

Carbohydrate Report

District: Garden Grove Unified School District

School: Allen Elementary

Menu: 2022-2023 Elementary Lunch Menu



Mon - 08/15/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Nacho Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Weighted Daily Average		828.683	97.831
% of Calories			47.22%

Tue - 08/16/2022	Portion Size	Calories (kcal)	Carbohydrates (g)

2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Mini Cheeseburger Sliders	1.00 serving	272.000	31.300
Nacho Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Banana (fresh)	1.00 each	89.890	23.068
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Weighted Daily Average		591.033	90.942
% of Calories			61.55%

Wed - 08/17/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Chicken Nuggets	1.00 serving/5 pieces	260.000	16.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960

4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Tater Tots, 1/2 cup	0.50 cup	134.000	18.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Weighted Daily Average		665.766	87.505
% of Calories			52.57%

Thu - 08/18/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Orange Popcorn Chicken w/ Vegetable Fried Rice (1/2 cup)	1.00 serving	295.212	48.042
Wowbutter & Grape Jelly Sandwich	1.00 serving	540.000	53.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fruit Cups	0.50 cup	84.199	19.997

Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Weighted Daily Average		641.185	104.309
% of Calories			65.07%

Fri - 08/19/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu				
Recipe	Total			
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000	
Personal Cheese Pizza (Tony's)	1.00 each	310.000	31.000	
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000	
4 Way Salad, 1 cup	1.00 cup	15.000	3.000	
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000	
Pinto Beans, 1/2 cup, (canned)	0.50 cup	150.001	25.000	
Assorted Dried Fruit	1.00 each	112.500	28.250	
Juice, Assorted, 4 oz	1.00 each	60.000	14.000	
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575	
Cool Tropic Fruit Slush, Assorted	1.00 each	66.667	16.333	
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000	
1% Low Fat Milk	1.00 each	120.000	16.000	
Ketchup Packet	1.00 packet	10.000	0.000	
Ranch Dressing Cup	1.00 each	130.000	1.000	

Mustard Packet	1.00 packet	5.000	0.000
Weighted Daily Average		623.053	92.010
% of Calories			59.07%

Mon - 08/22/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu				
Recipe		Total		
Assorted Yami Yogurt w/ Granola		1.00 serving	440.000	82.000
Macaroni & Cheese (#6 SCOOP)		1.00 serving	290.015	32.002
Nacho Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds		1.00 serving	570.000	45.000
4 Way Salad, 1 cup		1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup		0.50 cup	30.000	7.000
Yellow Corn, 1/2 cup (canned)		1/2 cup	64.993	14.998
Assorted Dried Fruit		1.00 each	112.500	28.250
Juice, Assorted, 4 oz		1.00 each	60.000	14.000
Peaches, 1/2 cup (diced, canned)		1/2 cup	59.989	13.999
Chocolate Chip Cookie		1.00 each	148.000	23.800
Chocolate Milk, Fat-free		8.00 fl oz	120.000	23.000
1% Low Fat Milk		1.00 each	120.000	16.000
Ketchup Packet		1.00 packet	10.000	0.000
Ranch Dressing Cup		1.00 each	130.000	1.000
Mustard Packet		1.00 packet	5.000	0.000
Weighted Daily Average			760.195	112.982
% of Calories				59.45%

Tue - 08/23/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Breaded Chicken Drumstick with Emoji Waffle	1.00 serving	280.000	19.500
Nacho Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Banana (fresh)	1.00 each	89.890	23.068
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Syrup Cup	1.00 each	120.000	30.000
Weighted Daily Average		594.300	77.543
% of Calories			52.19%

Wed - 08/24/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		

Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Cheesy Pull Apart Bread	1.00 serving	260.000	29.000
Nacho Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Weighted Daily Average		564.822	81.345
% of Calories			57.61%

Thu - 08/25/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Chicken Tenders (3 pcs/Tyson)	1.00 serving/3 pieces	250.000	13.000
Wowbutter & Grape Jelly Sandwich	1.00 serving	540.000	53.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000

Seasoned Potato Crinkle Cut Fries (1/2 cup)	1/2 cup	90.000	15.000
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fruit Cups	0.50 cup	84.199	19.997
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Weighted Daily Average		664.692	89.503
% of Calories			53.86%

Fri - 08/26/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu				
Recipe	Total			
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000	
Chicken Double Dogs	1.00 each	260.000	31.500	
Nacho Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000	
4 Way Salad, 1 cup	1.00 cup	15.000	3.000	
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000	
Pinto Beans, 1/2 cup, (canned)	0.50 cup	150.001	25.000	
Assorted Dried Fruit	1.00 each	112.500	28.250	
Juice, Assorted, 4 oz	1.00 each	60.000	14.000	
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575	

Cool Tropic Fruit Slush, Assorted	1.00 each	66.667	16.333
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Weighted Daily Average		591.679	89.508
% of Calories			60.51%

Mon - 08/29/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Sicilian Cheese Pizza Calzone	1.00 serving	310.000	34.000
Nacho Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Weighted Daily Average		596.938	83.531
% of Calories			55.97%

Tue - 08/30/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Breaded Popcorn Chicken	10.00 pieces	240.000	16.000
Nacho Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Weighted Daily Average		540.938	69.131
% of Calories			51.12%

Wed - 08/31/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000

Hamburger w/ Whole Wheat Bun	1.00 serving	230.069	22.914
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Baked Doritos (Cool Ranch Flavor)	1.00 package	130.000	19.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Cheese Slice	1.00 slice	55.686	1.012
Weighted Daily Average		662.411	92.061
% of Calories			55.59%

* = Indicates missing Nutrient Information.

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