

Weighted Nutrient Analysis

Organization: Garden Grove USD
Session: 2026-2027 School Year
Menu: 2026-2027 Elementary Breakfast Menu
Number Source: Planned
Dates: 08-03-2026 to 08-31-2026

Weighted Weekly Average

Date(s): 08-03-2026 to 08-31-2026

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	486.247		400 min / 500 max	Pass		
Saturated Fat (g)	3.012*	5.575%	< 10%	Pass		
Sodium (mg) 	463.997		≤ 540	Pass		
Added Sugars (g) 	7.938*	6.53%				
Protein (g)	17.152	14.11%				
Total Fat (g)	10.630	19.675%				
Trans Fat (g)	0.000*					
Carbohydrates (g)	84.029	69.124%				
Cholesterol (mg)	44.150*					
Potassium (mg)	996.318*					
Fiber (g)	4.237					
Total Sugars (g)	56.274					
Iron (g)	2.633*					
Calcium (mg)	572.550*					
Vitamin A (mcg RAE)	98.675*					
Vitamin C (mg)	40.702*					
Vitamin D (mcg)	5.130*					

* 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: 08-10-2026

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	110.000	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				440.147	80.317
% of Calories					72.991%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-11-2026

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	110.000	23.000
Yami Yogurt w/ Vanilla Emoji Crackers 1M/1G	2142628	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				448.147	82.717
% of Calories					73.83%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-12-2026

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	110.000	23.000
Breakfast Sausage Pizza 1M/1.5G	78684	1 serving	4000	210.000	26.000
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				448.147	73.917
% of Calories					65.976%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-13-2026

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	110.000	23.000
Mini Chocolate Chip French Toast Bites 2G	78756	1 serving	4000	210.000	35.000
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				448.147	81.117

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
% of Calories					72.402%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-14-2026

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	110.000	23.000
Pork Sausage Links (2) & French Toast Sticks (2) 1M/1G	1595485	1 serving/2 links + 2 french toast sticks	4000	240.000	18.667
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	120.000	30.000
Total			5000		
Weighted Daily Average				592.147	98.05
% of Calories					66.234%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-17-2026

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	110.000	23.000
Breakfast Bar, Banana Chocolate 2G	78768	1 each	4000	280.000	48.000
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				504.147	91.517
% of Calories					72.611%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-18-2026

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	1000	110.000	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

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				433.747	71.997
% of Calories					66.395%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-19-2026

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	110.000	23.000
Colby Cheese Omelet w/ Mini Chocolate Chip Muffin 2M/1G	1149433	1 each	4000	230.000	20.800
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				464.147	69.757
% of Calories					60.116%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-20-2026

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	110.000	23.000
"POFFITZ" Mini Pancake Bites 2G	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	5000	120.000	30.000
Total			5000		
Weighted Daily Average				600.147	112.717
% of Calories					75.126%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-21-2026

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	110.000	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		
Weighted Daily Average				520.147	74.717
% of Calories					57.458%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-24-2026

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	110.000	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				440.147	80.317
% of Calories					72.991%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-25-2026

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	110.000	23.000
Yami Yogurt w/ Vanilla Emoji Crackers 1M/1G	2142628	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				448.147	82.717
% of Calories					73.83%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-26-2026

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	110.000	23.000
Breakfast Sausage Pizza 1M/1.5G	78684	1 serving	4000	210.000	26.000
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				448.147	73.917
% of Calories					65.976%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-27-2026

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	110.000	23.000
Mini Chocolate Chip French Toast Bites 2G	78756	1 serving	4000	210.000	35.000
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				448.147	81.117
% of Calories					72.402%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-28-2026

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	110.000	23.000
Pork Sausage Links (2) & French Toast Sticks (2) 1M/1G	1595485	1 serving/2 links + 2 french toast sticks	4000	240.000	18.667
Fruit					
Fruit, Fresh, Assorted	78755	1 each	5000	65.147	16.717

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
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	120.000	30.000
Total			5000		
Weighted Daily Average				592.147	98.05
% of Calories					66.234%

* Indicates missing Nutrient Information.

Menu Detail

Date: 08-31-2026

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	110.000	23.000
Breakfast Bar, Banana Chocolate 2G	78768	1 each	4000	280.000	48.000
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				504.147	91.517
% of Calories					72.611%

* Indicates missing Nutrient Information.