

Nutrient Detail Report

Organization: Garden Grove USD
Session: 2023-24 School Year
Menu: 2023-2024 Intermediate 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)	527.337		400 min / 550 max	Pass		
Protein (g)	16.788	12.734%				
Total Fat (g)	16.266	27.76%				
Saturated Fat (g)	6.164	10.52%	< 10%	Fail	0.52	Too much Saturated Fat (10.52 of 10.00)
Trans Fat (g)	0.004*					
Carbohydrates (g)	79.864	60.579%				
Cholesterol (mg)	103.322*					
Sodium (mg)	565.622		≤ 600	Pass		
Potassium (mg)	216.126*					
Fiber (g)	4.696					
Sugars (g)	47.754*					
Iron (g)	2.076*					
Calcium (mg)	321.299*					
Vitamin A (IU)	555.066*					
Vitamin C (mg)	35.307*					
Vitamin D (mcg)	0.633*					

* Indicates missing Nutrient Information.
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Menu Detail

Date: 03-01-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Pork Sausage Links (3) w/ French Toast Slice & Syrup 2M/1.5G	78796	1 serving/3 links + 1 french toast slice	50	480.000	59.000
Breakfast Sausage Pizza 1M/1.5G	78684	1 serving	50	210.000	26.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	100	414.999	26.000
Burrito, Breakfast, Egg, Potato & Cheese 2.5M/2.5G	78775	1 serving	50	551.793	43.873
Burrito, Breakfast, Egg, Ham, Potato & Cheese 2.25M/2G	78727	1 serving	50	476.856	40.757
Burrito, Breakfast, Sausage, Egg & Cheese 3.75M/2.5G	78746	1 serving	100	579.613	43.187
Sandwich, Peanut Butter & Jelly, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	50	320.000	32.000
Breakfast Bars, Assorted 2G	78866	1 each	200	285.000	47.500
Pan Dulce, Assorted 2G	78803	1 each	100	200.000	34.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	100	260.000	37.500
Cereal w/ String Cheese 1M/1G	78643	1 serving	50	187.321	23.329
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	50	263.705	50.887
Homemade Blueberry Muffin 2G	1317061	1 each	50	392.133	57.398
Fruit					
Fruit Cup, Assorted	78625	0.5 cup	100	84.199	19.998
Dried Fruit, Assorted	78632	1 each	100	112.500	28.000
Fruit, Fresh, Assorted (BKF)	78657	1 each	500	81.357	20.974
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	1000	60.000	14.000
Milk					
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	300	120.000	23.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	200	120.000	16.000
Misc.					
Ketchup	78887	1 tablespoon	100	20.000	4.000
Hot Sauce (Del Sol)	79899	1 packet	100	5.000	1.000
Total			1000		
Weighted Daily Average				529.4	80.117
% of Calories					60.534%

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% of Calories					60.822%

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% of Calories					60.822%

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Menu Detail

Date: 03-12-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Pork Sausage Links (3) w/ French Toast Slice & Syrup 2M/1.5G	78796	1 serving/3 links + 1 french toast slice	50	480.000	59.000
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Menu Detail

Date: 03-13-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
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Burrito, Breakfast, Egg, Ham, Potato & Cheese 2.25M/2G	78727	1 serving	50	476.856	40.757
Burrito, Breakfast, Sausage, Egg & Cheese 3.75M/2.5G	78746	1 serving	100	579.613	43.187
Sandwich, Peanut Butter & Jelly, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	50	320.000	32.000
Breakfast Bars, Assorted 2G	78866	1 each	200	285.000	47.500
Pan Dulce, Assorted 2G	78803	1 each	100	200.000	34.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	100	260.000	37.500
Cereal w/ String Cheese 1M/1G	78643	1 serving	50	187.321	23.329
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	50	263.705	50.887
Homemade Blueberry Muffin 2G	1317061	1 each	50	392.133	57.398
Fruit					
Fruit Cup, Assorted	78625	0.5 cup	100	84.199	19.998
Dried Fruit, Assorted	78632	1 each	100	112.500	28.000
Fruit, Fresh, Assorted (BKF)	78657	1 each	500	81.357	20.974
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	1000	60.000	14.000
Milk					
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	300	120.000	23.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	200	120.000	16.000
Misc.					
Ketchup	78887	1 tablespoon	100	20.000	4.000
Hot Sauce (Del Sol)	79899	1 packet	100	5.000	1.000
Total			1000		
Weighted Daily Average				529.4	80.117
% of Calories					60.534%

* 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					
Pork Sausage Links (3) w/ French Toast Slice & Syrup 2M/1.5G	78796	1 serving/3 links + 1 french toast slice	50	480.000	59.000
Breakfast Sausage Pizza 1M/1.5G	78684	1 serving	50	210.000	26.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	100	414.999	26.000
Burrito, Breakfast, Egg, Potato & Cheese 2.5M/2.5G	78775	1 serving	50	551.793	43.873
Burrito, Breakfast, Egg, Ham, Potato & Cheese 2.25M/2G	78727	1 serving	50	476.856	40.757
Burrito, Breakfast, Sausage, Egg & Cheese 3.75M/2.5G	78746	1 serving	100	579.613	43.187
Sandwich, Peanut Butter & Jelly, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	50	320.000	32.000
Breakfast Bars, Assorted 2G	78866	1 each	200	285.000	47.500
Pan Dulce, Assorted 2G	78803	1 each	100	200.000	34.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	100	260.000	37.500
Cereal w/ String Cheese 1M/1G	78643	1 serving	50	187.321	23.329
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	50	263.705	50.887
Homemade Blueberry Muffin 2G	1317061	1 each	50	392.133	57.398
Fruit					
Fruit Cup, Assorted	78625	0.5 cup	100	84.199	19.998
Dried Fruit, Assorted	78632	1 each	100	112.500	28.000
Fruit, Fresh, Assorted (BKF)	78657	1 each	500	81.357	20.974
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	1000	60.000	14.000
Milk					
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	300	120.000	23.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	200	120.000	16.000
Misc.					
Ketchup	78887	1 tablespoon	100	20.000	4.000
Hot Sauce (Del Sol)	79899	1 packet	100	5.000	1.000
Total			1000		
Weighted Daily Average				529.4	80.117
% of Calories					60.534%

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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Pork Sausage Links (2) w/ French Toast Slice & Syrup 1.75M/1.5G	78765	1 serving/2 links + 1 french toast slice	50	430.000	59.000
Breakfast Sausage Pizza 1M/1.5G	78684	1 serving	50	210.000	26.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	100	414.999	26.000
Burrito, Breakfast, Egg, Potato & Cheese 2.5M/2.5G	78775	1 serving	50	551.793	43.873
Burrito, Breakfast, Egg, Ham, Potato & Cheese 2.25M/2G	78727	1 serving	50	476.856	40.757
Burrito, Breakfast, Sausage, Egg & Cheese 3.75M/2.5G	78746	1 serving	100	579.613	43.187
Sandwich, Peanut Butter & Jelly, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	50	320.000	32.000
Breakfast Bars, Assorted 2G	78866	1 each	200	285.000	47.500
Pan Dulce, Assorted 2G	78803	1 each	100	200.000	34.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	100	260.000	37.500
Cereal w/ String Cheese 1M/1G	78643	1 serving	50	187.321	23.329
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	50	263.705	50.887
Homemade Blueberry Muffin 2G	1317061	1 each	50	392.133	57.398
Fruit					
Fruit Cup, Assorted	78625	0.5 cup	100	84.199	19.998
Dried Fruit, Assorted	78632	1 each	100	112.500	28.000
Fruit, Fresh, Assorted (BKF)	78657	1 each	500	81.357	20.974
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	1000	60.000	14.000
Milk					
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	300	120.000	23.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	200	120.000	16.000
Misc.					
Ketchup	78887	1 tablespoon	100	20.000	4.000
Hot Sauce (Del Sol)	79899	1 packet	100	5.000	1.000
Total			1000		
Weighted Daily Average				526.9	80.117
% of Calories					60.822%

* Indicates missing Nutrient Information.

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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Pork Sausage Links (3) w/ French Toast Slice & Syrup 2M/1.5G	78796	1 serving/3 links + 1 french toast slice	50	480.000	59.000
Breakfast Sausage Pizza 1M/1.5G	78684	1 serving	50	210.000	26.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	100	414.999	26.000
Burrito, Breakfast, Egg, Potato & Cheese 2.5M/2.5G	78775	1 serving	50	551.793	43.873
Burrito, Breakfast, Egg, Ham, Potato & Cheese 2.25M/2G	78727	1 serving	50	476.856	40.757
Burrito, Breakfast, Sausage, Egg & Cheese 3.75M/2.5G	78746	1 serving	100	579.613	43.187
Sandwich, Peanut Butter & Jelly, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	50	320.000	32.000
Breakfast Bars, Assorted 2G	78866	1 each	200	285.000	47.500
Pan Dulce, Assorted 2G	78803	1 each	100	200.000	34.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	100	260.000	37.500
Cereal w/ String Cheese 1M/1G	78643	1 serving	50	187.321	23.329
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	50	263.705	50.887
Homemade Blueberry Muffin 2G	1317061	1 each	50	392.133	57.398
Fruit					
Fruit Cup, Assorted	78625	0.5 cup	100	84.199	19.998
Dried Fruit, Assorted	78632	1 each	100	112.500	28.000
Fruit, Fresh, Assorted (BKF)	78657	1 each	500	81.357	20.974
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	1000	60.000	14.000
Milk					
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	300	120.000	23.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	200	120.000	16.000
Misc.					
Ketchup	78887	1 tablespoon	100	20.000	4.000
Hot Sauce (Del Sol)	79899	1 packet	100	5.000	1.000
Total			1000		
Weighted Daily Average				529.4	80.117
% of Calories					60.534%

* Indicates missing Nutrient Information.

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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Pork Sausage Links (3) w/ French Toast Slice & Syrup 2M/1.5G	78796	1 serving/3 links + 1 french toast slice	50	480.000	59.000
Breakfast Sausage Pizza 1M/1.5G	78684	1 serving	50	210.000	26.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	100	414.999	26.000
Burrito, Breakfast, Egg, Potato & Cheese 2.5M/2.5G	78775	1 serving	50	551.793	43.873
Burrito, Breakfast, Egg, Ham, Potato & Cheese 2.25M/2G	78727	1 serving	50	476.856	40.757
Burrito, Breakfast, Sausage, Egg & Cheese 3.75M/2.5G	78746	1 serving	100	579.613	43.187
Sandwich, Peanut Butter & Jelly, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	50	320.000	32.000
Breakfast Bars, Assorted 2G	78866	1 each	100	285.000	47.500
Pan Dulce, Assorted 2G	78803	1 each	200	200.000	34.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	100	260.000	37.500
Cereal w/ String Cheese 1M/1G	78643	1 serving	50	187.321	23.329
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	50	263.705	50.887
Homemade Blueberry Muffin 2G	1317061	1 each	50	392.133	57.398
Fruit					
Fruit Cup, Assorted	78625	0.5 cup	100	84.199	19.998
Dried Fruit, Assorted	78632	1 each	100	112.500	28.000
Fruit, Fresh, Assorted (BKF)	78657	1 each	500	81.357	20.974
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	1000	60.000	14.000
Milk					
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	300	120.000	23.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	200	120.000	16.000
Misc.					
Ketchup	78887	1 tablespoon	100	20.000	4.000
Hot Sauce (Del Sol)	79899	1 packet	100	5.000	1.000
Total			1000		
Weighted Daily Average				520.9	78.767
% of Calories					60.486%

* Indicates missing Nutrient Information.

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Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Pork Sausage Links (3) w/ French Toast Slice & Syrup 2M/1.5G	78796	1 serving/3 links + 1 french toast slice	50	480.000	59.000
Breakfast Sausage Pizza 1M/1.5G	78684	1 serving	50	210.000	26.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	100	414.999	26.000
Burrito, Breakfast, Egg, Potato & Cheese 2.5M/2.5G	78775	1 serving	50	551.793	43.873
Burrito, Breakfast, Egg, Ham, Potato & Cheese 2.25M/2G	78727	1 serving	50	476.856	40.757
Burrito, Breakfast, Sausage, Egg & Cheese 3.75M/2.5G	78746	1 serving	100	579.613	43.187
Sandwich, Peanut Butter & Jelly, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	50	320.000	32.000
Breakfast Bars, Assorted 2G	78866	1 each	200	285.000	47.500
Pan Dulce, Assorted 2G	78803	1 each	100	200.000	34.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	100	260.000	37.500
Cereal w/ String Cheese 1M/1G	78643	1 serving	50	187.321	23.329
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	50	263.705	50.887
Homemade Blueberry Muffin 2G	1317061	1 each	50	392.133	57.398
Fruit					
Fruit Cup, Assorted	78625	0.5 cup	100	84.199	19.998
Dried Fruit, Assorted	78632	1 each	100	112.500	28.000
Fruit, Fresh, Assorted (BKF)	78657	1 each	500	81.357	20.974
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	1000	60.000	14.000
Milk					
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	300	120.000	23.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	200	120.000	16.000
Misc.					
Ketchup	78887	1 tablespoon	100	20.000	4.000
Hot Sauce (Del Sol)	79899	1 packet	100	5.000	1.000
Total			1000		
Weighted Daily Average				529.4	80.117
% of Calories					60.534%

* Indicates missing Nutrient Information.

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Menu Detail

Date: 03-29-2024

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Pork Sausage Links (3) w/ French Toast Slice & Syrup 2M/1.5G	78796	1 serving/3 links + 1 french toast slice	50	480.000	59.000
Breakfast Sausage Pizza 1M/1.5G	78684	1 serving	50	210.000	26.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	100	414.999	26.000
Burrito, Breakfast, Egg, Potato & Cheese 2.5M/2.5G	78775	1 serving	50	551.793	43.873
Burrito, Breakfast, Egg, Ham, Potato & Cheese 2.25M/2G	78727	1 serving	50	476.856	40.757
Burrito, Breakfast, Sausage, Egg & Cheese 3.75M/2.5G	78746	1 serving	100	579.613	43.187
Sandwich, Peanut Butter & Jelly, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	50	320.000	32.000
Breakfast Bars, Assorted 2G	78866	1 each	200	285.000	47.500
Pan Dulce, Assorted 2G	78803	1 each	100	200.000	34.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	100	260.000	37.500
Cereal w/ String Cheese 1M/1G	78643	1 serving	50	187.321	23.329
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	50	263.705	50.887
Homemade Blueberry Muffin 2G	1317061	1 each	50	392.133	57.398
Fruit					
Fruit Cup, Assorted	78625	0.5 cup	100	84.199	19.998
Dried Fruit, Assorted	78632	1 each	100	112.500	28.000
Fruit, Fresh, Assorted (BKF)	78657	1 each	500	81.357	20.974
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	1000	60.000	14.000
Milk					
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	300	120.000	23.000
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	200	120.000	16.000
Misc.					
Ketchup	78887	1 tablespoon	100	20.000	4.000
Hot Sauce (Del Sol)	79899	1 packet	100	5.000	1.000
Total			1000		
Weighted Daily Average				529.4	80.117
% of Calories					60.534%

* Indicates missing Nutrient Information.

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