

Carbohydrate Report

District: Garden Grove Unified School District

School: Allen Elementary

Menu: 2021-2022 Elementary Lunch Menu



Mon - 01/03/2022		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	
Nacho Chips & Cheese Cup	1.00 serving	470.000	52.000	
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	
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998	
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000	
Assorted Dried Fruit	1.00 each	112.500	28.250	
Assorted Fruit Cups	0.50 cup	84.199	19.997	
Brown Rice Krispies Treat	1.00 each	50.000	9.000	
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		787.340	120.311	
% of Calories			61.12%	

Tue - 01/04/2022		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 Patty w/ Hamburger Buns 4" 2M/3G	1.00 serving	400.000	47.000
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
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Banana (fresh)	1.00 each	105.020	26.951
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		619.922	97.087
% of Calories			62.64%

Wed - 01/05/2022	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		851.957	107.659
% of Calories			50.55%

Thu - 01/06/2022	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
Pepperoni French Bread Pizza	1.00 serving	350.000	35.000
Cheese French Bread Pizza	1.00 each	340.000	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
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
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		554.122	81.872
% of Calories			59.10%

Fri - 01/07/2022	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
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		565.592	95.962
% of Calories			67.87%

Mon - 01/10/2022	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
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
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
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		513.215	74.649

% of Calories	58.18%
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Tue - 01/11/2022		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	
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992	
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000	
Banana (fresh)	1.00 each	105.020	26.951	
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			522.922	85.687
% of Calories				65.55%

Wed - 01/12/2022		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 Corn Dog	1.00 each	238.000	27.800	
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
Weighted Daily Average		466.357	75.899
% of Calories			65.10%

Thu - 01/13/2022	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
Spaghetti w/ Cheesy Breadstick (Bosco)	1.00 serving	283.394	34.022
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
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
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		502.837	81.090
% of Calories			64.51%

Fri - 01/14/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021-2022 Elementary Lunch 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 Lunch 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 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
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Banana (fresh)	1.00 each	105.020	26.951
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
Weighted Daily Average		616.922	90.487
% of Calories			58.67%

Wed - 01/19/2022		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	
Fresh Apple Slices, IW	1.00 each	30.159	7.037	
Brownie Cup	1.00 each	147.633	26.291	
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		655.602	105.552	
% of Calories			64.40%	

Thu - 01/20/2022		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	
Hamburger (2.25 oz) w/ 4" Knot Bun	1.00 serving	278.000	32.500	

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
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Baked Doritos (Cool Ranch Flavor)	1.00 package	130.000	19.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Cheese Slice	1.00 slice	55.686	1.012
Weighted Daily Average		656.365	99.378
% of Calories			60.56%

Fri - 01/21/2022	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
Pizza Sliders, Cheese	2.00 pieces	328.100	30.010
Pizza Sliders, Pepperoni	2.00 pieces	328.100	30.010
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
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		580.072	87.970

% of Calories

60.66%

Mon - 01/24/2022	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 Nuggets	1.00 serving/5 pieces	260.000	16.000
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
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fruit Cups	0.50 cup	84.199	19.997
Fun and Fitness Educational Crackers	1.00 package	120.000	22.000
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		661.215	97.449
% of Calories			58.95%

Tue - 01/25/2022	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
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Banana (fresh)	1.00 each	105.020	26.951
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		510.300	78.971
% of Calories			61.90%

Wed - 01/26/2022		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	
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	
Weighted Daily Average		483.957	78.859	
% of Calories			65.18%	

Thu - 01/27/2022	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
Orange Popcorn Chicken w/ Vegetable Fried Rice (1/2 cup)	1.00 serving	295.212	48.042
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
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
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		512.292	92.306
% of Calories			72.07%

Fri - 01/28/2022	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	350.000	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
Assorted Dried Fruit	1.00 each	112.500	28.250
Assorted Fruit Cups	0.50 cup	84.199	19.997

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		600.592	87.912
% of Calories			58.55%

Mon - 01/31/2022	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
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
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
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		550.815	87.689
% of Calories			63.68%

* = Indicates missing Nutrient Information.

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