

DESCRIPTION	PORTION	CALS	CARBS		SACK LUNCH			
Breakfast Bar-Ban Choc	1 each	280	48		Ham & Cheese/Bun	1 each	247	29.99
Breakfast Bar - French Tst	1 each	290	47		Turkey & Cheese/Bun	1 each	299	28.58
Breakfast Bar - Oat Choc	1 each	290	47		Mustard PC	1 each	5	0
Breakfast Bar - Oat Raisin	1 each	290	48		Mayo PC	1 each	90	0
Breakfast Bar - Apple Cinn	1 each	290	48		Carrots	1/2 cup	29	6.78
Cereal-Cheerios	1 bowl	100	20		Apple Slices	1/2 cup	28	6.52
Cereal-Cinn Tst Crunch	1 bowl	110	22		Juice, Apple	4 oz	60	14
Cereal -Choco Flakes	1 bowl	100	24		Juice, Grape	4 oz	80	19
Cereal - Frosted Mini Wheat	1 bowl	100	24		Juice, Orange	4 oz	50	14
Cereal - Lucky Charms	1 bowl	110	23		Milk, non fat choc	8 oz	130	24
Cereal - Rice Chex	1 bowl	100	24		Milk, 1% white	8 oz	110	13
Cereal - Rice Krispies	1 bowl	100	23		Milk, Lactose Free	8 oz	110	13
Cereal - Cinnamon Chex	1 bowl	110	23					
Cereal - Granola (parfait)	1 oz	90	17		DESCRIPTION	PORTION	CALS	CARBS
Yogurt- (parfait)	4 oz	100	19.5		Applesauce cup	4 oz	60	14
Yogurt-Yami Raspberry	4 oz	100	19		Applesauce , bulk	4 oz	51	13.77
Yogurt-Yami Strwb Banana	4 oz	110	20		Apples, Slices	1/2 cup	64	14.8
Yogurt-Yami Strawberry	4 oz	100	19		Banana	each	90	23.07
Yogurt-Yoplait	4 oz	110	22		Blueberries	4 oz	40	9.5
Juice, Apple	4 oz	60	14		Craisins	1 pkg	110	28
Juice, Grape	4 oz	80	19		Grapes	4 oz	31	7.89
Juice, Orange	4 oz	50	14		Kiwi	1 ea	42	10.12
Milk, non fat choc	8 oz	130	24		Mandarin Orange	4 oz	66	15.61
Milk, 1% white	8 oz	110	13		Orange Wedge	1/2 cup	42	10.57
Milk, Strawberry non fat	8 oz		30		Peaches, Cnd	1/2 cup	50	12
Hummus	3.5 oz	277	13		Pears, Cnd	1/2 cup	60	14
Tortilla Chips	2 oz	240	30		Pineapple	1/2 cup	75	19.55
Nacho Cheese Sauce	2 oz	42	8.5		Pluot, fresh	1 each	30	7.54
Taco Meat	2 oz	105	2		Strawberries as fruit op	1/2 cup	80	19
Tortilla Chips-Nachos	1.5 oz	160	20		Strawberries for Waffle	1/2 cup	80	19
Hamburger Bun	bun	150	26		Strawberry Cup	4 oz	80	18.93
Chicken Caesar Wrap	each	237	22.2		Strawberries for Parfait	1/2 cup	150	38
Turkey Ranch Wrap	each	303	22.7		Watermelon	1/2 cup	23	5.74

Carbohydrate Report

District: Mead School District

School: Brentwood Elementary

Menu: Elementary Breakfast



Mon - 01/07/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Pancake Wrap	1.00 Each	200.000	17.000	
Cereal Variety	1.00 Each	103.107	22.982	
Fruit Variety	0.50 Cup	67.949	17.159	
Juice Variety	1.00 Each	63.333	15.667	
Milk	1.00 Each	126.000	21.800	
Yogurt Variety	1.00 Each	103.333	19.333	
Maple Syrup	1.00 Each	120.000	31.000	
Weighted Daily Average		421.426	76.124	
% of Calories			72.25%	

Tue - 01/08/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Cheese Omelet	1.00 Omelet	110.000	1.000	
Cereal Variety	1.00 Each	103.107	22.982	
Fruit Variety	0.50 Cup	67.949	17.159	
Juice Variety	1.00 Each	63.333	15.667	

Toast	1.00 Each	96.786	15.000
Milk	1.00 Each	126.000	21.800
Jelly	1.00 Each	33.333	8.667
Yogurt Variety	1.00 Each	103.333	19.333
Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		400.888	70.318
% of Calories			70.16%

Wed - 01/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Waffles	2.00 Waffles	360.000	56.000
Yogurt Parfait	1.00 Each	297.114	61.841
Cereal Variety	1.00 Each	103.107	22.982
Fruit Variety	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		495.267	97.429
% of Calories			78.69%

Thu - 01/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Breakfast			
Recipe	Total		
Sausage Cheese English Muffin	1.00 Sandwich	310.000	23.000
Cereal Variety	1.00 Each	103.107	22.982
Fruit Variety	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		411.166	65.096
% of Calories			63.33%

Fri - 01/11/2019			
Recipe	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Pumpkin Bread	1.00 Slice	130.000	22.500
Cereal Variety	1.00 Each	103.107	22.982
Yogurt Parfait	1.00 Each	297.114	61.841
Fruit Variety	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Weighted Daily Average		390.619	76.177
% of Calories			78.01%

Mon - 01/14/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe		Total		
Bagel		1.00 Serving	85.000	16.500
Cereal Variety		1.00 Each	103.107	22.982
Fruit Variety		0.50 Cup	67.949	17.159
Juice Variety		1.00 Each	63.333	15.667
Milk		1.00 Each	126.000	21.800
Yogurt Variety		1.00 Each	103.333	19.333
Cream Cheese Variety		1.00 Each	76.000	2.200
Weighted Daily Average			419.804	74.743
% of Calories				71.22%

Tue - 01/15/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe		Total		
Pancake		1.00 Each	70.000	13.000
Cereal Variety		1.00 Each	103.107	22.982
Fruit Variety		0.50 Cup	67.949	17.159
Juice Variety		1.00 Each	63.333	15.667
Milk		1.00 Each	126.000	21.800
Yogurt Variety		1.00 Each	103.333	19.333

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		432.550	84.083
% of Calories			77.76%

Wed - 01/16/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.624
Cereal Variety	1.00 Each	103.107	22.982
Yogurt Parfait	1.00 Each	297.114	61.841
Fruit Variety	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Weighted Daily Average		447.789	80.310
% of Calories			71.74%

Thu - 01/17/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Cheesy Egg Patty	1.00 Each	95.000	1.500

Cereal Variety	1.00 Each	103.107	22.982
Fruit Variety	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Toast	1.00 Each	96.786	15.000
Milk	1.00 Each	126.000	21.800
Jelly	1.00 Each	33.333	8.667
Yogurt Variety	1.00 Each	103.333	19.333
Picante Sauce	1.00 Each	5.000	1.000
Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		401.405	71.359
% of Calories			71.11%

Fri - 01/18/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Chocolate Chip Muffin	1.00 Each	170.000	28.000	
Cereal Variety	1.00 Each	103.107	22.982	
Smoothie & Snack Cracker	8.00 oz	285.833	54.833	
Fruit Variety	0.50 Cup	67.949	17.159	
Juice Variety	1.00 Each	63.333	15.667	
Milk	1.00 Each	126.000	21.800	
Yogurt Variety	1.00 Each	103.333	19.333	
Weighted Daily Average		426.911	80.510	
% of Calories			75.44%	

Mon - 01/21/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 01/22/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Cheese Omelet	1.00 Omelet	110.000	1.000
Cereal Variety	1.00 Each	103.107	22.982
Fruit Variety	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Toast	1.00 Each	96.786	15.000
Milk	1.00 Each	126.000	21.800
Jelly	1.00 Each	33.333	8.667
Yogurt Variety	1.00 Each	103.333	19.333
Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		400.888	70.318
% of Calories			70.16%

Wed - 01/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Breakfast			
Recipe	Total		
Waffles	2.00 Waffles	360.000	56.000
Yogurt Parfait	1.00 Each	297.114	61.841
Cereal Variety	1.00 Each	103.107	22.982
Fruit Variety	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		495.267	97.429
% of Calories			78.69%

Thu - 01/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Sausage Cheese English Muffin	1.00 Sandwich	310.000	23.000
Cereal Variety	1.00 Each	103.107	22.982
Fruit Variety	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000

Weighted Daily Average	411.166	65.096
% of Calories		63.33%

Fri - 01/25/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Pumpkin Bread	1.00 Slice	130.000	22.500	
Cereal Variety	1.00 Each	103.107	22.982	
Yogurt Parfait	1.00 Each	297.114	61.841	
Fruit Variety	0.50 Cup	67.949	17.159	
Juice Variety	1.00 Each	63.333	15.667	
Milk	1.00 Each	126.000	21.800	
Yogurt Variety	1.00 Each	103.333	19.333	
Weighted Daily Average		390.619	76.177	
% of Calories			78.01%	

Mon - 01/28/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Bagel	1.00 Serving	85.000	16.500	
Cereal Variety	1.00 Each	103.107	22.982	
Fruit Variety	0.50 Cup	67.949	17.159	
Juice Variety	1.00 Each	63.333	15.667	

Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Cream Cheese Variety	1.00 Each	76.000	2.200
Weighted Daily Average		419.804	74.743
% of Calories			71.22%

Tue - 01/29/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Pancake	1.00 Each	70.000	13.000	
Cereal Variety	1.00 Each	103.107	22.982	
Fruit Variety	0.50 Cup	67.949	17.159	
Juice Variety	1.00 Each	63.333	15.667	
Milk	1.00 Each	126.000	21.800	
Yogurt Variety	1.00 Each	103.333	19.333	
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		432.550	84.083	
% of Calories			77.76%	

Wed - 01/30/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				

Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.624
Cereal Variety	1.00 Each	103.107	22.982
Yogurt Parfait	1.00 Each	297.114	61.841
Fruit Variety	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Weighted Daily Average		447.789	80.310
% of Calories			71.74%

Thu - 01/31/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Cheesy Egg Patty	1.00 Each	95.000	1.500
Cereal Variety	1.00 Each	103.107	22.982
Fruit Variety	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Toast	1.00 Each	96.786	15.000
Milk	1.00 Each	126.000	21.800
Jelly	1.00 Each	33.333	8.667
Yogurt Variety	1.00 Each	103.333	19.333
Picante Sauce	1.00 Each	5.000	1.000
Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		401.405	71.359

Carbohydrate Report

District: Mead School District

School: Brentwood Elementary

Menu: Elementary Lunch



Mon - 01/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
Carrots	0.50 Cup	29.058	6.790
Baked Beans	0.50 Cup	222.609	43.510
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	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
BBQ Sauce	1.00 Each	40.000	10.000
Ketchup- Bulk	1.00 Each	20.000	5.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		622.223	91.863
% of Calories			59.05%

Tue - 01/08/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			

Recipe	Total		
Cheese Pizza	1.00 Slice	360.000	34.000
Pepperoni Pizza	1.00 Each	370.000	34.000
Cucumbers	0.50 Cup	10.974	2.656
Broccoli	0.50 Cup	18.038	3.523
Roasted Broccoli	0.50 Cup	38.496	4.634
Pineapple	0.50 Cup	81.331	20.333
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		596.250	75.256
% of Calories			50.49%

Wed - 01/09/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Spaghetti with Meat Sauce	1.00 Serving	364.781	43.583	
Power Salad	1.00 Cup	10.962	1.980	
Green Beans	0.50 Cup	21.069	4.214	
Pears	0.50 Cup	60.014	16.004	
Sour Cherry Lemon Slushy	1.00 Each	90.000	22.000	
Garlic Toast	1.00 Toast	70.000	12.000	

Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		718.250	110.875
% of Calories			61.75%

Thu - 01/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Chicken Smackers	10.00 Pieces	278.036	20.672
Oven Baked Fries	0.50 Cup	80.000	12.667
Red Bell Peppers	0.50 Cup	19.203	3.735
Oranges	0.50 Cup	62.702	15.676
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
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
BBQ Sauce	1.00 Each	40.000	10.000
Ketchup	1.00 Each	10.000	3.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		660.370	92.002

% of Calories	55.73%
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Fri - 01/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Apple Cinnamon Texas Toast & Cheese Omelet	1.00 Each	370.000	46.000
Carrots	0.50 Cup	29.058	6.790
Roasted Potatoes	0.50 Cup	90.871	16.172
Apple	1.00 Each	94.640	25.134
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		625.546	97.665
% of Calories			62.45%

Mon - 01/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Chicken Nuggets	5.00 Pieces	183.877	12.991

Tater Tots	0.50 Cup	146.237	16.344
Carrots	0.50 Cup	29.058	6.790
Applesauce	0.50 Cup	60.479	15.120
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
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
BBQ Sauce	1.00 Each	40.000	10.000
Ketchup	1.00 Each	10.000	3.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		632.209	85.985
% of Calories			54.40%

Tue - 01/15/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Cheeseburger	1.00 Each	372.810	28.509
Hamburger	1.00 Each	322.810	28.009
Veggie Burger	1.00 Each	320.097	36.935
Baked Beans	0.50 Cup	222.609	43.510
Cucumbers	0.50 Cup	10.974	2.656
Peaches	0.50 Cup	60.014	14.003
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800

Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ketchup- Bulk	1.00 Each	20.000	5.000
Mustard	1.00 Each	5.000	0.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		637.781	75.995
% of Calories			47.66%

Wed - 01/16/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Garlic Cheese Toast	1.00 Piece	368.000	28.300
Carrots	0.50 Cup	29.058	6.790
Kale Chips	1.00 Cup	38.029	4.410
Grapes	0.50 Cup	59.662	15.650
Breakfast Bar Variety	1.00 Each	288.000	47.600
Rice Crispy Treat	1.00 Each	100.000	16.000
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ranch Dressing	1.00 oz	56.875	0.875
Tomato Soup	1.00 Cup	85.048	18.900
Weighted Daily Average		735.187	97.047

% of Calories	52.80%
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Thu - 01/17/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Chicken Alfredo	1.00 Serving	279.420	38.209
Power Salad	1.00 Cup	10.962	1.980
Red Bell Peppers	0.50 Cup	19.203	3.735
Sliced Apples	0.50 Cup	32.137	8.535
Garlic Toast	1.00 Toast	70.000	12.000
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		539.561	80.617
% of Calories			59.76%

Fri - 01/18/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Pancakes, WG	2.00 Each	140.000	26.000

Cheese Omelet	1.00 Omelet	110.000	1.000
Cucumbers	0.50 Cup	10.974	2.656
Broccoli	0.50 Cup	18.038	3.523
Roasted Broccoli	0.50 Cup	38.496	4.634
Pears	0.50 Cup	60.014	16.004
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Maple Syrup	1.00 Each	120.000	31.000
Ranch Dressing	1.00 oz	56.875	0.875
Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		611.110	94.080
% of Calories			61.58%

Mon - 01/21/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 01/22/2019	Portion Size	Calories (kcal)	Carbohydrates (g)

Elementary Lunch			
Recipe	Total		
Cheese Ravioli	7.00 Pieces	150.515	20.226
Cucumbers	0.50 Cup	10.974	2.656
Carrots	0.50 Cup	29.058	6.790
Mandarin Oranges	0.50 Cup	85.680	22.740
Garlic Toast	1.00 Toast	70.000	12.000
Breakfast Bar Variety	1.00 Each	288.000	47.600
Chocolate Chip Cookie	1.00 Cookie	147.700	24.300
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		675.862	110.241
% of Calories			65.24%

Wed - 01/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
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	10.962	1.980
Cauliflower	0.50 Cup	12.600	2.505
Roasted Cauliflower	0.50 Cup	39.184	3.248

Pineapple	0.50 Cup	81.331	20.333
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		614.384	74.971
% of Calories			48.81%

Thu - 01/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Macho Nachos	1.00 Each	363.549	35.865
Refried Beans	0.50 Cuo	167.993	23.999
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	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Salsa	0.25 Cup	20.000	4.000
Ranch Dressing	1.00 oz	56.875	0.875
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		673.953	86.377

% of Calories	51.27%
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Fri - 01/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Crispy Chicken Strips	3.00 Each	185.018	13.072
Oven Baked Fries	0.50 Cup	80.000	12.667
Power Salad	1.00 Cup	10.962	1.980
Oranges	0.50 Cup	62.702	15.676
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
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
BBQ Sauce	1.00 Each	40.000	10.000
Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		613.195	93.704
% of Calories			61.13%

Mon - 01/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		

Mini Corn Dog	6.00 Each	250.000	30.000
Tater Tots	0.50 Cup	146.237	16.344
Broccoli	0.50 Cup	18.038	3.523
Roasted Broccoli	0.50 Cup	38.496	4.634
Peaches	0.50 Cup	60.014	14.003
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ketchup	1.00 Each	10.000	3.000
Mustard	1.00 Each	5.000	0.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		589.020	79.837
% of Calories			54.22%

Tue - 01/29/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
Green Beans	0.50 Cup	21.069	4.214
Red Bell Peppers	0.50 Cup	19.203	3.735
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	103.333	19.333

String Cheese	1.00 Each	80.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
BBQ Sauce	1.00 Each	40.000	10.000
Ketchup	1.00 Each	10.000	3.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		548.725	78.933
% of Calories			57.54%

Wed - 01/30/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Homemade Chili	1.00 Cup	211.605	20.073	
Cucumbers	0.50 Cup	10.974	2.656	
Corn	0.50 Cup	91.635	19.243	
Applesauce	0.50 Cup	60.479	15.120	
Homebaked Cinnamon Roll	1.00 Roll	220.488	39.374	
Breakfast Bar Variety	1.00 Each	288.000	47.600	
Milk	1.00 Each	126.000	21.800	
Yogurt Variety	1.00 Each	103.333	19.333	
String Cheese	1.00 Each	80.000	1.000	
Hummus Dip & Chips	1.00 Each	517.378	48.510	
Weighted Daily Average		660.888	105.497	
% of Calories			63.85%	

Thu - 01/31/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Lunch			
Recipe	Total		
Chicken and Cheese Quesadilla	1.00 each	315.993	23.049
Carrots	0.50 Cup	29.058	6.790
Refried Beans	0.50 Cuo	167.993	23.999
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
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ranch Dressing	1.00 oz	56.875	0.875
Salsa	0.25 Cup	20.000	4.000
Weighted Daily Average		603.889	75.730
% of Calories			50.16%

* = Indicates missing Nutrient Information.

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