

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 - 02/03/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Pancake and Sausage Wrap	1.00 Each	200.000	17.000	
Cereal & Cheese Stick	1.00 Each	185.534	23.289	
Selection of Fruits	0.50 Cup	61.660	15.716	
Juice Variety	1.00 Each	63.333	15.667	
Milk	1.00 Each	126.000	21.800	
Assortment of Cold Cereal	1.00 Each	103.107	22.982	
Maple Syrup	1.00 Each	120.000	31.000	
String Cheese	1.00 Each	160.999	0.000	
Weighted Daily Average		432.647	69.211	
% of Calories			63.99%	

Tue - 02/04/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Cheese Omelet with Toast	1.00 Omelet	232.565	16.044	
Cereal & Cheese Stick	1.00 Each	185.534	23.289	
Selection of Fruits	0.50 Cup	61.660	15.716	

Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Cheese Omelet	1.00 Omelet	135.779	1.044
Toast	1.00 Each	96.786	15.000
Assortment of Cold Cereal	1.00 Each	103.107	22.982
String Cheese	1.00 Each	160.999	0.000
Jelly	1.00 Each	25.000	6.667
Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		403.639	61.253
% of Calories			60.70%

Wed - 02/05/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Waffles	2.00 Waffles	360.000	56.000
Yogurt Parfait	1.00 Each	229.235	44.570
Cereal & Cheese Stick	1.00 Each	185.534	23.289
Selection of Fruits	0.50 Cup	61.660	15.716
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Assortment of Cold Cereal	1.00 Each	103.107	22.982
String Cheese	1.00 Each	160.999	0.000
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		480.224	90.998

% of Calories	75.80%
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Thu - 02/06/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe		Total		
Sausage Cheese English Muffin		1.00 Sandwich	260.000	24.000
Cereal & Cheese Stick		1.00 Each	185.534	23.289
Selection of Fruits		0.50 Cup	61.660	15.716
Juice Variety		1.00 Each	63.333	15.667
Milk		1.00 Each	126.000	21.800
Assortment of Cold Cereal		1.00 Each	103.107	22.982
String Cheese		1.00 Each	160.999	0.000
Weighted Daily Average			395.825	59.641
% of Calories				60.27%

Fri - 02/07/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe		Total		
Pumpkin Bread		1.00 Slice	260.000	45.000
Yogurt Parfait		1.00 Each	229.235	44.570
Cereal & Cheese Stick		1.00 Each	185.534	23.289
Selection of Fruits		0.50 Cup	61.660	15.716
Juice Variety		1.00 Each	63.333	15.667
Milk		1.00 Each	126.000	21.800

Assortment of Cold Cereal	1.00 Each	103.107	22.982
String Cheese	1.00 Each	160.999	0.000
Weighted Daily Average		415.951	75.901
% of Calories			72.99%

Mon - 02/10/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Bagel	1.00 Serving		170.000	33.000
Cereal & Cheese Stick	1.00 Each		185.534	23.289
Selection of Fruits	0.50 Cup		61.660	15.716
Juice Variety	1.00 Each		63.333	15.667
Milk	1.00 Each		126.000	21.800
Assortment of Cold Cereal	1.00 Each		103.107	22.982
String Cheese	1.00 Each		160.999	0.000
Cream Cheese Variety	1.00 Each		76.000	2.200
Jelly	1.00 Each		25.000	6.667
Weighted Daily Average			428.869	73.482
% of Calories				68.54%

Tue - 02/11/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			

Pancakes	2.00 Each	140.000	26.000
Cereal & Cheese Stick	1.00 Each	185.534	23.289
Selection of Fruits	0.50 Cup	61.660	15.716
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Assortment of Cold Cereal	1.00 Each	103.107	22.982
String Cheese	1.00 Each	160.999	0.000
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		429.318	84.047
% of Calories			78.31%

Wed - 02/12/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Cheese Omelet with Toast	1.00 Omelet	232.565	16.044
Yogurt Parfait	1.00 Each	229.235	44.570
Cereal & Cheese Stick	1.00 Each	185.534	23.289
Selection of Fruits	0.50 Cup	61.660	15.716
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Cheese Omelet	1.00 Omelet	135.779	1.044
Toast	1.00 Each	96.786	15.000
Assortment of Cold Cereal	1.00 Each	103.107	22.982
String Cheese	1.00 Each	160.999	0.000
Jelly	1.00 Each	25.000	6.667
Ketchup	1.00 Each	10.000	3.000

Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		431.704	70.045
% of Calories			64.90%

Thu - 02/13/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
No School	1.00 each	N/A	N/A
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Fri - 02/14/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
No School	1.00 each	N/A	N/A
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 02/17/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		

Weighted Daily Average	N/A	N/A
% of Calories	N/A	

Tue - 02/18/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Cheese Omelet with Toast	1.00 Omelet		232.565	16.044
Cereal & Cheese Stick	1.00 Each		185.534	23.289
Selection of Fruits	0.50 Cup		61.660	15.716
Juice Variety	1.00 Each		63.333	15.667
Milk	1.00 Each		126.000	21.800
Cheese Omelet	1.00 Omelet		135.779	1.044
Toast	1.00 Each		96.786	15.000
Assortment of Cold Cereal	1.00 Each		103.107	22.982
String Cheese	1.00 Each		160.999	0.000
Jelly	1.00 Each		25.000	6.667
Ketchup	1.00 Each		10.000	3.000
Picante Sauce	1.00 Each		5.000	1.000
Weighted Daily Average			403.639	61.253
% of Calories				60.70%

Wed - 02/19/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			

Waffles	2.00 Waffles	360.000	56.000
Yogurt Parfait	1.00 Each	229.235	44.570
Cereal & Cheese Stick	1.00 Each	185.534	23.289
Selection of Fruits	0.50 Cup	61.660	15.716
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Assortment of Cold Cereal	1.00 Each	103.107	22.982
String Cheese	1.00 Each	160.999	0.000
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		480.224	90.998
% of Calories			75.80%

Thu - 02/20/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Sausage Cheese English Muffin	1.00 Sandwich	260.000	24.000
Cereal & Cheese Stick	1.00 Each	185.534	23.289
Selection of Fruits	0.50 Cup	61.660	15.716
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Assortment of Cold Cereal	1.00 Each	103.107	22.982
String Cheese	1.00 Each	160.999	0.000
Weighted Daily Average		395.825	59.641
% of Calories			60.27%

Fri - 02/21/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Pumpkin Bread	1.00 Slice	260.000	45.000
Yogurt Parfait	1.00 Each	229.235	44.570
Cereal & Cheese Stick	1.00 Each	185.534	23.289
Selection of Fruits	0.50 Cup	61.660	15.716
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Assortment of Cold Cereal	1.00 Each	103.107	22.982
String Cheese	1.00 Each	160.999	0.000
Weighted Daily Average		415.951	75.901
% of Calories			72.99%

Mon - 02/24/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Bagel	1.00 Serving	170.000	33.000
Cereal & Cheese Stick	1.00 Each	185.534	23.289
Selection of Fruits	0.50 Cup	61.660	15.716
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Assortment of Cold Cereal	1.00 Each	103.107	22.982

String Cheese	1.00 Each	160.999	0.000
Cream Cheese Variety	1.00 Each	76.000	2.200
Jelly	1.00 Each	25.000	6.667
Weighted Daily Average		428.869	73.482
% of Calories			68.54%

Tue - 02/25/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Pancakes	2.00 Each	140.000	26.000	
Cereal & Cheese Stick	1.00 Each	185.534	23.289	
Selection of Fruits	0.50 Cup	61.660	15.716	
Juice Variety	1.00 Each	63.333	15.667	
Milk	1.00 Each	126.000	21.800	
Assortment of Cold Cereal	1.00 Each	103.107	22.982	
String Cheese	1.00 Each	160.999	0.000	
Maple Syrup	1.00 Each	120.000	31.000	
Weighted Daily Average		429.318	84.047	
% of Calories			78.31%	

Wed - 02/26/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Cheese Omelet with Toast	1.00 Omelet	232.565	16.044	

Yogurt Parfait	1.00 Each	229.235	44.570
Cereal & Cheese Stick	1.00 Each	185.534	23.289
Selection of Fruits	0.50 Cup	61.660	15.716
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Cheese Omelet	1.00 Omelet	135.779	1.044
Toast	1.00 Each	96.786	15.000
Assortment of Cold Cereal	1.00 Each	103.107	22.982
String Cheese	1.00 Each	160.999	0.000
Jelly	1.00 Each	25.000	6.667
Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		431.704	70.045
% of Calories			64.90%

Thu - 02/27/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Cereal & Cheese Stick	1.00 Each	185.534	23.289
Selection of Fruits	0.50 Cup	61.660	15.716
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Assortment of Cold Cereal	1.00 Each	103.107	22.982
String Cheese	1.00 Each	160.999	0.000

Weighted Daily Average	409.223	67.771
% of Calories		66.24%

Fri - 02/28/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Chocolate Chip Muffin	1.00 Each	310.177	52.030	
Yogurt Parfait	1.00 Each	229.235	44.570	
Cereal & Cheese Stick	1.00 Each	185.534	23.289	
Selection of Fruits	0.50 Cup	61.660	15.716	
Juice Variety	1.00 Each	63.333	15.667	
Milk	1.00 Each	126.000	21.800	
Assortment of Cold Cereal	1.00 Each	103.107	22.982	
String Cheese	1.00 Each	160.999	0.000	
Weighted Daily Average		436.794	77.276	
% of Calories			70.77%	

* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Carbohydrate Report

District: Mead School District
 School: Brentwood Elementary
 Menu: Elementary Lunch



Mon - 02/03/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Popcorn Chicken	10.00 Pieces	278.036	20.672	
Tater Tots	0.50 Cup	120.745	14.087	
Carrots	0.50 Cup	29.058	6.790	
Sliced Apples	0.50 Cup	32.137	8.535	
Milk	1.00 Each	126.000	21.800	
Chewy Oat Bar	1.00 Each	286.667	47.333	
Yogurt Variety	1.00 Each	103.333	19.333	
Hummus Dip & Chips	1.00 Each	517.378	48.510	
String Cheese	1.00 Each	160.999	0.000	
BBQ Sauce	1.00 Each	40.000	10.000	
Ketchup- Bulk	1.00 Each	20.000	5.000	
Ranch Dressing	1.00 oz	59.786	1.404	
Weighted Daily Average		565.477	65.886	
% of Calories			46.61%	

Tue - 02/04/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				

Recipe	Total		
Macho Nachos	1.00 Each	397.636	28.979
Refried Beans	0.50 Cuo	167.993	23.999
Red Bell Peppers	0.50 Cup	19.203	3.735
Pears	0.50 Cup	60.014	16.004
Milk	1.00 Each	126.000	21.800
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
String Cheese	1.00 Each	160.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		632.094	70.282
% of Calories			44.48%

Wed - 02/05/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Spaghetti with Meat Sauce	1.00 Serving	364.353	44.484	
Power Salad	1.00 Cup	10.962	1.980	
Cucumbers	0.50 Cup	10.974	2.656	
Grapes	0.50 Cup	59.662	15.650	
Milk	1.00 Each	126.000	21.800	
Chewy Oat Bar	1.00 Each	286.667	47.333	
Hummus Dip & Chips	1.00 Each	517.378	48.510	

Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	160.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		555.295	75.222
% of Calories			54.19%

Thu - 02/06/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe		Total		
Sweet & Sour Chicken with Brown Rice		1.00 Student	290.000	46.400
Kale Chips		1.00 Cup	38.029	4.410
Corn		0.50 Cup	91.635	19.243
Mandarin Oranges		0.50 Cup	85.680	22.740
Milk		1.00 Each	126.000	21.800
Cherry Blossom Chicken		1.00 Serving	178.000	24.000
Whole Grain Rice		0.50 Cup	112.000	22.400
Chewy Oat Bar		1.00 Each	286.667	47.333
Yogurt Variety		1.00 Each	103.333	19.333
Hummus Dip & Chips		1.00 Each	517.378	48.510
String Cheese		1.00 Each	160.999	0.000
Ranch Dressing		1.00 oz	59.786	1.404
Weighted Daily Average			561.515	94.665
% of Calories				67.44%

Fri - 02/07/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Lunch			
Recipe	Total		
Macaroni and Cheese	6.00 ounces	290.165	28.016
Roasted Potatoes	0.50 Cup	91.086	16.227
Broccoli	0.50 Cup	18.038	3.523
Roasted Broccoli	0.50 Cup	38.496	4.634
Applesauce	0.50 Cup	60.479	15.120
Milk	1.00 Each	126.000	21.800
Chewy Oat Bar	1.00 Each	286.667	47.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	160.999	0.000
Weighted Daily Average		555.190	76.878
% of Calories			55.39%

Mon - 02/10/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Cheeseburger	1.00 Each	372.810	29.009
Hamburger	1.00 Each	322.810	28.009
Veggie Burger	1.00 Each	320.097	36.935
Tater Tots	0.50 Cup	120.745	14.087
Baked Beans	0.50 Cup	222.609	43.510
Pears	0.50 Cup	60.014	16.004

Milk	1.00 Each	126.000	21.800
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
String Cheese	1.00 Each	160.999	0.000
BBQ Sauce	1.00 Each	40.000	10.000
Ketchup	1.00 Each	10.000	3.000
Mustard	1.00 Each	5.000	0.000
Weighted Daily Average		794.487	108.673
% of Calories			54.71%

Tue - 02/11/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Pepperoni Pizza	1.00 Each	370.000	34.000	
Cheese Pizza	1.00 Slice	360.000	34.000	
Power Salad	1.00 Cup	10.962	1.980	
Cucumbers	0.50 Cup	10.974	2.656	
Pineapple	0.50 Cup	81.331	20.333	
Milk	1.00 Each	126.000	21.800	
Chewy Oat Bar	1.00 Each	286.667	47.333	
Yogurt Variety	1.00 Each	103.333	19.333	
Hummus Dip & Chips	1.00 Each	517.378	48.510	
String Cheese	1.00 Each	160.999	0.000	
Ranch Dressing	1.00 oz	59.786	1.404	
Weighted Daily Average		606.436	75.303	

% of Calories	49.67%
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Wed - 02/12/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Beefy Soft Taco	1.00 Each	273.405	23.848	
Red Bell Peppers	0.50 Cup	19.203	3.735	
Carrots	0.50 Cup	29.058	6.790	
Sliced Apples	0.50 Cup	32.137	8.535	
Milk	1.00 Each	126.000	21.800	
Chewy Oat Bar	1.00 Each	286.667	47.333	
Yogurt Variety	1.00 Each	103.333	19.333	
Hummus Dip & Chips	1.00 Each	517.378	48.510	
String Cheese	1.00 Each	160.999	0.000	
Ranch Dressing	1.00 oz	59.786	1.404	
Picante Sauce	1.00 Each	5.000	1.000	
Weighted Daily Average		547.637	67.892	
% of Calories			49.59%	

Thu - 02/13/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
No School	1.00 each	N/A	N/A	

Weighted Daily Average	N/A	N/A
% of Calories		N/A

Fri - 02/14/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
No School	1.00 each	N/A	N/A
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 02/17/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 02/18/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
Tater Tots	0.50 Cup	120.745	14.087

Broccoli	0.50 Cup	18.038	3.523
Roasted Broccoli	0.50 Cup	38.496	4.634
Oranges	0.50 Cup	62.702	15.676
Milk	1.00 Each	126.000	21.800
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
String Cheese	1.00 Each	160.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Ketchup	1.00 Each	10.000	3.000
Mustard	1.00 Each	5.000	0.000
Weighted Daily Average		625.459	83.462
% of Calories			53.38%

Wed - 02/19/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Garlic Cheese Toast	1.00 Piece	368.000	28.300	
Corn	0.50 Cup	91.635	19.243	
Cucumbers	0.50 Cup	10.974	2.656	
Sliced Apples	0.50 Cup	32.137	8.535	
Chocolate Chip Cookie	1.00 Cookie	147.700	24.300	
Milk	1.00 Each	126.000	21.800	
Chewy Oat Bar	1.00 Each	286.667	47.333	
Yogurt Variety	1.00 Each	103.333	19.333	
Hummus Dip & Chips	1.00 Each	517.378	48.510	

String Cheese	1.00 Each	160.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		734.370	91.883
% of Calories			50.05%

Thu - 02/20/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Mandarin Chicken with Brown Rice	1.00 Student	262.000	39.400
Power Salad	1.00 Cup	10.962	1.980
Carrots	0.50 Cup	29.058	6.790
Pears	0.50 Cup	60.014	16.004
Milk	1.00 Each	126.000	21.800
Mandarin Orange Chicken	1.00 Serving	150.000	17.000
Whole Grain Rice	0.50 Cup	112.000	22.400
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
String Cheese	1.00 Each	160.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		486.863	74.207
% of Calories			60.97%

Fri - 02/21/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Lunch			
Recipe	Total		
Macho Nachos	1.00 Each	397.636	28.979
Refried Beans	0.50 Cuo	167.993	23.999
Red Bell Peppers	0.50 Cup	19.203	3.735
Peaches	0.50 Cup	60.014	14.003
Milk	1.00 Each	126.000	21.800
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
String Cheese	1.00 Each	160.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		724.049	79.667
% of Calories			44.01%

Mon - 02/24/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Pepperoni Pizza	1.00 Each	370.000	34.000
Cheese Pizza	1.00 Slice	360.000	34.000
Power Salad	1.00 Cup	10.962	1.980
Carrots	0.50 Cup	29.058	6.790
Pineapple	0.50 Cup	81.331	20.333

Milk	1.00 Each	126.000	21.800
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
String Cheese	1.00 Each	160.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		630.977	80.963
% of Calories			51.33%

Tue - 02/25/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Turkey Gravy	4.00 ounce	130.000	2.000	
Mashed Potatoes	1.00 Serving	74.549	15.975	
Green Beans	0.50 Cup	21.069	4.214	
Carrots	0.50 Cup	29.058	6.790	
Grapes	0.50 Cup	59.662	15.650	
Dinner Roll	1.00 Each	160.000	30.000	
Milk	1.00 Each	126.000	21.800	
Chewy Oat Bar	1.00 Each	286.667	47.333	
Yogurt Variety	1.00 Each	103.333	19.333	
Hummus Dip & Chips	1.00 Each	517.378	48.510	
String Cheese	1.00 Each	160.999	0.000	
Ranch Dressing	1.00 oz	59.786	1.404	
Weighted Daily Average		585.546	87.498	

% of Calories	59.77%
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Wed - 02/26/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Homemade Chili	1.00 3/4 Cup	172.580	15.855	
Carrots	0.50 Cup	29.058	6.790	
Broccoli	0.50 Cup	18.038	3.523	
Roasted Broccoli	0.50 Cup	38.496	4.634	
Sliced Apples	0.50 Cup	32.137	8.535	
Homebaked Cinnamon Roll	1.00 Roll	220.370	39.283	
Milk	1.00 Each	126.000	21.800	
Chewy Oat Bar	1.00 Each	286.667	47.333	
Yogurt Variety	1.00 Each	103.333	19.333	
Hummus Dip & Chips	1.00 Each	517.378	48.510	
String Cheese	1.00 Each	160.999	0.000	
Ranch Dressing	1.00 oz	59.786	1.404	
Weighted Daily Average		607.148	90.031	
% of Calories			59.31%	

Thu - 02/27/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Grilled Cheese Sandwich	1.00 Each	310.000	33.000	

Power Salad	1.00 Cup	10.962	1.980
Cucumbers	0.50 Cup	10.974	2.656
Oranges	0.50 Cup	62.702	15.676
Milk	1.00 Each	126.000	21.800
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
String Cheese	1.00 Each	160.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Tomato Soup	1.00 Cup	85.048	18.900
Weighted Daily Average		575.954	79.440
% of Calories			55.17%

Fri - 02/28/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Cheeseburger	1.00 Each	372.810	29.009	
Hamburger	1.00 Each	322.810	28.009	
Veggie Burger	1.00 Each	320.097	36.935	
Oven Baked Fries	0.50 Cup	100.000	15.000	
Baked Beans	0.50 Cup	222.609	43.510	
Peaches	0.50 Cup	60.014	14.003	
Milk	1.00 Each	126.000	21.800	
Chewy Oat Bar	1.00 Each	286.667	47.333	
Yogurt Variety	1.00 Each	103.333	19.333	

Hummus Dip & Chips	1.00 Each	517.378	48.510
String Cheese	1.00 Each	160.999	0.000
Ketchup	1.00 Each	10.000	3.000
Mustard	1.00 Each	5.000	0.000
Weighted Daily Average		731.267	95.841
% of Calories			52.42%

* = Indicates missing Nutrient Information.

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