

Carbohydrate Report

District: Mead School District

School: Brentwood Elementary

Menu: Elementary Breakfast 2017-2018



Wed - 11/01/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Waffles	2.00 Waffles	440.000	66.000
Cereal Variety	1.00 Each	96.105	21.685
Yogurt Parfait	1.00 Each	283.624	62.832
Fruit Variety	0.50 Cup	84.326	21.008
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		558.728	110.013
% of Calories			78.76%

Thu - 11/02/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		

Sausage Cheese English Muffin	1.00 Sandwich	310.000	23.000
Cereal Variety	1.00 Each	96.105	21.685
Fruit Variety	0.50 Cup	84.326	21.008
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		406.701	64.755
% of Calories			63.69%

Fri - 11/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Chocolate Chip Muffin	1.00 Each	169.102	27.852
Cereal Variety	1.00 Each	96.105	21.685
Yogurt Parfait	1.00 Each	283.624	62.832
Fruit Variety	0.50 Cup	84.326	21.008
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		409.874	79.441
% of Calories			77.53%

Mon - 11/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Bagel	1.00 Serving	85.000	16.500
Cereal Variety	1.00 Each	96.105	21.685
Fruit Variety	0.50 Cup	84.326	21.008
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	55.000	2.250
Weighted Daily Average		410.180	76.230
% of Calories			74.34%

Tue - 11/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		

Pancake	1.00 Each	80.000	13.700
Cereal Variety	1.00 Each	96.105	21.685
Fruit Variety	0.50 Cup	84.326	21.008
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		442.259	85.648
% of Calories			77.46%

Wed - 11/08/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.624
Cereal Variety	1.00 Each	96.105	21.685
Yogurt Parfait	1.00 Each	283.624	62.832

Fruit Variety	0.50 Cup	84.326	21.008
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		451.982	81.816
% of Calories			72.41%

Thu - 11/09/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Cheesy Egg Patty	1.00 Each	95.000	1.500
Cereal Variety	1.00 Each	96.105	21.685
Fruit Variety	0.50 Cup	84.326	21.008
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	405.780	72.550
% of Calories		71.52%

Fri - 11/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 11/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Pancake Wrap	1.00 Each	200.000	17.000
Cereal Variety	1.00 Each	96.105	21.685
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Maple Syrup	1.00 Each	120.000	31.000
Yogurt Variety	1.00 Each	103.333	19.333
Weighted Daily Average		448.921	84.004

% of Calories	74.85%
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Tue - 11/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Cheese Omelet	1.00 Omelet	130.408	1.134
Cereal Variety	1.00 Each	96.105	21.685
Fruit Variety	0.50 Cup	84.326	21.008
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		406.703	70.236
% of Calories			69.08%

Wed - 11/15/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			

Recipe	Total		
Waffles	2.00 Waffles	440.000	66.000
Cereal Variety	1.00 Each	96.105	21.685
Yogurt Parfait	1.00 Each	283.624	62.832
Fruit Variety	0.50 Cup	84.326	21.008
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		558.728	110.013
% of Calories			78.76%

Thu - 11/16/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Sausage Cheese English Muffin	1.00 Sandwich	310.000	23.000
Cereal Variety	1.00 Each	96.105	21.685
Fruit Variety	0.50 Cup	84.326	21.008
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		406.701	64.755
% of Calories			63.69%

Fri - 11/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Chocolate Chip Muffin	1.00 Each	169.102	27.852
Cereal Variety	1.00 Each	96.105	21.685
Yogurt Parfait	1.00 Each	283.624	62.832
Fruit Variety	0.50 Cup	84.326	21.008
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		409.874	79.441
% of Calories			77.53%

Mon - 11/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Breakfast 2017-2018

Recipe	Total		
Bagel	1.00 Serving	85.000	16.500
Cereal Variety	1.00 Each	96.105	21.685
Fruit Variety	0.50 Cup	84.326	21.008
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	55.000	2.250
Weighted Daily Average		410.180	76.230
% of Calories			74.34%

Tue - 11/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Pancake	1.00 Each	80.000	13.700
Cereal Variety	1.00 Each	96.105	21.685
Fruit Variety	0.50 Cup	84.326	21.008
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		442.259	85.648
% of Calories			77.46%

Wed - 11/22/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.624
Cereal Variety	1.00 Each	96.105	21.685
Yogurt Parfait	1.00 Each	283.624	62.832
Fruit Variety	0.50 Cup	84.326	21.008
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		451.982	81.816
% of Calories			72.41%

Thu - 11/23/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Fri - 11/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 11/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Pancake Wrap	1.00 Each	200.000	17.000
Cereal Variety	1.00 Each	96.105	21.685
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667

Milk	1.00 Each	126.000	21.800
Maple Syrup	1.00 Each	120.000	31.000
Yogurt Variety	1.00 Each	103.333	19.333
Weighted Daily Average		448.921	84.004
% of Calories			74.85%

Tue - 11/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Cheese Omelet	1.00 Omelet	130.408	1.134
Cereal Variety	1.00 Each	96.105	21.685
Fruit Variety	0.50 Cup	84.326	21.008
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		406.703	70.236

% of Calories	69.08%
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Wed - 11/29/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Waffles	2.00 Waffles	440.000	66.000
Cereal Variety	1.00 Each	96.105	21.685
Yogurt Parfait	1.00 Each	283.624	62.832
Fruit Variety	0.50 Cup	84.326	21.008
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		558.728	110.013
% of Calories			78.76%

Thu - 11/30/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Sausage Cheese English Muffin	1.00 Sandwich	310.000	23.000

Cereal Variety	1.00 Each	96.105	21.685
Fruit Variety	0.50 Cup	84.326	21.008
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		406.701	64.755
% of Calories			63.69%

* = 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 2017-2018



Wed - 11/01/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
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	35.731	2.308
Red Bell Peppers	0.50 Cup	19.203	3.735
Pineapple	0.50 Cup	107.049	19.473
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	2.012
Ranch Dressing	1.00 oz	56.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Turkey Ranch Wrap	1.00 Each	304.042	22.776
Weighted Daily Average		607.547	76.253

% of Calories	50.20%
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Thu - 11/02/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
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
Potato Baby Bakers	1.00 Serving	100.290	17.049
Green Garbanzo Beans	0.50 Cup	79.578	11.937
Oranges	0.50 Cup	62.702	15.676
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	160.999	2.012
Ketchup	1.00 Each	10.000	3.000
Mustard	1.00 Each	5.000	0.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		669.000	91.973
% of Calories			54.99%

Fri - 11/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Cheese Ripper	1.00 Slice	280.986	30.106
Roasted Broccoli	0.50 Cup	38.496	4.634
Broccoli	0.50 Cup	18.038	3.523
Carrots	0.50 Cup	29.058	6.790
Peaches	0.50 Cup	72.426	18.106
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	2.012
Ranch Dressing	1.00 oz	56.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Tomato Soup	1.00 Cup	85.049	18.900
Weighted Daily Average		577.588	88.441
% of Calories			61.25%

Mon - 11/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			

Recipe	Total		
Macho Nachos	1.00 Each	365.332	28.190
Refried Beans	0.50 Cuo	209.991	29.999
Broccoli	0.50 Cup	18.038	3.523
Pears	0.50 Cup	70.697	18.815
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	2.012
Ranch Dressing	1.00 oz	56.875	0.875
Sour Cream	1.00 Each	25.312	4.050
Picante Sauce	1.00 Each	5.000	1.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		682.850	86.479
% of Calories			50.66%

Tue - 11/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		

Chicken Alfredo	1.00 Serving	279.420	38.209
Power Salad	1.00 Cup	35.731	2.308
Red Bell Peppers	0.50 Cup	19.203	3.735
Pineapple	0.50 Cup	107.049	19.473
Breakfast Bar Variety	1.00 Each	288.000	47.600
Garlic Toast	1.00 Toast	70.000	12.000
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	2.012
Ranch Dressing	1.00 oz	56.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		671.617	101.733
% of Calories			60.59%

Wed - 11/08/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Chili (Knorr)	1.00 Cup	179.978	19.163
Carrots	0.50 Cup	29.058	6.790

Cucumbers	0.50 Cup	10.974	2.656
Sliced Apples	0.50 Cup	32.137	8.535
Breakfast Bar Variety	1.00 Each	288.000	47.600
Homebaked Cinnamon Roll	1.00 Roll	220.488	39.374
Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	160.999	2.012
Yogurt Variety	1.00 Each	103.333	19.333
Ranch Dressing	1.00 oz	56.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		584.636	90.697
% of Calories			62.05%

Thu - 11/09/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Legion of Boom Hot Dog	1.00 Each	290.000	27.000
Oven Baked Fries	0.50 Cup	80.000	12.667
Broccoli	0.50 Cup	18.038	3.523
Grapes	0.50 Cup	59.662	15.650
Breakfast Bar Variety	1.00 Each	288.000	47.600

12th Man Frozen Treat	1.00 Each	90.000	22.000
Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	160.999	2.012
Yogurt Variety	1.00 Each	103.333	19.333
Ranch Dressing	1.00 oz	56.875	0.875
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		638.415	96.028
% of Calories			60.17%

Fri - 11/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 11/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		

Ham & Cheese Rippers	1.00 Serving	270.000	28.000
Cucumbers	0.50 Cup	10.974	2.656
Carrots	0.50 Cup	29.058	6.790
Peaches	0.50 Cup	72.426	18.106
Breakfast Bar Variety	1.00 Each	288.000	47.600
Apple Delight Cookie	1.00 Each	160.000	27.000
Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	160.999	2.012
Yogurt Variety	1.00 Each	103.333	19.333
Ranch Dressing	1.00 oz	56.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		653.679	99.039
% of Calories			60.60%

Tue - 11/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Crispy Chicken Patty Sandwich	1.00 Each	334.000	39.000
Roasted Rosemary Potatoes	0.50 Cup	79.487	13.570
Green Beans	0.50 Cup	21.069	4.214

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
String Cheese	1.00 Each	160.999	2.012
Yogurt Variety	1.00 Each	103.333	19.333
Ranch Dressing	1.00 oz	56.875	0.875
BBQ Sauce	1.00 Each	40.499	10.125
Ketchup	1.00 Each	10.000	3.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		592.306	87.326
% of Calories			58.97%

Wed - 11/15/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
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	35.731	2.308
Roasted Lentils	0.50 Cup	129.840	19.929

Pineapple	0.50 Cup	107.049	19.473
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	160.999	2.012
Yogurt Variety	1.00 Each	103.333	19.333
Ranch Dressing	1.00 oz	56.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Chicken Caesar Wrap	1.00 Serving	267.396	23.768
Weighted Daily Average		668.150	83.802
% of Calories			50.17%

Thu - 11/16/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Spaghetti with Meat Sauce	1.00 Serving	299.668	40.129
Kale Chips	0.50 Cup	14.261	1.654
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
Garlic Toast	1.00 Toast	70.000	12.000

Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	160.999	2.012
Yogurt Variety	1.00 Each	103.333	19.333
Ranch Dressing	1.00 oz	56.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		580.387	91.642
% of Calories			63.16%

Fri - 11/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Mozzarella Breadstick	1.00 Each	140.000	15.000
Chicken Noodle Soup	1.00 Cup	84.021	11.082
Roasted Broccoli	0.50 Cup	38.496	4.634
Roasted Cauliflower	0.50 Cup	39.184	3.248
Pears	0.50 Cup	70.697	18.815
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
String Cheese	1.00 Each	160.999	2.012

Yogurt Variety	1.00 Each	103.333	19.333
Ranch Dressing	1.00 oz	56.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		607.902	94.690
% of Calories			62.31%

Mon - 11/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Apple Cinnamon Texas Toast	1.00 Each	260.000	45.000
Cheese Omelet	1.00 Omelet	130.408	1.134
Roasted Squash	0.50 Cup	64.303	14.211
Cucumbers	0.50 Cup	10.974	2.656
Applesauce	0.50 Cup	60.479	15.120
Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	160.999	2.012
Yogurt Variety	1.00 Each	103.333	19.333
Ranch Dressing	1.00 oz	56.875	0.875

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		609.392	91.071
% of Calories			59.78%

Tue - 11/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Turkey & Gravy	4.00 oz	179.888	5.587
Carrots	0.50 Cup	29.058	6.790
Mashed Potatoes	0.50 Cup	80.180	16.036
Sliced Apples	0.50 Cup	32.137	8.535
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	2.012
Ranch Dressing	1.00 oz	56.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510

Weighted Daily Average	554.389	75.686
% of Calories		54.61%

Wed - 11/22/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
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	35.731	2.308
Roasted Lentils	0.50 Cup	129.840	19.929
Pineapple	0.50 Cup	107.049	19.473
Breakfast Bar Variety	1.00 Each	288.000	47.600
Frosted Cookie	1.00 Each	152.000	23.772
Milk	1.00 Each	126.000	21.800
String Cheese	1.00 Each	160.999	2.012
Yogurt Variety	1.00 Each	103.333	19.333
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		785.270	102.212
% of Calories			52.06%

Thu - 11/23/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Fri - 11/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 11/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Chicken Smackers	10.00 Pieces	278.036	20.672
Broccoli	0.50 Cup	18.038	3.523
Corn	0.50 Cup	91.635	19.243
Mandarin Oranges	0.50 Cup	85.680	22.740

Breakfast Bar Variety	1.00 Each	288.000	47.600
Whole Grain Rice	0.50 Cup	112.500	22.300
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	160.999	2.012
BBQ Sauce	1.00 Each	40.499	10.125
Ketchup	1.00 Each	10.000	3.000
Teriyaki Dipping Sauce	1.00 Each	46.000	11.000
Ranch Dressing	1.00 oz	56.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		685.546	106.050
% of Calories			61.88%

Tue - 11/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Cheese Ravioli	7.00 Pieces	150.515	20.226
Chicken Caesar Salad	1.00 Each	377.687	20.506
Cucumbers	0.50 Cup	10.974	2.656
Carrots	0.50 Cup	29.058	6.790

Sliced Apples	0.50 Cup	32.137	8.535
Breakfast Bar Variety	1.00 Each	288.000	47.600
Garlic Toast	1.00 Toast	70.000	12.000
Sherbet	1.00 Sherbet	110.000	25.000
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	160.999	2.012
Ranch Dressing	1.00 oz	56.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		552.252	91.954
% of Calories			66.60%

Wed - 11/29/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
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	35.731	2.308
Red Bell Peppers	0.50 Cup	19.203	3.735
Pineapple	0.50 Cup	107.049	19.473

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	2.012
Ranch Dressing	1.00 oz	56.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Turkey Ranch Wrap	1.00 Each	304.042	22.776
Weighted Daily Average		607.547	76.253
% of Calories			50.20%

Thu - 11/30/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
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
Potato Baby Bakers	1.00 Serving	100.290	17.049
Green Garbanzo Beans	0.50 Cup	79.578	11.937
Oranges	0.50 Cup	62.702	15.676

Breakfast Bar Variety	1.00 Each	288.000	47.600
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	160.999	2.012
Ketchup	1.00 Each	10.000	3.000
Mustard	1.00 Each	5.000	0.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		663.028	90.480
% of Calories			54.59%

* = Indicates missing Nutrient Information.

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