

Carbohydrate Report

District: Garden Grove Unified School District

School: Allen Elementary

Menu: 2021-2022 Elementary Lunch Menu



Wed - 09/01/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu				
Recipe	Total			
Chicken Corn Dog	1.00 each	238.000	27.800	
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333	
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		467.397	76.875	
% of Calories			65.79%	

Thu - 09/02/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu				
Recipe	Total			
Teriyaki Beef Dippers w/ Vegetable Fried Rice (1/2 cup)	1.00 serving	294.209	38.742	
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000	
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 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		529.384	84.642
% of Calories			63.96%

Fri - 09/03/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu			
Recipe	Total		
Turkey Taco Pocket	1.00 each	310.000	40.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
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		569.167	97.992
% of Calories			68.87%

Mon - 09/06/2021	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 - 09/07/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu			
Recipe	Total		
Hamburger w/ Whole Wheat Bun	1.00 serving	230.069	22.914
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
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		459.522	72.697
% of Calories			63.28%

Wed - 09/08/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu			
Recipe	Total		
Sicilian Cheese Pizza Calzone	1.00 serving	310.000	34.000

Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
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		509.957	78.326
% of Calories			61.44%

Thu - 09/09/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu			
Recipe	Total		
Spaghetti w/ Cheesy Breadstick (Bosco)	1.00 serving	283.394	34.022
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000
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
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		497.432	74.966
% of Calories			60.28%

Fri - 09/10/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu			
Recipe	Total		
Bean & Cheese Quesarito	1.00 serving	330.000	44.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
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		561.542	95.379
% of Calories			67.94%

Mon - 09/13/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu			
Recipe	Total		
Hamburger w/ Whole Wheat Bun	1.00 serving	230.069	22.914
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
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
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		532.015	89.445
% of Calories			67.25%

Tue - 09/14/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu				
Recipe	Total			
Chicken Nuggets	1.00 serving/5 pieces		260.000	16.000
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
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			470.736	61.230
% of Calories				52.03%

Wed - 09/15/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu				
Recipe	Total			

Cheese French Bread Pizza	1.00 each	340.000	35.000
Pepperoni French Bread Pizza	1.00 serving	350.000	35.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
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		539.957	79.126
% of Calories			58.62%

Thu - 09/16/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken w/ Vegetable Fried Rice (1/2 cup)	1.00 serving	295.212	48.042
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
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
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		566.260	100.371
% of Calories			70.90%

Fri - 09/17/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu			
Recipe	Total		
Macaroni & Cheese (#6 SCOOP)	1.00 serving	290.015	32.002
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
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
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		694.554	112.781
% of Calories			64.95%

Mon - 09/20/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu			
Recipe	Total		
Chicken Double Dogs	1.00 each	260.000	31.500
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
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
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		507.215	85.065
% of Calories			67.08%

Tue - 09/21/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu				
Recipe	Total			
Crunchy Beef Taco	1.00 serving	272.973	22.354	
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	
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		481.114	66.313	
% of Calories			55.13%	

Wed - 09/22/2021		Portion Size	Calories (kcal)	Carbohydrates (g)

2021-2022 Elementary Lunch Menu			
Recipe	Total		
Cheesy Pull Apart Bread	1.00 serving	260.000	29.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
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
Marinara Sauce Cup	1.00 each	15.000	3.000
Weighted Daily Average		481.957	76.726
% of Calories			63.68%

Thu - 09/23/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu			
Recipe	Total		
Animal Shaped Chicken Nuggets	1.00 serving/3 nuggets	220.000	12.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Tater Tots, 1/2 cup	0.50 cup	134.000	18.000
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
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		572.781	75.141
% of Calories			52.47%

Fri - 09/24/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu			
Recipe	Total		
Breaded Chicken Drumstick	1.00 serving	190.000	5.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
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
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
Weighted Daily Average		572.542	84.679
% of Calories			59.16%

Mon - 09/27/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu			

Recipe	Total		
Pork Sausage Patties (2) w/ French Toast (1	1.00 serving/2 pork patties + 1 french toast	570.000	30.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
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
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		717.917	75.117
% of Calories			41.85%

Tue - 09/28/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu				
Recipe	Total			
Breaded Chicken Patty w/ Hamburger Buns 3.5"	1.00 serving	352.069	37.414	
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	
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	
Weighted Daily Average		518.136	71.623	
% of Calories			55.29%	

Wed - 09/29/2021	Portion Size	Calories (kcal)	Carbohydrates (g)

2021-2022 Elementary Lunch Menu			
Recipe	Total		
Chicken Corn Dog	1.00 each	238.000	27.800
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
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
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		444.817	71.607
% of Calories			64.39%

Thu - 09/30/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Elementary Lunch Menu			
Recipe	Total		
Teriyaki Beef Dippers w/ Vegetable Fried Rice (1/2 cup)	1.00 serving	294.209	38.742
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
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
Weighted Daily Average		471.848	72.686
% of Calories			61.62%

* = Indicates missing Nutrient Information.

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