

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



Thu - 11/01/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Sausage Cheese English Muffin	1.00 Sandwich	310.000	23.000
Cereal Variety	1.00 Each	103.107	22.982
Fruit Variety	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		411.166	65.096
% of Calories			63.33%

Fri - 11/02/2018	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
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		414.619	79.477
% of Calories			76.67%

Mon - 11/05/2018		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 - 11/06/2018		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	0.000
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	83.017
% of Calories			76.77%

<b>Wed - 11/07/2018</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 - 11/08/2018</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	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%

<b>Fri - 11/09/2018</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%

Mon - 11/12/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 11/13/2018	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 - 11/14/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Waffles	2.00 Waffles		360.000	56.000
Yogurt Parfait	1.00 Each		297.114	61.841
Cereal Variety	1.00 Each		103.107	22.982
Fruit Variety	0.50 Cup		67.949	17.159
Juice Variety	1.00 Each		63.333	15.667
Milk	1.00 Each		126.000	21.800
Yogurt Variety	1.00 Each		103.333	19.333
Maple Syrup	1.00 Each		120.000	31.000
Weighted Daily Average			495.267	97.429
% of Calories				78.69%

Thu - 11/15/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Sausage Cheese English Muffin	1.00 Sandwich		310.000	23.000
Cereal Variety	1.00 Each		103.107	22.982

Fruit Variety	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		411.166	65.096
% of Calories			63.33%

Fri - 11/16/2018		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	
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		414.619	79.477	
% of Calories			76.67%	

Mon - 11/19/2018		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 - 11/20/2018		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	0.000	
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	83.017	

% of Calories	76.77%
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<b>Wed - 11/21/2018</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 - 11/22/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Elementary Breakfast			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

<b>Fri - 11/23/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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Elementary Breakfast			
Recipe	Total		
Weighted Daily Average	N/A		N/A
% of Calories			N/A

Mon - 11/26/2018	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 - 11/27/2018	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%

<b>Wed - 11/28/2018</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 - 11/29/2018</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	23.000
Cereal Variety	1.00 Each	103.107	22.982
Fruit Variety	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		411.166	65.096
% of Calories			63.33%

<b>Fri - 11/30/2018</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	414.619	79.477
% of Calories		76.67%

\* = 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



Thu - 11/01/2018	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
Strawberries	1.00 Each	89.700	21.927
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		609.484	90.565
% of Calories			59.44%

Fri - 11/02/2018	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
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	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		703.645	99.766
% of Calories			56.71%

Mon - 11/05/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Orange Grilled Chicken	1.00 Serving	175.836	19.180
Red Bell Peppers	0.50 Cup	19.203	3.735
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
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		513.927	81.217
% of Calories			63.21%

Tue - 11/06/2018		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	
Broccoli	0.50 Cup	18.038	3.523	
Roasted Broccoli	0.50 Cup	38.496	4.634	
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	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		624.062	72.861
% of Calories			46.70%

Wed - 11/07/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Cheese Ripper	1.00 Slice	280.000	30.000	
Marinara Sauce	0.25 Cup	35.000	6.000	
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	
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	
Mozzarella Breadsticks	2.00 Each	280.000	30.000	
Garlic Cheese Toast	1.00 Piece	368.000	28.300	
Weighted Daily Average		680.011	96.105	
% of Calories			56.53%	

<b>Thu - 11/08/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Elementary Lunch			
Recipe	Total		
Macho Nachos	1.00 Each	352.169	36.189
Refried Beans	0.50 Cuo	209.991	29.999
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
Weighted Daily Average		682.136	90.193
% of Calories			52.89%

<b>Fri - 11/09/2018</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

Kale Chips	1.00 Cup	38.029	4.410
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		633.008	84.764
% of Calories			53.56%

<b>Mon - 11/12/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Elementary Lunch			
Recipe	Total		
Weighted Daily Average	N/A		N/A
% of Calories			N/A

<b>Tue - 11/13/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Elementary Lunch			
Recipe	Total		
Turkey Gravy	4.00 ounce	130.000	2.000

Mashed Potatoes	0.50 Cup	80.180	16.036
Broccoli	0.50 Cup	18.038	3.523
Peaches	0.50 Cup	60.014	14.003
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
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		474.425	60.348
% of Calories			50.88%

Wed - 11/14/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Spaghetti with Meat Sauce	1.00 Serving	328.634	42.763
Power Salad	1.00 Cup	10.962	1.980
Green Garbanzo Beans	0.50 Cup	79.578	11.937
Pears	0.50 Cup	60.014	16.004
Sour Cherry Lemon Slushy	1.00 Each	90.000	22.000
Garlic Toast	1.00 Toast	70.000	12.000
Breakfast Bar Variety	1.00 Each	288.000	47.600

Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		723.069	113.739
% of Calories			62.92%

Thu - 11/15/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Chicken Smackers	10.00 Pieces	278.036	20.672
Oven Baked Fries	0.50 Cup	80.000	12.667
Red Bell Peppers	0.50 Cup	19.203	3.735
Oranges	0.50 Cup	62.702	15.676
Dinner Roll	1.00 Each	160.000	30.000
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
BBQ Sauce	1.00 Each	40.000	10.000
Ketchup	1.00 Each	10.000	3.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		702.870	98.180
% of Calories			55.87%

<b>Fri - 11/16/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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	80.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		596.976	75.251
% of Calories			50.42%

<b>Mon - 11/19/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Elementary Lunch			
Recipe	Total		
Chicken Nuggets	5.00 Pieces	183.877	12.991
Tater Tots	0.50 Cup	146.237	16.344

Cucumbers	0.50 Cup	10.974	2.656
Oranges	0.50 Cup	62.702	15.676
Breakfast Bar Variety	1.00 Each	288.000	47.600
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
BBQ Sauce	1.00 Each	40.000	10.000
Ketchup	1.00 Each	10.000	3.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		636.822	87.278
% of Calories			54.82%

Tue - 11/20/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
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	
Kale Chips	0.50 Cup	20.133	2.335	
Grapes	0.50 Cup	59.662	15.650	
Breakfast Bar Variety	1.00 Each	288.000	47.600	
Rice Crispy Treat	1.00 Each	100.000	16.000	
Milk	1.00 Each	126.000	21.800	
Yogurt Variety	1.00 Each	103.333	19.333	



String Cheese	1.00 Each	80.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		739.033	92.191
% of Calories			49.90%

<b>Wed - 11/21/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Elementary Lunch			
Recipe	Total		
Apple Cinnamon Texas Toast & Cheese Omelet	1.00 Each	370.000	46.000
Potato Baby Bakers	1.00 Serving	100.290	17.049
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
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		625.594	94.250
% of Calories			60.26%

<b>Thu - 11/22/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>

Elementary Lunch			
Recipe		Total	
Weighted Daily Average		N/A	N/A
% of Calories		N/A	

Fri - 11/23/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe		Total	
Weighted Daily Average		N/A	N/A
% of Calories		N/A	

Mon - 11/26/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe		Total	
Beef Teriyaki Dippers	4.00 Dippers	160.000	6.000
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
Whole Grain Rice	0.50 Cup	112.000	22.400
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		517.784	68.142
% of Calories			52.64%

Tue - 11/27/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Cheese Ravioli	7.00 Pieces	150.515	20.226	
Cucumbers	0.50 Cup	10.974	2.656	
Carrots	0.50 Cup	29.058	6.790	
Mandarin Oranges	0.50 Cup	85.680	22.740	
Garlic Toast	1.00 Toast	70.000	12.000	
Breakfast Bar Variety	1.00 Each	288.000	47.600	
Chocolate Chip Cookie	1.00 Cookie	147.700	24.300	
Milk	1.00 Each	126.000	21.800	
Yogurt Variety	1.00 Each	103.333	19.333	
String Cheese	1.00 Each	80.000	1.000	
Hummus Dip & Chips	1.00 Each	517.378	48.510	
Ranch Dressing	1.00 oz	56.875	0.875	
Weighted Daily Average		675.862	110.241	
% of Calories			65.24%	

Wed - 11/28/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Lunch			
Recipe	Total		
Cheese Pizza	1.00 Slice	360.000	34.000
Pepperoni Pizza	1.00 Each	370.000	34.000
Power Salad	1.00 Cup	10.962	1.980
Cauliflower	0.50 Cup	12.600	2.505
Roasted Cauliflower	0.50 Cup	39.184	3.248
Pineapple	0.50 Cup	81.331	20.333
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		614.384	74.971
% of Calories			48.81%

Thu - 11/29/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Macho Nachos	1.00 Each	352.169	36.189
Refried Beans	0.50 Cuo	209.991	29.999
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
Salsa	0.25 Cup	20.000	4.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		710.256	93.705
% of Calories			52.77%

Fri - 11/30/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Crispy Chicken Strips	3.00 Each	185.018	13.072	
Oven Baked Fries	0.50 Cup	80.000	12.667	
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	
Dinner Roll	1.00 Each	160.000	30.000	
Milk	1.00 Each	126.000	21.800	
Yogurt Variety	1.00 Each	103.333	19.333	
String Cheese	1.00 Each	80.000	1.000	
Hummus Dip & Chips	1.00 Each	517.378	48.510	
BBQ Sauce	1.00 Each	40.000	10.000	
Ketchup	1.00 Each	10.000	3.000	

Weighted Daily Average	626.991	97.085
% of Calories		61.94%

\* = Indicates missing Nutrient Information.

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