

Nutrient Detail Report

Organization: Garden Grove USD
Session: 2025-2026 School Year
Menu: 2025-2026 Elementary Breakfast Menu
Number Source: Planned
Dates: 12-01-2025 to 12-19-2025

Nutrient Summary

Date(s): 12-01-2025 to 12-19-2025

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	473.173		400 min / 500 max	Pass		
Protein (g)	17.266	14.596%				
Total Fat (g)	8.830	16.796%				
Saturated Fat (g)	3.490	6.639%	< 10%	Pass		
Trans Fat (g)	0.000*					
Carbohydrates (g)	84.943	71.807%				
Cholesterol (mg)	43.695					
Sodium (mg)	453.073		≤ 540	Pass		
Potassium (mg)	957.019*					
Fiber (g)	5.108					
Sugars (g)	55.826					
Added Sugars (g)	8.101*	6.848%				
Iron (g)	2.903					
Calcium (mg)	571.806					
Vitamin A (mcg RAE)	114.012*					
Vitamin C (mg)	47.477*					
Vitamin D (mcg)	5.260*					

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-01-2025

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 (BKF)	78657	1 each	5000	81.357	20.974
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, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				448.357	86.374
% of Calories					77.058%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-02-2025

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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
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, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				456.357	79.974
% of Calories					70.097%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-03-2025

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	228.947	20.794
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
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, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				471.514	75.809
% of Calories					64.311%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-04-2025

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 (BKF)	78657	1 each	5000	81.357	20.974
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, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				456.357	87.174
% of Calories					76.408%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-05-2025

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 (BKF)	78657	1 each	5000	81.357	20.974
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, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				528.357	80.774
% of Calories					61.151%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-08-2025

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, Oatmeal Chocolate Chip 2G	78832	1 serving	4000	290.000	47.000
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
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, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				520.357	96.774
% of Calories					74.39%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-09-2025

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	23.160
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
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, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				441.957	77.702
% of Calories					70.325%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-10-2025

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
Trix Yogurt w/ Mini Muffin 1M/1G	78927	1 serving	4000	218.000	34.650
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
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, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				462.757	86.894
% of Calories					75.109%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-11-2025

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 (BKF)	78657	1 each	5000	81.357	20.974
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, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	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				608.357	118.774
% of Calories					78.095%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-12-2025

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
Turkey Sausage Croissant 0.5M/1.5G	1832579	1 each	4000	290.000	31.000
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
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, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				520.357	83.974
% of Calories					64.551%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-15-2025

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 (BKF)	78657	1 each	5000	81.357	20.974
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, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				448.357	86.374
% of Calories					77.058%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-16-2025

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 (BKF)	78657	1 each	5000	81.357	20.974
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, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				456.357	79.974
% of Calories					70.097%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-17-2025

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	228.947	20.794
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
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, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				471.514	75.809
% of Calories					64.311%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-18-2025

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 Confetti Pancakes 2G	1832526	1 package	4000	7.408	1.270
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	5000	81.357	20.974
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, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				294.283	60.189
% of Calories					81.812%

* Indicates missing Nutrient Information.

Menu Detail

Date: 12-19-2025

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 (BKF)	78657	1 each	5000	81.357	20.974
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, Chocolate, Fat-free, Hollandia	1832146	1 each	4000	110.000	20.000
Misc.					
String Cheese 1M	78782	1 each	1000	80.000	0.000
Total			5000		
Weighted Daily Average				512.357	97.574
% of Calories					76.176%

* Indicates missing Nutrient Information.