

Carbohydrate Report

District: Garden Grove Unified School District
 School: Allen Elementary
 Menu: 2021-2022 Elementary Breakfast Menu



Mon - 11/01/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu				
Recipe	Total			
Cereal w/ String Cheese	1.00 serving	188.571	23.286	
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			425.992	77.301
% of Calories				72.58%

Tue - 11/02/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu				
Recipe	Total			
Cereal w/ String Cheese	1.00 serving	188.571	23.286	
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		433.992	70.901
% of Calories			65.35%

Wed - 11/03/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
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		440.392	78.021
% of Calories			70.87%

Thu - 11/04/2021	Portion Size	Calories (kcal)	Carbohydrates (g)

2021-2022 Elementary Breakfast Menu

Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
Pork Sausage Links (2) & Pancake	1.00 serving/2 links + 1 pancake	170.000	14.000
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		497.992	85.301
% of Calories			68.52%

Fri - 11/05/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 11/08/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286

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		537.992	92.501
% of Calories			68.78%

Tue - 11/09/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
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
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		419.592	68.629
% of Calories			65.42%

Wed - 11/10/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
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		489.992	88.501
% of Calories			72.25%

Thu - 11/11/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Fri - 11/12/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		

Cereal w/ String Cheese	1.00 serving	188.571	23.286
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		529.992	84.501
% of Calories			63.78%

Mon - 11/15/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
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		425.992	77.301
% of Calories			72.58%

Tue - 11/16/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
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		433.992	70.901
% of Calories			65.35%

Wed - 11/17/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
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		440.392	78.021
% of Calories			70.87%

Thu - 11/18/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
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		449.308	66.735
% of Calories			59.41%

Fri - 11/19/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
Pork Sausage Links (2) & Pancake	1.00 serving/2 links + 1 pancake	170.000	14.000

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		497.992	85.301
% of Calories			68.52%

Mon - 11/22/2021	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 - 11/23/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Wed - 11/24/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Thu - 11/25/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Fri - 11/26/2021	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 - 11/29/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			

Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
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		489.992	88.501
% of Calories			72.25%

Tue - 11/30/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu				
Recipe	Total			
Cereal w/ String Cheese	1.00 serving	188.571	23.286	
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		433.992	70.901	
% of Calories			65.35%	

* = Indicates missing Nutrient Information.

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