

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



Tue - 09/03/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Cheese Omelet with Toast	1.00 Omelet	206.786	16.000	
Cereal & Yogurt	1.00 Each	207.749	42.322	
Selection of Fruits	0.50 Cup	67.949	17.159	
Juice Variety	1.00 Each	63.333	15.667	
Milk	1.00 Each	126.000	21.800	
Cheese Omelet	1.00 Omelet	110.000	1.000	
Toast	1.00 Each	96.786	15.000	
Assortment of Cold Cereal	1.00 Each	103.107	22.982	
Yogurt Variety	1.00 Each	103.333	19.333	
Jelly	1.00 Each	33.333	8.667	
Ketchup	1.00 Each	10.000	3.000	
Picante Sauce	1.00 Each	5.000	1.000	
Weighted Daily Average			412.471	72.333
% of Calories				70.15%

Wed - 09/04/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				

Elementary Breakfast

Recipe	Total		
Waffles	2.00 Waffles	360.000	56.000
Yogurt Parfait	1.00 Each	297.114	61.841
Cereal & Yogurt	1.00 Each	207.749	42.322
Selection of Fruits	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Assortment of Cold Cereal	1.00 Each	103.107	22.982
Yogurt Variety	1.00 Each	103.333	19.333
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		516.733	101.355
% of Calories			78.46%

Thu - 09/05/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Sausage Cheese English Muffin	1.00 Sandwich	310.000	25.000
Cereal & Yogurt	1.00 Each	207.749	42.322
Selection of Fruits	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Assortment of Cold Cereal	1.00 Each	103.107	22.982
Yogurt Variety	1.00 Each	103.333	19.333
Weighted Daily Average		438.829	71.005
% of Calories			64.72%

Fri - 09/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Pumpkin Bread	1.00 Slice	130.000	22.500
Yogurt Parfait	1.00 Each	297.114	61.841
Cereal & Yogurt	1.00 Each	207.749	42.322
Selection of Fruits	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Assortment of Cold Cereal	1.00 Each	103.107	22.982
Yogurt Variety	1.00 Each	103.333	19.333
Weighted Daily Average		353.398	69.147
% of Calories			78.27%

Mon - 09/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Bagel	1.00 Serving	85.000	16.500
Cereal & Yogurt	1.00 Each	207.749	42.322
Selection of Fruits	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Assortment of Cold Cereal	1.00 Each	103.107	22.982

Yogurt Variety	1.00 Each	103.333	19.333
Cream Cheese Variety	1.00 Each	76.000	2.200
Jelly	1.00 Each	33.333	8.667
Weighted Daily Average		378.651	67.957
% of Calories			71.79%

Tue - 09/10/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Pancakes	2.00 Each	140.000	26.000	
Cereal & Yogurt	1.00 Each	207.749	42.322	
Selection of Fruits	0.50 Cup	67.949	17.159	
Juice Variety	1.00 Each	63.333	15.667	
Milk	1.00 Each	126.000	21.800	
Assortment of Cold Cereal	1.00 Each	103.107	22.982	
Yogurt Variety	1.00 Each	103.333	19.333	
Maple Syrup	1.00 Each	120.000	31.000	
Weighted Daily Average		442.543	93.628	
% of Calories			84.63%	

Wed - 09/11/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Cheese Omelet with Toast	1.00 Omelet	206.786	16.000	

Cereal & Yogurt	1.00 Each	207.749	42.322
Selection of Fruits	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Cheese Omelet	1.00 Omelet	110.000	1.000
Toast	1.00 Each	96.786	15.000
Assortment of Cold Cereal	1.00 Each	103.107	22.982
Yogurt Variety	1.00 Each	103.333	19.333
Jelly	1.00 Each	33.333	8.667
Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		427.163	76.357
% of Calories			71.50%

Thu - 09/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Cereal & Yogurt	1.00 Each	207.749	42.322
Selection of Fruits	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Assortment of Cold Cereal	1.00 Each	103.107	22.982
Yogurt Variety	1.00 Each	103.333	19.333
Weighted Daily Average		418.746	74.180

% of Calories	70.86%
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Fri - 09/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Chocolate Chip Muffin	1.00 Each	170.000	28.000
Yogurt Parfait	1.00 Each	297.114	61.841
Cereal & Yogurt	1.00 Each	207.749	42.322
Selection of Fruits	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Assortment of Cold Cereal	1.00 Each	103.107	22.982
Yogurt Variety	1.00 Each	103.333	19.333
Weighted Daily Average		368.998	70.994
% of Calories			76.96%

Mon - 09/16/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Cereal & Yogurt	1.00 Each	207.749	42.322
Selection of Fruits	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667

Milk	1.00 Each	126.000	21.800
Assortment of Cold Cereal	1.00 Each	103.107	22.982
Yogurt Variety	1.00 Each	103.333	19.333
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		442.979	80.050
% of Calories			72.28%

Tue - 09/17/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Cheese Omelet with Toast	1.00 Omelet	206.786	16.000
Cereal & Yogurt	1.00 Each	207.749	42.322
Selection of Fruits	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Cheese Omelet	1.00 Omelet	110.000	1.000
Toast	1.00 Each	96.786	15.000
Assortment of Cold Cereal	1.00 Each	103.107	22.982
Yogurt Variety	1.00 Each	103.333	19.333
Jelly	1.00 Each	33.333	8.667
Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		412.471	72.333
% of Calories			70.15%

Wed - 09/18/2019	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 & Yogurt	1.00 Each	207.749	42.322
Selection of Fruits	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Assortment of Cold Cereal	1.00 Each	103.107	22.982
Yogurt Variety	1.00 Each	103.333	19.333
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		516.733	101.355
% of Calories			78.46%

Thu - 09/19/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Sausage Cheese English Muffin	1.00 Sandwich	310.000	25.000
Cereal & Yogurt	1.00 Each	207.749	42.322
Selection of Fruits	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Assortment of Cold Cereal	1.00 Each	103.107	22.982

Yogurt Variety	1.00 Each	103.333	19.333
Weighted Daily Average		438.829	71.005
% of Calories			64.72%

Fri - 09/20/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Pumpkin Bread	1.00 Slice	130.000	22.500	
Yogurt Parfait	1.00 Each	297.114	61.841	
Cereal & Yogurt	1.00 Each	207.749	42.322	
Selection of Fruits	0.50 Cup	67.949	17.159	
Juice Variety	1.00 Each	63.333	15.667	
Milk	1.00 Each	126.000	21.800	
Assortment of Cold Cereal	1.00 Each	103.107	22.982	
Yogurt Variety	1.00 Each	103.333	19.333	
Weighted Daily Average		353.398	69.147	
% of Calories			78.27%	

Mon - 09/23/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Bagel	1.00 Serving	85.000	16.500	
Cereal & Yogurt	1.00 Each	207.749	42.322	
Selection of Fruits	0.50 Cup	67.949	17.159	

Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Assortment of Cold Cereal	1.00 Each	103.107	22.982
Yogurt Variety	1.00 Each	103.333	19.333
Cream Cheese Variety	1.00 Each	76.000	2.200
Jelly	1.00 Each	33.333	8.667
Weighted Daily Average		378.651	67.957
% of Calories			71.79%

Tue - 09/24/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Pancakes	2.00 Each	140.000	26.000	
Cereal & Yogurt	1.00 Each	207.749	42.322	
Selection of Fruits	0.50 Cup	67.949	17.159	
Juice Variety	1.00 Each	63.333	15.667	
Milk	1.00 Each	126.000	21.800	
Assortment of Cold Cereal	1.00 Each	103.107	22.982	
Yogurt Variety	1.00 Each	103.333	19.333	
Maple Syrup	1.00 Each	120.000	31.000	
Weighted Daily Average		442.543	93.628	
% of Calories				84.63%

Wed - 09/25/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Breakfast			
Recipe	Total		
Cheese Omelet with Toast	1.00 Omelet	206.786	16.000
Cereal & Yogurt	1.00 Each	207.749	42.322
Selection of Fruits	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
Cheese Omelet	1.00 Omelet	110.000	1.000
Toast	1.00 Each	96.786	15.000
Assortment of Cold Cereal	1.00 Each	103.107	22.982
Yogurt Variety	1.00 Each	103.333	19.333
Jelly	1.00 Each	33.333	8.667
Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		475.556	83.857
% of Calories			70.53%

Thu - 09/26/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Cereal & Yogurt	1.00 Each	207.749	42.322
Selection of Fruits	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667

Milk	1.00 Each	126.000	21.800
Assortment of Cold Cereal	1.00 Each	103.107	22.982
Yogurt Variety	1.00 Each	103.333	19.333
Weighted Daily Average		418.746	74.180
% of Calories			70.86%

Fri - 09/27/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Chocolate Chip Muffin	1.00 Each	170.000	28.000	
Yogurt Parfait	1.00 Each	297.114	61.841	
Cereal & Yogurt	1.00 Each	207.749	42.322	
Selection of Fruits	0.50 Cup	67.949	17.159	
Juice Variety	1.00 Each	63.333	15.667	
Milk	1.00 Each	126.000	21.800	
Assortment of Cold Cereal	1.00 Each	103.107	22.982	
Yogurt Variety	1.00 Each	103.333	19.333	
Weighted Daily Average		368.998	70.994	
% of Calories			76.96%	

Mon - 09/30/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			

Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Cereal & Yogurt	1.00 Each	207.749	42.322
Selection of Fruits	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Assortment of Cold Cereal	1.00 Each	103.107	22.982
Yogurt Variety	1.00 Each	103.333	19.333
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		442.979	80.050
% of Calories			72.28%

* = 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



Tue - 09/03/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Mandarin Chicken with Brown Rice	1.00 Student	262.000	39.400	
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	550.999	66.667	
Hummus Dip & Chips with Cheese	1.00 Each	678.377	48.510	
Carrots	0.50 Cup	29.058	6.790	
Power Salad	1.00 Cup	10.962	1.980	
Sliced Apples	0.50 Cup	32.137	8.535	
Milk	1.00 Each	126.000	21.800	
Mandarin Orange Chicken	1.00 Serving	150.000	17.000	
Whole Grain Rice	0.50 Cup	112.000	22.400	
Chewy Oat Bar	1.00 Each	286.667	47.333	
Yogurt Variety	1.00 Each	103.333	19.333	
Hummus Dip & Chips	1.00 Each	517.378	48.510	
String Cheese	1.00 Each	160.999	0.000	
Ranch Dressing	1.00 oz	56.875	0.875	
Weighted Daily Average		486.820	72.970	
% of Calories			59.96%	

Wed - 09/04/2019		Portion Size	Calories (kcal)	Carbohydrates (g)

Elementary Lunch			
Recipe	Total		
Dutch Waffle & Cheese Omelet	1.00 Each	412.026	44.515
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	550.999	66.667
Hummus Dip & Chips with Cheese	1.00 Each	678.377	48.510
Roasted Squash	0.50 Cup	64.303	14.211
Cucumbers	0.50 Cup	10.974	2.656
Strawberries	4.00 oz	40.499	11.340
Milk	1.00 Each	126.000	21.800
Dutch Waffle	1.00 Each	300.000	43.000
Cheese Omelet	1.00 Omelet	110.000	1.000
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
String Cheese	1.00 Each	160.999	0.000
Ranch Dressing	1.00 oz	56.875	0.875
Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		654.811	85.240
% of Calories			52.07%

Thu - 09/05/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		

Macho Nachos	1.00 Each	401.565	29.449
Hummus Dip & Chips with Cheese	1.00 Each	678.377	48.510
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	550.999	66.667
Refried Beans	0.50 Cuo	167.993	23.999
Corn	0.50 Cup	91.635	19.243
Oranges	0.50 Cup	62.702	15.676
Milk	1.00 Each	126.000	21.800
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
String Cheese	1.00 Each	160.999	0.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		664.177	79.103
% of Calories			47.64%

Fri - 09/06/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Chicken Patty	1.00 Each		335.624	39.115
Chewy Oat Bar with Yogurt and Cheese	1.00 Each		550.999	66.667
Hummus Dip & Chips with Cheese	1.00 Each		678.377	48.510
Mashed Potatoes	1.00 Serving		70.000	16.000
Red Bell Peppers	0.50 Cup		19.203	3.735
Peaches	0.50 Cup		60.014	14.003
Milk	1.00 Each		126.000	21.800
Chewy Oat Bar	1.00 Each		286.667	47.333

Yogurt Variety	1.00 Each	103.333	19.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
String Cheese	1.00 Each	160.999	0.000
Chicken Gravy	0.25 Cup	35.093	7.019
BBQ Sauce	1.00 Each	40.000	10.000
Ketchup	1.00 Each	10.000	3.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		609.883	90.611
% of Calories			59.43%

Mon - 09/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Pepperoni Pizza	1.00 Each	370.000	34.000
Cheese Pizza	1.00 Slice	360.000	34.000
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	550.999	66.667
Hummus Dip & Chips with Cheese	1.00 Each	678.377	48.510
Power Salad	1.00 Cup	10.962	1.980
Cucumbers	0.50 Cup	10.974	2.656
Pineapple	0.50 Cup	81.331	20.333
Milk	1.00 Each	126.000	21.800
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
String Cheese	1.00 Each	160.999	0.000

Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		603.094	73.881
% of Calories			49.00%

Tue - 09/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
All Natural Beef Hot Dog	1.00 Each	308.960	27.539
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	550.999	66.667
Hummus Dip & Chips with Cheese	1.00 Each	678.377	48.510
Roasted Potatoes	0.50 Cup	90.871	16.172
Carrots	0.50 Cup	29.058	6.790
Applesauce	0.50 Cup	60.479	15.120
Milk	1.00 Each	126.000	21.800
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
String Cheese	1.00 Each	160.999	0.000
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		611.960	81.189
% of Calories			53.07%

Wed - 09/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Lunch			
Recipe	Total		
Chicken Nuggets	5.00 Pieces	183.877	12.991
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	550.999	66.667
Hummus Dip & Chips with Cheese	1.00 Each	678.377	48.510
Red Bell Peppers	0.50 Cup	19.203	3.735
Green Beans	0.50 Cup	21.069	4.214
Oranges	0.50 Cup	62.702	15.676
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
String Cheese	1.00 Each	160.999	0.000
Ranch Dressing	1.00 oz	56.875	0.875
BBQ Sauce	1.00 Each	40.000	10.000
Weighted Daily Average		577.521	82.153
% of Calories			56.90%

Thu - 09/12/2019	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
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	550.999	66.667
Hummus Dip & Chips with Cheese	1.00 Each	678.377	48.510
Oven Baked Fries	0.50 Cup	100.000	15.000
Baked Beans	0.50 Cup	222.609	43.510
Sliced Apples	0.50 Cup	32.137	8.535
Milk	1.00 Each	126.000	21.800
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
String Cheese	1.00 Each	160.999	0.000
Ketchup	1.00 Each	10.000	3.000
Mustard	1.00 Each	5.000	0.000
Weighted Daily Average		708.900	91.045
% of Calories			51.37%

Fri - 09/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Chicken Alfredo	1.00 Serving	279.420	38.209
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	550.999	66.667
Hummus Dip & Chips with Cheese	1.00 Each	678.377	48.510
Carrots	0.50 Cup	29.058	6.790
Broccoli	0.50 Cup	18.038	3.523
Roasted Broccoli	0.50 Cup	38.496	4.634

Peaches	0.50 Cup	60.014	14.003
Milk	1.00 Each	126.000	21.800
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
String Cheese	1.00 Each	160.999	0.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		510.396	75.303
% of Calories			59.02%

Mon - 09/16/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Popcorn Chicken	10.00 Pieces	278.036	20.672
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	550.999	66.667
Hummus Dip & Chips with Cheese	1.00 Each	678.377	48.510
Tater Tots	0.50 Cup	120.000	14.000
Carrots	0.50 Cup	29.058	6.790
Sliced Apples	0.50 Cup	32.137	8.535
Milk	1.00 Each	126.000	21.800
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
String Cheese	1.00 Each	160.999	0.000
BBQ Sauce	1.00 Each	40.000	10.000
Ketchup- Bulk	1.00 Each	20.000	5.000

Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		565.738	65.690
% of Calories			46.45%

Tue - 09/17/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Macho Nachos	1.00 Each	401.565	29.449
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	550.999	66.667
Hummus Dip & Chips with Cheese	1.00 Each	678.377	48.510
Refried Beans	0.50 Cuo	167.993	23.999
Red Bell Peppers	0.50 Cup	19.203	3.735
Pears	0.50 Cup	60.014	16.004
Milk	1.00 Each	126.000	21.800
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
String Cheese	1.00 Each	160.999	0.000
Ranch Dressing	1.00 oz	56.875	0.875
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		637.197	70.636
% of Calories			44.34%

Wed - 09/18/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Lunch			
Recipe	Total		
Spaghetti with Meat Sauce	1.00 Serving	364.781	43.583
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	550.999	66.667
Hummus Dip & Chips with Cheese	1.00 Each	678.377	48.510
Power Salad	1.00 Cup	10.962	1.980
Cucumbers	0.50 Cup	10.974	2.656
Grapes	0.50 Cup	59.662	15.650
Milk	1.00 Each	126.000	21.800
Chewy Oat Bar	1.00 Each	286.667	47.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	160.999	0.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		556.548	74.197
% of Calories			53.33%

Thu - 09/19/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Cherry Chicken with Brown Rice	1.00 Student	290.000	46.400
Hummus Dip & Chips with Cheese	1.00 Each	678.377	48.510
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	550.999	66.667
Broccoli	0.50 Cup	18.038	3.523
Roasted Broccoli	0.50 Cup	38.496	4.634

Kale Chips	1.00 Cup	38.029	4.410
Mandarin Oranges	0.50 Cup	85.680	22.740
Chocolate Chip Cookie	1.00 Cookie	147.700	24.300
Milk	1.00 Each	126.000	21.800
Cherry Blossom Chicken	1.00 Serving	178.000	24.000
Whole Grain Rice	0.50 Cup	112.000	22.400
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
String Cheese	1.00 Each	160.999	0.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		642.013	104.428
% of Calories			65.06%

Fri - 09/20/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
French Toast Sticks & Sausage	2.00 Each	340.000	39.000
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	550.999	66.667
Hummus Dip & Chips with Cheese	1.00 Each	678.377	48.510
Roasted Potatoes	0.50 Cup	90.871	16.172
Corn	0.50 Cup	91.635	19.243
Applesauce	0.50 Cup	60.479	15.120
Milk	1.00 Each	126.000	21.800
French Toast Sticks	2.00 Each	240.000	38.000

Chewy Oat Bar	1.00 Each	286.667	47.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
Sausage Patty	1.00 Patty	100.000	1.000
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	160.999	0.000
Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		622.379	91.935
% of Calories			59.09%

Mon - 09/23/2019	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
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	550.999	66.667
Hummus Dip & Chips with Cheese	1.00 Each	678.377	48.510
Tater Tots	0.50 Cup	120.000	14.000
Baked Beans	0.50 Cup	222.609	43.510
Pears	0.50 Cup	60.014	16.004
Milk	1.00 Each	126.000	21.800
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
String Cheese	1.00 Each	160.999	0.000
BBQ Sauce	1.00 Each	40.000	10.000

Ketchup	1.00 Each	10.000	3.000
Mustard	1.00 Each	5.000	0.000
Weighted Daily Average		796.407	108.648
% of Calories			54.57%

Tue - 09/24/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe		Total		
Pepperoni Pizza	1.00 Each	370.000	34.000	
Cheese Pizza	1.00 Slice	360.000	34.000	
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	550.999	66.667	
Hummus Dip & Chips with Cheese	1.00 Each	678.377	48.510	
Power Salad	1.00 Cup	10.962	1.980	
Cucumbers	0.50 Cup	10.974	2.656	
Pineapple	0.50 Cup	81.331	20.333	
Milk	1.00 Each	126.000	21.800	
Chewy Oat Bar	1.00 Each	286.667	47.333	
Yogurt Variety	1.00 Each	103.333	19.333	
Hummus Dip & Chips	1.00 Each	517.378	48.510	
String Cheese	1.00 Each	160.999	0.000	
Ranch Dressing	1.00 oz	56.875	0.875	
Weighted Daily Average		607.437	75.013	
% of Calories			49.40%	

Wed - 09/25/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Lunch			
Recipe	Total		
Beefy Soft Taco	1.00 Each	273.405	23.848
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	550.999	66.667
Hummus Dip & Chips with Cheese	1.00 Each	678.377	48.510
Red Bell Peppers	0.50 Cup	19.203	3.735
Carrots	0.50 Cup	29.058	6.790
Sliced Apples	0.50 Cup	32.137	8.535
Milk	1.00 Each	126.000	21.800
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
String Cheese	1.00 Each	160.999	0.000
Ranch Dressing	1.00 oz	56.875	0.875
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		548.383	67.562
% of Calories			49.28%

Thu - 09/26/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Ham & Cheese Rippers	1.00 Serving	270.000	28.000
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	550.999	66.667
Hummus Dip & Chips with Cheese	1.00 Each	678.377	48.510

Carrots	0.50 Cup	29.058	6.790
Broccoli	0.50 Cup	18.038	3.523
Roasted Broccoli	0.50 Cup	38.496	4.634
Oranges	0.50 Cup	62.702	15.676
Milk	1.00 Each	126.000	21.800
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
String Cheese	1.00 Each	160.999	0.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		534.501	72.614
% of Calories			54.34%

Fri - 09/27/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Chicken Nuggets	5.00 Pieces	183.877	12.991
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	550.999	66.667
Hummus Dip & Chips with Cheese	1.00 Each	678.377	48.510
Red Bell Peppers	0.50 Cup	19.203	3.735
Oven Baked Fries	0.50 Cup	100.000	15.000
Peaches	0.50 Cup	60.014	14.003
Milk	1.00 Each	126.000	21.800
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333

Hummus Dip & Chips	1.00 Each	517.378	48.510
String Cheese	1.00 Each	160.999	0.000
Ranch Dressing	1.00 oz	56.875	0.875
Ketchup	1.00 Each	10.000	3.000
BBQ Sauce	1.00 Each	40.000	10.000
Weighted Daily Average		553.012	71.559
% of Calories			51.76%

Mon - 09/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	550.999	66.667
Hummus Dip & Chips with Cheese	1.00 Each	678.377	48.510
Mashed Potatoes	1.00 Serving	70.000	16.000
Carrots	0.50 Cup	29.058	6.790
Applesauce	0.50 Cup	60.479	15.120
Milk	1.00 Each	126.000	21.800
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
String Cheese	1.00 Each	160.999	0.000
Ranch Dressing	1.00 oz	56.875	0.875
Chicken Gravy	0.25 Cup	35.093	7.019
BBQ Sauce	1.00 Each	40.000	10.000

Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		633.559	94.035
% of Calories			59.37%

* = Indicates missing Nutrient Information.

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