

Carbohydrate Report

District: Garden Grove Unified School District

School: Allen Elementary

Menu: 2022-2023 Afterschool Snack Menu



Thu - 09/01/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Afterschool Snack Menu				
Recipe		Total		
Assorted Apple & Eve Juice Box		1.00 each	140.000	33.600
Strawberry Chex Snack Mix		1.00 package	130.000	23.000
Weighted Daily Average			270.000	56.600
% of Calories				83.85%

Fri - 09/02/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Afterschool Snack Menu				
Recipe		Total		
Assorted Apple & Eve Juice Box		1.00 each	140.000	33.600
Assorted Crackers		1.00 each	116.667	19.000
Weighted Daily Average			256.667	52.600
% of Calories				81.97%

Tue - 09/06/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Afterschool Snack Menu				

Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Garden Salsa Sun Chips	1.00 each	140.000	19.000
Weighted Daily Average		280.000	52.600
% of Calories			75.14%

Wed - 09/07/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Chocolate Bear Grahams	1.00 each	221.373	42.262
Weighted Daily Average		361.373	75.862
% of Calories			83.97%

Thu - 09/08/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
String Cheese	1.00 each	80.000	0.000
Weighted Daily Average		220.000	33.600
% of Calories			61.09%

Fri - 09/09/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Assorted Crackers	1.00 each	116.667	19.000
Weighted Daily Average		256.667	52.600
% of Calories			81.97%

Mon - 09/12/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Sunflower Seeds, Honey Roasted, Package	1.00 each	170.000	8.000
Weighted Daily Average		310.000	41.600
% of Calories			53.68%

Tue - 09/13/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Cheez-it Crackers	1.00 each	100.000	14.000
Weighted Daily Average		240.000	47.600
% of Calories			79.33%

Wed - 09/14/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Cinnamon Tiger Bites	1.00 package	120.000	21.000
Weighted Daily Average		260.000	54.600
% of Calories			84.00%

Thu - 09/15/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Strawberry Chex Snack Mix	1.00 package	130.000	23.000
Weighted Daily Average		270.000	56.600
% of Calories			83.85%

Fri - 09/16/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600

Assorted Crackers	1.00 each	116.667	19.000
Weighted Daily Average		256.667	52.600
% of Calories			81.97%

Mon - 09/19/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Cereal Bar, Assorted	1.00 each	150.000	30.000
Weighted Daily Average		290.000	63.600
% of Calories			87.72%

Tue - 09/20/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Garden Salsa Sun Chips	1.00 each	140.000	19.000
Weighted Daily Average		280.000	52.600
% of Calories			75.14%

Wed - 09/21/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Afterschool Snack Menu			

Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Chocolate Bear Grahams	1.00 each	221.373	42.262
Weighted Daily Average		361.373	75.862
% of Calories			83.97%

Thu - 09/22/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
String Cheese	1.00 each	80.000	0.000
Weighted Daily Average		220.000	33.600
% of Calories			61.09%

Fri - 09/23/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Assorted Crackers	1.00 each	116.667	19.000
Weighted Daily Average		256.667	52.600
% of Calories			81.97%

Mon - 09/26/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Sunflower Seeds, Honey Roasted, Package	1.00 each	170.000	8.000
Weighted Daily Average		310.000	41.600
% of Calories			53.68%

Tue - 09/27/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Cheez-it Crackers	1.00 each	100.000	14.000
Weighted Daily Average		240.000	47.600
% of Calories			79.33%

Wed - 09/28/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Cinnamon Tiger Bites	1.00 package	120.000	21.000
Weighted Daily Average		260.000	54.600
% of Calories			84.00%

Thu - 09/29/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Strawberry Chex Snack Mix	1.00 package	130.000	23.000
Weighted Daily Average		270.000	56.600
% of Calories			83.85%

Fri - 09/30/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Afterschool Snack Menu			
Recipe	Total		
Assorted Apple & Eve Juice Box	1.00 each	140.000	33.600
Assorted Crackers	1.00 each	116.667	19.000
Weighted Daily Average		256.667	52.600
% of Calories			81.97%

* = Indicates missing Nutrient Information.

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