

Carbohydrate Report

District: Garden Grove Unified School District
 School: Allen Elementary
 Menu: 2021-2022 Elementary Breakfast Menu



Wed - 12/01/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu				
Recipe	Total			
Cereal w/ String Cheese	1.00 serving	188.571	23.286	
Pan Dulce, Assorted	1.00 each	200.000	34.000	
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000	
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974	
Assorted Fruit Cups	0.50 cup	84.199	19.997	
Assorted Dried Fruit	1.00 each	112.500	28.250	
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			425.992	77.301
% of Calories				72.58%

Thu - 12/02/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu				
Recipe	Total			
Cereal w/ String Cheese	1.00 serving	188.571	23.286	
Mini Chocolate Chip French Toast Bites	1.00 serving	210.000	35.000	
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000	

Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
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		433.992	78.101
% of Calories			71.98%

Fri - 12/03/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
Breaded Waffle Flavored Chicken Chunks	1.00 serving/ 6 pcs	210.000	13.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
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		529.992	84.501
% of Calories			63.78%

Mon - 12/06/2021	Portion Size	Calories (kcal)	Carbohydrates (g)

2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
Cinnamon Crumble Square	1.00 each	340.000	53.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
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		537.992	92.501
% of Calories			68.78%

Tue - 12/07/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
Breakfast Bagel Cheese Pizza	1.00 serving	192.000	23.160
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
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		419.592	68.629

% of Calories	65.42%
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Wed - 12/08/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu				
Recipe	Total			
Cereal w/ String Cheese	1.00 serving	188.571	23.286	
Banana Chocolate Breakfast Bar	1.00 each	280.000	48.000	
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000	
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974	
Assorted Fruit Cups	0.50 cup	84.199	19.997	
Assorted Dried Fruit	1.00 each	112.500	28.250	
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		489.992	88.501	
% of Calories			72.25%	

Thu - 12/09/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu				
Recipe	Total			
Cereal w/ String Cheese	1.00 serving	188.571	23.286	
Colby Cheese Omelet w/ Mini Chocolate Chip Muffin	1.00 each	229.145	20.792	
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000	
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974	

Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
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		449.308	66.735
% of Calories			59.41%

Fri - 12/10/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
Pork Sausage Links (2) & Pancake	1.00 serving/2 links + 1 pancake	170.000	14.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
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		497.992	85.301
% of Calories			68.52%

Mon - 12/13/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			

Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
Pan Dulce, Assorted	1.00 each	200.000	34.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
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		425.992	77.301
% of Calories			72.58%

Tue - 12/14/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
Breakfast Sausage Pizza	1.00 serving	210.000	26.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
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		433.992	70.901
% of Calories			65.35%

Wed - 12/15/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
Trix Yogurt w/ Banana Muffin	1.00 serving	330.000	55.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
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		529.992	94.101
% of Calories			71.02%

Thu - 12/16/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
Mini Chocolate Chip French Toast Bites	1.00 serving	210.000	35.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250

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		433.992	78.101
% of Calories			71.98%

Fri - 12/17/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
Cinnamon Crumble Square	1.00 each	340.000	53.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Fruit, Assorted, (fresh)	1.00 each	81.357	20.974
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
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		537.992	92.501
% of Calories			68.78%

* = Indicates missing Nutrient Information.

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