

Carbohydrate Report

District: Garden Grove Unified School District
 School: Allen Elementary
 Menu: 2019-2020 Elementary Breakfast Menu

Mon - 03/02/2020		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%	

Tue - 03/03/2020		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	

Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Weighted Daily Average		355.334	60.915
% of Calories			68.57%

Wed - 03/04/2020	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 - 03/05/2020	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

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%

Fri - 03/06/2020	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 - 03/09/2020	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%

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	82.249
% of Calories			71.21%

Tue - 03/10/2020		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%	

Wed - 03/11/2020		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	

Breaded Waffle Flavored Chicken Chunks	1.00 serving/ 6 pcs	210.000	13.000
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		506.445	82.249
% of Calories			64.96%

Thu - 03/12/2020		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%	

Fri - 03/13/2020		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 (2) & 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%

Mon - 03/16/2020		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%	

Tue - 03/17/2020		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
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%

Wed - 03/18/2020	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
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 - 03/19/2020	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
Banana Bread Square	1.00 each	281.000	46.500
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		462.889	85.360
% of Calories			73.76%

Fri - 03/20/2020	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
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 - 03/20/2020	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
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 - 03/24/2020			
2019-2020 Elementary Breakfast Menu			
Recipe	Total		
	Portion Size	Calories (kcal)	Carbohydrates (g)
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%

Wed - 03/25/2020

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
Breaded Waffle Flavored Chicken Chunks	1.00 serving/ 6 pcs	210.000	13.000
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		506.445	82.249
% of Calories			64.96%

Thu - 03/26/2020

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	78.602

% of Calories	75.38%
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Fri - 03/27/2020		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 (2) & 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%

Mon - 03/30/2020		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%

Tue - 03/31/2020	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
Cinnamon Roll w/ Glaze	1.00 each	280.000	43.000
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	82.249
% of Calories			71.21%

* = Indicates missing Nutrient Information.

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