

Carbohydrate Report

District: Garden Grove Unified School District

School: Clinton Mendenhall Elementary

Menu: Summer 2018 Menu: Elementary Schools



Mon - 06/25/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: Elementary Schools				
Recipe	Total			
Papa John's Cheese Pizza	1.00 slice	330.000	40.000	
Papa John's Pepperoni Pizza	1.00 slice	320.000	36.000	
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000	
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000	
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998	
Fresh Apple Slices, IW	1.00 each	30.159	7.037	
Orange Juice, Carton	1.00 each	56.005	13.410	
Assorted Fruit Cups	0.50 cup	95.999	23.787	
1% Low-fat Milk	8.00 oz	120.000	16.000	
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000	
Ranch Packet	1.00 packet	70.000	1.000	
Weighted Daily Average		595.398	91.775	
% of Calories			61.66%	

Tue - 06/26/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: Elementary Schools				
Recipe	Total			

Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Kidney Beans, 1/2 cup	0.50 cup	104.000	18.995
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Orange Juice, Carton	1.00 each	56.005	13.410
Raisin Box	0.25 cup	108.388	28.703
Strawberry 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
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		684.336	92.976
% of Calories			54.35%

Wed - 06/27/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: Elementary Schools			
Recipe	Total		
Papa John's Cheese Pizza	1.00 slice	330.000	40.000
Papa John's Pepperoni Pizza	1.00 slice	320.000	36.000
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Fruit Cups	0.50 cup	95.999	23.787

1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		583.780	88.993
% of Calories			60.98%

Thu - 06/28/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: Elementary Schools			
Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Orange Juice, Carton	1.00 each	56.005	13.410
Raisin Box	0.25 cup	108.388	28.703
Strawberry 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
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		611.344	86.201
% of Calories			56.40%

Fri - 06/29/2018	Portion Size	Calories (kcal)	Carbohydrates (g)

Summer 2018 Menu: Elementary Schools			
Recipe	Total		
Chicken Nuggets	1.00 serving/5 pieces	260.000	16.000
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Celery Sticks, 1/2 cup	0.50 cup	9.600	1.782
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Fruit Cups	0.50 cup	95.999	23.787
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Weighted Daily Average		543.320	72.732
% of Calories			53.55%

Mon - 07/02/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: Elementary Schools			
Recipe	Total		
Papa John's Cheese Pizza	1.00 slice	330.000	40.000
Papa John's Pepperoni Pizza	1.00 slice	320.000	36.000
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Fresh Apple Slices, IW	1.00 each	30.159	7.037

Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Fruit Cups	0.50 cup	95.999	23.787
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		595.398	91.775
% of Calories			61.66%

Tue - 07/03/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: Elementary Schools				
Recipe	Total			
Sandwich, Grilled Cheese	1.00 each	280.320	30.960	
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000	
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000	
Kidney Beans, 1/2 cup	0.50 cup	104.000	18.995	
Fresh Apple Slices, IW	1.00 each	30.159	7.037	
Orange Juice, Carton	1.00 each	56.005	13.410	
Raisin Box	0.25 cup	108.388	28.703	
Strawberry 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	
Ranch Packet	1.00 packet	70.000	1.000	
Weighted Daily Average		684.336	92.976	
% of Calories			54.35%	

Thu - 07/05/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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Summer 2018 Menu: Elementary Schools			
Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Orange Juice, Carton	1.00 each	56.005	13.410
Raisin Box	0.25 cup	108.388	28.703
Strawberry 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
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		611.344	86.201
% of Calories			56.40%

Fri - 07/06/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: Elementary Schools			
Recipe	Total		
Chicken Nuggets	1.00 serving/5 pieces	260.000	16.000
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Celery Sticks, 1/2 cup	0.50 cup	9.600	1.782

Fresh Apple Slices, IW	1.00 each	30.159	7.037
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Fruit Cups	0.50 cup	95.999	23.787
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Weighted Daily Average		543.320	72.732
% of Calories			53.55%

Mon - 07/09/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: Elementary Schools			
Recipe	Total		
Papa John's Cheese Pizza	1.00 slice	330.000	40.000
Papa John's Pepperoni Pizza	1.00 slice	320.000	36.000
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Fruit Cups	0.50 cup	95.999	23.787
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		595.398	91.775

% of Calories	61.66%
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Tue - 07/10/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: Elementary Schools			
Recipe	Total		
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Kidney Beans, 1/2 cup	0.50 cup	104.000	18.995
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Orange Juice, Carton	1.00 each	56.005	13.410
Raisin Box	0.25 cup	108.388	28.703
Strawberry 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
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		684.336	92.976
% of Calories			54.35%

Wed - 07/11/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: Elementary Schools			
Recipe	Total		
Papa John's Cheese Pizza	1.00 slice	330.000	40.000
Papa John's Pepperoni Pizza	1.00 slice	320.000	36.000

Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Fruit Cups	0.50 cup	95.999	23.787
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		583.780	88.993
% of Calories			60.98%

Thu - 07/12/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: Elementary Schools			
Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Orange Juice, Carton	1.00 each	56.005	13.410
Raisin Box	0.25 cup	108.388	28.703
Strawberry 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

Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		611.344	86.201
% of Calories			56.40%

Fri - 07/13/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: Elementary Schools			
Recipe	Total		
Chicken Nuggets	1.00 serving/5 pieces	260.000	16.000
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Celery Sticks, 1/2 cup	0.50 cup	9.600	1.782
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Fruit Cups	0.50 cup	95.999	23.787
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Weighted Daily Average		543.320	72.732
% of Calories			53.55%

Mon - 07/16/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: Elementary Schools			
Recipe	Total		

Papa John's Cheese Pizza	1.00 slice	330.000	40.000
Papa John's Pepperoni Pizza	1.00 slice	320.000	36.000
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Fruit Cups	0.50 cup	95.999	23.787
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		595.398	91.775
% of Calories			61.66%

Tue - 07/17/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: Elementary Schools			
Recipe	Total		
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Kidney Beans, 1/2 cup	0.50 cup	104.000	18.995
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Orange Juice, Carton	1.00 each	56.005	13.410
Raisin Box	0.25 cup	108.388	28.703
Strawberry 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
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		684.336	92.976
% of Calories			54.35%

Wed - 07/18/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: Elementary Schools			
Recipe	Total		
Papa John's Cheese Pizza	1.00 slice	330.000	40.000
Papa John's Pepperoni Pizza	1.00 slice	320.000	36.000
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Fruit Cups	0.50 cup	95.999	23.787
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		583.780	88.993
% of Calories			60.98%

Thu - 07/19/2018	Portion Size	Calories (kcal)	Carbohydrates (g)

Summer 2018 Menu: Elementary Schools			
Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Orange Juice, Carton	1.00 each	56.005	13.410
Raisin Box	0.25 cup	108.388	28.703
Strawberry 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
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		611.344	86.201
% of Calories			56.40%

Fri - 07/20/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: Elementary Schools			
Recipe	Total		
Chicken Nuggets	1.00 serving/5 pieces	260.000	16.000
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Celery Sticks, 1/2 cup	0.50 cup	9.600	1.782
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Orange Juice, Carton	1.00 each	56.005	13.410

Assorted Fruit Cups	0.50 cup	95.999	23.787
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Weighted Daily Average		543.320	72.732
% of Calories			53.55%

* = Indicates missing Nutrient Information.

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