

Nutrient Detail Report

Organization: Garden Grove USD
Session: 2025-2026 School Year
Menu: 2025-2026 Elementary Breakfast Menu
Number Source: Planned
Dates: 08-11-2025 to 08-29-2025

Nutrient Summary

Date(s): 08-11-2025 to 08-29-2025

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	443.080		400 min / 500 max	Pass		
Protein (g)	16.228	14.651%				
Total Fat (g)	6.663*	13.535%				
Saturated Fat (g)	2.488	5.054%	< 10%	Pass		
Trans Fat (g)	0.000*					
Carbohydrates (g)	81.247	73.347%				
Cholesterol (mg)	32.790					
Sodium (mg)	389.006		≤ 540	Pass		
Potassium (mg)	890.547*					
Fiber (g)	4.968					
Sugars (g)	55.687					
Added Sugars (g)	7.760*	7.006%				
Iron (g)	2.008					
Calcium (mg)	561.044					
Vitamin A, RAE (mcg)	106.539*					
Vitamin C (mg)	47.682*					
Vitamin D (mcg)	5.410*					

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-11-2025

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	110.000	23.000
Pan Dulce, Assorted 2G	78803	1 each	4000	200.000	34.000
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	60.000	14.000
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				451.357	85.974
% of Calories					76.191%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-12-2025

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	110.000	23.000
Breakfast Sausage Pizza 1M/1.5G	78684	1 serving	4000	210.000	26.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	60.000	14.000
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				459.357	79.574
% of Calories					69.291%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-13-2025

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	110.000	23.000
Trix Yogurt w/ Mini Muffin 1M/1G	78927	1 serving	4000	218.000	34.650
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	60.000	14.000
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				465.757	86.494
% of Calories					74.282%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-14-2025

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	110.000	23.000
Mini Chocolate Chip French Toast Bites 2G	78756	1 serving	4000	210.000	35.000
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	60.000	14.000
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				459.357	86.774
% of Calories					75.561%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-15-2025

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	110.000	23.000
Turkey Sausage Croissant 0.5M/1.5G	1832579	1 each	4000	10.229	1.093
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	60.000	14.000
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				299.54	59.648
% of Calories					79.653%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-18-2025

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	110.000	23.000
Pan Dulce, Assorted 2G	78803	1 each	4000	200.000	34.000
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	60.000	14.000
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				451.357	85.974
% of Calories					76.191%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-19-2025

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	110.000	23.000
Bagel Cheese Pizza 1M/1.25G	78720	1 serving	4000	192.000	23.160
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	60.000	14.000
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				444.957	77.302
% of Calories					69.491%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-20-2025

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	110.000	23.000
Colby Cheese Omelet w/ Mini Chocolate Chip Muffin 2M/1G	1149433	1 each	4000	228.947	20.794
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	60.000	14.000
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				474.514	75.409
% of Calories					63.567%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-21-2025

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	110.000	23.000
Mini Confetti Pancakes 2G	1832526	1 package	4000	7.408	1.270
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	60.000	14.000
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				297.283	59.789
% of Calories					80.448%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-22-2025

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	110.000	23.000
Pork Sausage Links (2) & French Toast Sticks (2) 1M/1G	1595485	1 serving/2 links + 2 french toast sticks	4000	240.000	18.667
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	60.000	14.000
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Syrup Cup	78716	1 each	4000	120.000	30.000
Total			5000		
Weighted Daily Average				579.357	97.707
% of Calories					67.459%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-25-2025

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	110.000	23.000
Pan Dulce, Assorted 2G	78803	1 each	4000	200.000	34.000
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	60.000	14.000
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				451.357	85.974
% of Calories					76.191%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-26-2025

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	110.000	23.000
Breakfast Sausage Pizza 1M/1.5G	78684	1 serving	4000	210.000	26.000
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	60.000	14.000
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				459.357	79.574
% of Calories					69.291%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-27-2025

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	110.000	23.000
Trix Yogurt w/ Mini Muffin 1M/1G	78927	1 serving	4000	218.000	34.650
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	60.000	14.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				465.757	86.494
% of Calories					74.282%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-28-2025

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	110.000	23.000
"POFFITZ" Mini Pancake Bites 2G	1595500	1 package	4000	250.000	37.000
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	60.000	14.000
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Syrup Cup	78716	1 each	4000	120.000	30.000
Total			5000		
Weighted Daily Average				587.357	112.374
% of Calories					76.528%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-29-2025

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	110.000	23.000
Turkey Sausage Croissant 0.5M/1.5G	1832579	1 each	4000	10.229	1.093
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	60.000	14.000
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				299.54	59.648
% of Calories					79.653%

* Indicates missing Nutrient Information.