

Carbohydrate Report

District: Garden Grove Unified School District

School: Allen Elementary

Menu: 2021-2022 Elementary Breakfast Menu



| Mon - 01/03/2022 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|--------------|--------------|-----------------|-------------------|
| 2021-2022 Elementary Breakfast Menu | | | | |
| Recipe | Total | | | |
| Cereal w/ String Cheese | 1.00 serving | 187.499 | 23.371 | |
| 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 | | | 489.778 | 88.518 |
| % of Calories | | | | 72.29% |

| Tue - 01/04/2022 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|--------------|--------------|-----------------|-------------------|
| 2021-2022 Elementary Breakfast Menu | | | | |
| Recipe | Total | | | |
| Cereal w/ String Cheese | 1.00 serving | 187.499 | 23.371 | |
| 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 | | 433.778 | 70.918 |
| % of Calories | | | 65.40% |

| Wed - 01/05/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|---------------------|------------------------|--------------------------|
| 2021-2022 Elementary Breakfast Menu | | | |
| Recipe | Total | | |
| Cereal w/ String Cheese | 1.00 serving | 187.499 | 23.371 |
| 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 | | 425.778 | 77.318 |
| % of Calories | | | 72.64% |

| Thu - 01/06/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------|---------------------|------------------------|--------------------------|
|-------------------------|---------------------|------------------------|--------------------------|

| 2021-2022 Elementary Breakfast Menu | | | |
|--|--------------|---------|--------|
| Recipe | Total | | |
| Cereal w/ String Cheese | 1.00 serving | 187.499 | 23.371 |
| 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 | | 433.778 | 78.118 |
| % of Calories | | | 72.04% |

| Fri - 01/07/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|---------------------|-----------------|-------------------|
| 2021-2022 Elementary Breakfast Menu | | | |
| Recipe | Total | | |
| Cereal w/ String Cheese | 1.00 serving | 187.499 | 23.371 |
| 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 | | 529.778 | 84.518 |

| | |
|---------------|--------|
| % of Calories | 63.81% |
|---------------|--------|

| Mon - 01/10/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|--------------|-----------------|-------------------|
| 2021-2022 Elementary Breakfast Menu | | | |
| Recipe | Total | | |
| Cereal w/ String Cheese | 1.00 serving | 187.499 | 23.371 |
| Honey Oatmeal Bun | 1.00 each | 230.000 | 39.000 |
| 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 | | 449.778 | 81.318 |
| % of Calories | | | 72.32% |

| Tue - 01/11/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|--------------|-----------------|-------------------|
| 2021-2022 Elementary Breakfast Menu | | | |
| Recipe | Total | | |
| Cereal w/ String Cheese | 1.00 serving | 187.499 | 23.371 |
| 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 |

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|--------------------------|-----------|---------|--------|
| 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 | | 419.378 | 68.646 |
| % of Calories | | | 65.47% |

| Wed - 01/12/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---------------------------------------|---------------------|------------------------|--------------------------|
| 2021-2022 Elementary Breakfast Menu | | | |
| Recipe | Total | | |
| Cereal w/ String Cheese | 1.00 serving | 187.499 | 23.371 |
| Oatmeal Chocolate Chips Breakfast Bar | 1.00 serving | 290.000 | 47.000 |
| 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 | | 497.778 | 87.718 |
| % of Calories | | | 70.49% |

| Thu - 01/13/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|---------------------|------------------------|--------------------------|
| 2021-2022 Elementary Breakfast Menu | | | |
| Recipe | Total | | |

| | | | |
|---|--------------|---------|--------|
| Cereal w/ String Cheese | 1.00 serving | 187.499 | 23.371 |
| 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 | | 449.094 | 66.752 |
| % of Calories | | | 59.45% |

| Fri - 01/14/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|---------------------|------------------------|--------------------------|
| 2021-2022 Elementary Breakfast Menu | | | |
| Recipe | Total | | |
| Weighted Daily Average | | N/A | N/A |
| % of Calories | | | N/A |

| Mon - 01/17/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|---------------------|------------------------|--------------------------|
| 2021-2022 Elementary Breakfast Menu | | | |
| Recipe | Total | | |
| Weighted Daily Average | | N/A | N/A |
| % of Calories | | | N/A |

| Tue - 01/18/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|---------------------|------------------------|--------------------------|
| 2021-2022 Elementary Breakfast Menu | | | |
| Recipe | Total | | |
| Cereal w/ String Cheese | 1.00 serving | 187.499 | 23.371 |
| 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 | | 425.778 | 77.318 |
| % of Calories | | | 72.64% |

| Wed - 01/19/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|---------------------|------------------------|--------------------------|
| 2021-2022 Elementary Breakfast Menu | | | |
| Recipe | Total | | |
| Cereal w/ String Cheese | 1.00 serving | 187.499 | 23.371 |
| Trix Yogurt w/ Mini Muffin | 1.00 serving | 218.000 | 34.900 |
| 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 | | 440.178 | 78.038 |
| % of Calories | | | 70.92% |

| Thu - 01/20/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|--------------|-----------------|-------------------|
| 2021-2022 Elementary Breakfast Menu | | | |
| Recipe | Total | | |
| Cereal w/ String Cheese | 1.00 serving | 187.499 | 23.371 |
| Mini Strawberry Pancakes | 1.00 packet | 230.000 | 40.000 |
| 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 | | 449.778 | 82.118 |
| % of Calories | | | 73.03% |

| Fri - 01/21/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|---------------------|-----------------|-------------------|
| 2021-2022 Elementary Breakfast Menu | | | |
| Recipe | Total | | |
| Cereal w/ String Cheese | 1.00 serving | 187.499 | 23.371 |
| 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 | | 529.778 | 84.518 |
| % of Calories | | | 63.81% |

| Mon - 01/24/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|---------------------|------------------------|--------------------------|
| 2021-2022 Elementary Breakfast Menu | | | |
| Recipe | Total | | |
| Cereal w/ String Cheese | 1.00 serving | 187.499 | 23.371 |
| 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 | | 537.778 | 92.518 |
| % of Calories | | | 68.82% |

| Tue - 01/25/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------|---------------------|------------------------|--------------------------|
|-------------------------|---------------------|------------------------|--------------------------|

| 2021-2022 Elementary Breakfast Menu | | | |
|-------------------------------------|--------------|---------|--------|
| Recipe | Total | | |
| Cereal w/ String Cheese | 1.00 serving | 187.499 | 23.371 |
| 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 | | 433.778 | 70.918 |
| % of Calories | | | 65.40% |

| Wed - 01/26/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|--------------|-----------------|-------------------|
| 2021-2022 Elementary Breakfast Menu | | | |
| Recipe | Total | | |
| Cereal w/ String Cheese | 1.00 serving | 187.499 | 23.371 |
| 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 | 489.778 | 88.518 |
| % of Calories | | 72.29% |

| Thu - 01/27/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|---------------------|------------------------|--------------------------|
| 2021-2022 Elementary Breakfast Menu | | | |
| Recipe | Total | | |
| Cereal w/ String Cheese | 1.00 serving | 187.499 | 23.371 |
| 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 | | 449.094 | 66.752 |
| % of Calories | | | 59.45% |

| Fri - 01/28/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|----------------------------------|------------------------|--------------------------|
| 2021-2022 Elementary Breakfast Menu | | | |
| Recipe | Total | | |
| Cereal w/ String Cheese | 1.00 serving | 187.499 | 23.371 |
| Pork Sausage Links (2) & Pancake | 1.00 serving/2 links + 1 pancake | 230.000 | 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 |
| Syrup Cup | 1.00 each | 120.000 | 30.000 |
| Weighted Daily Average | | 545.778 | 94.918 |
| % of Calories | | | 69.57% |

| Mon - 01/31/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------------------|--------------|-----------------|-------------------|
| 2021-2022 Elementary Breakfast Menu | | | |
| Recipe | Total | | |
| Cereal w/ String Cheese | 1.00 serving | 187.499 | 23.371 |
| 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 | | 425.778 | 77.318 |
| % of Calories | | | 72.64% |

* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.