

Carbohydrate Report

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



Wed - 02/01/2023		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%

Thu - 02/02/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Breakfast Menu				
Recipe		Total		
Cereal, Assorted		1.00 container	107.499	23.371
Fun N Fruiti Belgian Waffle 2G		1.00 each	250.000	38.000
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		487.524	89.248
% of Calories			73.23%

Fri - 02/03/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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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 - 02/06/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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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 - 02/07/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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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 - 02/08/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 Elementary Breakfast Menu			
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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 - 02/09/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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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 - 02/10/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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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		567.524	103.648
% of Calories			73.05%

Tue - 02/14/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 Elementary Breakfast Menu			
Recipe	Total		
Cereal, Assorted	1.00 container	107.499	23.371
Cinnamon Roll w/ Glaze	1.00 each	300.000	54.000
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		527.524	102.048
% of Calories			77.38%

Wed - 02/15/2023	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%

Thu - 02/16/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Breakfast Menu			
Recipe	Total		
Cereal, Assorted	1.00 container	107.499	23.371
Fun N Fruiti Belgian Waffle 2G	1.00 each	250.000	38.000
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		487.524	89.248
% of Calories			73.23%
Fri - 02/17/2023	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%

Tue - 02/21/2023	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%

Wed - 02/22/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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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 - 02/23/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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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 - 02/24/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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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		567.524	103.648
% of Calories			73.05%

Mon - 02/27/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 Elementary Breakfast Menu

Recipe	Total		
Cereal, Assorted	1.00 container	107.499	23.371
Cinnamon Roll w/ Glaze	1.00 each	300.000	54.000
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		527.524	102.048
% of Calories			77.38%

Tue - 02/28/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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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%

* = Indicates missing Nutrient Information.

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