

Carbohydrate Report

District: Mead School District

School: Farwell Elementary

Menu: Elementary Breakfast



Mon - 06/03/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Pancake Wrap	1.00 Each	200.000	17.000	
Cereal Variety	1.00 Each	103.107	22.982	
Fruit Variety	0.50 Cup	67.949	17.159	
Juice Variety	1.00 Each	63.333	15.667	
Milk	1.00 Each	126.000	21.800	
Yogurt Variety	1.00 Each	103.333	19.333	
Maple Syrup	1.00 Each	120.000	31.000	
Weighted Daily Average		421.426	76.124	
% of Calories			72.25%	

Tue - 06/04/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast				
Recipe	Total			
Cheese Omelet	1.00 Omelet	110.000	1.000	
Cereal Variety	1.00 Each	103.107	22.982	
Fruit Variety	0.50 Cup	67.949	17.159	
Juice Variety	1.00 Each	63.333	15.667	

Toast	1.00 Each	96.786	15.000
Milk	1.00 Each	126.000	21.800
Jelly	1.00 Each	33.333	8.667
Yogurt Variety	1.00 Each	103.333	19.333
Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		400.888	70.318
% of Calories			70.16%

Wed - 06/05/2019	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 - 06/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Breakfast			
Recipe	Total		
Sausage Cheese English Muffin	1.00 Sandwich	310.000	25.000
Cereal Variety	1.00 Each	103.107	22.982
Fruit Variety	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Ketchup	1.00 Each	10.000	3.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		411.166	66.029
% of Calories			64.24%

Fri - 06/07/2019			
Recipe	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Pumpkin Bread	1.00 Slice	130.000	22.500
Cereal Variety	1.00 Each	103.107	22.982
Yogurt Parfait	1.00 Each	297.114	61.841
Fruit Variety	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Weighted Daily Average		390.619	76.177
% of Calories			78.01%

Mon - 06/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Bagel	1.00 Serving	85.000	16.500
Cereal Variety	1.00 Each	103.107	22.982
Fruit Variety	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Cream Cheese Variety	1.00 Each	76.000	2.200
Weighted Daily Average		419.804	74.743
% of Calories			71.22%

Tue - 06/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Pancake	1.00 Each	70.000	13.000
Cereal Variety	1.00 Each	103.107	22.982
Fruit Variety	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333

Scrambled Eggs	2.00 oz	90.000	2.000
Picante Sauce	1.00 Each	5.000	1.000
Ketchup	1.00 Each	10.000	3.000
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		432.550	84.083
% of Calories			77.76%

Wed - 06/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.624
Cereal Variety	1.00 Each	103.107	22.982
Yogurt Parfait	1.00 Each	297.114	61.841
Fruit Variety	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Weighted Daily Average		447.789	80.310
% of Calories			71.74%

Thu - 06/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Chef's Choice Menu	1.00 Each	N/A*	N/A*

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
Weighted Daily Average		195.798*	40.479*
% of Calories			82.70%

Fri - 06/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast			
Recipe	Total		
Chef's Choice Menu	1.00 Each	N/A*	N/A*
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
Weighted Daily Average		194.097*	39.174*
% of Calories			80.73%

* = Indicates missing Nutrient Information.

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Carbohydrate Report

District: Mead School District

School: Farwell Elementary

Menu: Elementary Lunch



Mon - 06/03/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Beef Teriyaki Dippers	4.00 Dippers	160.000	6.000	
Carrots	0.50 Cup	29.058	6.790	
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	
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	0.000	
Hummus Dip & Chips	1.00 Each	517.378	48.510	
Ranch Dressing	1.00 oz	56.875	0.875	
Teriyaki Dipping Sauce	1.00 Each	46.000	11.000	
Weighted Daily Average			567.631	77.733
% of Calories				54.78%

Tue - 06/04/2019		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
Red Bell Peppers	0.50 Cup	19.203	3.735
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	0.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		670.606	108.434
% of Calories			64.68%

Wed - 06/05/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Cheese Pizza	1.00 Slice	360.000	34.000
Pepperoni Pizza	1.00 Each	370.000	34.000
Power Salad	1.00 Cup	10.962	1.980
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	0.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		614.384	74.908
% of Calories			48.77%

Thu - 06/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Macho Nachos	1.00 Each	363.549	35.865
Macho Nachos	1.00 Each	462.898	30.422
Refried Beans	0.50 Cup	167.993	23.999
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
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	0.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Salsa	0.25 Cup	20.000	4.000
Ranch Dressing	1.00 oz	56.875	0.875
Picante Sauce	1.00 Each	5.000	1.000

Weighted Daily Average	680.730	88.200
% of Calories		51.83%

Fri - 06/07/2019	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
Power Salad	1.00 Cup	10.962	1.980
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	0.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
BBQ Sauce	1.00 Each	40.000	10.000
Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		617.828	94.555
% of Calories			61.22%

Mon - 06/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			

Recipe	Total		
Mini Corn Dog	6.00 Each	250.000	30.000
Tater Tots	0.50 Cup	146.237	16.344
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	0.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
Ketchup	1.00 Each	10.000	3.000
Mustard	1.00 Each	5.000	0.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		576.164	78.301
% of Calories			54.36%

Tue - 06/11/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Hamburger	1.00 Each	322.810	28.009	
Cheeseburger	1.00 Each	372.810	29.009	
Veggie Burger	1.00 Each	320.097	36.935	
Cucumbers	0.50 Cup	10.974	2.656	
Power Salad	1.00 Cup	10.962	1.980	
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	0.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
BBQ Sauce	1.00 Each	40.000	10.000
Ketchup	1.00 Each	10.000	3.000
Mustard	1.00 Each	5.000	0.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		601.103	69.274
% of Calories			46.10%

Wed - 06/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
Green Beans	0.50 Cup	21.069	4.214
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
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.000	0.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
BBQ Sauce	1.00 Each	40.000	10.000

Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		531.693	73.777
% of Calories			55.50%

Thu - 06/13/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe		Total		
Cheese Pizza	1.00 Slice	360.000	34.000	
Pepperoni Pizza	1.00 Each	370.000	34.000	
Vegetable Variety	0.50 Cup	90.555	15.901	
Fruit Variety	0.50 Cup	67.949	17.159	
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	0.000	
Hummus Dip & Chips	1.00 Each	517.378	48.510	
Ranch Dressing	1.00 oz	56.875	0.875	
Weighted Daily Average		649.207	80.968	
% of Calories			49.89%	

Fri - 06/14/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe		Total		

No Lunch - Early Release	1.00 each	N/A	N/A
Weighted Daily Average		N/A	N/A
% of Calories			N/A

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Carbohydrate Report

District: Mead School District

School: Brentwood Elementary

Menu: Brentwood Special Menu 6/12



Mon - 06/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Brentwood Special Menu 6/12			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 06/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Brentwood Special Menu 6/12			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Wed - 06/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Brentwood Special Menu 6/12			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
Carrots	0.50 Cup	29.058	6.790
Sliced Apples	0.50 Cup	32.137	8.535

Chocolate Chip Cookie	1.00 Cookie	147.700	24.300
Milk	1.00 Each	126.000	21.800
Chips 1/2 oz	1.00 Bag	80.000	8.000
Mayonnaise	1.00 Each	90.000	0.000
BBQ Sauce	1.00 Each	40.000	10.000
Weighted Daily Average		743.576	101.568
% of Calories			54.64%

Thu - 06/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Brentwood Special Menu 6/12			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Fri - 06/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Brentwood Special Menu 6/12			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

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Carbohydrate Report

District: Mead School District

School: Colbert Elementary

Menu: Colbert Special Menu 6/11 & 6/12



Mon - 06/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Colbert Special Menu 6/11 & 6/12			
Recipe	Total		
Weighted Daily Average	N/A		N/A
% of Calories			N/A

Tue - 06/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Colbert Special Menu 6/11 & 6/12			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
Cucumbers	0.50 Cup	10.974	2.656
Power Salad	1.00 Cup	10.962	1.980
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	0.000
Hummus Dip & Chips	1.00 Each	517.378	48.510
BBQ Sauce	1.00 Each	40.000	10.000
Ranch Dressing	1.00 oz	56.875	0.875

Weighted Daily Average	293.117	30.314
% of Calories		41.37%

Wed - 06/12/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Colbert Special Menu 6/11 & 6/12				
Recipe	Total			
Veggie Burger	1.00 Each	320.097	36.935	
Cheeseburger	1.00 Each	372.810	29.009	
Hamburger	1.00 Each	322.810	28.009	
Carrots	0.50 Cup	29.058	6.790	
Sliced Apples	0.50 Cup	32.137	8.535	
Sour Cherry Lemon Slushy	1.00 Each	90.000	22.000	
Milk	1.00 Each	126.000	21.800	
Chips 1/2 oz	1.00 Bag	80.000	8.000	
Ketchup	1.00 Each	10.000	3.000	
Mustard	1.00 Each	5.000	0.000	
Weighted Daily Average		663.868	85.440	
% of Calories				51.48%

Thu - 06/13/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Colbert Special Menu 6/11 & 6/12				
Recipe	Total			
Weighted Daily Average		N/A	N/A	

% of Calories	N/A
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Fri - 06/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Colbert Special Menu 6/11 & 6/12			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

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Carbohydrate Report

District: Mead School District

School: Midway Elementary

Menu: Midway Special Menu 6/7



Mon - 06/03/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Midway Special Menu 6/7			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 06/04/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Midway Special Menu 6/7			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Wed - 06/05/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Midway Special Menu 6/7			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Thu - 06/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Midway Special Menu 6/7			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Fri - 06/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Midway Special Menu 6/7			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
Carrots	0.50 Cup	29.058	6.790
Sliced Apples	0.50 Cup	32.137	8.535
Chocolate Chip Cookie	1.00 Cookie	147.700	24.300
Milk	1.00 Each	126.000	21.800
Chips 1/2 oz	1.00 Bag	80.000	8.000
Mayonnaise	1.00 Each	90.000	0.000
BBQ Sauce	1.00 Each	40.000	10.000
Weighted Daily Average		751.576	103.568
% of Calories			55.12%

Mon - 06/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Midway Special Menu 6/7			
Recipe		Total	
Weighted Daily Average		N/A	N/A
% of Calories		N/A	

Tue - 06/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Midway Special Menu 6/7			
Recipe		Total	
Weighted Daily Average		N/A	N/A
% of Calories		N/A	

Wed - 06/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Midway Special Menu 6/7			
Recipe		Total	
Weighted Daily Average		N/A	N/A
% of Calories		N/A	

Thu - 06/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Midway Special Menu 6/7			
Recipe		Total	
Weighted Daily Average		N/A	N/A
% of Calories		N/A	

Fri - 06/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Midway Special Menu 6/7			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

* = 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: Shiloh Hills Elementary

Menu: Shiloh Special Menu 6/7



Mon - 06/03/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Shiloh Special Menu 6/7			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 06/04/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Shiloh Special Menu 6/7			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Wed - 06/05/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Shiloh Special Menu 6/7			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Thu - 06/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Shiloh Special Menu 6/7			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Fri - 06/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Shiloh Special Menu 6/7			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
Carrots	0.50 Cup	29.058	6.790
Sliced Apples	0.50 Cup	32.137	8.535
Chocolate Chip Cookie	1.00 Cookie	147.700	24.300
Milk	1.00 Each	126.000	21.800
Chips 1/2 oz	1.00 Bag	80.000	8.000
BBQ Sauce	1.00 Each	40.000	10.000
Mayonnaise	1.00 Each	90.000	0.000
Weighted Daily Average		725.576	101.568
% of Calories			55.99%

Mon - 06/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Shiloh Special Menu 6/7			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories		N/A	

Tue - 06/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Shiloh Special Menu 6/7			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories		N/A	

Wed - 06/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Shiloh Special Menu 6/7			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories		N/A	

Thu - 06/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Shiloh Special Menu 6/7			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories		N/A	