

# Carbohydrate Report

District: Manor ISD

School: Manor High School

Menu: High School Carbohydrates for Side Items SY21-22



Mon - 08/09/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Carbohydrates for Side Items SY21-22			
Recipe	Total		
Whole Grain Biscuit	1.00 biscuit	170.000	22.000
Banana Bread Slice	1.00 each	280.000	44.000
Whole Grain Pancake	1.00 pancake	70.000	13.000
Blueberry Mini Muffin	1.00 muffin	118.000	19.500
Chocolate Chip Mini Muffin	1.00 each	170.902	29.154
Whole Grain Banana Muffin	1.00 muffin	120.000	20.000
Vegetable Egg Roll	1.00 egg roll	139.815	21.971
Hash Brown Patties	1.00 patty	100.000	14.000
Whole Grain Graham Crackers	2.00 each	180.000	32.000
Breadsticks, Whole Grain	2.00 each	160.000	30.000
Dinner Roll, Honey Wheat	1.00 each	150.000	27.000
Garlic knot, Whole Grain	1.00 each	170.000	23.000
Rice, Brown, Long Grain, Parboiled	1/2 cup (#8 scoop)	103.734	21.262
Spanish Rice	1/2 cup	150.500	23.847
Cilantro Lime Rice	1/2 cup	163.457	24.425
Chips, Tostitos, Round, 1.45 oz Single Serve Bag	1.00 bag	200.000	29.000
Flatbread	1.00 flatbread	170.000	26.000
Weighted Daily Average		153.906	24.715
% of Calories			64.23%

\* = Indicates missing Nutrient Information.

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