

Carbohydrate Report

District: Garden Grove Unified School District

School: Allen Elementary

Menu: 2022-2023 Elementary Breakfast Menu



| Mon - 08/15/2022 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|----------------|--------------|-----------------|-------------------|
| 2022-2023 Elementary Breakfast Menu | | | | |
| Recipe | Total | | | |
| Cereal, Assorted | 1.00 container | 107.499 | 23.371 | |
| 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 | |
| String Cheese | 1.00 each | 80.000 | 0.000 | |
| Weighted Daily Average | | 447.524 | 86.048 | |
| % of Calories | | | 76.91% | |

| Tue - 08/16/2022 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|----------------|--------------|-----------------|-------------------|
| 2022-2023 Elementary Breakfast Menu | | | | |
| Recipe | Total | | | |
| Cereal, Assorted | 1.00 container | 107.499 | 23.371 | |
| 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 |
| String Cheese | 1.00 each | 80.000 | 0.000 |
| Weighted Daily Average | | 455.524 | 79.648 |
| % of Calories | | | 69.94% |

| Wed - 08/17/2022 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|----------------|--------------|-----------------|-------------------|
| 2022-2023 Elementary Breakfast Menu | | | | |
| Recipe | Total | | | |
| Cereal, Assorted | 1.00 container | 107.499 | 23.371 | |
| 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 | |
| String Cheese | 1.00 each | 80.000 | 0.000 | |
| Weighted Daily Average | | 511.524 | 97.248 | |
| % of Calories | | | 76.05% | |

| Thu - 08/18/2022 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|----------------|--------------|-----------------|-------------------|
| 2022-2023 Elementary Breakfast Menu | | | | |
| Recipe | Total | | | |
| Cereal, Assorted | 1.00 container | 107.499 | 23.371 | |

| | | | |
|----------------------------------|--------------|---------|--------|
| Cheese Croissant Sandwich | 1.00 serving | 340.000 | 29.000 |
| 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 |
| String Cheese | 1.00 each | 80.000 | 0.000 |
| Weighted Daily Average | | 559.524 | 82.048 |
| % of Calories | | | 58.66% |

| Fri - 08/19/2022 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|----------------------------------|--------------|-----------------|-------------------|
| 2022-2023 Elementary Breakfast Menu | | | | |
| Recipe | Total | | | |
| Cereal, Assorted | 1.00 container | | 107.499 | 23.371 |
| Pork Sausage Links (2) & Pancake | 1.00 serving/2 links + 1 pancake | | 230.000 | 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 |
| String Cheese | 1.00 each | | 80.000 | 0.000 |
| Syrup Cup | 1.00 each | | 120.000 | 30.000 |
| Weighted Daily Average | | | 591.524 | 109.648 |
| % of Calories | | | | 74.15% |

| Mon - 08/22/2022 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------|--|--------------|-----------------|-------------------|
| | | | | |

| 2022-2023 Elementary Breakfast Menu | | | |
|-------------------------------------|----------------|---------|--------|
| Recipe | Total | | |
| Cereal, Assorted | 1.00 container | 107.499 | 23.371 |
| 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 |
| String Cheese | 1.00 each | 80.000 | 0.000 |
| Weighted Daily Average | | 511.524 | 93.248 |
| % of Calories | | | 72.92% |

| Tue - 08/23/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|----------------|-----------------|-------------------|
| 2022-2023 Elementary Breakfast Menu | | | |
| Recipe | Total | | |
| Cereal, Assorted | 1.00 container | 107.499 | 23.371 |
| 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 |
| String Cheese | 1.00 each | 80.000 | 0.000 |
| Weighted Daily Average | | 441.124 | 77.376 |
| % of Calories | | | 70.16% |

| Wed - 08/24/2022 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|----------------|---------------------|------------------------|--------------------------|
| 2022-2023 Elementary Breakfast Menu | | | | |
| Recipe | | Total | | |
| Cereal, Assorted | 1.00 container | 107.499 | 23.371 | |
| Trix Yogurt w/ Mini Muffin | 1.00 serving | 218.000 | 34.900 | |
| 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 | |
| String Cheese | 1.00 each | 80.000 | 0.000 | |
| Weighted Daily Average | | 461.924 | 86.768 | |
| % of Calories | | | 75.14% | |

| Thu - 08/25/2022 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|----------------|---------------------|------------------------|--------------------------|
| 2022-2023 Elementary Breakfast Menu | | | | |
| Recipe | | Total | | |
| Cereal, Assorted | 1.00 container | 107.499 | 23.371 | |
| 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 | |
| String Cheese | 1.00 each | 80.000 | 0.000 | |
| Weighted Daily Average | | 455.524 | 86.848 | |

| | |
|---------------|--------|
| % of Calories | 76.26% |
|---------------|--------|

| Fri - 08/26/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|---------------------|------------------------|--------------------------|
| 2022-2023 Elementary Breakfast Menu | | | |
| Recipe | Total | | |
| Cereal, Assorted | 1.00 container | 107.499 | 23.371 |
| Breaded Waffle Flavored Chicken Chunks | 1.00 serving/ 6 pcs | 210.000 | 13.000 |
| 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 |
| String Cheese | 1.00 each | 80.000 | 0.000 |
| Syrup Cup | 1.00 each | 120.000 | 30.000 |
| Weighted Daily Average | | 551.524 | 93.248 |
| % of Calories | | | 67.63% |

| Mon - 08/29/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|---------------------|------------------------|--------------------------|
| 2022-2023 Elementary Breakfast Menu | | | |
| Recipe | Total | | |
| Cereal, Assorted | 1.00 container | 107.499 | 23.371 |
| 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 |
| String Cheese | 1.00 each | 80.000 | 0.000 |
| Weighted Daily Average | | 447.524 | 86.048 |
| % of Calories | | | 76.91% |

| Tue - 08/30/2022 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|----------------|--------------|-----------------|-------------------|
| 2022-2023 Elementary Breakfast Menu | | | | |
| Recipe | Total | | | |
| Cereal, Assorted | 1.00 container | 107.499 | 23.371 | |
| 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 | |
| String Cheese | 1.00 each | 80.000 | 0.000 | |
| Weighted Daily Average | | 455.524 | 79.648 | |
| % of Calories | | | 69.94% | |

| Wed - 08/31/2022 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---------------------------------------|----------------|--------------|-----------------|-------------------|
| 2022-2023 Elementary Breakfast Menu | | | | |
| Recipe | Total | | | |
| Cereal, Assorted | 1.00 container | 107.499 | 23.371 | |
| Oatmeal Chocolate Chips Breakfast Bar | 1.00 serving | 290.000 | 47.000 | |

| | | | |
|----------------------------------|-----------|---------|--------|
| 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 |
| String Cheese | 1.00 each | 80.000 | 0.000 |
| Weighted Daily Average | | 519.524 | 96.448 |
| % of Calories | | | 74.26% |

* = Indicates missing Nutrient Information.

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