

# Carbohydrate Report

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



Wed - 03/01/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Breakfast Menu				
Recipe	Total			
Cereal, Assorted	1.00 container	107.499	23.371	
Banana Chocolate Breakfast Bar	1.00 each	280.000	48.000	
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			511.524	97.248
% of Calories				76.05%

Thu - 03/02/2023		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 - 03/03/2023	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 - 03/06/2023	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%

<b>Tue - 03/07/2023</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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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%

<b>Wed - 03/08/2023</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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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 - 03/09/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 Elementary Breakfast Menu

Recipe	Total		
Turkey Sausage, Egg & Cheese Breakfast Pocket	1.00 each	200.000	25.000
Cereal, Assorted	1.00 container	107.499	23.371
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	78.848
% of Calories			70.48%

Fri - 03/10/2023	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%

Mon - 03/13/2023	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%

<b>Tue - 03/14/2023</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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%

<b>Wed - 03/15/2023</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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%
<b>Thu - 03/16/2023</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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%

<b>Fri - 03/17/2023</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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%

<b>Mon - 03/20/2023</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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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%

<b>Tue - 03/21/2023</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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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%

<b>Wed - 03/22/2023</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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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%

<b>Thu - 03/23/2023</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2022-2023 Elementary Breakfast Menu

Recipe	Total		
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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 - 03/24/2023	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%

\* = Indicates missing Nutrient Information.

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