

Carbohydrate Report

District: Mead School District

School: Brentwood Elementary

Menu: Elementary Breakfast 2017-2018



Mon - 10/02/2017	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	94.481	21.848
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		448.163	84.080
% of Calories			75.04%

Tue - 10/03/2017	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	94.481	21.848
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		405.836	70.323
% of Calories			69.31%

Wed - 10/04/2017	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	94.481	21.848
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		558.078	110.078
% of Calories			78.90%

Thu - 10/05/2017	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	94.481	21.848
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		405.835	64.842
% of Calories			63.91%

Fri - 10/06/2017	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	94.481	21.848
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		409.386	79.490
% of Calories			77.67%

Mon - 10/09/2017	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	94.481	21.848
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		409.747	76.273
% of Calories			74.46%

Tue - 10/10/2017	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	94.481	21.848
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	441.501	85.724
% of Calories		77.67%

Wed - 10/11/2017	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	94.481	21.848
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		451.495	81.865
% of Calories			72.53%

Thu - 10/12/2017	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	94.481	21.848

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		405.022	72.626
% of Calories			71.73%

Fri - 10/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Breakfast 2017-2018			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 10/16/2017	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	94.481	21.848
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		448.163	84.080
% of Calories			75.04%

Tue - 10/17/2017	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	94.481	21.848
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		405.836	70.323
% of Calories			69.31%

Wed - 10/18/2017	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	94.481	21.848
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		558.078	110.078
% of Calories			78.90%

Thu - 10/19/2017	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	94.481	21.848
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		405.835	64.842
% of Calories			63.91%

Fri - 10/20/2017	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	94.481	21.848
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		409.386	79.490
% of Calories			77.67%

Mon - 10/23/2017	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	94.481	21.848
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		409.747	76.273
% of Calories			74.46%

Tue - 10/24/2017	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	94.481	21.848
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		441.501	85.724
% of Calories			77.67%

Wed - 10/25/2017	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	94.481	21.848
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		451.495	81.865
% of Calories			72.53%

Thu - 10/26/2017	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	94.481	21.848
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		405.022	72.626
% of Calories			71.73%

Fri - 10/27/2017	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	94.481	21.848
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		409.386	79.490
% of Calories			77.67%

Mon - 10/30/2017	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	94.481	21.848
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		448.163	84.080
% of Calories			75.04%

Tue - 10/31/2017	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	94.481	21.848
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		405.836	70.323
% of Calories			69.31%

* = 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



Mon - 10/02/2017	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
Ranch Dressing	1.00 oz	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510

Orange Sauce	1.00 Ounce	25.312	7.087
Weighted Daily Average		681.505	104.861
% of Calories			61.55%

Tue - 10/03/2017	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	467.687	38.506
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	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510

Weighted Daily Average	567.423	93.668
% of Calories		66.03%

Wed - 10/04/2017	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	44.555	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	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Turkey Ranch Wrap	1.00 Each	309.042	22.776
Weighted Daily Average		614.333	76.253
% of Calories			49.65%

Thu - 10/05/2017	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%

Fri - 10/06/2017	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	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		516.189	74.041
% of Calories			57.38%

Mon - 10/09/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		

Mini Corn Dog	6.00 Each	254.678	30.829
Tater Tots	0.50 Cup	151.111	16.889
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
BBQ Sauce	1.00 Each	40.499	10.125
Ketchup	1.00 Each	10.000	3.000
Mustard	1.00 Each	5.000	0.000
Ranch Dressing	1.00 oz	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		619.527	91.387
% of Calories			59.00%

Tue - 10/10/2017	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
Red Bell Peppers	0.50 Cup	19.203	3.735
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	160.999	2.012
Ranch Dressing	1.00 oz	76.875	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		659.373	79.258
% of Calories			48.08%

Wed - 10/11/2017	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	44.555	2.308

Carrots	0.50 Cup	29.058	6.790
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	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		687.618	104.125
% of Calories			60.57%

Thu - 10/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Pancakes, WG	2.00 Each	160.000	27.400
Cheese Omelet	1.00 Omelet	130.408	1.134
Broccoli	0.50 Cup	18.038	3.523
Cucumbers	0.50 Cup	10.974	2.656

Pluot	1.00 Each	30.360	7.537
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	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Pancake	1.00 Each	80.000	13.700
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		575.147	89.064
% of Calories			61.94%

Fri - 10/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 10/16/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			

Recipe	Total		
Ham & Cheese Rippers	1.00 Serving	270.000	28.000
Carrots	0.50 Cup	29.058	6.790
Corn	0.50 Cup	91.635	19.243
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
String Cheese	1.00 Each	160.999	2.012
Yogurt Variety	1.00 Each	103.333	19.333
Ranch Dressing	1.00 oz	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		568.245	86.468
% of Calories			60.87%

Tue - 10/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Crispy Chicken Strips	3.00 Each	185.018	13.072
Mashed Potatoes	0.50 Cup	80.180	16.036
Green Beans	0.50 Cup	21.069	4.214

Sliced Apples	0.50 Cup	32.137	8.535
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
String Cheese	1.00 Each	160.999	2.012
Yogurt Variety	1.00 Each	103.333	19.333
Ketchup	1.00 Each	10.000	3.000
BBQ Sauce	1.00 Each	40.499	10.125
Ranch Dressing	1.00 oz	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Chicken Gravy	0.25 Cup	35.093	7.019
Weighted Daily Average		636.037	99.259
% of Calories			62.42%

Wed - 10/18/2017	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	44.555	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	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Turkey Ranch Wrap	1.00 Each	309.042	22.776
Weighted Daily Average		666.105	81.899
% of Calories			49.18%

Thu - 10/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Fri - 10/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)

Elementary Lunch 2017-2018			
Recipe	Total		
Weighted Daily Average	N/A		N/A
% of Calories			N/A

Mon - 10/23/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Chicken Nuggets	5.00 Pieces	183.877	12.991
Oven Baked Fries	0.50 Cup	80.000	12.667
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
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	76.875	0.875
Ketchup	1.00 Each	10.000	3.000
BBQ Sauce	1.00 Each	40.499	10.125

Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		632.997	94.105
% of Calories			59.47%

Tue - 10/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2017-2018			
Recipe	Total		
Turkey & Cheese Flatbread	1.00 Half	335.687	26.506
Baked Beans	0.50 Cup	155.671	31.134
Red Bell Peppers	0.50 Cup	19.203	3.735
Pears	0.50 Cup	70.697	18.815
Breakfast Bar Variety	1.00 Each	288.000	47.600
Frosted Cookie	1.00 Each	140.000	24.000
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	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		801.115	116.079
% of Calories			57.96%

Wed - 10/25/2017	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	44.555	2.308
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
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	76.875	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		599.285	75.985
% of Calories			50.72%

Thu - 10/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Lunch 2017-2018			
Recipe	Total		
Mozzarella Breadstick	1.00 Each	140.000	15.000
Chicken Noodle Soup	1.00 Cup	70.849	9.589
Green Beans	0.50 Cup	21.069	4.214
Cucumbers	0.50 Cup	10.974	2.656
Pluot	1.00 Each	30.360	7.537
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	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		552.860	85.995
% of Calories			62.22%

Fri - 10/27/2017	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
Broccoli	0.50 Cup	18.038	3.523
Roasted Squash	0.50 Cup	64.303	14.211
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	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		618.177	91.379
% of Calories			59.13%

Mon - 10/30/2017	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
Ranch Dressing	1.00 oz	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		667.041	100.812
% of Calories			60.45%

Tue - 10/31/2017	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	467.687	38.506
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	76.875	0.875
Hummus Dip & Chips	1.00 Each	517.378	48.510
Weighted Daily Average		567.423	93.668
% of Calories			66.03%

* = Indicates missing Nutrient Information.

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