

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



Fri - 03/01/2019		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		553.404	104.365	
% of Calories			75.44%	

Mon - 03/04/2019		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 - 03/05/2019		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 - 03/06/2019		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 - 03/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Sausage Cheese English Muffin	1.00 Sandwich	310.000	24.000
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	65.562
% of Calories			63.78%

Fri - 03/08/2019		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 - 03/11/2019		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 - 03/12/2019		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 - 03/13/2019		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 - 03/14/2019	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 - 03/15/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 03/18/2019	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 - 03/19/2019	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 - 03/20/2019	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%
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Thu - 03/21/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Sausage Cheese English Muffin	1.00 Sandwich	310.000	24.000
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	65.562
% of Calories			63.78%

Fri - 03/22/2019	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 - 03/25/2019		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 - 03/26/2019		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 - 03/27/2019	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 - 03/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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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 - 03/29/2019			
	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		553.404	104.365
% of Calories			75.44%

* = 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



Fri - 03/01/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Pancakes & Omelet Lunch	1.00 Each	250.000	27.000
Cucumbers	0.50 Cup	10.974	2.656
Potato Baby Bakers	1.00 Serving	100.290	17.049
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
Pancake	1.00 Each	140.000	26.000
Cheese Omelet	1.00 Omelet	110.000	1.000
Weighted Daily Average		657.827	102.667
% of Calories			62.43%

Mon - 03/04/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Lunch			
Recipe	Total		
Beef Teriyaki Dippers	4.00 Dippers	160.000	6.000
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
Peaches	0.50 Cup	60.014	14.003
Whole Grain Rice	0.50 Cup	112.000	22.400
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
Teriyaki Dipping Sauce	1.00 Each	46.000	11.000
Weighted Daily Average		685.237	97.222
% of Calories			56.75%

Tue - 03/05/2019				
		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Popcorn Chicken	10.00 Pieces	278.036	20.672	

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 Roll	70.000	12.000
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		609.532	83.662
% of Calories			54.90%

Wed - 03/06/2019		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	
Cauliflower	0.50 Cup	12.600	2.505	
Roasted Cauliflower	0.50 Cup	39.184	3.248	
Roasted Carrots	0.50 Cup	46.995	7.242	
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		638.659	78.516
% of Calories			49.18%

Thu - 03/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Macho Nachos	1.00 Each	363.549	35.865
Refried Beans	0.50 Cup	167.993	23.999
Power Salad	1.00 Cup	10.962	1.980
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		667.610	84.846
% of Calories			50.84%

Fri - 03/08/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Lunch			
Recipe	Total		
Turkey Gravy	4.00 ounce	130.000	2.000
Mashed Potatoes	1.00 Serving	75.000	15.100
Green Beans	0.50 Cup	21.069	4.214
Red Bell Peppers	0.50 Cup	19.203	3.735
Mandarin Oranges	0.50 Cup	85.680	22.740
Breakfast Bar Variety	1.00 Each	288.000	47.600
Dinner Roll	1.00 Roll	70.000	12.000
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
Weighted Daily Average		568.095	82.166
% of Calories			57.85%

Mon - 03/11/2019	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		576.164	78.400
% of Calories			54.43%

Tue - 03/12/2019	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		553.378	79.005
% of Calories			57.11%

Wed - 03/13/2019	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 - 03/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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
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
Ranch Dressing	1.00 oz	56.875	0.875
Salsa	0.25 Cup	20.000	4.000
Weighted Daily Average		601.254	74.573
% of Calories			49.61%

Fri - 03/15/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Weighted Daily Average			N/A	N/A
% of Calories				N/A

Mon - 03/18/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
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
Pears	0.50 Cup	60.014	16.004
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		588.206	87.826
% of Calories			59.72%

Tue - 03/19/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Beefy Soft Taco	1.00 Each	273.405	23.848
Power Salad	1.00 Cup	10.962	1.980
Refried Beans	0.50 Cup	167.993	23.999
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
Salsa	0.25 Cup	20.000	4.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		557.324	76.402
% of Calories			54.83%

Wed - 03/20/2019		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	
Roasted Lentils	0.50 Cup	129.840	19.929	
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		742.709	96.094	
% of Calories			51.75%	

Thu - 03/21/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
All Natural Beef Hot Dog	1.00 Each	342.372	27.012
Red Bell Peppers	0.50 Cup	19.203	3.735
Roasted Rosemary Potatoes	0.50 Cup	97.372	16.624
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
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		576.914	72.236
% of Calories			50.08%

Fri - 03/22/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Ham & Cheese Rippers	1.00 Serving	270.000	28.000

Power Salad	1.00 Cup	10.962	1.980
Carrots	0.50 Cup	29.058	6.790
Mandarin Oranges	0.50 Cup	85.680	22.740
Breakfast Bar Variety	1.00 Each	288.000	47.600
Frosted Cookie	1.00 Each	172.000	26.900
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		662.646	95.753
% of Calories			57.80%

Mon - 03/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Orange Popcorn Chicken	10.00 Pieces	405.169	53.363
Broccoli	0.50 Cup	18.038	3.523
Roasted Broccoli	0.50 Cup	38.496	4.634
Corn	0.50 Cup	91.635	19.243
Sliced Apples	0.50 Cup	32.137	8.535
Whole Grain Rice	0.50 Cup	112.000	22.400
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		835.434	131.519
% of Calories			62.97%

Tue - 03/26/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
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	
Cucumbers	0.50 Cup	10.974	2.656	
Red Bell Peppers	0.50 Cup	19.203	3.735	
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	
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	
Ranch Dressing	1.00 oz	56.875	0.875	
Weighted Daily Average		606.211	70.093	

% of Calories	46.25%
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Wed - 03/27/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
French Toast Sticks & Omelet	3.00 Each	470.000	58.000
Carrots	0.50 Cup	29.058	6.790
Potato Baby Bakers	1.00 Serving	100.290	17.049
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
Ranch Dressing	1.00 oz	56.875	0.875
French Toast Sticks	3.00 Each	360.000	57.000
Cheese Omelet	1.00 Omelet	110.000	1.000
Weighted Daily Average		700.349	96.780
% of Calories			55.28%

Thu - 03/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		

Macho Nachos	1.00 Each	363.549	35.865
Refried Beans	0.50 Cup	167.993	23.999
Cauliflower	0.50 Cup	12.600	2.505
Roasted Cauliflower	0.50 Cup	39.184	3.248
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
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		687.394	89.498
% of Calories			52.08%

Fri - 03/29/2019		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	
Carrots	0.50 Cup	29.058	6.790	
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		598.451	80.835
% of Calories			54.03%

* = Indicates missing Nutrient Information.

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