

# Carbohydrate Report

District: Mead School District

School: Brentwood Elementary

Menu: 2021 Elementary Breakfast



Thu - 10/01/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Cinnamon Toast Crunch Filled Bar	1.00 Bar	260.000	41.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		460.809	80.631
% of Calories			69.99%

Fri - 10/02/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		454.718	66.954
% of Calories			58.90%

Mon - 10/05/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 Elementary Breakfast			
Recipe	Total		
Warm Bagel with Cream Cheese	1.00 Each	240.000	37.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		494.718	86.954
% of Calories			70.31%

<b>Tue - 10/06/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Elementary Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		503.240	83.249
% of Calories			66.17%

<b>Wed - 10/07/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Elementary Breakfast			
Recipe	Total		
Cinnamon Toast Crunch Filled Bar	1.00 Bar	260.000	41.000
Juice Variety	1.00 Each	63.333	15.667

Milk	1.00 Each	137.476	23.964
Weighted Daily Average		460.809	80.631
% of Calories			69.99%

Thu - 10/08/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Egg Cheese English Muffin	1.00 Sandwich	255.000	25.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		509.718	74.954
% of Calories			58.82%

Fri - 10/09/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		454.718	66.954
% of Calories			58.90%

Mon - 10/12/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 Elementary Breakfast			
Recipe	Total		
Warm Bagel with Cream Cheese	1.00 Each	240.000	37.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		494.718	86.954
% of Calories			70.31%

<b>Tue - 10/13/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Elementary Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		503.240	83.249
% of Calories			66.17%

<b>Wed - 10/14/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Elementary Breakfast			
Recipe	Total		
Cinnamon Toast Crunch Filled Bar	1.00 Bar	260.000	41.000
Juice Variety	1.00 Each	63.333	15.667

Milk	1.00 Each	137.476	23.964
Weighted Daily Average		460.809	80.631
% of Calories			69.99%

Thu - 10/15/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Egg Cheese English Muffin	1.00 Sandwich	255.000	25.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		509.718	74.954
% of Calories			58.82%

Fri - 10/16/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		454.718	66.954
% of Calories			58.90%

Mon - 10/19/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 Elementary Breakfast			
Recipe	Total		
Warm Bagel with Cream Cheese	1.00 Each	240.000	37.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		494.718	86.954
% of Calories			70.31%

<b>Tue - 10/20/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Elementary Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		503.240	83.249
% of Calories			66.17%

<b>Wed - 10/21/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Elementary Breakfast			
Recipe	Total		
Cinnamon Toast Crunch Filled Bar	1.00 Bar	260.000	41.000
Juice Variety	1.00 Each	63.333	15.667

Milk	1.00 Each	137.476	23.964
Weighted Daily Average		460.809	80.631
% of Calories			69.99%

Thu - 10/22/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Egg Cheese English Muffin	1.00 Sandwich	255.000	25.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		509.718	74.954
% of Calories			58.82%

Fri - 10/23/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		454.718	66.954
% of Calories			58.90%

Mon - 10/26/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 Elementary Breakfast			
Recipe	Total		
Warm Bagel with Cream Cheese	1.00 Each	240.000	37.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		494.718	86.954
% of Calories			70.31%

<b>Tue - 10/27/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Elementary Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		503.240	83.249
% of Calories			66.17%

<b>Wed - 10/28/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Elementary Breakfast			
Recipe	Total		
Cinnamon Toast Crunch Filled Bar	1.00 Bar	260.000	41.000
Juice Variety	1.00 Each	63.333	15.667



Milk	1.00 Each	137.476	23.964
Weighted Daily Average		460.809	80.631
% of Calories			69.99%

Thu - 10/29/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Egg Cheese English Muffin	1.00 Sandwich	255.000	25.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		509.718	74.954
% of Calories			58.82%

Fri - 10/30/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		454.718	66.954
% of Calories			58.90%

\* = 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: 2021 Elementary Lunch



Thu - 10/01/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
Recipe	Total		
Mini Corn Dogs	6.00 Each	250.000	30.000
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Ketchup	1.00 Each	10.000	3.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		611.498	89.382
% of Calories			58.47%

Fri - 10/02/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
Recipe	Total		
Cheese Pizza	1.00 Slice	360.000	34.000
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716

Milk	1.00 Each	137.476	23.964
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		432.187	56.364
% of Calories			52.17%

<b>Mon - 10/05/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Elementary Lunch			
Recipe	Total		
Beef Teriyaki Dippers	4.00 Dippers	160.000	6.000
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	137.476	23.964
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		755.498	112.582
% of Calories			59.61%

<b>Tue - 10/06/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Elementary Lunch			
Recipe	Total		
Cheese Pizza	1.00 Slice	360.000	34.000
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833

Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		691.498	90.182
% of Calories			52.17%

<b>Wed - 10/07/2020</b>		<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 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	
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833	
Oven Baked Fries	1.00 Cup	200.000	30.000	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Ketchup	1.00 Each	10.000	3.000	
Ranch Dressing	1.00 oz	59.786	1.404	
Weighted Daily Average		854.023	110.002	
% of Calories			51.52%	

<b>Thu - 10/08/2020</b>		<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Elementary Lunch				

Recipe	Total		
Apple Cinnamon Texas Toast & Cheese Omelet	1.00 Each	395.779	46.044
Cinnamon French Toast with Cheese Omelet	1.00 serving	345.779	29.044
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		700.122	93.017
% of Calories			53.14%

Fri - 10/09/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch				
Recipe	Total			
Chicken Patty	1.00 Each	335.624	39.115	
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833	
Vegetable Variety	0.50 Cup	50.710	8.531	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Ranch Dressing	1.00 oz	59.786	1.404	
BBQ Sauce	1.00 Each	40.000	10.000	
Weighted Daily Average		703.998	102.274	
% of Calories				58.11%

Mon - 10/12/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 Elementary Lunch			
Recipe	Total		
Chicken Nuggets	5.00 Pieces	183.877	12.991
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	137.476	23.964
BBQ Sauce	1.00 Each	40.000	10.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		742.600	111.374
% of Calories			59.99%

<b>Tue - 10/13/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 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
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Oven Baked Fries	1.00 Cup	200.000	30.000
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Ketchup	1.00 Each	10.000	3.000

Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		856.023	110.602
% of Calories			51.68%

<b>Wed - 10/14/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Elementary Lunch			
Recipe	Total		
Sweet and Sour Chicken	1.00 Serving	178.000	24.000
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	137.476	23.964
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		725.098	118.022
% of Calories			65.11%

<b>Thu - 10/15/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Elementary Lunch			
Recipe	Total		
Mini Corn Dogs	6.00 Each	250.000	30.000
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Vegetable Variety	0.50 Cup	50.710	8.531

Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Ketchup	1.00 Each	10.000	3.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		611.498	89.382
% of Calories			58.47%

<b>Fri - 10/16/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Elementary Lunch			
Recipe	Total		
Cheese Pizza	1.00 Slice	360.000	34.000
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		432.187	56.364
% of Calories			52.17%

<b>Mon - 10/19/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Elementary Lunch			
Recipe	Total		
Beef Teriyaki Dippers	6.00 Dippers	240.000	9.000
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833



Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	137.476	23.964
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		819.498	114.982
% of Calories			56.12%

<b>Tue - 10/20/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Elementary Lunch			
Recipe	Total		
Cheese Pizza	1.00 Slice	360.000	34.000
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		691.498	90.182
% of Calories			52.17%

<b>Wed - 10/21/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 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
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Oven Baked Fries	1.00 Cup	200.000	30.000
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Ketchup	1.00 Each	10.000	3.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		854.023	110.002
% of Calories			51.52%

<b>Thu - 10/22/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Elementary Lunch			
Recipe	Total		
Apple Cinnamon Texas Toast & Cheese Omelet	1.00 Each	395.779	46.044
Cinnamon French Toast with Cheese Omelet	1.00 serving	345.779	29.044
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		700.122	93.017
% of Calories			53.14%

<b>Fri - 10/23/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2021 Elementary Lunch			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Ranch Dressing	1.00 oz	59.786	1.404
BBQ Sauce	1.00 Each	40.000	10.000
Weighted Daily Average		703.998	102.274
% of Calories			58.11%

Mon - 10/26/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
Recipe	Total		
Chicken Nuggets	5.00 Pieces	183.877	12.991
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	137.476	23.964
BBQ Sauce	1.00 Each	40.000	10.000
Ranch Dressing	1.00 oz	59.786	1.404

Weighted Daily Average	742.600	111.374
% of Calories		59.99%

Tue - 10/27/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 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	
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833	
Oven Baked Fries	1.00 Cup	200.000	30.000	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Ketchup	1.00 Each	10.000	3.000	
Ranch Dressing	1.00 oz	59.786	1.404	
Weighted Daily Average		856.023	110.602	
% of Calories			51.68%	

Wed - 10/28/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch				
Recipe	Total			
Sweet and Sour Chicken	1.00 Serving	178.000	24.000	
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833	

Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	137.476	23.964
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		725.098	118.022
% of Calories			65.11%

<b>Thu - 10/29/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Elementary Lunch			
Recipe	Total		
Mini Corn Dogs	6.00 Each	250.000	30.000
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Ketchup	1.00 Each	10.000	3.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		611.498	89.382
% of Calories			58.47%

<b>Fri - 10/30/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Elementary Lunch			
Recipe	Total		

Cheese Pizza	1.00 Slice	360.000	34.000
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		432.187	56.364
% of Calories			52.17%

\* = 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.