

# Carbohydrate Report

District: Garden Grove Unified School District

School: Allen Elementary

Menu: 2022-2023 Elementary Breakfast Menu



Mon - 10/03/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
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%

Tue - 10/04/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
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%

Wed - 10/05/2022		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 - 10/06/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Breakfast Menu				
Recipe		Total		
Cereal, Assorted	1.00 container	107.499	23.371	

Strawberry Crisp Bar	1.00 each	250.000	41.000
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	91.648
% of Calories			75.19%

Fri - 10/07/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
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 - 10/10/2022	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	280.000	43.000
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	93.248
% of Calories			72.92%

Tue - 10/11/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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 - 10/12/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2022-2023 Elementary Breakfast Menu</b>			
<b>Recipe</b>	<b>Total</b>		
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
<b>Weighted Daily Average</b>		<b>461.924</b>	<b>86.768</b>
<b>% of Calories</b>			<b>75.14%</b>

<b>Thu - 10/13/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2022-2023 Elementary Breakfast Menu</b>			
<b>Recipe</b>	<b>Total</b>		
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
<b>Weighted Daily Average</b>		<b>455.524</b>	<b>86.848</b>

% of Calories	76.26%
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<b>Fri - 10/14/2022</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 - 10/17/2022</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
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%

Tue - 10/18/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
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%	

Wed - 10/19/2022		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%

<b>Thu - 10/20/2022</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
Strawberry Crisp Bar	1.00 each	250.000	41.000
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	91.648
% of Calories			75.19%

<b>Fri - 10/21/2022</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
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 - 10/24/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Breakfast Menu				
Recipe	Total			
Cereal, Assorted	1.00 container	107.499	23.371	
Cinnamon Roll w/ Glaze	1.00 each	280.000	43.000	
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	93.248	
% of Calories			72.92%	

Tue - 10/25/2022		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
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%

Wed - 10/26/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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%
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Thu - 10/27/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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%

Fri - 10/28/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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 - 10/31/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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%

\* = Indicates missing Nutrient Information.

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