

Carbohydrate Report

District: Garden Grove Unified School District

School: Allen Elementary

Menu: 2020-2021 Super Snack Menu



Mon - 05/03/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu				
Recipe		Total		
Honey Roasted Sunflower Seeds & Bunny Crackers w/ Chocolate Cup		1.00 serving	500.000	46.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)		1.00 each	60.000	14.000
Weighted Daily Average			560.000	60.000
% of Calories				42.86%

Tue - 05/04/2021		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%

Wed - 05/05/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu				

Recipe	Total		
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		360.000	54.500
% of Calories			60.56%

Thu - 05/06/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Trix Yogurt w/ String Cheese & Goldfish Cheese Crackers	1.00 serving	280.000	34.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		340.000	48.000
% of Calories			56.47%

Fri - 05/07/2021	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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Weighted Daily Average		351.653	47.760
% of Calories			54.33%

Sat - 05/08/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2020-2021 Super Snack Menu			
Recipe	Total		
Bean & Cheese Quesarito	1.00 serving	330.000	44.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Weighted Daily Average		401.333	60.800
% of Calories			60.60%

Sun - 05/09/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Apple Oatmeal Bar w/ Gilman's Cheese	1.00 serving	480.000	48.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Weighted Daily Average		551.333	64.800
% of Calories			47.01%

Mon - 05/10/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Honey Roasted Sunflower Seeds & Bunny Crackers w/ Chocolate Cup	1.00 serving	500.000	46.000

Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Weighted Daily Average		571.333	62.800
% of Calories			43.97%

Tue - 05/11/2021	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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Weighted Daily Average		381.333	56.800
% of Calories			59.58%

Wed - 05/12/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Weighted Daily Average		371.333	57.300
% of Calories			61.72%

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Thu - 05/13/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Trix Yogurt w/ String Cheese & Goldfish Cheese Crackers	1.00 serving	280.000	34.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Weighted Daily Average		351.333	50.800
% of Calories			57.84%

Fri - 05/14/2021	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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Weighted Daily Average		351.653	47.760
% of Calories			54.33%

Sat - 05/15/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Bean & Cheese Quesarito	1.00 serving	330.000	44.000

Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Weighted Daily Average		401.333	60.800
% of Calories			60.60%

Sun - 05/16/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Apple Oatmeal Bar w/ Gilman's Cheese	1.00 serving	480.000	48.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Weighted Daily Average		551.333	64.800
% of Calories			47.01%

Mon - 05/17/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Honey Roasted Sunflower Seeds & Bunny Crackers w/ Chocolate Cup	1.00 serving	500.000	46.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		571.333	62.800
% of Calories			43.97%

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Tue - 05/18/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Turkey Taco Pocket	1.00 each	310.000	40.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		381.333	56.800
% of Calories			59.58%

Wed - 05/19/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		371.333	57.300
% of Calories			61.72%

Thu - 05/20/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Trix Yogurt w/ String Cheese & Goldfish Cheese Crackers	1.00 serving	280.000	34.000

Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		351.333	50.800
% of Calories			57.84%

Fri - 05/21/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		351.653	47.760
% of Calories			54.33%

Sat - 05/22/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		71.333	16.800
% of Calories			94.21%

Sun - 05/23/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2020-2021 Super Snack Menu			
Recipe	Total		
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		71.333	16.800
% of Calories			94.21%

Mon - 05/24/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Honey Roasted Sunflower Seeds & Bunny Crackers w/ Chocolate Cup	1.00 serving	500.000	46.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		571.333	62.800
% of Calories			43.97%

Tue - 05/25/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Turkey Taco Pocket	1.00 each	310.000	40.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000

Weighted Daily Average	381.333	56.800
% of Calories	59.58%	

Wed - 05/26/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average	371.333		57.300
% of Calories			61.72%

Thu - 05/27/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Trix Yogurt w/ String Cheese & Goldfish Cheese Crackers	1.00 serving	280.000	34.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average	351.333		50.800
% of Calories			57.84%

Fri - 05/28/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2020-2021 Super Snack Menu			
Recipe	Total		
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Weighted Daily Average		351.653	47.760
% of Calories			54.33%

Sat - 05/29/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Weighted Daily Average		71.333	16.800
% of Calories			94.21%

Sun - 05/30/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2020-2021 Super Snack Menu			
Recipe	Total		
Assorted Apple & Eve Fruitables Juice Box (4.23 oz)	1.00 each	60.000	14.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Weighted Daily Average		71.333	16.800
% of Calories			94.21%

* = Indicates missing Nutrient Information.

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