

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 - 03/02/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Green Eggs and Ham	2.00 oz	142.094	1.701	
Toasted English Muffin	1.00 Each	110.000	22.000	
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	
Jelly	1.00 Each	25.000	6.667	
Weighted Daily Average		424.849	62.325	
% of Calories			58.68%	

Tue - 03/03/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Asteroid Pancakes	6.00 each	380.000	38.000	
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		484.269	75.596
% of Calories			62.44%

Wed - 03/04/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Flying Saucer Breakfast Sandwich	1.00 Sandwich	365.000	36.000
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		480.914	65.132
% of Calories			54.17%

Thu - 03/05/2020	Portion Size	Calories (kcal)	Carbohydrates (g)

Elementary Breakfast			
Recipe	Total		
Intergalactic Smoothie	8.00 oz	169.688	36.938
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
Toast	1.00 Each	96.786	15.000
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
Toast	1.00 Each	96.786	15.000
Jelly	1.00 Each	25.000	6.667
Weighted Daily Average		408.543	73.503
% of Calories			71.97%

Fri - 03/06/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Berries and Cream Fuel Cell Pastry	1.00 each	240.000	36.000
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		399.796	67.901

% of Calories	67.94%
---------------	--------

Mon - 03/09/2020		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 - 03/10/2020		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 - 03/11/2020	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
Scrambled Eggs with Toast	1.00 Omelet	233.471	16.519
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		432.037	70.069

% of Calories	64.87%
---------------	--------

Thu - 03/12/2020		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 - 03/13/2020		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%

Mon - 03/16/2020		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 - 03/17/2020		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 - 03/18/2020	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 - 03/19/2020	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
Egg Cheese English Muffin	1.00 Sandwich	255.000	25.000
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		396.165	59.674
% of Calories			60.25%

Fri - 03/20/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 03/23/2020	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 - 03/24/2020	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 - 03/25/2020	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
Scrambled Eggs with Toast	1.00 Omelet	233.471	16.519
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		432.037	70.069
% of Calories			64.87%

Thu - 03/26/2020	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 - 03/27/2020	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%

Mon - 03/30/2020	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 - 03/31/2020	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
Scrambled Eggs with Toast	1.00 Omelet	233.471	16.519

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		403.950	61.275
% of Calories			60.68%

* = 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 - 03/02/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Mandarin Chicken with Brown Rice	1.00 Student	262.000	39.400	
Carrots	0.50 Cup	29.058	6.790	
Power Salad	1.00 Cup	10.962	1.980	
Sliced Apples	0.50 Cup	32.137	8.535	
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	
Weighted Daily Average		486.436	73.221	
% of Calories			60.21%	

Tue - 03/03/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				

Recipe	Total		
Dutch Waffle & Cheese Omelet	1.00 Each	437.805	44.560
Roasted Squash	0.50 Cup	64.584	14.282
Cucumbers	0.50 Cup	10.974	2.656
Strawberries	4.00 oz	40.499	11.340
Milk	1.00 Each	126.000	21.800
Dutch Waffle	1.00 Each	302.026	43.515
Cheese Omelet	1.00 Omelet	135.779	1.044
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
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		646.512	85.382
% of Calories			52.83%

Wed - 03/04/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Macho Nachos	1.00 Each	397.636	28.979	
Refried Beans	0.50 Cup	167.993	23.999	
Corn	0.50 Cup	91.635	19.243	
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
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		658.209	78.646
% of Calories			47.79%

Thu - 03/05/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Chicken Patty	1.00 Each		335.624	39.115
Mashed Potatoes	1.00 Serving		74.549	15.975
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
Chicken Gravy	0.25 Cup		35.093	7.019
BBQ Sauce	1.00 Each		40.000	10.000
Ketchup	1.00 Each		10.000	3.000
Ranch Dressing	1.00 oz		59.786	1.404
Weighted Daily Average			616.424	91.210

% of Calories	59.19%
---------------	--------

Fri - 03/06/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe		Total		
Mini Corn Dogs	6.00 Each	250.000	30.000	
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	
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		497.813	68.905	
% of Calories			55.37%	

Mon - 03/09/2020		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		602.238	74.175
% of Calories			49.27%

Tue - 03/10/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Macaroni and Cheese	1.00 #6 scoop	318.595	21.735	
Roasted Potatoes	0.50 Cup	91.086	16.227	
Carrots	0.50 Cup	29.058	6.790	
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	
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		610.851	74.301	

% of Calories	48.65%
---------------	--------

Wed - 03/11/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Chicken Nuggets	5.00 Pieces	183.877	12.991
Red Bell Peppers	0.50 Cup	19.203	3.735
Green Beans	0.50 Cup	21.069	4.214
Oranges	0.50 Cup	62.702	15.676
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
BBQ Sauce	1.00 Each	40.000	10.000
Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		580.530	83.618
% of Calories			57.62%

Thu - 03/12/2020	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
Coleslaw	0.50 Cup	55.860	6.851
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
Ketchup	1.00 Each	10.000	3.000
Mustard	1.00 Each	5.000	0.000
Weighted Daily Average		647.215	76.670
% of Calories			47.38%

Fri - 03/13/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Chicken Alfredo	1.00 Serving	383.704	36.489	
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	
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
Weighted Daily Average		601.412	73.923
% of Calories			49.17%

Mon - 03/16/2020	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 - 03/17/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Macho Nachos	1.00 Each	397.636	28.979
Refried Beans	0.50 Cup	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 - 03/18/2020	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
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		688.351	100.170
% of Calories			58.21%

Thu - 03/19/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Grilled Cheese Sandwich	1.00 Each	310.000	33.000
Roasted Potatoes	0.50 Cup	91.086	16.227
Corn	0.50 Cup	91.635	19.243
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
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
Tomato Soup	1.00 Cup	85.048	18.900
Weighted Daily Average		698.104	106.302

% of Calories	60.91%
---------------	--------

Fri - 03/20/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Weighted Daily Average	N/A		N/A
% of Calories			N/A

Mon - 03/23/2020	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 - 03/24/2020		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	
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%	

Wed - 03/25/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				

Recipe	Total		
Apple Cinnamon Texas Toast & Cheese Omelet	1.00 Each	395.779	46.044
Red Bell Peppers	0.50 Cup	19.203	3.735
Carrots	0.50 Cup	29.058	6.790
Strawberries	4.00 oz	40.499	11.340
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		661.337	89.517
% of Calories			54.14%

Thu - 03/26/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Ham & Cheese Rippers	1.00 Serving	270.000	28.000
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
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
Weighted Daily Average		533.064	72.813
% of Calories			54.64%

Fri - 03/27/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Chicken Nuggets	5.00 Pieces	183.877	12.991	
Red Bell Peppers	0.50 Cup	19.203	3.735	
Oven Baked Fries	0.50 Cup	100.000	15.000	
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	
Ketchup	1.00 Each	10.000	3.000	
BBQ Sauce	1.00 Each	40.000	10.000	
Weighted Daily Average		552.622	71.881	
% of Calories			52.03%	

--	--	--	--

Mon - 03/30/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
Mashed Potatoes	1.00 Serving	74.549	15.975
Carrots	0.50 Cup	29.058	6.790
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
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
Chicken Gravy	0.25 Cup	35.093	7.019
BBQ Sauce	1.00 Each	40.000	10.000
Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		634.654	94.156
% of Calories			59.34%

Tue - 03/31/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Dutch Waffle & Cheese Omelet	1.00 Each	437.805	44.560
Roasted Potatoes	0.50 Cup	91.086	16.227

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
Apple Cinnamon Texas Toast	1.00 Each	260.000	45.000
Cheese Omelet	1.00 Omelet	135.779	1.044
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
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		659.454	87.478
% of Calories			53.06%

* = 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.