

# Carbohydrate Report

District: Garden Grove Unified School District

School: Allen Elementary

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



Mon - 05/03/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 K-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
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
Tangerine, (Fresh)	1.00 each	63.600	16.008
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		1063.317	140.705
% of Calories			52.93%

Tue - 05/04/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 K-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
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	1.00 each	300.000	35.000

(Frozen)			
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		996.629	173.384
% of Calories			69.59%

Wed - 05/05/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 K-12 Distance Learning Breakfast and Lunch Menu			
Recipe	Total		
Cinnamon Crumble Square	1.00 each	340.000	53.000
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		936.576	143.904
% of Calories			61.46%

Thu - 05/06/2021	Portion Size	Calories (kcal)	Carbohydrates (g)

2020-2021 K-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
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		880.167	116.967
% of Calories			53.16%

Fri - 05/07/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 K-12 Distance Learning Breakfast and Lunch Menu				
Recipe	Total			
Chicken Sausage Patty & Maple Pancake Sandwich	1.00 each	160.285	17.030	
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333	
Pepperoni Stuffed Sandwich	1.00 serving	300.000	32.000	
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		780.452	107.897	
% of Calories			55.30%	

Sat - 05/08/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 K-12 Distance Learning Breakfast and Lunch Menu			
Recipe	Total		
Maple Snack'n Waffle	1.00 each	250.000	37.000
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
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		426.993	71.198
% of Calories			66.70%

Sun - 05/09/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 K-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		610.000	91.000
% of Calories			59.67%

Mon - 05/10/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 K-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
Pork Sausage Patties (2) w/ French Toast (1) & Hash Brown (1)	1.00 serving/2 pork patties + 1 french toast + 1 hash brown	615.000	37.500
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Tangerine, (Fresh)	1.00 each	63.600	16.008
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		1307.017	164.600
% of Calories			50.37%

Tue - 05/11/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 K-12 Distance Learning Breakfast and Lunch Menu				
Recipe	Total			
Bagel w/ Cream Cheese	1.00 each		210.000	32.000
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-#6 scoop chix + 1-#4 scoop rice + 1/2 c veg		492.924	85.335
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
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			953.752	157.284

% of Calories	65.96%
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Wed - 05/12/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 K-12 Distance Learning Breakfast and Lunch Menu			
Recipe	Total		
Chocolate Chip Muffin	1.00 each	227.000	39.500
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Penne Pasta with Cheese & Meat Sauce	1.00 serving	386.000	38.000
Spaghetti (1 cup) w/ Mixed Vegetables	1.00 serving/#4 scoop spaghetti + #8 scoop veggies	321.490	42.792
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		919.350	136.822
% of Calories			59.53%

Thu - 05/13/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 K-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
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		755.167	105.667
% of Calories			55.97%

<b>Fri - 05/14/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2020-2021 K-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
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
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		914.667	140.267
% of Calories			61.34%

<b>Sat - 05/15/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2020-2021 K-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		681.169	90.495*
% of Calories			53.14%

Sun - 05/16/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 K-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		559.743	82.956	
% of Calories			59.28%	

Mon - 05/17/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 K-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	
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	



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		1008.667	150.167
% of Calories			59.55%

Tue - 05/18/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 K-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
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
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			1034.360	174.628
% of Calories				67.53%

Wed - 05/19/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 K-12 Distance Learning Breakfast and Lunch Menu				
Recipe	Total			

Cinnamon Crumble Square	1.00 each	340.000	53.000
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		937.326	144.054
% of Calories			61.47%

Thu - 05/20/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 K-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 - 05/21/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2020-2021 K-12 Distance Learning Breakfast and Lunch Menu			
Recipe	Total		
Chicken Sausage Patty & Maple Pancake Sandwich	1.00 each	160.285	17.030
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
Pepperoni Stuffed Sandwich	1.00 serving	300.000	32.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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		1060.772	138.857
% of Calories			52.36%

Sat - 05/22/2021			
	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 K-12 Distance Learning Breakfast and Lunch Menu			
Recipe	Total		
Kidney Beans, 1/4 cup	0.25 cup	52.000	9.498
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		164.000	28.698
% of Calories			70.00%

Sun - 05/23/2021			
	Portion Size	Calories (kcal)	Carbohydrates (g)

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2020-2021 K-12 Distance Learning Breakfast and Lunch Menu			
Recipe	Total		
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		112.000	19.200
% of Calories			68.57%

<b>Mon - 05/24/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2020-2021 K-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
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
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		1121.916	151.534
% of Calories			54.03%

<b>Tue - 05/25/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2020-2021 K-12 Distance Learning Breakfast and Lunch Menu			
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Recipe	Total		
Bagel w/ Cream Cheese	1.00 each	210.000	32.000
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-#6 scoop chix + 1-#4 scoop rice + 1/2 c veg	492.924	85.335
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		983.445	166.535
% of Calories			67.74%

Wed - 05/26/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 K-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	
Penne Pasta with Cheese & Meat Sauce	1.00 serving	386.000	38.000	
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		1010.026	151.604	
% of Calories			60.04%	

Thu - 05/27/2021	Portion Size	Calories (kcal)	Carbohydrates (g)

2020-2021 K-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%

Fri - 05/28/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 K-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
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 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		979.564	157.053

% of Calories	64.13%
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Sat - 05/29/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 K-12 Distance Learning Breakfast and Lunch Menu			
Recipe	Total		
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		217.000	36.192
% of Calories			66.71%

Sun - 05/30/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 K-12 Distance Learning Breakfast and Lunch Menu			
Recipe	Total		
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		112.000	19.200
% of Calories			68.57%

Mon - 05/31/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 K-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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