

Carbohydrate Report

District: Garden Grove Unified School District

School: Allen Elementary

Menu: 2016-2017 Elementary Lunch Menu

Thu - 06/01/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Breaded Chicken Patty w/ Hamburger Buns 3.5"	1.00 serving	360.000	39.000
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tater Tots, 1/2 cup	0.50 cup	134.000	18.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Peas, 1/2 cup, (green)	0.50 cup	51.590	9.125
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Kiwi, (Fresh)	0.50 cup	54.900	13.194
Blueberries, 1/2 cup, (frozen)	0.50 cup	39.525	9.432

Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Pickles	1.00 serving	1.540	0.316
Weighted Daily Average		709.525	97.742
% of Calories			55.10%

Fri - 06/02/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Chicken Tenders (3 pieces)	1.00 serving/3 pieces	225.000	15.000
Chicken Garden Salad w/ Goldfish Crackers	1.00 serving	205.104	18.323
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000

Kidney Beans, 1/2 cup	0.50 cup	104.000	18.995
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Apple Juice Carton, 4 oz	1.00 each	55.000	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		518.871	74.356
% of Calories			57.32%

Mon - 06/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Chicken Corn Dog	1.00 each	238.000	27.800

Sandwich, Grilled Cheese	1.00 each	280.310	30.959
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Bell Peppers, 1/2 cup, (sliced red)	0.50 cup	14.260	2.774
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Apple, (whole fresh)	1.00 each	52.520	13.948
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		543.601	86.679
% of Calories			63.78%

Tue - 06/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Teriyaki Chicken w/ Steamed Brown Rice (1/2 cup)	1.00 serving	199.556	28.946
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Carrot Coins, 1/2 cup, (raw)	1/2 cup	25.010	5.844
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Banana (fresh)	1.00 each	105.020	26.951
Pineapple, 1/2 cup (tidbits, canned)	1/2 cup	70.000	17.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000

Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		499.733	83.928
% of Calories			67.18%

Wed - 06/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Turkey Ham & Cheese Sandwich (Rose & Shore)	1.00 each	260.000	30.000
Personal Cheese Pizza (Tony's)	1.00 each	320.000	35.000
Personal Pepperoni Pizza	1.00 each	330.000	35.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Celery Sticks, 1/2 cup	0.50 cup	9.600	1.782
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Pineapple Tidbits Fruit Cup	1.00 each	80.000	18.000

Peach, (Fresh)	1.00 each	50.700	12.402
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		628.741	95.370
% of Calories			60.67%

Thu - 06/08/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Breaded Chicken Drumstick	1.00 serving	190.000	5.000
Sandwich, Turkey Deli & Cheese (Rose & Shore)	1.00 each	270.000	25.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545

Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Corn, 1/2 cup, (steamed)	0.50 cup	66.002	15.826
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Chocolate Chip Cookie (Michael's Cookies)	1.00 each	165.000	27.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		666.018	94.147
% of Calories			56.54%

Fri - 06/09/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			

Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chickens Garden Salad w/ Goldfish Crackers	1.00 serving	205.104	18.323
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Appleberry Juice Carton, 4 oz	1.00 each	55.000	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503

Salsa	1.00 tablespoon	5.000	1.000
Weighted Daily Average		624.923	98.056
% of Calories			62.76%

Mon - 06/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Hamburger w/ Whole Wheat Bun	1.00 serving	238.000	24.500
Cheeseburger w/ Whole Wheat Bun	1.00 serving	293.686	25.512
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Peas, 1/2 cup, (green)	0.50 cup	51.590	9.125
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Apple, (whole fresh)	1.00 each	52.520	13.948
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000

1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Pickles	1.00 serving	1.540	0.316
Weighted Daily Average		483.393	68.845
% of Calories			56.97%

Tue - 06/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Chicken Double Dogs	1.00 each	260.000	31.500
Sandwich, Turkey Deli & Cheese (Rose & Shore)	1.00 each	270.000	25.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Carrot Coins, 1/2 cup, (raw)	1/2 cup	25.010	5.844

Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Banana (fresh)	1.00 each	105.020	26.951
Pineapple, 1/2 cup (tidbits, canned)	1/2 cup	70.000	17.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		512.929	78.234
% of Calories			61.01%

Wed - 06/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Crunchy Beef Taco	1.00 serving	286.182	19.054
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000

4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Corn, 1/2 cup, (steamed)	0.50 cup	66.002	15.826
Cauliflower, 1/2 cup (raw)	0.50 cup	12.500	2.485
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Nectarine, (Fresh)	1.00 each	56.760	13.610
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
Whole Grain Brownie Bite	1.00 each	120.000	24.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Salsa	1.00 tablespoon	5.000	1.000
Weighted Daily Average		709.851	105.080

% of Calories

59.21%

Thu - 06/15/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Mini Cheese Calzones	1.00 serving/3 pieces	350.000	34.000
Sandwich, Turkey Deli & Cheese (Rose & Shore)	1.00 each	270.000	25.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Plum, (Fresh)	1.00 each	30.360	7.537
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000

Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		593.060	81.718
% of Calories			55.12%

Fri - 06/16/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Chicken Tenders (3 pieces)	1.00 serving/3 pieces	225.000	15.000
Chicken Garden Salad w/ Goldfish Crackers	1.00 serving	205.104	18.323
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Kidney Beans, 1/2 cup	0.50 cup	104.000	18.995
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Cool Tropics Fruit Slush (Blue	1.00 1 each	60.000	15.000

Raspberry Flavor)			
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		521.623	75.106
% of Calories			57.59%

Mon - 06/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Cheese French Bread Pizza	1.00 each	340.000	36.000
Pepperoni French Bread Pizza	1.00 serving	350.000	35.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545

Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Apple, (whole fresh)	1.00 each	52.520	13.948
Pineapple, 1/2 cup (tidbits, canned)	1/2 cup	70.000	17.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		630.543	94.285
% of Calories			59.81%

Tue - 06/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000

Macaroni & Cheese (#6 SCOOP)	1.00 serving	290.015	32.002
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		532.378	77.120
% of Calories			57.94%

* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY

5/31/2017

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