

Carbohydrate Report

District: Renton School District

School: Renton Academy & H.O.M.E Program

Menu: RA Breakfast 19-20



Wed - 08/28/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
RA Breakfast 19-20				
Recipe	Total			
Apple Juice	1.00 Each	60.000	14.000	
Raisins	1.00 Box	114.000	30.000	
Granola	1.00 Pouch	220.000	47.000	
Soy Milk	1.00 Cup	140.000	12.000	
1% Milk	1.00 Carton	100.000	12.000	
Yogurt	1.00 Container	103.333	19.333	
Weighted Daily Average		617.333	122.333	
% of Calories			79.27%	

Thu - 08/29/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
RA Breakfast 19-20				
Recipe	Total			
Mini Strawberry Cream Cheese Bagels	1.00 Package	240.000	41.000	
Grape Juice	1.00 Each	80.000	20.000	
Mixed Fruit Cup	1.00 Each	80.000	19.000	
Soy Milk	1.00 Cup	140.000	12.000	
1% Milk	1.00 Carton	100.000	12.000	

Weighted Daily Average	520.000	92.000
% of Calories		70.77%

Fri - 08/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
RA Breakfast 19-20			
Recipe	Total		
Cook's Choice	1.00 Serving	400.000	N/A*
Orange Juice	4.00 oz	60.000	13.000
Dried Cranberries	1.00 Packet	110.000	28.000
Soy Milk	1.00 Cup	140.000	12.000
1% Milk	1.00 Carton	100.000	12.000
Weighted Daily Average		690.000	53.000*
% of Calories			30.72%

Mon - 09/02/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
RA Breakfast 19-20			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 09/03/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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RA Breakfast 19-20			
Recipe	Total		
BeneFIT Bar	1.00 Bar	290.000	47.500
Apple Juice	1.00 Each	60.000	14.000
Dried Cranberries	1.00 Packet	110.000	28.000
Soy Milk	1.00 Cup	140.000	12.000
1% Milk	1.00 Carton	100.000	12.000
Weighted Daily Average		580.000	101.500
% of Calories			70.00%

Wed - 09/04/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
RA Breakfast 19-20			
Recipe	Total		
Cinnamon Bun	1.00 Each	240.000	38.000
Orange Juice	4.00 oz	60.000	13.000
Mixed Fruit Cup	1.00 Each	80.000	19.000
Soy Milk	1.00 Cup	140.000	12.000
1% Milk	1.00 Carton	100.000	12.000
Weighted Daily Average		500.000	82.000
% of Calories			65.60%

Thu - 09/05/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
RA Breakfast 19-20			
Recipe	Total		

Grape Juice	1.00 Each	80.000	20.000
Applesauce: Cinnamon, Strawberry, or Peach-Mango	1.00 Each (0.5 cup)	50.333	14.000
Cinnamon Applesauce	1.00 Each (0.5 cup)	70.500	18.000
Granola	1.00 Pouch	220.000	47.000
Soy Milk	1.00 Cup	140.000	12.000
1% Milk	1.00 Carton	100.000	12.000
Yogurt	1.00 Container	103.333	19.333
Weighted Daily Average		583.750	114.333
% of Calories			78.34%

Fri - 09/06/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
RA Breakfast 19-20				
Recipe	Total			
Buttermilk Bar	1.00 Bar	270.000	45.000	
Apple Juice	1.00 Each	60.000	14.000	
Raisins	1.00 Box	114.000	30.000	
Soy Milk	1.00 Cup	140.000	12.000	
1% Milk	1.00 Carton	100.000	12.000	
Weighted Daily Average		564.000	101.000	
% of Calories			71.63%	

Mon - 09/09/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
RA Breakfast 19-20				

Recipe	Total		
Lucky Charms Cereal	1.00 Bowl	110.000	23.000
Orange Juice	4.00 oz	60.000	13.000
Fresh Apple	1.00 each	52.520	13.948
Giant Goldfish Graham	1.00 Pack	120.000	19.000
Soy Milk	1.00 Cup	140.000	12.000
1% Milk	1.00 Carton	100.000	12.000
Weighted Daily Average		462.520	80.948
% of Calories			70.01%

Tue - 09/10/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
RA Breakfast 19-20				
Recipe	Total			
Banana Bread	1.00 Slice	280.000	44.000	
Grape Juice	1.00 Each	80.000	20.000	
Dried Cranberries	1.00 Packet	110.000	28.000	
Soy Milk	1.00 Cup	140.000	12.000	
1% Milk	1.00 Carton	100.000	12.000	
Weighted Daily Average		590.000	104.000	
% of Calories			70.51%	

Wed - 09/11/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
RA Breakfast 19-20				
Recipe	Total			

Apple Frudel	1.00 Frudel	210.000	36.000
Orange Juice	4.00 oz	60.000	13.000
Mixed Fruit Cup	1.00 Each	80.000	19.000
Soy Milk	1.00 Cup	140.000	12.000
1% Milk	1.00 Carton	100.000	12.000
Weighted Daily Average		470.000	80.000
% of Calories			68.09%

Thu - 09/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
RA Breakfast 19-20			
Recipe	Total		
BeneFIT Bar	1.00 Bar	290.000	47.500
Grape Juice	1.00 Each	80.000	20.000
Applesauce: Cinnamon, Strawberry, or Peach-Mango	1.00 Each (0.5 cup)	50.333	14.000
Cinnamon Applesauce	1.00 Each (0.5 cup)	70.500	18.000
Soy Milk	1.00 Cup	140.000	12.000
1% Milk	1.00 Carton	100.000	12.000
Weighted Daily Average		550.417	95.500
% of Calories			69.40%

Fri - 09/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
RA Breakfast 19-20			
Recipe	Total		

Blueberry Muffin	1.00 Muffin	223.000	38.500
Apple Juice	1.00 Each	60.000	14.000
Raisins	1.00 Box	114.000	30.000
Soy Milk	1.00 Cup	140.000	12.000
1% Milk	1.00 Carton	100.000	12.000
Weighted Daily Average		517.000	94.500
% of Calories			73.11%

Mon - 09/16/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
RA Breakfast 19-20				
Recipe	Total			
Reese's Puffs Cereal	1.00 Bowl	120.000	21.000	
Orange Juice	4.00 oz	60.000	13.000	
Fresh Apple	1.00 each	52.520	13.948	
Giant Goldfish Graham	1.00 Pack	120.000	19.000	
Soy Milk	1.00 Cup	140.000	12.000	
1% Milk	1.00 Carton	100.000	12.000	
Weighted Daily Average		472.520	78.948	
% of Calories			66.83%	

Tue - 09/17/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
RA Breakfast 19-20				
Recipe	Total			
Buttermilk Bar	1.00 Bar	270.000	45.000	

Grape Juice	1.00 Each	80.000	20.000
Applesauce: Cinnamon, Strawberry, or Peach-Mango	1.00 Each (0.5 cup)	50.333	14.000
Cinnamon Applesauce	1.00 Each (0.5 cup)	70.500	18.000
Soy Milk	1.00 Cup	140.000	12.000
1% Milk	1.00 Carton	100.000	12.000
Weighted Daily Average		530.417	93.000
% of Calories			70.13%

Wed - 09/18/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
RA Breakfast 19-20				
Recipe	Total			
Apple Juice	1.00 Each	60.000	14.000	
Raisins	1.00 Box	114.000	30.000	
Granola	1.00 Pouch	220.000	47.000	
Soy Milk	1.00 Cup	140.000	12.000	
1% Milk	1.00 Carton	100.000	12.000	
Yogurt	1.00 Container	103.333	19.333	
Weighted Daily Average		617.333	122.333	
% of Calories			79.27%	

Thu - 09/19/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
RA Breakfast 19-20				
Recipe	Total			

Mini Strawberry Cream Cheese Bagels	1.00 Package	240.000	41.000
Grape Juice	1.00 Each	80.000	20.000
Mixed Fruit Cup	1.00 Each	80.000	19.000
Soy Milk	1.00 Cup	140.000	12.000
1% Milk	1.00 Carton	100.000	12.000
Weighted Daily Average		520.000	92.000
% of Calories			70.77%

Fri - 09/20/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
RA Breakfast 19-20				
Recipe	Total			
Cook's Choice	1.00 Serving	400.000	N/A*	
Orange Juice	4.00 oz	60.000	13.000	
Dried Cranberries	1.00 Packet	110.000	28.000	
Soy Milk	1.00 Cup	140.000	12.000	
1% Milk	1.00 Carton	100.000	12.000	
Weighted Daily Average		690.000	53.000*	
% of Calories			30.72%	

Mon - 09/23/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
RA Breakfast 19-20				
Recipe	Total			
Cinnamon Toast Crunch Cereal	1.00 Bowl	111.373	22.275	
Grape Juice	1.00 Each	80.000	20.000	

Fresh Apple	1.00 each	52.520	13.948
Giant Goldfish Graham	1.00 Pack	120.000	19.000
Soy Milk	1.00 Cup	140.000	12.000
1% Milk	1.00 Carton	100.000	12.000
Weighted Daily Average		483.893	87.223
% of Calories			72.10%

Tue - 09/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
RA Breakfast 19-20			
Recipe	Total		
BeneFIT Bar	1.00 Bar	290.000	47.500
Apple Juice	1.00 Each	60.000	14.000
Dried Cranberries	1.00 Packet	110.000	28.000
Soy Milk	1.00 Cup	140.000	12.000
1% Milk	1.00 Carton	100.000	12.000
Weighted Daily Average		580.000	101.500
% of Calories			70.00%

Wed - 09/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
RA Breakfast 19-20			
Recipe	Total		
Cinnamon Bun	1.00 Each	240.000	38.000
Orange Juice	4.00 oz	60.000	13.000

Mixed Fruit Cup	1.00 Each	80.000	19.000
Soy Milk	1.00 Cup	140.000	12.000
1% Milk	1.00 Carton	100.000	12.000
Weighted Daily Average		500.000	82.000
% of Calories			65.60%

Thu - 09/26/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
RA Breakfast 19-20			
Recipe	Total		
Grape Juice	1.00 Each	80.000	20.000
Applesauce: Cinnamon, Strawberry, or Peach-Mango	1.00 Each (0.5 cup)	50.333	14.000
Cinnamon Applesauce	1.00 Each (0.5 cup)	70.500	18.000
Granola	1.00 Pouch	220.000	47.000
Soy Milk	1.00 Cup	140.000	12.000
1% Milk	1.00 Carton	100.000	12.000
Yogurt	1.00 Container	103.333	19.333
Weighted Daily Average		583.750	114.333
% of Calories			78.34%

Fri - 09/27/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
RA Breakfast 19-20			
Recipe	Total		
Buttermilk Bar	1.00 Bar	270.000	45.000

Apple Juice	1.00 Each	60.000	14.000
Raisins	1.00 Box	114.000	30.000
Soy Milk	1.00 Cup	140.000	12.000
1% Milk	1.00 Carton	100.000	12.000
Weighted Daily Average		564.000	101.000
% of Calories			71.63%

Mon - 09/30/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
RA Breakfast 19-20				
Recipe	Total			
Lucky Charms Cereal	1.00 Bowl	110.000	23.000	
Orange Juice	4.00 oz	60.000	13.000	
Fresh Apple	1.00 each	52.520	13.948	
Giant Goldfish Graham	1.00 Pack	120.000	19.000	
Soy Milk	1.00 Cup	140.000	12.000	
1% Milk	1.00 Carton	100.000	12.000	
Weighted Daily Average		462.520	80.948	
% of Calories			70.01%	

* = Indicates missing Nutrient Information.

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