

Nutrient Detail Report

Organization: Garden Grove USD
Session: 2025-2026 School Year
Menu: 2025-2026 Elementary Breakfast Menu
Number Source: Planned
Dates: 11-03-2025 to 11-21-2025

Nutrient Summary

Date(s): 11-03-2025 to 11-21-2025

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	476.874		400 min / 500 max	Pass		
Protein (g)	16.262	13.641%				
Total Fat (g)	8.260	15.589%				
Saturated Fat (g)	3.000	5.662%	< 10%	Pass		
Trans Fat (g)	0.000*					
Carbohydrates (g)	87.927	73.752%				
Cholesterol (mg)	29.468					
Sodium (mg)	427.530		≤ 540	Pass		
Potassium (mg)	939.258*					
Fiber (g)	5.200					
Sugars (g)	58.526					
Added Sugars (g)	7.786*	6.531%				
Iron (g)	2.627					
Calcium (mg)	556.098					
Vitamin A (mcg RAE)	114.064*					
Vitamin C (mg)	47.262*					
Vitamin D (mcg)	5.412*					

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-03-2025

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
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: 11-04-2025

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
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: 11-05-2025

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
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: 11-06-2025

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: 11-07-2025

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.					
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: 11-12-2025

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
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.

Menu Detail

Date: 11-13-2025

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	4000	120.000	30.000
Total			5000		
Weighted Daily Average				584.357	112.774

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
% of Calories					77.195%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-14-2025

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
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 (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	4000	120.000	30.000
Total			5000		
Weighted Daily Average				576.357	98.107
% of Calories					68.088%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-17-2025

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
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: 11-18-2025

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
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

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
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: 11-19-2025

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
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: 11-20-2025

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: 11-21-2025

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					

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