

Carbohydrate Report

District: Garden Grove Unified School District

School: Allen Elementary

Menu: 2021-2022 Elementary Lunch Menu



Mon - 11/01/2021	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
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
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		607.471	96.417
% of Calories			63.49%

Tue - 11/02/2021	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
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		479.922	71.487
% of Calories			59.58%

Wed - 11/03/2021	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
Cheese French Bread Pizza	1.00 each	340.000	35.000
Pepperoni French Bread Pizza	1.00 serving	350.000	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
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	553.957	81.659
% of Calories		58.96%

Thu - 11/04/2021	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 (HS)	1.00 serving	418.045	51.341
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 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		623.903	97.972
% of Calories			62.81%

Fri - 11/05/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch 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 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
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
Mini Double Chocolate Chip Muffin	1.00 each	123.000	20.500
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		608.215	87.149
% of Calories			57.31%

Tue - 11/09/2021	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 - 11/10/2021	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
Tater Tots, 1/2 cup	0.50 cup	134.000	18.000
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		617.957	84.459
% of Calories			54.67%

Thu - 11/11/2021	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

Fri - 11/12/2021	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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Dried Fruit	1.00 each	112.500	28.250
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
Marinara Sauce Cup	1.00 each	15.000	3.000
Weighted Daily Average	531.542		88.313
% of Calories			66.46%

Mon - 11/15/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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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
Garden Salsa Sun Chips	1.00 each	140.000	19.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		662.815	102.889
% of Calories			62.09%

Tue - 11/16/2021		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
Meatballs with Marinara Sauce & Garlic Knot Roll	1.00 serving/5 meatballs + garlic knot		343.202	29.496
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		553.480	77.694
% of Calories			56.15%

Wed - 11/17/2021	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
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		538.437	77.667
% of Calories			57.70%

Thu - 11/18/2021	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
Diced Turkey with Gravy	1.00 serving/#8 scoop	120.000	7.000
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
Homestyle Mashed Potatoes, 1/2 cup (McCain)	1/2 cup	30.000	18.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fruit Cups	0.50 cup	84.199	19.997
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		574.467	103.899
% of Calories			72.34%

Fri - 11/19/2021		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	
Assorted Dried Fruit	1.00 each	112.500	28.250	
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		519.542	87.913
% of Calories			67.68%

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

Wed - 11/24/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch 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 Lunch 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 Lunch 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 Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Nacho Chips & Cheese Cup	1.00 serving	460.000	45.000
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
Assorted Dried Fruit	1.00 each	112.500	28.250
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		769.340	112.911
% of Calories			58.71%

Tue - 11/30/2021		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	
Tater Tots, 1/2 cup	0.50 cup	134.000	18.000	
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		727.122	111.487	
% of Calories			61.33%	

* = Indicates missing Nutrient Information.

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