

Carbohydrate Report

District: Huntington Beach Union High School District



Menu: Snacks 2018-2019

Mon - 10/15/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Snacks 2018-2019			
Recipe	Total		
Chocolate Chip Cookie 1.5 oz, Bonzers	1.00 Each	165.000	27.000
Brownie	1.00 each	160.000	32.000
Oats and Honey Granola Bar	1.00 each	190.000	29.000
Rice Krispies Treats 40 g	1.00 Package	160.000	30.000
Baked Hot Cheetos 0.875 oz	1.00 Package	120.000	18.000
Baked Lays Barbecue 0.875 oz	1.00 Package	110.000	19.000
Baked Lays Original 0.875 oz	1.00 Package	100.000	20.000
Baked Lays Sour Cream and Onion 0.875 oz	1.00 Package	100.000	18.000
Cheetos Crunchy 0.875 oz	1.00 Package	120.000	17.000
Cheetos Fantastix Chili Cheese 1.0 oz	1.00 Package	130.000	19.000
Cheetos Fantastix Hot 1.0 oz	1.00 Package	130.000	20.000
Doritos Cool Ranch 1.0 oz	1.00 Package	130.000	19.000
Doritos Nacho Cheese 1.0 oz	1.00 Package	130.000	20.000
Doritos Spicy Sweet Chili 1.0 oz	1.00 Package	130.000	20.000
Kettlecorn Original 1.0 oz	1.00 package	130.000	21.000
Tornado, Beef and Cheese	1.00 each	180.000	23.000
Yogurt Parfait (A La Carte)	1.00 Serving	231.340	44.446
Yogurt, Assorted, 8 oz	1.00 container	202.500	37.750
Doritos, Flamas, Tortilla Chips, RF	1.00 package	141.748	20.250
Jalapeno Kettle Cooked Chips	1.00 package	180.000	27.000
Original Kettle Cooked Potato Chips	1.00 package	180.000	27.000
Sea Salt & Vinegar Kettle Cooked Potato Chips	1.00 package	180.000	28.000
Baked Ruffles Cheddar & Sour Cream 0.8 oz	1.00 Package	100.000	17.000
Cheetos Puffs 0.7 oz	1.00 Package	90.000	14.000
Cheese Stick, Light Mozzarella	1.00 Stick	60.749	1.012
Weighted Daily Average		1.386	0.227
% of Calories			65.57%