

# Carbohydrate Report

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



Tue - 10/01/2019		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	
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%

Wed - 10/02/2019		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%

Thu - 10/03/2019		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 - 10/04/2019		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 - 10/07/2019		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%	

Tue - 10/08/2019		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%

Wed - 10/09/2019	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
Sausage Egg & Cheese Breakfast Sliders	1.00 serving/2 sliders	160.000	22.000
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	63.582
% of Calories			71.57%

<b>Thu - 10/10/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2019-2020 Elementary Breakfast Menu</b>			
<b>Recipe</b>	<b>Total</b>		
Cereal w/ String Cheese	1.00 serving	188.571	23.143
Cereal w/ Graham Crackers	1.00 serving	198.571	41.143
Mini Bagels with Strawberry Cream Cheese Filling	1.00 each	230.000	41.000
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
<b>Weighted Daily Average</b>		<b>417.556</b>	<b>80.471</b>
<b>% of Calories</b>			<b>77.09%</b>

<b>Fri - 10/11/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2019-2020 Elementary Breakfast Menu</b>			
<b>Recipe</b>	<b>Total</b>		
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 & 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 - 10/14/2019	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 - 10/15/2019	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 Strawberry Pancakes	1.00 packet	230.000	40.000
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	79.582
% of Calories			76.24%

<b>Wed - 10/16/2019</b>		<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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%	

<b>Thu - 10/17/2019</b>		<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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%

<b>Fri - 10/18/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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%

<b>Mon - 10/21/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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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
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%

Tue - 10/22/2019		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	
Sausage Egg & Cheese Breakfast Sliders	1.00 serving/2 sliders	160.000	22.000	
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	63.582	
% of Calories			71.57%	

Wed - 10/23/2019	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 Chocolate Chip French Toast Bites	1.00 serving	210.000	35.000
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	75.138
% of Calories			75.18%

Thu - 10/24/2019	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%
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<b>Fri - 10/25/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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 & 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%

<b>Mon - 10/28/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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 - 10/29/2019		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%	

Wed - 10/30/2019		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	

Blueberry Pancake Turkey Sausage on a Stick	1.00 each	160.000	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		462.000	86.693
% of Calories			75.06%

Thu - 10/31/2019	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 Bagels with Cinnamon Cream Cheese Filling	1.00 each	240.000	41.000
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		426.445	80.471
% of Calories			75.48%

\* = Indicates missing Nutrient Information.

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