

Albuquerque Public Schools

Carbohydrate Analysis

Carbohydrate grams per serving in Breakfast menus at site Central Kitchen for 9-12

Tuesday, 2 September	Tuesday, 2 September	Wednesday, 3 September	Wednesday, 3 September	Thursday, 4 September
1-2 Year B Day 2	Milk White FF 1/2 pt 13.0g	1-2 Year B Day 3	Juice Frz Orange 13.0g	1-2 Year B Day 4
<i>Entree</i>	Milk White LF 1% 1/2 pt 13.0g	<i>Entree</i>	<i>Milk</i>	<i>Entree</i>
Yogurt Danimals Strawberry 14.0g	<i>Condiment</i>	Cereal 1g Cheerios 21.3g	Milk White FF 1/2 pt 13.0g	Yogurt Danimals Strawberry 14.0g
<i>Side Dish</i>	Cholula 1.4g	<i>Side Dish</i>	Milk White LF 1% 1/2 pt 13.0g	<i>Side Dish</i>
Applesauce Cup Cinnamon 14.0g		Fruit Cup Mixed Fruit 19.0g		Applesauce Cup Cinnamon 14.0g
<i>Milk</i>		<i>Milk</i>		<i>Milk</i>
Milk White Whole 1/2pt 0.1g		Milk White Whole 1/2pt 0.1g		Milk White Whole 1/2pt 0.1g
3-5 Year B Day 2		3-5 Year B Day 3		3-5 Year B Day 4
<i>Entree</i>		<i>Entree</i>		<i>Entree</i>
Cereal 1g Trix 23.3g		Cereal 1g Cheerios 21.3g		Yogurt Danimals Strawberry 14.0g
<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>
Applesauce Cup Cinnamon 14.0g		Fruit Cup Mixed Fruit 19.0g		Applesauce Cup Cinnamon 14.0g
<i>Milk</i>		<i>Milk</i>		<i>Milk</i>
Milk White LF 1% 1/2 pt 13.0g		Milk White LF 1% 1/2 pt 13.0g		Milk White LF 1% 1/2 pt 13.0g
CH Breakfast Cold Week 2 Day 2		CH Breakfast Cold Week 2 Day 3		CH Breakfast Cold Week 2 Day 4
<i>Entree</i>		<i>Entree</i>		<i>Entree</i>
Bread Brk Zucchini 44.2g		Donut Chocolate Mini 42.0g		Blueberry Snack Waffle 37.0g
<i>Side Dish</i>		Donut Powdered Sugar Mini 41.0g		<i>Side Dish</i>
Fruit Cup Mixed Fruit 19.0g		<i>Side Dish</i>		Fruit Cup Peach 18.0g
Juice Frz Orange 13.0g		Applesauce Cup Cinnamon 14.0g		Juice Frz Fruit Apple 13.0g
<i>Milk</i>		Juice Frz Orange 13.0g		<i>Milk</i>
Milk White FF 1/2 pt 13.0g		<i>Milk</i>		Milk White FF 1/2 pt 13.0g
Milk White LF 1% 1/2 pt 13.0g		Milk White FF 1/2 pt 13.0g		Milk White LF 1% 1/2 pt 13.0g
CH Breakfast Hot Week 2 Day 2		CH Breakfast Hot Week 2 Day 3		CH Breakfast Hot Week 2 Day 4
<i>Entree</i>		<i>Entree</i>		<i>Entree</i>
Breakfast Burrito 48.9g		Breakfast Taco Crisp Up 34.0g		Chicken Sausage Croissant 19.0g
<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>
Fruit Cup Mixed Fruit 19.0g		Applesauce Cup Cinnamon 14.0g		Fruit Cup Peach 18.0g
<i>Milk</i>				Juice Frz Fruit Apple 13.0g

* Indicates incomplete or missing nutrient information.

Thursday, 4 September		Friday, 5 September	
<i>Milk</i>		1-2 Year B Day 5	
Milk White FF 1/2 pt	13.0g	<i>Entree</i>	
Milk White LF 1% 1/2 pt	13.0g	Cereal 1g Cheerios	21.3g
		<i>Side Dish</i>	
		Fruit Cup Mandarin Orange	17.0g
		<i>Milk</i>	
		Milk White Whole 1/2pt	0.1g
		3-5 Year B Day 5	
		<i>Entree</i>	
		Cereal 1g Cheerios	21.3g
		<i>Side Dish</i>	
		Fruit Cup Mandarin Orange	17.0g
		<i>Milk</i>	
		Milk White LF 1% 1/2 pt	13.0g
		CH Breakfast Cold Week 2 Day 5	
		<i>Entree</i>	
		Strawberry Yogurt Parfait	47.1g
		<i>Side Dish</i>	
		Fruit Dried Mixzees	31.0g
		<i>Milk</i>	
		Milk White FF 1/2 pt	13.0g
		Milk White LF 1% 1/2 pt	13.0g
		CH Breakfast Hot Week 2 Day 5	
		<i>Entree</i>	
		Strawberry Yogurt Parfait	47.1g
		<i>Side Dish</i>	
		Fruit Dried Mixzees	31.0g
		<i>Milk</i>	
		Milk White FF 1/2 pt	13.0g
		Milk White LF 1% 1/2 pt	13.0g

* Indicates incomplete or missing nutrient information.