

Carbohydrate Report

District: Garden Grove Unified School District

School: Allen Elementary

Menu: 2021-2022 Elementary Lunch Menu



Wed - 12/01/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Pork Sausage Patties (2) w/ French Toast (1)	1.00 serving/2 pork patties + 1 french toast	570.000	30.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
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		827.957	101.659
% of Calories			49.11%

Thu - 12/02/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 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

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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fruit Cups	0.50 cup	84.199	19.997
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		507.067	81.939
% of Calories			64.64%

Fri - 12/03/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu				
Recipe		Total		
Assorted Yami Yogurt w/ Granola		1.00 serving	440.000	82.000
Turkey Taco Pocket		1.00 each	310.000	40.000
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
Juice, Assorted, 4 oz, Hollandia		1.00 each	56.667	14.000
Assorted Dried Fruit		1.00 each	112.500	28.250
Cool Tropic Fruit Slush (Tropical TrioFlavor)		1.00 each	60.000	15.000
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			559.542	94.713
% of Calories				67.71%

Mon - 12/06/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021-2022 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Garden Salsa Sun Chips	1.00 each	140.000	19.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		660.173	97.668
% of Calories			59.18%

Tue - 12/07/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Cheese French Bread Pizza	1.00 each	340.000	35.000
Pepperoni French Bread Pizza	1.00 serving	350.000	35.000
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
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
Weighted Daily Average		546.417	79.900
% of Calories			58.49%

Wed - 12/08/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu				
Recipe	Total			
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000	
Chicken Tenders (3 pieces)	1.00 serving/3 pieces	225.000	15.000	
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	
Potato Crinkle Cut Fries 1/2 cup	1/2 cup	110.000	17.000	
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	
Weighted Daily Average		558.417	80.900	
% of Calories			57.95%	

Thu - 12/09/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu				
Recipe	Total			
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000	

Meatballs (5 pcs) with Marinara Sauce & Garlic Knot Roll	1.00 serving/5 meatballs + garlic knot	343.202	29.496
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
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
Weighted Daily Average		542.979	75.497
% of Calories			55.62%

Fri - 12/10/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Enchilada Taquito	1.00 serving	N/A	N/A
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
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
Weighted Daily Average		268.417	51.900
% of Calories			77.34%

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

Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Breaded Chicken Drumstick	1.00 serving	190.000	5.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Chocolate Chip Cookie (Bonzer)	1.00 each	165.000	27.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		612.917	84.900
% of Calories			55.41%

Tue - 12/14/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Beef Soft Taco	1.00 serving	262.973	24.354
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
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
Weighted Daily Average		478.795	71.383

% of Calories	59.64%
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Wed - 12/15/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 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	
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	
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	
Marinara Sauce Cup	1.00 each	15.000	3.000	
Weighted Daily Average		488.417	77.500	
% of Calories			63.47%	

Thu - 12/16/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 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	
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	
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
Weighted Daily Average		500.429	77.502
% of Calories			61.95%

Fri - 12/17/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 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
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
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
Weighted Daily Average		476.417	77.100
% of Calories			64.73%

* = Indicates missing Nutrient Information.

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