

Carbohydrate Report

District: Mead School District

School: Mead High School

Menu: 2021 High School Breakfast



Mon - 09/14/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast				
Recipe	Total			
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	26.000	
Pop Tarts	1.00 Pkg	363.333	75.333	
Breakfast Bar Variety	1.00 Each	285.000	47.500	
Juice Variety	1.00 Each	63.333	15.667	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average		535.253	89.242	
% of Calories			66.69%	

Tue - 09/15/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast				
Recipe	Total			
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	26.000	
Pop Tarts	1.00 Pkg	363.333	75.333	
Breakfast Bar Variety	1.00 Each	285.000	47.500	
Juice Variety	1.00 Each	63.333	15.667	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average		535.253	89.242	

% of Calories	66.69%
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Wed - 09/16/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Breakfast Bar Variety	1.00 Each	285.000	47.500
Pop Tarts	1.00 Pkg	363.333	75.333
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		517.730	95.115
% of Calories			73.49%

Thu - 09/17/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Breakfast Bar Variety	1.00 Each	285.000	47.500
Pop Tarts	1.00 Pkg	363.333	75.333
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		517.730	95.115
% of Calories			73.49%

Fri - 09/18/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			
Recipe	Total		
Apple Cinnamon Texas Toast	1.00 Each	260.000	45.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Pop Tarts	1.00 Pkg	363.333	75.333
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		503.587	95.575
% of Calories			75.92%

Mon - 09/21/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Pop Tarts	1.00 Pkg	363.333	75.333
Breakfast Bar Variety	1.00 Each	285.000	47.500
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		483.587	86.242
% of Calories			71.34%

Tue - 09/22/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 High School Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Pop Tarts	1.00 Pkg	363.333	75.333
Breakfast Bar Variety	1.00 Each	285.000	47.500
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		483.587	86.242
% of Calories			71.34%

Wed - 09/23/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			
Recipe	Total		
Ham & Cheese Bagel	1.00 Sandwich	303.333	35.333
Breakfast Bar Variety	1.00 Each	285.000	47.500
Pop Tarts	1.00 Pkg	363.333	75.333
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		518.031	92.353
% of Calories			71.31%

Thu - 09/24/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 High School Breakfast			
Recipe	Total		
Ham & Cheese Bagel	1.00 Sandwich	303.333	35.333
Breakfast Bar Variety	1.00 Each	285.000	47.500
Pop Tarts	1.00 Pkg	363.333	75.333
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		518.031	92.353
% of Calories			71.31%

Fri - 09/25/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			
Recipe	Total		
Apple Cinnamon Texas Toast	1.00 Each	260.000	45.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Pop Tarts	1.00 Pkg	363.333	75.333
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		503.587	95.575
% of Calories			75.92%

Mon - 09/28/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			

Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	26.000
Pop Tarts	1.00 Pkg	363.333	75.333
Breakfast Bar Variety	1.00 Each	285.000	47.500
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		535.253	89.242
% of Calories			66.69%

Tue - 09/29/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast				
Recipe	Total			
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	26.000	
Pop Tarts	1.00 Pkg	363.333	75.333	
Breakfast Bar Variety	1.00 Each	285.000	47.500	
Juice Variety	1.00 Each	63.333	15.667	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average		535.253	89.242	
% of Calories			66.69%	

Wed - 09/30/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast				
Recipe	Total			
Dutch Waffle	1.00 Each	302.431	43.618	

Breakfast Bar Variety	1.00 Each	285.000	47.500
Pop Tarts	1.00 Pkg	363.333	75.333
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		517.730	95.115
% of Calories			73.49%

* = Indicates missing Nutrient Information.

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Carbohydrate Report

District: Mead School District

School: Mead High School

Menu: 2021 High School Main



Mon - 09/14/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main				
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	
Oven Baked Fries	1.00 Cup	200.000	30.000	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Condiments	1.00 Each	27.448*	3.951*	
Weighted Daily Average		1057.480*	136.835*	
% of Calories			51.76%	

Tue - 09/15/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main				
Recipe	Total			
Sweet and Sour Chicken	3.60 ounces	140.000	18.000	
Sweet and Sour Chicken	1.00 Serving	178.000	24.000	
Vegetable Variety	0.50 Cup	50.710	8.531	
Tater Tots	1.00 Cup	241.490	28.174	

Selection of Fruits	0.50 Cup	61.660	15.716
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		901.784*	146.136*
% of Calories			64.82%

Wed - 09/16/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main				
Recipe	Total			
Chicken Nuggets	7.00 Pieces	259.398	18.327	
Vegetable Variety	0.50 Cup	50.710	8.531	
Selection of Fruits	0.50 Cup	61.660	15.716	
Dinner Roll	1.00 Each	160.000	30.000	
Milk	1.00 Each	137.476	23.964	
Condiments	1.00 Each	27.448*	3.951*	
Weighted Daily Average		928.923*	133.985*	
% of Calories			57.69%	

Thu - 09/17/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main				
Recipe	Total			
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000	

Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		863.059*	113.549*
% of Calories			52.63%

Fri - 09/18/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main			
Recipe	Total		
Sweet and Sour Chicken	1.00 Serving	178.000	24.000
Sweet and Sour Chicken	3.60 ounces	140.000	18.000
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		660.294*	117.962*
% of Calories			71.46%

Mon - 09/21/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main			
Recipe	Total		
Ham & Cheese Rippers	1.00 Serving	270.000	28.000

Tater Tots	1.00 Cup	241.490	28.174
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		738.074*	99.805*
% of Calories			54.09%

Tue - 09/22/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main				
Recipe	Total			
Chicken Nuggets	7.00 Pieces	259.398	18.327	
Vegetable Variety	0.50 Cup	50.710	8.531	
Selection of Fruits	0.50 Cup	61.660	15.716	
Dinner Roll	1.00 Each	160.000	30.000	
Milk	1.00 Each	137.476	23.964	
Condiments	1.00 Each	27.448*	3.951*	
Weighted Daily Average		696.692*	100.489*	
% of Calories			57.69%	

Wed - 09/23/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main				
Recipe	Total			
Beef Teriyaki Dippers	6.00 Dippers	240.000	9.000	

Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		741.294*	105.962*
% of Calories			57.18%

Thu - 09/24/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main				
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	
Oven Baked Fries	1.00 Cup	200.000	30.000	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Condiments	1.00 Each	27.448*	3.951*	
Weighted Daily Average		793.110*	102.627*	
% of Calories			51.76%	

Fri - 09/25/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main				
Recipe	Total			

Chicken Fajita	1.00 Each	461.624	37.849
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		738.918*	90.011*
% of Calories			48.73%

Mon - 09/28/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main				
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	
Oven Baked Fries	1.00 Cup	200.000	30.000	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Condiments	1.00 Each	27.448*	3.951*	
Weighted Daily Average		793.110*	102.627*	
% of Calories			51.76%	

Tue - 09/29/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main				

Recipe	Total		
Sweet and Sour Chicken	3.60 ounces	140.000	18.000
Sweet and Sour Chicken	1.00 Serving	178.000	24.000
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		660.294*	117.962*
% of Calories			71.46%

Wed - 09/30/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main			
Recipe	Total		
Chicken Nuggets	7.00 Pieces	259.398	18.327
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		696.692*	100.489*
% of Calories			57.69%

* = Indicates missing Nutrient Information.

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Carbohydrate Report

District: Mead School District

School: Mead High School

Menu: 2021 High School Sandwich and Salad



Mon - 09/14/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Sandwich and Salad				
Recipe	Total			
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500	
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000	
Chicken Caesar Salad	1.00 Each	468.667	38.599	
Vegetable Variety	0.50 Cup	50.710	8.531	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Sauce Packet Variety, Secondary	1.00 each	41.254	0.996	
Weighted Daily Average		784.508	97.754	
% of Calories			49.84%	

Tue - 09/15/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Sandwich and Salad				
Recipe	Total			
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500	
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000	
Chicken Caesar Salad	1.00 Each	468.667	38.599	
Vegetable Variety	0.50 Cup	50.710	8.531	

Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Sauce Packet Variety, Secondary	1.00 each	41.254	0.996
Weighted Daily Average		784.508	97.754
% of Calories			49.84%

Wed - 09/16/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Sandwich and Salad				
Recipe	Total			
Ham & Cheese on Hoagie	1.00 Each	293.333	30.333	
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000	
Chef Salad	1.00 Each	389.533	41.448	
Vegetable Variety	0.50 Cup	50.710	8.531	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Sauce Packet Variety, Secondary	1.00 each	41.254	0.996	
Weighted Daily Average		768.582	98.453	
% of Calories			51.24%	

Thu - 09/17/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Sandwich and Salad				
Recipe	Total			
Ham & Cheese on Hoagie	1.00 Each	293.333	30.333	

Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Chef Salad	1.00 Each	389.533	41.448
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Sauce Packet Variety, Secondary	1.00 each	41.254	0.996
Weighted Daily Average		768.582	98.453
% of Calories			51.24%

Fri - 09/18/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Sandwich and Salad			
Recipe	Total		
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Sauce Packet Variety, Secondary	1.00 each	41.254	0.996
Weighted Daily Average		469.598	56.714
% of Calories			48.31%

Mon - 09/21/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Sandwich and Salad			
Recipe	Total		

Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Chicken Caesar Salad	1.00 Each	468.667	38.599
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Sauce Packet Variety, Secondary	1.00 each	41.254	0.996
Weighted Daily Average		784.508	97.754
% of Calories			49.84%

Tue - 09/22/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Sandwich and Salad			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Chicken Caesar Salad	1.00 Each	468.667	38.599
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Sauce Packet Variety, Secondary	1.00 each	41.254	0.996
Weighted Daily Average		784.508	97.754
% of Calories			49.84%

Wed - 09/23/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 High School Sandwich and Salad			
Recipe	Total		
Ham & Cheese on Hoagie	1.00 Each	293.333	30.333
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Chef Salad	1.00 Each	389.533	41.448
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Sauce Packet Variety, Secondary	1.00 each	41.254	0.996
Weighted Daily Average		768.582	98.453
% of Calories			51.24%

Thu - 09/24/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Sandwich and Salad			
Recipe	Total		
Ham & Cheese on Hoagie	1.00 Each	293.333	30.333
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Chef Salad	1.00 Each	389.533	41.448
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Sauce Packet Variety, Secondary	1.00 each	41.254	0.996
Weighted Daily Average		768.582	98.453
% of Calories			51.24%

Fri - 09/25/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Sandwich and Salad			
Recipe	Total		
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Sauce Packet Variety, Secondary	1.00 each	41.254	0.996
Weighted Daily Average		469.598	56.714
% of Calories			48.31%

Mon - 09/28/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Sandwich and Salad			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Chicken Caesar Salad	1.00 Each	468.667	38.599
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Sauce Packet Variety, Secondary	1.00 each	41.254	0.996
Weighted Daily Average		784.508	97.754

% of Calories	49.84%
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Tue - 09/29/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Sandwich and Salad				
Recipe		Total		
Turkey & Cheese on Hoagie		1.00 Each	301.667	29.500
Peanut Butter & Jelly Uncrustable		1.00 Each	600.000	64.000
Chicken Caesar Salad		1.00 Each	468.667	38.599
Vegetable Variety		0.50 Cup	50.710	8.531
Selection of Fruits		0.50 Cup	61.660	15.716
Milk		1.00 Each	137.476	23.964
Sauce Packet Variety, Secondary		1.00 each	41.254	0.996
Weighted Daily Average			784.508	97.754
% of Calories				49.84%

Wed - 09/30/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Sandwich and Salad				
Recipe		Total		
Ham & Cheese on Hoagie		1.00 Each	293.333	30.333
Peanut Butter & Jelly Uncrustable		1.00 Each	600.000	64.000
Chef Salad		1.00 Each	389.533	41.448
Vegetable Variety		0.50 Cup	50.710	8.531
Selection of Fruits		0.50 Cup	61.660	15.716
Milk		1.00 Each	137.476	23.964

Sauce Packet Variety, Secondary	1.00 each	41.254	0.996
Weighted Daily Average		768.582	98.453
% of Calories			51.24%

* = Indicates missing Nutrient Information.

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Carbohydrate Report

District: Mead School District

School: Mead High School

Menu: 2021 High School Chicken Patty



Mon - 09/14/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Chicken Patty			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		588.751*	86.954*
% of Calories			59.08%

Tue - 09/15/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Chicken Patty			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964

Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		588.751*	86.954*
% of Calories			59.08%

Wed - 09/16/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Chicken Patty			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		588.751*	86.954*
% of Calories			59.08%

Thu - 09/17/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Chicken Patty			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716

Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		588.751*	86.954*
% of Calories			59.08%

Fri - 09/18/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Chicken Patty				
Recipe	Total			
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Vegetable Variety	0.50 Cup	50.710	8.531	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Condiments	1.00 Each	27.448*	3.951*	
Weighted Daily Average		588.751*	86.954*	
% of Calories			59.08%	

Mon - 09/21/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Chicken Patty				
Recipe	Total			
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Vegetable Variety	0.50 Cup	50.710	8.531	
Selection of Fruits	0.50 Cup	61.660	15.716	

Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		588.751*	86.954*
% of Calories			59.08%

Tue - 09/22/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Chicken Patty				
Recipe	Total			
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Vegetable Variety	0.50 Cup	50.710	8.531	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Condiments	1.00 Each	27.448*	3.951*	
Weighted Daily Average		588.751*	86.954*	
% of Calories			59.08%	

Wed - 09/23/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Chicken Patty				
Recipe	Total			
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Vegetable Variety	0.50 Cup	50.710	8.531	

Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		588.751*	86.954*
% of Calories			59.08%

Thu - 09/24/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Chicken Patty			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		588.751*	86.954*
% of Calories			59.08%

Fri - 09/25/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Chicken Patty			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Vegetable Variety	0.50 Cup	50.710	8.531

Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		588.751*	86.954*
% of Calories			59.08%

Mon - 09/28/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Chicken Patty			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		588.751*	86.954*
% of Calories			59.08%

Tue - 09/29/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Chicken Patty			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000

Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		588.751*	86.954*
% of Calories			59.08%

Wed - 09/30/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Chicken Patty			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Vegetable Variety	0.50 Cup	50.710	8.531
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		588.751*	86.954*
% of Calories			59.08%

* = Indicates missing Nutrient Information.

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