Weighted Nutrient Analysis

Organization: Garden Grove USD
Session: 2026-2027 School Year
Menu: 2026-2027 Elementary Breakfast Menu
Number Source: Planned
Dates: 12-01-2026 to 12-18-2026

Weighted Weekly Average

Date(s): 12-01-2026 to 12-18-2026

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	483.318		400 min / 500 max	Pass		
Saturated Fat (g)	3.132	5.832%	< 10%	Pass		
Sodium (mg)	471.358		≤ 540	Pass		
Added Sugars (g)	15.297*	12.66%				
Protein (g)	17.905	14.819%				
Total Fat (g)	10.985	20.455%				
Trans Fat (g)	0.000*					
Carbohydrates (g)	82.240	68.063%				
Cholesterol (mg)	44.571					
Potassium (mg)	1,077.354*					
Fiber (g)	4.398					
Total Sugars (g)	54.434					
Iron (g)	2.633*					
Calcium (mg)	594.022*					
Vitamin A (mcg RAE)	107.818*					
Vitamin C (mg)	41.058*					
Vitamin D (mcg)	5.708*					

* Indicates missing Nutrient Information.

July 1, 2027 Limit: ≤ 485 mg

July 1, 2027 Limit: No more than 10% of total weekly calories

Menu Detail

Date: 12-01-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	112.000	23.000
Breakfast Sausage Pizza 1M/1.5G 63912	78684	1 serving	4000	200.000	25.000
Fruit					
Fruit, Fresh, Assorted	78755	1 each	5000	65.147	16.717
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	1000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				440.547	73.117
% of Calories					66.387%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-02-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	112.000	23.000
Yami Yogurt w/ Scooby Grahams 1M/1G	2205284	1 serving	4000	210.000	37.000
Fruit					
Fruit, Fresh, Assorted	78755	1 each	5000	65.147	16.717
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	1000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				448.547	82.717
% of Calories					73.764%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-03-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	112.000	23.000
"POFFITZ" Mini Pancake Bites 2G 1673	1595500	1 package	4000	250.000	37.000
Fruit					
Fruit, Fresh, Assorted	78755	1 each	5000	65.147	16.717
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	1000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Syrup Cup	78716	1 each	4000	120.769	30.192
Total			5000		
Weighted Daily Average				577.162	106.871
% of Calories					74.066%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-04-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	112.000	23.000
Ham & Swiss Cheese Croissant 1M/1.5G	1418015	1 each	4000	300.000	27.000
Fruit					
Fruit, Fresh, Assorted	78755	1 each	5000	65.147	16.717
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	1000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Weighted Daily Average				520.547	74.717
% of Calories					57.414%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-07-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	112.000	23.000
Bagel Cheese Pizza 1M/1.25G	78720	1 serving	4000	192.000	23.600
Fruit					
Fruit, Fresh, Assorted	78755	1 each	5000	65.147	16.717
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	1000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				434.147	71.997
% of Calories					66.334%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-08-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	112.000	23.000
Bagel Cheese Pizza 1M/1.25G	78720	1 serving	4000	192.000	23.600
Fruit					
Fruit, Fresh, Assorted	78755	1 each	5000	65.147	16.717
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	1000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				434.147	71.997
% of Calories					66.334%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-09-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	112.000	23.000
Colby Cheese Omelet w/ Mini Banana Muffin 2M/1G	2222924	1 each	4000	300.000	31.000
Fruit					
Fruit, Fresh, Assorted	78755	1 each	5000	65.147	16.717
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	1000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				520.547	77.917
% of Calories					59.873%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-10-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	112.000	23.000
Mini Chocolate Chip French Toast Bites 2G	78756	1 serving	4000	190.000	37.000
Fruit					
Fruit, Fresh, Assorted	78755	1 each	5000	65.147	16.717
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	1000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				432.547	82.717
% of Calories					76.493%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-11-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	112.000	23.000
Pork Sausage Links (2) & French Toast Sticks (2) 1M/1G	1595485	1 serving/2 links + 2 french toast sticks	4000	330.000	17.333
Fruit					
Fruit, Fresh, Assorted	78755	1 each	5000	65.147	16.717
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	1000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Syrup Cup	78716	1 each	5000	120.769	30.192
Total			5000		
Weighted Daily Average				665.316	97.176
% of Calories					58.424%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-14-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	112.000	23.000
Pan Dulce, Assorted 2G	78803	1 each	4000	200.000	34.000
Fruit					
Fruit, Fresh, Assorted	78755	1 each	5000	65.147	16.717
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	1000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				440.547	80.317
% of Calories					72.925%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-15-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	112.000	23.000
Breakfast Sausage Pizza 1M/1.5G 63912	78684	1 serving	4000	200.000	25.000
Fruit					
Fruit, Fresh, Assorted	78755	1 each	5000	65.147	16.717
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	1000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				440.547	73.117
% of Calories					66.387%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-16-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	112.000	23.000
Yami Yogurt w/ Scooby Grahams 1M/1G	2205284	1 serving	4000	210.000	37.000
Fruit					
Fruit, Fresh, Assorted	78755	1 each	5000	65.147	16.717
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	1000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Total			5000		
Weighted Daily Average				448.547	82.717
% of Calories					73.764%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-17-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	1000	112.000	23.000
Mini Cinnamon Waffles 2G	82796	1 package	4000	190.000	34.000
Fruit					
Fruit, Fresh, Assorted	78755	1 each	5000	65.147	16.717
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	1000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Syrup Cup	78716	1 each	4000	120.769	30.192
Total			5000		
Weighted Daily Average				529.162	104.471
% of Calories					78.971%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-18-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Special Meal (B)	1341338	1 serving	1	N/A*	N/A*
Cereal, Assorted 1G (General Mills)	1822226	1 container	5000	112.000	23.000
Fruit					
Fruit, Fresh, Assorted	78755	1 each	5000	65.147	16.717
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	1000	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	1000	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	3000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	5000	80.000	0.000
Total			5000		
Weighted Daily Average				434.147	71.517
% of Calories					65.892%

* Indicates missing Nutrient Information.