

Carbohydrate Report

District: Garden Grove Unified School District

School: Allen Elementary

Menu: 2019-2020 Elementary Breakfast Menu



Wed - 08/28/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Breakfast Menu				
Recipe	Total			
Cereal w/ String Cheese	1.00 serving	188.571	23.143	
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143	
Honey Oatmeal Bun	1.00 each	230.000	39.000	
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974	
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000	
1% Low-fat Milk	8.00 oz	120.000	16.000	
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000	
Weighted Daily Average		417.556	78.693	
% of Calories			75.38%	

Thu - 08/29/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Breakfast Menu				
Recipe	Total			
Cereal w/ String Cheese	1.00 serving	188.571	23.143	
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143	
Pork Sausage Links & Pancake	1.00 serving/2 links + 1 pancake	170.000	14.000	
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974	

Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Syrup Cup	1.00 each	120.000	30.000
Weighted Daily Average		470.889	83.138
% of Calories			70.62%

Fri - 08/30/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Breakfast Menu				
Recipe	Total			
Cereal w/ String Cheese	1.00 serving	188.571	23.143	
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143	
Breakfast Bagel Cheese Pizza	1.00 serving	192.000	23.160	
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974	
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000	
1% Low-fat Milk	8.00 oz	120.000	16.000	
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000	
Weighted Daily Average		383.778	64.613	
% of Calories			67.34%	

Mon - 09/02/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Breakfast Menu				
Recipe	Total			

Weighted Daily Average	N/A	N/A
% of Calories		N/A

Tue - 09/03/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143
Banana Chocolate Breakfast Bar	1.00 each	280.000	48.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		462.000	86.693
% of Calories			75.06%

Wed - 09/04/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000

1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		399.778	67.138
% of Calories			67.17%

Thu - 09/05/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Breakfast Menu				
Recipe	Total			
Cereal w/ String Cheese	1.00 serving	188.571	23.143	
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143	
Mini Bagels with Strawberry Cream Cheese Filling	1.00 each	230.000	41.000	
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974	
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000	
1% Low-fat Milk	8.00 oz	120.000	16.000	
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000	
Weighted Daily Average		417.556	80.471	
% of Calories			77.09%	

Fri - 09/06/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Breakfast Menu				
Recipe	Total			
Cereal w/ String Cheese	1.00 serving	188.571	23.143	
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143	

Mini Turkey Pancake Wraps (3 pieces)	1.00 serving/3 pieces	157.500	18.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Syrup Cup	1.00 each	120.000	30.000
Weighted Daily Average		459.778	86.693
% of Calories			75.42%

Mon - 09/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143
Whole Wheat Cinnamon Roll (Old Town Bakery)	1.00 serving	300.000	51.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		479.778	89.360
% of Calories			74.50%

Tue - 09/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Breakfast Menu			

Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		399.778	67.138
% of Calories			67.17%

Wed - 09/11/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Breakfast Menu				
Recipe	Total			
Cereal w/ String Cheese	1.00 serving	188.571	23.143	
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143	
Mini Chocolate Chip French Toast Bites	1.00 serving	210.000	35.000	
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974	
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000	
1% Low-fat Milk	8.00 oz	120.000	16.000	
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000	
Weighted Daily Average		399.778	75.138	
% of Calories			75.18%	

Thu - 09/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143
Sausage Egg & Cheese Breakfast Sliders	1.00 serving/2 sliders	160.000	22.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		355.334	63.582
% of Calories			71.57%

Fri - 09/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143
Pork Sausage Links & Pancake	1.00 serving/2 links + 1 pancake	170.000	14.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Syrup Cup	1.00 each	120.000	30.000
Weighted Daily Average		470.889	83.138

% of Calories	70.62%
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Mon - 09/16/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143
Pan Dulce, Assorted	1.00 each	200.000	34.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		390.889	74.249
% of Calories			75.98%

Tue - 09/17/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000

1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		399.778	67.138
% of Calories			67.17%

Wed - 09/18/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Breakfast Menu				
Recipe		Total		
Cereal w/ String Cheese		1.00 serving	188.571	23.143
Cereal w/ Graham Crackers		1.00 serving	198.571	41.143
Blueberry Pancake Turkey Sausage on a Stick		1.00 each	160.000	18.000
Fruit, Assorted, (fresh)		1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia		1.00 each	56.667	14.000
1% Low-fat Milk		8.00 oz	120.000	16.000
Chocolate Milk, Fat-free		8.00 oz	110.000	20.000
Syrup Cup		1.00 each	120.000	30.000
Weighted Daily Average			462.000	86.693
% of Calories				75.06%

Thu - 09/19/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Breakfast Menu				
Recipe		Total		
Cereal w/ String Cheese		1.00 serving	188.571	23.143

Cereal w/ Graham Crackers	1.00 serving	198.571	41.143
Mini Bagels with Cinnamon Cream Cheese Filling	1.00 each	240.000	41.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		426.445	80.471
% of Calories			75.48%

Fri - 09/20/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143
Mini Turkey Pancake Wraps (3 pieces)	1.00 serving/3 pieces	157.500	18.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Syrup Cup	1.00 each	120.000	30.000
Weighted Daily Average		459.778	86.693
% of Calories			75.42%

Mon - 09/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)

2019-2020 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143
Mini Strawberry Pancakes	1.00 packet	230.000	40.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		417.556	79.582
% of Calories			76.24%

Tue - 09/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143
Sausage Egg & Cheese Breakfast Sliders	1.00 serving/2 sliders	160.000	22.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		355.334	63.582
% of Calories			71.57%

Wed - 09/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143
Egg & Cheese Sandwich (Elementary)	1.00 each	160.000	19.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		355.334	60.915
% of Calories			68.57%

Thu - 09/26/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		399.778	67.138

% of Calories	67.17%
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Fri - 09/27/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143
Pork Sausage Links & Pancake	1.00 serving/2 links + 1 pancake	170.000	14.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Syrup Cup	1.00 each	120.000	30.000
Weighted Daily Average		479.929	85.468
% of Calories			71.23%

Mon - 09/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143
Oatmeal Chocolate Chips Breakfast Bar	1.00 serving	290.000	47.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974

Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		470.889	85.804
% of Calories			72.89%

* = Indicates missing Nutrient Information.

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