

Carbohydrate Report

District: Garden Grove Unified School District
 School: Allen Elementary
 Menu: 2022-2023 Elementary Lunch Menu



Thu - 12/01/2022	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
Meatballs (5 pcs) with Marinara Sauce & Garlic Knot Roll	1.00 serving/5 meatballs + garlic knot	333.202	32.496
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	34.615	8.077
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
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		644.634	90.863
% of Calories			56.38%

Fri - 12/02/2022	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
Cheese French Bread Pizza	1.00 each	340.000	35.000
Pepperoni French Bread Pizza	1.00 serving	350.000	35.000
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	34.615	8.077
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
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
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
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		646.143	88.588
% of Calories			54.84%

Mon - 12/05/2022	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 Corn Dog	1.00 each	238.000	27.800
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	34.615	8.077
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	1.00 tablespoon	20.000	4.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		509.773	83.343
% of Calories			65.40%

Tue - 12/06/2022		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
Pork Sausage Patties (2) w/ Belgian Waffle (1) 2M/2G	1.00 serving/ 2 sausage patties + 1 waffle		550.000	34.000
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	34.615	8.077
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	1.00 tablespoon	20.000	4.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Syrup Cup	1.00 each	120.000	30.000
Weighted Daily Average		884.956	115.919
% of Calories			52.40%

Wed - 12/07/2022		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	
Spaghetti w/ Cheesy Breadstick (Bosco)	1.00 serving	282.825	33.899	
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	34.615	8.077	
Spinach, 1 cup, (Fresh)	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	1.00 tablespoon	20.000	4.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		560.238	87.791
% of Calories			62.68%

Thu - 12/08/2022	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 Chicken Patty w/ Hamburger Buns 4" 2M/3G	1.00 serving	400.000	47.000
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	34.615	8.077
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	1.00 tablespoon	20.000	4.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		677.848	102.629
% of Calories			60.56%

Fri - 12/09/2022	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
Turkey Taco Pocket	1.00 each	310.000	40.000
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	34.615	8.077
Kidney Beans, 1/2 cup	0.50 cup	104.000	18.995
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
Brownie Cup	1.00 each	147.633	26.291
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
Lunch Pal	1.00 bag	214.615	45.077

Weighted Daily Average	760.726	119.780
% of Calories		62.98%

Mon - 12/12/2022	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	34.615	8.077
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
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		577.939	90.596
% of Calories			62.70%

Tue - 12/13/2022	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
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	34.615	8.077
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
Holiday Tree Cookie	1.00 each	130.000	22.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		713.968	111.521
% of Calories			62.48%

Wed - 12/14/2022	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	34.615	8.077
Spinach, 1 cup, (Fresh)	1.00 cup	6.900	1.089
Potato Smiles	1.00 serving/4 pieces	130.000	20.000
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	1.00 tablespoon	20.000	4.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		646.010	91.267
% of Calories			56.51%

Thu - 12/15/2022	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
Personal Cheese Pizza (Tony's)	1.00 each	310.000	31.000
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000

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	34.615	8.077
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	1.00 tablespoon	20.000	4.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		605.848	89.829
% of Calories			59.31%

Fri - 12/16/2022	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
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	34.615	8.077
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
Assorted Dried Fruit	1.00 each	112.500	28.250

Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Cool Tropic Fruit Slush (Tropical TrioFlavor)	1.00 each	60.000	15.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		557.343	87.857
% of Calories			63.05%

* = Indicates missing Nutrient Information.

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