

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



Wed - 05/01/2019		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 - 05/02/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Cheesy Egg Patty	1.00 Each	95.000	2.000	
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
Picante Sauce	1.00 Each	5.000	1.000
Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		401.405	71.626
% of Calories			71.38%

<b>Fri - 05/03/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Elementary Breakfast			
Recipe	Total		
Chocolate Chip Muffin	1.00 Each	170.000	28.000
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		406.219	78.024
% of Calories			76.83%

<b>Mon - 05/06/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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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 - 05/07/2019	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%
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<b>Wed - 05/08/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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%

<b>Thu - 05/09/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Elementary Breakfast			
Recipe	Total		
Sausage Cheese English Muffin	1.00 Sandwich	310.000	25.000
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	66.029
% of Calories			64.24%

Fri - 05/10/2019		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 - 05/13/2019		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 - 05/14/2019		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%	

<b>Wed - 05/15/2019</b>		<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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%	

<b>Thu - 05/16/2019</b>		<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Elementary Breakfast				
Recipe	Total			
Cheesy Egg Patty	1.00 Each	95.000	2.000	
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	



Picante Sauce	1.00 Each	5.000	1.000
Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		401.405	71.626
% of Calories			71.38%

Fri - 05/17/2019		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 - 05/20/2019		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 - 05/21/2019		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 - 05/22/2019		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 - 05/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Sausage Cheese English Muffin	1.00 Sandwich	310.000	25.000
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	66.029
% of Calories		64.24%

Fri - 05/24/2019		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 - 05/27/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Weighted Daily Average		N/A	N/A	
% of Calories			N/A	

Tue - 05/28/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
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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 - 05/29/2019	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 - 05/30/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Cheesy Egg Patty	1.00 Each	95.000	2.000	
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	
Picante Sauce	1.00 Each	5.000	1.000	
Ketchup	1.00 Each	10.000	3.000	
Weighted Daily Average		401.405	71.626	
% of Calories			71.38%	

Fri - 05/31/2019		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



Wed - 05/01/2019		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	160.999	0.000	
Hummus Dip & Chips	1.00 Each	517.378	48.510	
Weighted Daily Average		669.248	105.394	
% of Calories			62.99%	

Thu - 05/02/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Beef Teriyaki Dippers	4.00 Dippers	160.000	6.000	



Carrots	0.50 Cup	29.058	6.790
Power Salad	1.00 Cup	10.962	1.980
Grapes	0.50 Cup	59.662	15.650
Breakfast Bar Variety	1.00 Each	288.000	47.600
Whole Grain Rice	0.50 Cup	112.000	22.400
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	160.999	0.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		494.964	66.586
% of Calories			53.81%

Fri - 05/03/2019		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	
Roasted Potatoes	0.50 Cup	90.871	16.172	
Baked Beans	0.50 Cup	222.609	43.510	
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	160.999	0.000
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
Weighted Daily Average		689.915	92.683
% of Calories			53.74%

Mon - 05/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
French Toast Sticks & Omelet	3.00 Each	470.000	58.000
Roasted Squash	0.50 Cup	64.303	14.211
Carrots	0.50 Cup	29.058	6.790
Strawberries	1.00 Each	89.700	21.927
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	160.999	0.000
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
Picante Sauce	1.00 Each	5.000	1.000
Ketchup	1.00 Each	10.000	3.000
French Toast Sticks	3.00 Each	360.000	57.000
Cheese Omelet	1.00 Omelet	110.000	1.000
Weighted Daily Average		835.786	131.605

% of Calories	62.99%
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Tue - 05/07/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
All Natural Beef Hot Dog	1.00 Each	308.960	27.539	
Baked Beans	0.50 Cup	222.609	43.510	
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	160.999	0.000	
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			557.299	71.996
% of Calories				51.67%

Wed - 05/08/2019		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
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
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	160.999	0.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		610.040	75.516
% of Calories			49.52%

Thu - 05/09/2019	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
Green Beans	0.50 Cup	21.069	4.214
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	160.999	0.000

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		595.448	85.638
% of Calories			57.53%

<b>Fri - 05/10/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Elementary Lunch			
Recipe	Total		
Ham & Cheese Rippers	1.00 Serving	270.000	28.000
Power Salad	1.00 Cup	10.962	1.980
Broccoli	0.50 Cup	18.038	3.523
Roasted Broccoli	0.50 Cup	38.496	4.634
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	160.999	0.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		680.839	94.356
% of Calories			55.44%

<b>Mon - 05/13/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Elementary Lunch			
Recipe	Total		
Popcorn Chicken	10.00 Pieces	278.036	20.672
Whole Kernel Corn	1/2 cup	66.381	15.917
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
Whole Grain Rice	0.50 Cup	112.000	22.400
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	160.999	0.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ranch Dressing	1.00 oz	56.875	0.875
Orange Sauce	1.00 Ounce	53.634	13.792
Weighted Daily Average		652.552	92.091
% of Calories			56.45%

<b>Tue - 05/14/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Elementary Lunch			
Recipe	Total		
Hamburger	1.00 Each	322.810	28.009
Cheeseburger	1.00 Each	372.810	29.009

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	160.999	0.000
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		614.578	70.361
% of Calories			45.79%

Wed - 05/15/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Cheese Ravioli	7.00 Pieces	150.515	20.226
Power Salad	1.00 Cup	10.962	1.980
Carrots	0.50 Cup	29.058	6.790
Oranges	0.50 Cup	62.702	15.676
Breakfast Bar Variety	1.00 Each	288.000	47.600
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	160.999	0.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		531.910	77.795
% of Calories			58.50%

Thu - 05/16/2019	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	160.999	0.000
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		707.953	91.348
% of Calories			51.61%



<b>Fri - 05/17/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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	160.999	0.000
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		606.996	80.729
% of Calories			53.20%

<b>Mon - 05/20/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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	160.999	0.000
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		646.292	93.717
% of Calories			58.00%

Tue - 05/21/2019		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	160.999	0.000	

Hummus Dip & Chips	1.00 Each	517.378	48.510
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		602.117	75.251
% of Calories			49.99%

Wed - 05/22/2019		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	
Whole Kernel Corn	1/2 cup	66.381	15.917	
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	160.999	0.000	
Hummus Dip & Chips	1.00 Each	517.378	48.510	
Ranch Dressing	1.00 oz	56.875	0.875	
Weighted Daily Average		633.109	86.882	
% of Calories			54.89%	

Thu - 05/23/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Lunch			
Recipe	Total		
Popcorn Chicken	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	160.999	0.000
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
Teriyaki Dipping Sauce	1.00 Each	46.000	11.000
Weighted Daily Average		721.824	100.606
% of Calories			55.75%

Fri - 05/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Apple Cinnamon Texas Toast & Sausage Patty	1.00 Each	360.000	46.000
Asparagus	2.00 Stalks	13.840	2.200

Tater Tots	4.00 Ounce	226.667	25.333
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	160.999	0.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ketchup	1.00 Each	10.000	3.000
Apple Cinnamon Texas Toast	1.00 Each	260.000	45.000
Sausage Patty	1.00 Patty	100.000	1.000
Weighted Daily Average		700.977	96.026
% of Calories			54.80%

Mon - 05/27/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Weighted Daily Average			N/A	N/A
% of Calories				N/A

Tue - 05/28/2019		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
Baked Beans	0.50 Cup	222.609	43.510
Cucumbers	0.50 Cup	10.974	2.656
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	160.999	0.000
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		623.605	73.693
% of Calories			47.27%

<b>Wed - 05/29/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>Elementary Lunch</b>			
Recipe	Total		
Garlic Cheese Toast	1.00 Piece	368.000	28.300
Chicken Noodle Soup	1.00 Cup	81.794	10.859
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
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	160.999	0.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		643.390	73.337
% of Calories			45.59%

Thu - 05/30/2019		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	160.999	0.000	
Hummus Dip & Chips	1.00 Each	517.378	48.510	
Ranch Dressing	1.00 oz	56.875	0.875	
Weighted Daily Average		542.479	78.920	
% of Calories			58.19%	

Fri - 05/31/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Lunch			
Recipe	Total		
Pancakes & Omelet Lunch	1.00 Each	250.000	27.000
Cucumbers	0.50 Cup	10.974	2.656
Tater Tots	0.50 Cup	146.237	16.344
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	160.999	0.000
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	70.000	13.000
Cheese Omelet	1.00 Omelet	110.000	1.000
Weighted Daily Average		638.869	93.732
% of Calories			58.69%

\* = Indicates missing Nutrient Information.

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