

Carbohydrate Report

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



Wed - 09/01/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu				
Recipe	Total			
Bagel w/ Cream Cheese	1.00 each	210.000	32.000	
Cereal w/ String Cheese	1.00 serving	188.571	23.286	
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	75.701	
% of Calories			69.77%	

Thu - 09/02/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu				
Recipe	Total			
Mini Chocolate Chip French Toast Bites	1.00 serving	210.000	35.000	
Cereal w/ String Cheese	1.00 serving	188.571	23.286	
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	78.101
% of Calories			71.98%

Fri - 09/03/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Pork Sausage Links (2) & Pancake	1.00 serving/2 links + 1 pancake	170.000	14.000
Cereal w/ String Cheese	1.00 serving	188.571	23.286
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 - 09/06/2021	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 - 09/07/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu				
Recipe	Total			
Cinnamon Crumble Square	1.00 each	340.000	53.000	
Cereal w/ String Cheese	1.00 serving	188.571	23.286	
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%

Wed - 09/08/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu				
Recipe	Total			
Breakfast Bagel Cheese Pizza	1.00 serving	192.000	23.160	

Cereal w/ String Cheese	1.00 serving	188.571	23.286
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%

Thu - 09/09/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Mini Strawberry Pancakes	1.00 packet	230.000	40.000
Cereal w/ String Cheese	1.00 serving	188.571	23.286
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		449.992	82.101
% of Calories			72.98%

Fri - 09/10/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
------------------	--------------	-----------------	-------------------

2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Breaded Waffle Flavored Chicken Chunks	1.00 serving/ 6 pcs	210.000	13.000
Cereal w/ String Cheese	1.00 serving	188.571	23.286
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 - 09/13/2021	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 - 09/14/2021		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 - 09/15/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu				
Recipe		Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286	
Bagel w/ Cream Cheese	1.00 each	210.000	32.000	

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	75.701
% of Calories			69.77%

Thu - 09/16/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
Mini Chocolate Chip French Toast Bites	1.00 serving	210.000	35.000
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	78.101
% of Calories			71.98%

Fri - 09/17/2021	Portion Size	Calories (kcal)	Carbohydrates (g)

2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
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 - 09/20/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
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 - 09/21/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
Bagel w/ Cream Cheese	1.00 each	210.000	32.000
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	75.701
% of Calories			69.77%

Wed - 09/22/2021	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	39.900
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	82.021
% of Calories			74.50%

Thu - 09/23/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
Mini Strawberry Pancakes	1.00 packet	230.000	40.000
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		449.992	82.101
% of Calories			72.98%

Fri - 09/24/2021	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		553.992	90.501
% of Calories			65.34%

Mon - 09/27/2021	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 Bread Square	1.00 each	281.000	46.500
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		490.792	87.301

% of Calories	71.15%
---------------	--------

Tue - 09/28/2021		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 - 09/29/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu				
Recipe	Total			
Cereal w/ String Cheese	1.00 serving	188.571	23.286	
Bagel w/ Cream Cheese	1.00 each	210.000	32.000	
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	75.701
% of Calories			69.77%

Thu - 09/30/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Breakfast Menu			
Recipe	Total		
Cereal w/ String Cheese	1.00 serving	188.571	23.286
Mini Chocolate Chip French Toast Bites	1.00 serving	210.000	35.000
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	78.101
% of Calories			71.98%

* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.