.000
Scooters, SS Bowl	1.00 count	110.000	21.000
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195

Blueberry Nutrigrain Bar, IW	1.00 count	149.801	29.960
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1.00 container	110.000	29.000
Weighted Daily Average		623.560	115.405
% of Calories			74.03%

Mon - 06/05/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
WG Waffles, Thaw & Serve, 2WG	2.00 count	130.000	23.000
Bagel WG 2 oz, Sliced, T&S, Bulk (Lenders) with Cream Cheese	1.00 each	185.000	30.000
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Sausage Patty (Jimmy Dean) .75 MMA	1.00 patty	75.000	0.500
Weighted Daily Average		586.259	90.695
% of Calories			61.88%

Tue - 06/06/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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## 22/23 DC Base Breakfast K-12

Recipe	Total		
BYO Yogurt Parfait (IW Yogurt + Granola) 1MMA 1WG	1.00 serving	237.077	33.302
100% Orange Juice, SS Cup	1.00 count	50.000	13.000
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Blueberry Nutrigrain Bar, IW	1.00 count	149.801	29.960
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Weighted Daily Average		580.820	99.751
% of Calories			68.70%

Wed - 06/07/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
Breakfast Sandwich (Egg & Cheese on English Muffin) 2WG 1.5MMA	1.00 sandwich	230.624	25.012
Assorted Muffins (Muffin Town) 1WG	1.00 muffin	160.000	26.500
Cinnamon Chex, SS Bowl	1.00 count	120.000	23.000
Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Assorted Fruit (1/2 cup)	1/2 cup	74.289	18.727
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Jelly, Grape, SS Cup	1.00 count	35.000	9.000

Weighted Daily Average	490.860	89.803
% of Calories		73.18%

Thu - 06/08/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
Blueberry Muffin Top	3.00 ounce	317.771	58.105
BYO Yogurt Parfait (IW Yogurt + Granola) 1MMA 1WG	1.00 serving	237.077	33.302
100% Apple Juice, 4 oz	1.00 count	60.000	14.000
Orange, Choice 138 CT - 1/2 cup	1.00 each	44.200	10.045
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Weighted Daily Average		481.624	82.749
% of Calories			68.72%

Fri - 06/09/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
WG Pancakes (Hilltop Hearth 1.2 oz) 1WG	1.00 count	66.705	12.674
Scooters, SS Bowl	1.00 count	110.000	21.000

Apple, variety, 125 CT - 1 each	1.00 each	96.259	24.195
Fruit, Mixed Fruit Cup, 4oz	1.00 count	50.000	13.000
Blueberry Nutrigrain Bar, IW	1.00 count	149.801	29.960
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Syrup, Breakfast, Smucker's, SS Cup, 1.4 oz	1.00 container	110.000	29.000
Weighted Daily Average		521.283	107.395
% of Calories			82.41%

Mon - 06/12/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
French Toast Stick, scratch, 2wg,	6.00 sticks	299.636	40.199
Cinnamon Toaster, SS Bowl	1.00 count	120.000	21.000
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Blueberry Nutrigrain Bar, IW	1.00 count	149.801	29.960
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Sausage Patty (Jimmy Dean) .75 MMA	1.00 patty	75.000	0.500
Weighted Daily Average		622.761	94.594
% of Calories			60.76%

<b>Tue - 06/13/2023</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
22/23 DC Base Breakfast K-12			
Recipe	Total		
Lowfat Plain Yogurt Cup, 1MMA, 4oz	4.00 oz	66.705	7.338
Scooters, SS Bowl	1.00 count	110.000	21.000
Craisins, Original 1/2 c Fruit	1.00 each	110.033	27.675
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1.00 carton	62.500	15.500
Strawberry Nutrigrain Bar, IW	1.00 count	149.801	29.960
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Weighted Daily Average		510.687	100.304
% of Calories			78.56%

<b>Wed - 06/14/2023</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
22/23 DC Base Breakfast K-12			
Recipe	Total		
Sausage Biscuit 2WG .75MMA (Jimmy Dean/Bridgeford)	1.00 sandwich	265.000	30.500
Bagel WG 2 oz, Sliced, T&S, Bulk (Lenders) with Cream Cheese	1.00 each	185.000	30.000
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1.00 carton	62.500	15.500

Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Weighted Daily Average		431.442	69.239
% of Calories			64.19%

Thu - 06/15/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
Assorted Fruit (1/2 cup)	1/2 cup	74.289	18.727
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Cereal, Assorted WG, SS Bowl, 1 oz	1.00 bowl	114.300	23.655
Blueberry Nutrigrain Bar, IW	1.00 count	149.801	29.960
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Weighted Daily Average		482.332	95.831
% of Calories			79.47%

Fri - 06/16/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		

WG Maple Butter Waffle, IW	1.00 count	250.000	37.000
Assorted Muffins (Muffin Town) 1WG	1.00 muffin	160.000	26.500
Assorted Fruit (1/2 cup)	1/2 cup	74.289	18.727
100% Apple Juice, 4 oz	1.00 count	60.000	14.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Weighted Daily Average		372.145	61.114
% of Calories			65.69%

Mon - 06/19/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
WG Pancakes (Hilltop Hearth 1.2 oz) 1WG	1.00 count	66.705	12.674
Fruit, Mixed Fruit Cup, 4oz	1.00 count	50.000	13.000
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Weighted Daily Average		260.647	49.163
% of Calories			75.45%

Tue - 06/20/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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22/23 DC Base Breakfast K-12			
Recipe	Total		
Bagel WG 2 oz, Sliced, T&S, Bulk (Lenders) with Cream Cheese	1.00 each	185.000	30.000
Assorted Fruit (1/2 cup)	1/2 cup	74.289	18.727
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Weighted Daily Average		403.231	72.216
% of Calories			71.64%

Wed - 06/21/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
Breakfast Sandwich (Egg & Cheese on English Muffin) 2WG 1.5MMA	1.00 sandwich	230.624	25.012
Lowfat Plain Yogurt Cup, 1MMA, 4oz	4.00 oz	66.705	7.338
Cinnamon Chex, SS Bowl	1.00 count	120.000	23.000
Assorted Fruit (1/2 cup)	1/2 cup	74.289	18.727
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Blueberry Nutrigrain Bar, IW	1.00 count	149.801	29.960
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000

Weighted Daily Average	470.905	77.659
% of Calories		65.97%

Thu - 06/22/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
Blueberry Bread	1.00 pouch	271.092	45.182
Roasted Potato Wedges/Fries (fresh) .5c S	1/2 cup	106.413	24.228
Fruit, Mixed Fruit Cup, 4oz	1.00 count	50.000	13.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Weighted Daily Average		527.505	95.410
% of Calories			72.35%

Fri - 06/23/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
French Toast Stick, scratch, 2wg,	6.00 sticks	299.636	40.199
Cinnamon Toaster, SS Bowl	1.00 count	120.000	21.000
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045

Pear, 90 CT	1.00 each	119.236	31.871
Blueberry Nutrigrain Bar, IW	1.00 count	149.801	29.960
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Weighted Daily Average		623.055	115.476
% of Calories			74.14%

Mon - 06/26/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
WG Waffles, Thaw & Serve, 2WG	2.00 count	130.000	23.000
Sausage Biscuit 2.5WG .75MMA (Jimmy Dean)	1.00 sandwich	284.705	28.461
Cinnamon Toaster, SS Bowl	1.00 count	120.000	21.000
Assorted Fruit (1/2 cup)	1/2 cup	74.289	18.727
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Blueberry Nutrigrain Bar, IW	1.00 count	149.801	29.960
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Weighted Daily Average		534.208	96.041
% of Calories			71.91%

Tue - 06/27/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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22/23 DC Base Breakfast K-12			
Recipe	Total		
Assorted Muffins (Muffin Town) 1WG	1.00 muffin	160.000	26.500
Cinnamon Chex, SS Bowl	1.00 count	120.000	23.000
Assorted Fruit (1/2 cup)	1 1/2 cup	74.289	18.727
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Blueberry Nutrigrain Bar, IW	1.00 count	149.801	29.960
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (NOLA)	1.00 carton	100.000	11.000
Weighted Daily Average		503.290	95.482
% of Calories			75.89%

Wed - 06/28/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
WG Pancakes (Hilltop Hearth 1.2 oz) 1WG	1.00 count	66.705	12.674
Bagel WG 2 oz, Sliced, T&S, Bulk (Lenders) with Cream Cheese	1.00 each	185.000	30.000
Fruit, Mixed Fruit Cup, 4oz	1.00 count	50.000	13.000
Apple Slices 1/2 cup	0.50 cup	43.942	10.489
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000

Weighted Daily Average	319.795	57.826
% of Calories		72.33%

Thu - 06/29/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
Craisins, Original 1/2 c Fruit	1.00 each	110.033	27.675
Assorted Fruit (1/2 cup)	1/2 cup	74.289	18.727
Blueberry Nutrigrain Bar, IW	1.00 count	149.801	29.960
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Yogurt, Raspberry & Cherry, SS	1.00 count	70.000	14.000
Weighted Daily Average		504.123	103.362
% of Calories			82.01%

Fri - 06/30/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Breakfast K-12			
Recipe	Total		
French Toast Stick, scratch, 2wg,	6.00 sticks	299.636	40.199
Scooters, SS Bowl	1.00 count	110.000	21.000

Pear, 90 CT	1.00 each	119.236	31.871
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Blueberry Nutrigrain Bar, IW	1.00 count	149.801	29.960
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Weighted Daily Average		822.873	146.075
% of Calories			71.01%

\* = Indicates missing Nutrient Information.

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