

# Nutrient Detail Report

**Organization:** Garden Grove USD  
**Session:** 2023-24 School Year  
**Menu:** 2023-2024 Elementary Breakfast Menu  
**Number Source:** Planned  
**Dates:** 03-01-2024 to 03-29-2024

## Nutrient Summary

Date(s): 03-01-2024 to 03-29-2024

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	490.631		400 min / 500 max	Pass		
Protein (g)	17.480*	14.251%				
Total Fat (g)	8.571*	15.722%				
Saturated Fat (g)	3.230	5.924%	< 10%	Pass		
Trans Fat (g)	0.000*					
Carbohydrates (g)	87.489*	71.327%				
Cholesterol (mg)	43.144*					
Sodium (mg)	522.349		≤ 540	Pass		
Potassium (mg)	517.579*					
Fiber (g)	5.342*					
Sugars (g)	60.613*					
Iron (g)	2.627*					
Calcium (mg)	483.258*					
Vitamin A (IU)	905.080*					
Vitamin C (mg)	45.326*					
Vitamin D (mcg)	1.000*					

\* Indicates missing Nutrient Information.  
WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

## Menu Detail

Date: 03-01-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Cereal, Assorted 1G	78730	1 container	995	107.321	23.329
Special Meal (B)	1341338	1 serving	5	N/A*	N/A*
Chicken Sausage and Cheese Pancake Sandwich 2.5M/2G	1465028	1 each	5000	330.000	32.000
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	14.000
Milk					
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	4000	120.000	23.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	16.000
Misc.					
String Cheese 1M	78782	1 each	995	80.000	0.000
Total			5000		
Weighted Daily Average				628.634*	93.216*
% of Calories					59.313%

\* Indicates missing Nutrient Information.  
WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

## Menu Detail

Date: 03-04-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Cereal, Assorted 1G	78730	1 container	995	107.321	23.329
Special Meal (B)	1341338	1 serving	5	N/A*	N/A*
Pan Dulce, Assorted 2G	78803	1 each	4000	200.000	34.000
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	14.000
Milk					
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	4000	120.000	23.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	16.000
Misc.					
String Cheese 1M	78782	1 each	995	80.000	0.000
Total			5000		

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Weighted Daily Average				458.634*	88.416*
% of Calories					77.112%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Menu Detail

Date: 03-05-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Cereal, Assorted 1G	78730	1 container	995	107.321	23.329
Special Meal (B)	1341338	1 serving	5	N/A*	N/A*
Bagel Cheese Pizza 1M/1.25G	78720	1 serving	4000	192.000	23.160
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	14.000
Milk					
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	4000	120.000	23.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	16.000
Misc.					
String Cheese 1M	78782	1 each	995	80.000	0.000
Total			5000		
Weighted Daily Average				452.234*	79.744*
% of Calories					70.533%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Menu Detail

Date: 03-06-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Cereal, Assorted 1G	78730	1 container	995	107.321	23.329
Special Meal (B)	1341338	1 serving	5	N/A*	N/A*
Breakfast Bar, Oatmeal Chocolate Chip 2G	78832	1 serving	4000	290.000	47.000
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	14.000
Milk					
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	4000	120.000	23.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	16.000
Misc.					
String Cheese 1M	78782	1 each	995	80.000	0.000
Total			5000		
Weighted Daily Average				530.634*	98.816*
% of Calories					74.489%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Menu Detail

Date: 03-07-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Cereal, Assorted 1G	78730	1 container	995	107.321	23.329
Special Meal (B)	1341338	1 serving	5	N/A*	N/A*
Colby Cheese Omelet w/ Mini Chocolate Chip Muffin 2M/1G	1149433	1 each	4000	228.947	20.794
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	14.000
Milk					
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	4000	120.000	23.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	16.000
Misc.					
String Cheese 1M	78782	1 each	995	80.000	0.000
Total			5000		
Weighted Daily Average				481.791*	77.851*
% of Calories					64.635%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Menu Detail

Date: 03-08-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Cereal, Assorted 1G	78730	1 container	995	107.321	23.329
Special Meal (B)	1341338	1 serving	5	N/A*	N/A*
Pork Sausage Links (2) & Pancake 0.75M/1G	78671	1 serving/2 links + 1 pancake	4000	230.000	26.000
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	4000	81.357	20.974
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	14.000
Milk					
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	4000	120.000	23.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	16.000
Misc.					
String Cheese 1M	78782	1 each	995	80.000	0.000
Syrup Cup	78716	1 each	4000	120.000	30.000
Total			5000		
Weighted Daily Average				562.362*	101.821*
% of Calories					72.424%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Menu Detail

Date: 03-11-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Cereal, Assorted 1G	78730	1 container	995	107.321	23.329
Special Meal (B)	1341338	1 serving	5	N/A*	N/A*
Cinnamon Roll w/ Glaze 2.25G (Bake Crafters)	1295610	1 each	4000	300.000	54.000
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	14.000
Milk					
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	4000	120.000	23.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	16.000
Misc.					
String Cheese 1M	78782	1 each	995	80.000	0.000
Total			5000		
Weighted Daily Average				538.634*	104.416*
% of Calories					77.541%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Menu Detail

Date: 03-12-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Cereal, Assorted 1G	78730	1 container	995	107.321	23.329
Special Meal (B)	1341338	1 serving	5	N/A*	N/A*
Breakfast Sausage Pizza 1M/1.5G	78684	1 serving	4000	210.000	26.000
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	14.000
Milk					
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	4000	120.000	23.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	16.000
Misc.					
String Cheese 1M	78782	1 each	995	80.000	0.000
Total			5000		
Weighted Daily Average				466.634*	82.016*
% of Calories					70.304%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Menu Detail

Date: 03-13-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Cereal, Assorted 1G	78730	1 container	995	107.321	23.329

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Special Meal (B)	1341338	1 serving	5	N/A*	N/A*
Trix Yogurt w/ Mini Muffin 1M/1G	78927	1 serving	4000	218.000	34.650
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	14.000
Milk					
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	4000	120.000	23.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	16.000
Misc.					
String Cheese 1M	78782	1 each	995	80.000	0.000
Total			5000		
Weighted Daily Average				473.034*	88.936*
% of Calories					75.205%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Menu Detail

Date: 03-14-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Cereal, Assorted 1G	78730	1 container	995	107.321	23.329
Special Meal (B)	1341338	1 serving	5	N/A*	N/A*
Mini Chocolate Chip French Toast Bites 2G	78756	1 serving	4000	210.000	35.000
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	14.000
Milk					
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	4000	120.000	23.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	16.000
Misc.					
String Cheese 1M	78782	1 each	995	80.000	0.000
Total			5000		
Weighted Daily Average				466.634*	89.216*
% of Calories					76.476%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Menu Detail

Date: 03-15-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Cereal, Assorted 1G	78730	1 container	995	107.321	23.329
Special Meal (B)	1341338	1 serving	5	N/A*	N/A*
Chicken Waffle Sandwich, 1M/1.5G	1448287	1 serving	4000	169.903	20.988
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	14.000
Milk					
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	4000	120.000	23.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	16.000
Misc.					
String Cheese 1M	78782	1 each	995	80.000	0.000
Total			5000		
Weighted Daily Average				434.556*	78.006*
% of Calories					71.803%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Menu Detail

Date: 03-25-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Cereal, Assorted 1G	78730	1 container	995	107.321	23.329
Special Meal (B)	1341338	1 serving	5	N/A*	N/A*
Breakfast Bar, Oatmeal Chocolate Chip 2G	78832	1 serving	4000	290.000	47.000
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	14.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Milk					
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	4000	120.000	23.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	16.000
Misc.					
String Cheese 1M	78782	1 each	995	80.000	0.000
Total			5000		
Weighted Daily Average				530.634*	98.816*
% of Calories					74.489%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Menu Detail

Date: 03-26-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Cereal, Assorted 1G	78730	1 container	995	107.321	23.329
Special Meal (B)	1341338	1 serving	5	N/A*	N/A*
Bagel Cheese Pizza 1M/1.25G	78720	1 serving	4000	192.000	23.160
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	14.000
Milk					
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	4000	120.000	23.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	16.000
Misc.					
String Cheese 1M	78782	1 each	995	80.000	0.000
Total			5000		
Weighted Daily Average				452.234*	79.744*
% of Calories					70.533%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Menu Detail

Date: 03-27-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Cereal, Assorted 1G	78730	1 container	995	107.321	23.329
Special Meal (B)	1341338	1 serving	5	N/A*	N/A*
Trix Yogurt w/ Mini Muffin 1M/1G	78927	1 serving	4000	218.000	34.650
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	14.000
Milk					
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	4000	120.000	23.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	16.000
Misc.					
String Cheese 1M	78782	1 each	995	80.000	0.000
Total			5000		
Weighted Daily Average				473.034*	88.936*
% of Calories					75.205%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Menu Detail

Date: 03-28-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Cereal, Assorted 1G	78730	1 container	995	107.321	23.329
Special Meal (B)	1341338	1 serving	5	N/A*	N/A*
Colby Cheese Omelet w/ Mini Chocolate Chip Muffin 2M/1G	1149433	1 each	4000	228.947	20.794
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	14.000
Milk					
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	4000	120.000	23.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	16.000
Misc.					
String Cheese 1M	78782	1 each	995	80.000	0.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Total			5000		
Weighted Daily Average				481.791*	77.851*
% of Calories					64.635%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Menu Detail

Date: 03-29-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Cereal, Assorted 1G	78730	1 container	995	107.321	23.329
Special Meal (B)	1341338	1 serving	5	N/A*	N/A*
Ham & Swiss Cheese Croissant 1M/1.5G	1418015	1 each	4000	150.000	13.500
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	14.000
Milk					
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	4000	120.000	23.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	16.000
Misc.					
String Cheese 1M	78782	1 each	995	80.000	0.000
Total			5000		
Weighted Daily Average				418.634*	72.016*
% of Calories					68.81%

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.