

Carbohydrate Report

District: Garden Grove Unified School District

School: Allen Elementary

Menu: 2020-2021 Super Snack Menu



Mon - 03/01/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu				
Recipe		Total		
Turkey Taco Pocket		1.00 each	310.000	40.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)		1.00 each	60.000	14.000
Weighted Daily Average			370.000	54.000
% of Calories				58.38%

Tue - 03/02/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu				
Recipe		Total		
BBQ Chicken Wrap with Cheese		1.00 serving	290.000	34.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)		1.00 each	60.000	14.000
Weighted Daily Average			350.000	48.000
% of Calories				54.86%

Wed - 03/03/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu				

Recipe	Total		
Mini Cheeseburger Sliders	1.00 serving	272.000	31.300
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		332.000	45.300
% of Calories			54.58%

Thu - 03/04/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Penne Pasta with Cheese & Meat Sauce	1.00 serving	386.000	38.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		446.000	52.000
% of Calories			46.64%

Fri - 03/05/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		340.320	44.960
% of Calories			52.84%

Sat - 03/06/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2020-2021 Super Snack Menu			
Recipe	Total		
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		420.000	59.000
% of Calories			56.19%

Sun - 03/07/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu				
Recipe	Total			
Pepperoni Stuffed Sandwich	1.00 serving	300.000	32.000	
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000	
Weighted Daily Average		360.000	46.000	
% of Calories				51.11%

Mon - 03/08/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu				
Recipe	Total			
Turkey Taco Pocket	1.00 each	310.000	40.000	
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000	
Weighted Daily Average		370.000	54.000	
% of Calories				58.38%

Tue - 03/09/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
BBQ Chicken Wrap with Cheese	1.00 serving	290.000	34.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		350.000	48.000
% of Calories			54.86%

Wed - 03/10/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Mini Cheeseburger Sliders	1.00 serving	272.000	31.300
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		332.000	45.300
% of Calories			54.58%

Thu - 03/11/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Penne Pasta with Cheese & Meat Sauce	1.00 serving	386.000	38.000

Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		446.000	52.000
% of Calories			46.64%

Fri - 03/12/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		340.320	44.960
% of Calories			52.84%

Sat - 03/13/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		420.000	59.000
% of Calories			56.19%

Sun - 03/14/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			

Recipe	Total		
Pepperoni Stuffed Sandwich	1.00 serving	300.000	32.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		360.000	46.000
% of Calories			51.11%

Mon - 03/15/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Turkey Taco Pocket	1.00 each	310.000	40.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		370.000	54.000
% of Calories			58.38%

Tue - 03/16/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
BBQ Chicken Wrap with Cheese	1.00 serving	290.000	34.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		350.000	48.000
% of Calories			54.86%

Wed - 03/17/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2020-2021 Super Snack Menu			
Recipe	Total		
Mini Cheeseburger Sliders	1.00 serving	272.000	31.300
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		332.000	45.300
% of Calories			54.58%

Thu - 03/18/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Penne Pasta with Cheese & Meat Sauce	1.00 serving	386.000	38.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		446.000	52.000
% of Calories			46.64%

Fri - 03/19/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		340.320	44.960
% of Calories			52.84%

Sat - 03/20/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		420.000	59.000
% of Calories			56.19%

Sun - 03/21/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Pepperoni Stuffed Sandwich	1.00 serving	300.000	32.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		360.000	46.000
% of Calories			51.11%

Mon - 03/22/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Turkey Taco Pocket	1.00 each	310.000	40.000

Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		370.000	54.000
% of Calories			58.38%

Tue - 03/23/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
BBQ Chicken Wrap with Cheese	1.00 serving	290.000	34.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		350.000	48.000
% of Calories			54.86%

Wed - 03/24/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Mini Cheeseburger Sliders	1.00 serving	272.000	31.300
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		332.000	45.300
% of Calories			54.58%

Thu - 03/25/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			

Recipe	Total		
Penne Pasta with Cheese & Meat Sauce	1.00 serving	386.000	38.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		446.000	52.000
% of Calories			46.64%

Fri - 03/26/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		340.320	44.960
% of Calories			52.84%

Sat - 03/27/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		420.000	59.000
% of Calories			56.19%

Sun - 03/28/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2020-2021 Super Snack Menu			
Recipe	Total		
Pepperoni Stuffed Sandwich	1.00 serving	300.000	32.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		360.000	46.000
% of Calories			51.11%

* = Indicates missing Nutrient Information.

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