

Carbohydrate Report

District: Garden Grove Unified School District

School: Allen Elementary

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



Mon - 03/01/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch 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	
Whole Muscle Breaded Chicken Bites	5.00 Pieces	200.000	16.000	
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	
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		849.366	126.664	
% of Calories			59.65%	

Tue - 03/02/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch 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	
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	

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		1163.945	208.635
% of Calories			71.70%

Wed - 03/03/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch Menu			
Recipe	Total		
Pork Sausage Patty Biscuit Sandwich	1.00 serving	370.000	31.000
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
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		1102.394	142.188
% of Calories			51.59%

Thu - 03/04/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch Menu			

Recipe	Total		
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		901.771	138.921
% of Calories			61.62%

Fri - 03/05/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch 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 Dried Fruit	1.00 each	112.500	28.250
Assorted Fruit Cups	0.50 cup	84.199	19.997
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		923.191	138.087
% of Calories			59.83%

Sat - 03/06/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch Menu				
Recipe		Total		
Banana Bread Square		1.00 each	281.000	46.500
Chef Salad		1.00 serving	0.000	0.000
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			498.000	82.692
% of Calories				66.42%

Sun - 03/07/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch Menu				
Recipe		Total		
Apple Frudel		1.00 each	209.743	35.956
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			562.743	81.756
% of Calories				58.11%

Mon - 03/08/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
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2020-2021 PK-12 Distance Learning Breakfast and Lunch 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 Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
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		1077.876	139.574
% of Calories			51.80%

Tue - 03/09/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
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
House Special Chicken with Rice & Vegetables, Pick Up Stix (Frozen)	1.00 each	300.000	35.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Dried Fruit	1.00 each	112.500	28.250
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		849.006	153.635
% of Calories			72.38%

Wed - 03/10/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch 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
Cheesy Pull Apart Bread	1.00 serving	260.000	29.000
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
Marinara Sauce Cup	1.00 each	15.000	3.000
Weighted Daily Average		904.576	145.904
% of Calories			64.52%

Thu - 03/11/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch 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
Chicken Tenders (4 pcs) w/ Seasoned Potato Wedges	1.00 serving/4 pcs chix + 1/2 cup fries	430.000	39.000
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		1057.866	148.014
% of Calories			55.97%

Fri - 03/12/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch 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
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000
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
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		829.667	111.917
% of Calories			53.96%

Sat - 03/13/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch Menu			
Recipe	Total		
Maple Snack'n Waffle	1.00 each	250.000	37.000
Chef Salad	1.00 serving	0.000	0.000
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		469.000	73.995
% of Calories			63.11%

Sun - 03/14/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch 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		613.000	89.800
% of Calories			58.60%

Mon - 03/15/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch 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 Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
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		1077.876	139.574
% of Calories			51.80%

Tue - 03/16/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch 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
House Special Chicken with Rice & Vegetables, Pick Up Stix (Frozen)		1.00 each	300.000	35.000
Juice, Assorted, 4 oz, Hollandia		1.00 each	56.667	14.000
Assorted Dried Fruit		1.00 each	112.500	28.250
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			747.667	134.467
% of Calories				71.94%

Wed - 03/17/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch 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
Cheesy Pull Apart Bread		1.00 serving	260.000	29.000

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
Marinara Sauce Cup	1.00 each	15.000	3.000
Weighted Daily Average		904.576	145.904
% of Calories			64.52%

Thu - 03/18/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch 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
Chicken Tenders (4 pieces/MT/ATP)	1.00 each	300.000	20.000
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
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		964.366	136.964
% of Calories			56.81%

Fri - 03/19/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch 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
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
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		616.524	103.441
% of Calories			67.11%

Sat - 03/20/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch Menu			
Recipe	Total		
Maple Snack'n Waffle	1.00 each	250.000	37.000
Chef Salad	1.00 serving	0.000	0.000
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		469.000	73.995
% of Calories			63.11%

Sun - 03/21/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2020-2021 PK-12 Distance Learning Breakfast and Lunch 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		613.000	89.800
% of Calories			58.60%

Mon - 03/22/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2020-2021 PK-12 Distance Learning Breakfast and Lunch Menu

Recipe	Total		
Breakfast Bagel Cheese Pizza	1.00 serving	192.000	23.160
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Breaded Chicken Patty Sandwich w/ Seasoned Potato Wedges	1.00 serving	530.000	66.000
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		1030.826	146.364
% of Calories			56.79%

Tue - 03/23/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2020-2021 PK-12 Distance Learning Breakfast and Lunch 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/ White Rice and Mixed Vegetables	1.00 serving/1-#12 scoop chix + 1-#4 scoop rice + 1/2 c veg	327.500	48.250
House Special Chicken with Rice & Vegetables, Pick Up Stix (Frozen)	1.00 each	300.000	35.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Dried Fruit	1.00 each	112.500	28.250
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		924.667	159.567
% of Calories			69.03%

Wed - 03/24/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch Menu			
Recipe	Total		
Coffee Cake	1.00 each	340.000	53.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Cheesy Garlic French Bread	1.00 Pieces	320.000	30.000
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
Marinara Sauce Cup	1.00 each	15.000	3.000
Weighted Daily Average		993.576	144.854
% of Calories			58.32%

Thu - 03/25/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch 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
Whole Muscle Breaded Chicken Bites	5.00 Pieces	200.000	16.000
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
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		839.366	125.664
% of Calories			59.89%

Fri - 03/26/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch Menu			
Recipe	Total		
Beef Sausage and Cheese Breakfast Sandwich	1.00 each	143.992	16.499
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 Dried Fruit	1.00 each	112.500	28.250
Assorted Fruit Cups	0.50 cup	84.199	19.997
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		780.645	111.072
% of Calories			56.91%

Sat - 03/27/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch Menu				
Recipe	Total			
Banana Bread Square	1.00 each	281.000	46.500	
Chicken Garden Salad	1.00 serving	184.169	5.800*	
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		684.169	89.295*	
% of Calories			52.21%	

Sun - 03/28/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch Menu				
Recipe	Total			
Apple Frudel	1.00 each	209.743	35.956	
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		562.743	81.756
% of Calories			58.11%

Mon - 03/29/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 03/30/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Wed - 03/31/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 PK-12 Distance Learning Breakfast and Lunch Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A

% of Calories

N/A

* = Indicates missing Nutrient Information.

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