

# Carbohydrate Report

District: Garden Grove Unified School District

School: Alamitos Intermediate

Menu: 2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu



Mon - 01/04/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu				
Recipe	Total			
Assorted Breakfast Bars	1.00 each	285.000	47.500	
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333	
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000	
Assorted Fruit Cups	0.50 cup	84.199	19.997	
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		912.199	136.414	
% of Calories			59.82%	

Tue - 01/05/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu				
Recipe	Total			
Pop Tart & String Cheese	1.00 serving		260.000	37.500
Assorted Yami Yogurt w/ Granola	1.00 serving		370.000	69.333
House Special Chicken with Rice & Vegetables, Pick Up Stix (Frozen)	1.00 each		N/A	N/A
Orange Popcorn Chicken w/ Fried Rice and Mixed Vegetables	1.00 serving/1-#4 scoop chix + 1-#4 scoop rice + 1/2 c veg		482.924	83.335

Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
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		695.939	117.967
% of Calories			67.80%

<b>Wed - 01/06/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Pancake & Pork Sausage on a Stick & Syrup	1.00 piece	308.000	55.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Assorted Fruit Cups	0.50 cup	84.199	19.997
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		1143.249	162.534
% of Calories			56.87%

<b>Thu - 01/07/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Breakfast Sausage Pizza IW	1.00 serving	240.000	31.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333

Sicilian Cheese Pizza Calzone	1.00 serving	310.000	34.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
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		928.000	138.267
% of Calories			59.60%

Fri - 01/08/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu				
Recipe	Total			
Turkey Sausage, Egg & Cheese Wrap	1.00 each		200.000	22.000
Assorted Yami Yogurt w/ Granola	1.00 serving		370.000	69.333
Chicken Tenders (4 pcs) w/ Seasoned Potato Wedges	1.00 serving/4 pcs chix + 1/2 cup fries		430.000	39.000
Assorted Fruit Cups	0.50 cup		84.199	19.997
Raisin Box	0.25 cup		120.000	29.000
Assorted Flavored Craisins	1.00 each		110.000	28.000
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			956.600	122.765
% of Calories				51.33%

Sat - 01/09/2021		Portion Size	Calories (kcal)	Carbohydrates (g)

2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Maple Snack'n Waffle	1.00 each	250.000	37.000
Chicken and Vegetable Pot Stickers/Dumplings	1.00 serving/6 pcs	240.000	31.000
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
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		708.000	103.792
% of Calories			58.64%

Sun - 01/10/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Apple Frudel	1.00 each	N/A	N/A
Chicken Corn Dog	1.00 each	238.000	27.800
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		351.000	46.600
% of Calories			53.11%

Mon - 01/11/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		

Breakfast Sausage Pizza IW	1.00 serving	240.000	31.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Breaded Chicken Patty Sandwich w/ Seasoned Waffle Cut Fries	1.00 serving	539.374	68.902
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fruit Cups	0.50 cup	84.199	19.997
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		1099.672	159.922
% of Calories			58.17%

<b>Tue - 01/12/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu</b>			
Recipe	Total		
Pan Dulce, Assorted	1.00 each	200.000	34.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Teriyaki Chicken w/ Fried Rice and Mixed Vegetables	1.00 serving/1-#12 scoop chix + 1-#4 scoop rice + 1/2 c veg	437.924	68.335
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
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		1036.195	180.885
% of Calories			69.83%

<b>Wed - 01/13/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Pancake & Pork Sausage on a Stick & Syrup	1.00 piece	308.000	55.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fruit Cups	0.50 cup	84.199	19.997
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		727.366	135.464
% of Calories			74.50%

Thu - 01/14/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Breaded Chicken Drumstick w/ Seasoned Potato Wedges	1.00 serving/1 drumstick + 1/2 c fries	320.000	24.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
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		869.326	113.304
% of Calories			52.13%

<b>Fri - 01/15/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Turkey Sausage, Egg & Cheese Wrap	1.00 each	200.000	22.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Sicilian Cheese Pizza Calzone	1.00 serving	310.000	34.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fruit Cups	0.50 cup	84.199	19.997
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Assorted Fresh Fruit	1.00 each	64.897	16.786
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		924.441	138.212
% of Calories			59.80%

<b>Sat - 01/16/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Maple Snack'n Waffle	1.00 each	250.000	37.000
Chicken and Vegetable Pot Stickers/Dumplings	1.00 serving/6 pcs	240.000	31.000

Kidney Beans, 1/2 cup	0.50 cup	104.000	18.995
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		707.000	105.795
% of Calories			59.86%

<b>Sun - 01/17/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu

Recipe	Total		
Apple Frudel	1.00 each	N/A	N/A
Chicken Corn Dog	1.00 each	238.000	27.800
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		351.000	46.600
% of Calories			53.11%

<b>Mon - 01/18/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu

Recipe	Total		
Breakfast Sausage Pizza IW	1.00 serving	240.000	31.000
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000
Assorted Fruit Cups	0.50 cup	84.199	19.997
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	864.199	117.997
% of Calories		54.62%

<b>Tue - 01/19/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Pan Dulce, Assorted	1.00 each	200.000	34.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
General Tso Chicken w/ Fried Rice and Mixed Vegetables	1.00 serving/1-#8 scoop chix + 1-#4 scoop rice + 1/2 c veg	492.924	85.335
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
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		1031.778	183.035
% of Calories			70.96%

<b>Wed - 01/20/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Pancake & Pork Sausage on a Stick & Syrup	1.00 piece	308.000	55.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Beef Soft Tacos (2 tacos) w/ Corn	1.00 serving/2 tacos + 1/2 cup corn	417.966	53.352
Assorted Fruit Cups	0.50 cup	84.199	19.997

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		1037.767	165.148
% of Calories			63.66%

Thu - 01/21/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Chicken Tenders (INT/HS)	1.00 serving/3 pieces	260.000	16.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
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		785.659	98.704
% of Calories			50.25%

Fri - 01/22/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Pork Sausage Patty Biscuit Sandwich	1.00 serving	N/A	N/A
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Sicilian Cheese Pizza Calzone	1.00 serving	310.000	34.000

Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
Assorted Fresh Fruit	1.00 each	64.897	16.786
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		659.449	100.024
% of Calories			60.67%

Sat - 01/23/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu				
Recipe	Total			
Maple Snack'n Waffle	1.00 each	250.000	37.000	
Chef Salad	1.00 serving	0.000	0.000	
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		363.000	55.800	
% of Calories			61.49%	

Sun - 01/24/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu				
Recipe	Total			
Cocoa Puffs Soft Filled Bar	1.00 each	260.000	44.000	

Chicken Corn Dog	1.00 each	238.000	27.800
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		611.000	90.600
% of Calories			59.31%

Mon - 01/25/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Breakfast Sausage Pizza IW	1.00 serving	240.000	31.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Hamburger w/ Seasoned Waffle Cut Fries	1.00 serving/1 burger + 1/2 c fries	538.374	53.502
Assorted Fruit Cups	0.50 cup	84.199	19.997
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		1084.154	141.291
% of Calories			52.13%

Tue - 01/26/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Pan Dulce, Assorted	1.00 each	200.000	34.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333

Teriyaki Chicken w/ Fried Rice and Mixed Vegetables	1.00 serving/1-#12 scoop chix + 1-#4 scoop rice + 1/2 c veg	437.924	68.335
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
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		1036.195	180.885
% of Calories			69.83%

Wed - 01/27/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Pancake & Pork Sausage on a Stick & Syrup	1.00 piece	308.000	55.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Spaghetti with Meat Sauce #2 HS	1.00 cup	260.886*	32.911*
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fruit Cups	0.50 cup	84.199	19.997
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		975.208*	166.729*
% of Calories			68.39%

Thu - 01/28/2021	Portion Size	Calories (kcal)	Carbohydrates (g)

2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu			
Recipe	Total		
Cereal Bar & String Cheese	1.00 serving	230.000	30.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Breaded Chicken Drumstick w/ Seasoned Potato Wedges	1.00 serving/1 drumstick + 1/2 c fries	320.000	24.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
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		869.326	113.304
% of Calories			52.13%

Fri - 01/29/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast, Lunch and Snack Menu				
Recipe	Total			
Breakfast Burrito, Egg, Ham, Potato & Cheese	1.00 serving	583.183	43.196	
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333	
Homemade Turkey Deli & Cheese Sub Sandwich	1.00 serving	351.665	31.833	
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000	
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000	
Assorted Fruit Cups	0.50 cup	84.199	19.997	
Assorted Dried Fruit	1.00 each	112.500	28.250	
Assorted Fresh Fruit	1.00 each	64.897	16.786	
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	1338.881	155.162
% of Calories		46.36%

\* = Indicates missing Nutrient Information.

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