

Carbohydrate Report

District: Mead School District

School: Brentwood Elementary

Menu: Clone of Elementary Breakfast 2017-2018



Mon - 09/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Breakfast 2017-2018			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 09/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Breakfast 2017-2018			
Recipe	Total		
Cheese Omelet	1.00 Omelet	130.408	1.134
Cereal Variety	1.00 Each	94.481	21.848
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667
Toast	1.00 Each	106.786	17.000
Milk	1.00 Each	126.000	21.800
Jelly	1.00 Each	33.333	8.667
Yogurt Variety	1.00 Each	100.000	19.000

Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		409.059	71.112
% of Calories			69.54%

Wed - 09/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Breakfast 2017-2018			
Recipe	Total		
Waffles	2.00 Waffles	440.000	66.000
Cereal Variety	1.00 Each	94.481	21.848
Yogurt Parfait	1.00 Each	283.624	62.832
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		557.190	109.989
% of Calories			78.96%

Thu - 09/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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Clone of Elementary Breakfast 2017-2018			
Recipe	Total		
Sausage Cheese English Muffin	1.00 Sandwich	260.000	22.500
Cereal Variety	1.00 Each	94.481	21.848
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		381.613	64.520
% of Calories			67.63%

Fri - 09/08/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Breakfast 2017-2018			
Recipe	Total		
Chocolate Chip Muffin	1.00 Each	169.102	27.852
Cereal Variety	1.00 Each	94.481	21.848
Yogurt Parfait	1.00 Each	283.624	62.832
Fruit Variety	0.50 Cup	84.326	21.008

Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
Weighted Daily Average		407.164	79.268
% of Calories			77.87%

Mon - 09/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Breakfast 2017-2018			
Recipe	Total		
Bagel	1.00 Serving	80.000	15.500
Cereal Variety	1.00 Each	94.481	21.848
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
Cream Cheese Variety	1.00 Each	76.000	2.200
Weighted Daily Average		418.813	75.237
% of Calories			71.86%

Tue - 09/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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Clone of Elementary Breakfast 2017-2018			
Recipe	Total		
Pancake	1.00 Each	80.000	13.700
Cereal Variety	1.00 Each	94.481	21.848
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
Scrambled Eggs	2.00 oz	90.000	2.000
Picante Sauce	1.00 Each	5.000	1.000
Ketchup	1.00 Each	10.000	3.000
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		440.612	85.635
% of Calories			77.74%

Wed - 09/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Breakfast 2017-2018			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.624
Cereal Variety	1.00 Each	94.481	21.848

Yogurt Parfait	1.00 Each	283.624	62.832
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
Weighted Daily Average		450.495	81.765
% of Calories			72.60%

Thu - 09/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Breakfast 2017-2018			
Recipe	Total		
Cheesy Egg Patty	1.00 Each	95.000	1.500
Cereal Variety	1.00 Each	94.481	21.848
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667
Toast	1.00 Each	106.786	17.000
Milk	1.00 Each	126.000	21.800
Jelly	1.00 Each	33.333	8.667
Yogurt Variety	1.00 Each	100.000	19.000

Picante Sauce	1.00 Each	5.000	1.000
Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		409.022	73.560
% of Calories			71.94%

Fri - 09/15/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Breakfast 2017-2018			
Recipe	Total		
Chocolate Chip Muffin	1.00 Each	169.102	27.852
Cereal Variety	1.00 Each	94.481	21.848
Yogurt Parfait	1.00 Each	283.624	62.832
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
Weighted Daily Average		407.164	79.268
% of Calories			77.87%

Mon - 09/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Breakfast 2017-2018			

Recipe	Total		
Pancake Wrap	1.00 Each	200.000	17.000
Cereal Variety	1.00 Each	94.481	21.848
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Maple Syrup	1.00 Each	120.000	31.000
Yogurt Variety	1.00 Each	100.000	19.000
Weighted Daily Average		447.274	83.991
% of Calories			75.11%

Tue - 09/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Breakfast 2017-2018			
Recipe	Total		
Cheese Omelet	1.00 Omelet	130.408	1.134
Cereal Variety	1.00 Each	94.481	21.848
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667
Toast	1.00 Each	106.786	17.000
Milk	1.00 Each	126.000	21.800

Jelly	1.00 Each	33.333	8.667
Yogurt Variety	1.00 Each	100.000	19.000
Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		409.059	71.112
% of Calories			69.54%

Wed - 09/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Breakfast 2017-2018			
Recipe	Total		
Waffles	2.00 Waffles	440.000	66.000
Cereal Variety	1.00 Each	94.481	21.848
Yogurt Parfait	1.00 Each	283.624	62.832
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		557.190	109.989
% of Calories			78.96%

Thu - 09/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Breakfast 2017-2018			
Recipe	Total		
Sausage Cheese English Muffin	1.00 Sandwich	260.000	22.500
Cereal Variety	1.00 Each	94.481	21.848
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		381.613	64.520
% of Calories			67.63%

Fri - 09/22/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Breakfast 2017-2018			
Recipe	Total		
Chocolate Chip Muffin	1.00 Each	169.102	27.852
Cereal Variety	1.00 Each	94.481	21.848

Yogurt Parfait	1.00 Each	283.624	62.832
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
Weighted Daily Average		407.164	79.268
% of Calories			77.87%

Mon - 09/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Breakfast 2017-2018			
Recipe	Total		
Bagel	1.00 Serving	80.000	15.500
Cereal Variety	1.00 Each	94.481	21.848
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
Cream Cheese Variety	1.00 Each	76.000	2.200
Weighted Daily Average		418.813	75.237
% of Calories			71.86%

Tue - 09/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Breakfast 2017-2018			
Recipe	Total		
Pancake	1.00 Each	80.000	13.700
Cereal Variety	1.00 Each	94.481	21.848
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
Scrambled Eggs	2.00 oz	90.000	2.000
Picante Sauce	1.00 Each	5.000	1.000
Ketchup	1.00 Each	10.000	3.000
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		440.612	85.635
% of Calories			77.74%

Wed - 09/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Breakfast 2017-2018			
Recipe	Total		

Dutch Waffle	1.00 Each	302.431	43.624
Cereal Variety	1.00 Each	94.481	21.848
Yogurt Parfait	1.00 Each	283.624	62.832
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
Weighted Daily Average		450.495	81.765
% of Calories			72.60%

Thu - 09/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Breakfast 2017-2018			
Recipe	Total		
Cheesy Egg Patty	1.00 Each	95.000	1.500
Cereal Variety	1.00 Each	94.481	21.848
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667
Toast	1.00 Each	106.786	17.000
Milk	1.00 Each	126.000	21.800
Jelly	1.00 Each	33.333	8.667

Carbohydrate Report

District: Mead School District

School: Brentwood Elementary

Menu: Clone of Elementary Lunch 2017-2018



Mon - 09/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Lunch 2017-2018			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 09/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Lunch 2017-2018			
Recipe	Total		
Chicken Smackers	10.00 Pieces	278.036	20.672
Corn	0.50 Cup	91.635	19.243
Broccoli	0.50 Cup	18.038	3.523
Sliced Apples	0.50 Cup	32.137	8.535
Breakfast Bar Variety	1.00 Each	288.000	47.600
Whole Grain Rice	0.50 Cup	112.500	22.300
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000

String Cheese	1.00 Each	160.999	2.012
BBQ Sauce	1.00 Each	40.499	10.125
Ketchup	1.00 Each	10.000	3.000
Ranch Dressing	1.00 oz	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		610.756	86.945
% of Calories			56.94%

Wed - 09/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Lunch 2017-2018			
Recipe	Total		
Cheese Pizza	1.00 Slice	360.000	34.000
Pepperoni Pizza	1.00 Each	370.000	34.000
Power Salad	1.00 Cup	44.555	2.308
Red Bell Peppers	0.50 Cup	19.203	3.735
Pineapple	0.50 Cup	107.049	19.473
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
String Cheese	1.00 Each	160.999	2.012

Ranch Dressing	1.00 oz	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		614.139	76.262
% of Calories			49.67%

Thu - 09/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Lunch 2017-2018			
Recipe	Total		
Hamburger	1.00 Each	322.810	28.009
Cheeseburger	1.00 Each	372.810	28.509
Veggie Burger	1.00 Each	320.097	36.935
Oven Baked Fries	0.50 Cup	80.000	12.667
Baked Beans	0.50 Cup	155.671	31.134
Oranges	0.50 Cup	62.702	15.676
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
String Cheese	1.00 Each	160.999	2.012
Ketchup	1.00 Each	10.000	3.000

Mustard	1.00 Each	5.000	0.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		709.473	101.695
% of Calories			57.34%

Fri - 09/08/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Lunch 2017-2018			
Recipe	Total		
Cheese Ripper	1.00 Slice	280.986	30.106
Roasted Broccoli	0.50 Cup	38.496	4.634
Broccoli	0.50 Cup	18.038	3.523
Carrots	0.50 Cup	29.058	6.790
Peaches	0.50 Cup	72.426	18.106
Breakfast Bar Variety	1.00 Each	288.000	47.600
Apple Delight Cookie	1.00 Each	160.000	27.000
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
String Cheese	1.00 Each	160.999	2.012
Ranch Dressing	1.00 oz	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510

Weighted Daily Average	660.514	98.426
% of Calories		59.61%

Mon - 09/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Lunch 2017-2018			
Recipe	Total		
Mini Corn Dog	6.00 Each	254.678	30.829
Tater Tots	0.50 Cup	151.111	16.889
Broccoli	0.50 Cup	18.038	3.523
Pears	0.50 Cup	70.697	18.815
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
String Cheese	1.00 Each	160.999	2.012
BBQ Sauce	1.00 Each	40.499	10.125
Ketchup	1.00 Each	10.000	3.000
Mustard	1.00 Each	5.000	0.000
Ranch Dressing	1.00 oz	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		619.091	91.344

% of Calories	59.02%
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Tue - 09/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Lunch 2017-2018			
Recipe	Total		
Macho Nachos	1.00 Each	365.332	28.190
Refried Beans	0.50 Cup	209.991	29.999
Red Bell Peppers	0.50 Cup	19.203	3.735
Sliced Apples	0.50 Cup	32.137	8.535
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
String Cheese	1.00 Each	160.999	2.012
Ranch Dressing	1.00 oz	76.875	0.875
Sour Cream	1.00 Each	25.312	4.050
Picante Sauce	1.00 Each	5.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		658.936	79.214
% of Calories			48.09%

Wed - 09/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Lunch 2017-2018			
Recipe	Total		
Chicken Alfredo	1.00 Serving	279.420	38.209
Power Salad	1.00 Cup	44.555	2.308
Carrots	0.50 Cup	29.058	6.790
Pineapple	0.50 Cup	107.049	19.473
Breakfast Bar Variety	1.00 Each	288.000	47.600
Garlic Toast	1.00 Toast	70.000	12.000
Rice Crispy Treat	1.00 Each	100.000	16.000
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
String Cheese	1.00 Each	160.999	2.012
Ranch Dressing	1.00 oz	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		687.182	104.081
% of Calories			60.58%

Thu - 09/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Lunch 2017-2018			

Recipe	Total		
Pancakes, WG	2.00 Each	160.000	27.400
Cheese Omelet	1.00 Omelet	130.408	1.134
Broccoli	0.50 Cup	18.038	3.523
Cucumbers	0.50 Cup	10.974	2.656
Pluot	1.00 Each	30.360	7.537
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	160.999	2.012
Yogurt Variety	1.00 Each	100.000	19.000
Ranch Dressing	1.00 oz	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Pancake	1.00 Each	80.000	13.700
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		574.829	89.032
% of Calories			61.95%

Fri - 09/15/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Lunch 2017-2018			

Recipe	Total		
Crispy Chicken Patty Sandwich	1.00 Each	334.000	39.000
Roasted Rosemary Potatoes	0.50 Cup	79.487	13.570
Carrots	0.50 Cup	29.058	6.790
Peaches	0.50 Cup	72.426	18.106
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	160.999	2.012
Yogurt Variety	1.00 Each	100.000	19.000
Ranch Dressing	1.00 oz	76.875	0.875
BBQ Sauce	1.00 Each	40.499	10.125
Ketchup	1.00 Each	10.000	3.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		624.037	94.585
% of Calories			60.63%

Mon - 09/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Lunch 2017-2018			
Recipe	Total		
Ham & Cheese Rippers	1.00 Serving	270.000	28.000

Carrots	0.50 Cup	29.058	6.790
Corn	0.50 Cup	91.635	19.243
Peaches	0.50 Cup	72.426	18.106
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	160.999	2.012
Yogurt Variety	1.00 Each	100.000	19.000
Ranch Dressing	1.00 oz	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		567.927	86.436
% of Calories			60.88%

Tue - 09/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Lunch 2017-2018			
Recipe	Total		
Crispy Chicken Strips	3.00 Each	185.018	13.072
Mashed Potatoes	0.50 Cup	80.180	16.036
Green Beans	0.50 Cup	21.069	4.214
Sliced Apples	0.50 Cup	32.137	8.535
Breakfast Bar Variety	1.00 Each	288.000	47.600

Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	160.999	2.012
Yogurt Variety	1.00 Each	100.000	19.000
Ketchup	1.00 Each	10.000	3.000
BBQ Sauce	1.00 Each	40.499	10.125
Ranch Dressing	1.00 oz	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Chicken Gravy	0.25 Cup	35.093	7.019
Weighted Daily Average		647.684	101.525
% of Calories			62.70%

Wed - 09/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Lunch 2017-2018			
Recipe	Total		
Cheese Pizza	1.00 Slice	360.000	34.000
Pepperoni Pizza	1.00 Each	370.000	34.000
Power Salad	1.00 Cup	44.555	2.308
Roasted Lentils	0.50 Cup	129.840	19.929

Grapes	0.50 Cup	59.662	15.650
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	160.999	2.012
Yogurt Variety	1.00 Each	100.000	19.000
Ranch Dressing	1.00 oz	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		647.974	82.397
% of Calories			50.86%

Thu - 09/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Lunch 2017-2018			
Recipe	Total		
Cheese Ravioli	7.00 Pieces	150.515	20.226
Kale Chips	0.50 Cup	14.261	1.654
Carrots	0.50 Cup	29.058	6.790
Oranges	0.50 Cup	62.702	15.676
Breakfast Bar Variety	1.00 Each	288.000	47.600
Garlic Toast	1.00 Toast	70.000	12.000
Sherbet	1.00 Sherbet	110.000	25.000

Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	160.999	2.012
Yogurt Variety	1.00 Each	100.000	19.000
Ranch Dressing	1.00 oz	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		573.083	100.926
% of Calories			70.44%

Fri - 09/22/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Lunch 2017-2018			
Recipe	Total		
Mozzarella Breadstick	1.00 Each	140.000	15.000
Roasted Broccoli	0.50 Cup	38.496	4.634
Roasted Cauliflower	0.50 Cup	39.184	3.248
Marinara Sauce	0.25 Cup	35.000	6.000
Pears	0.50 Cup	70.697	18.815
Dinner Roll	1.00 Each	160.000	30.000
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	160.999	2.012

Yogurt Variety	1.00 Each	100.000	19.000
Ranch Dressing	1.00 oz	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		577.032	91.009
% of Calories			63.09%

Mon - 09/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Lunch 2017-2018			
Recipe	Total		
Chicken Nuggets	5.00 Pieces	183.877	12.991
Oven Baked Fries	0.50 Cup	80.000	12.667
Carrots	0.50 Cup	29.058	6.790
Sliced Apples	0.50 Cup	32.137	8.535
Breakfast Bar Variety	1.00 Each	288.000	47.600
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	160.999	2.012
Yogurt Variety	1.00 Each	100.000	19.000
Ranch Dressing	1.00 oz	76.875	0.875

Ketchup	1.00 Each	10.000	3.000
BBQ Sauce	1.00 Each	40.499	10.125
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		627.486	93.146
% of Calories			59.38%

Tue - 09/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Lunch 2017-2018			
Recipe	Total		
Turkey & Cheese Flatbread	1.00 Half	335.687	26.506
Baked Beans	0.50 Cup	155.671	31.134
Red Bell Peppers	0.50 Cup	19.203	3.735
Pears	0.50 Cup	70.697	18.815
Breakfast Bar Variety	1.00 Each	288.000	47.600
Frosted Cookie	1.00 Each	140.000	24.000
Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	160.999	2.012
Yogurt Variety	1.00 Each	100.000	19.000
Ranch Dressing	1.00 oz	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510

Weighted Daily Average	770.232	109.939
% of Calories		57.09%

Wed - 09/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Lunch 2017-2018			
Recipe	Total		
Cheese Pizza	1.00 Slice	360.000	34.000
Pepperoni Pizza	1.00 Each	370.000	34.000
Power Salad	1.00 Cup	44.555	2.308
Carrots	0.50 Cup	29.058	6.790
Oranges	0.50 Cup	62.702	15.676
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	160.999	2.012
Yogurt Variety	1.00 Each	100.000	19.000
Ranch Dressing	1.00 oz	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		599.408	76.002
% of Calories			50.72%

Thu - 09/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Lunch 2017-2018			
Recipe	Total		
Spaghetti with Meat Sauce	1.00 Serving	299.668	40.129
Green Beans	0.50 Cup	21.069	4.214
Cucumbers	0.50 Cup	10.974	2.656
Pluot	1.00 Each	30.360	7.537
Breakfast Bar Variety	1.00 Each	288.000	47.600
Garlic Toast	1.00 Toast	70.000	12.000
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
String Cheese	1.00 Each	160.999	2.012
Ranch Dressing	1.00 oz	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		544.864	82.712
% of Calories			60.72%

Fri - 09/29/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Lunch 2017-2018			
Recipe	Total		

Apple Cinnamon Texas Toast	1.00 Each	260.000	45.000
Cheese Omelet	1.00 Omelet	130.408	1.134
Broccoli	0.50 Cup	18.038	3.523
Roasted Squash	0.50 Cup	64.303	14.211
Applesauce	0.50 Cup	60.479	15.120
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	160.999	2.012
Yogurt Variety	1.00 Each	100.000	19.000
Ranch Dressing	1.00 oz	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		617.860	91.347
% of Calories			59.14%

* = Indicates missing Nutrient Information.

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Yogurt Variety	1.00 Each	100.000	19.000
Picante Sauce	1.00 Each	5.000	1.000
Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		409.022	73.560
% of Calories			71.94%

Fri - 09/29/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Elementary Breakfast 2017-2018			
Recipe	Total		
Chocolate Chip Muffin	1.00 Each	169.102	27.852
Cereal Variety	1.00 Each	94.481	21.848
Yogurt Parfait	1.00 Each	283.624	62.832
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
Weighted Daily Average		407.164	79.268
% of Calories			77.87%

* = Indicates missing Nutrient Information.

8/16/2017

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