

Carbohydrate Report

District: Mead School District

School: Highland Middle

Menu: 2021 Middle School Breakfast



Mon - 01/04/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast				
Recipe	Total			
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	26.000	
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		449.559	64.506	
% of Calories			57.39%	

Tue - 01/05/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast				
Recipe	Total			
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	26.000	
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		449.559	64.506	
% of Calories			57.39%	

Wed - 01/06/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Yogurt Parfait	1.00 Each	268.067	54.927
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		250.048	39.148
% of Calories			62.62%

Thu - 01/07/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Yogurt Parfait	1.00 Each	268.067	54.927
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		250.048	39.148
% of Calories			62.62%

Fri - 01/08/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 Middle School Breakfast			
Recipe	Total		
Weighted Daily Average	N/A		N/A
% of Calories			N/A

Mon - 01/11/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	26.000
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	449.559		64.506
% of Calories			57.39%

Tue - 01/12/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	26.000
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	449.559	64.506
% of Calories		57.39%

Wed - 01/13/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Yogurt Parfait	1.00 Each	268.067	54.927
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		301.264	52.457
% of Calories			69.65%

Thu - 01/14/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Yogurt Parfait	1.00 Each	268.067	54.927
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		301.264	52.457

% of Calories	69.65%
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Fri - 01/15/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 01/18/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 01/19/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	26.000
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		449.559	64.506

% of Calories	57.39%
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Wed - 01/20/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Yogurt Parfait	1.00 Each	268.067	54.927
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		250.048	39.148
% of Calories			62.62%

Thu - 01/21/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Yogurt Parfait	1.00 Each	268.067	54.927
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		250.048	39.148
% of Calories			62.62%

Fri - 01/22/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 01/25/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	26.000
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		449.559	64.506
% of Calories			57.39%

Tue - 01/26/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	26.000
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		449.559	64.506
% of Calories			57.39%

Wed - 01/27/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Yogurt Parfait	1.00 Each	268.067	54.927
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		301.264	52.457
% of Calories			69.65%

Thu - 01/28/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Yogurt Parfait	1.00 Each	268.067	54.927
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	301.264	52.457
% of Calories		69.65%

Fri - 01/29/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

* = Indicates missing Nutrient Information.

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Carbohydrate Report

District: Mead School District

School: Highland Middle

Menu: 2021 Middle School Main



Mon - 01/04/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main				
Recipe	Total			
Philly Cheesesteak	1.00 Sandwich	354.181	33.031	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
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	42.421*	5.650*	
Weighted Daily Average		792.264*	109.566*	
% of Calories			55.32%	

Tue - 01/05/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main				
Recipe	Total			
Philly Cheesesteak	1.00 Sandwich	354.181	33.031	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
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	42.421*	5.650*
Weighted Daily Average		792.264*	109.566*
% of Calories			55.32%

Wed - 01/06/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main				
Recipe	Total			
Sweet and Sour Chicken	3.60 ounces	140.000	18.000	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Vegetable Variety	0.50 Cup	54.362	9.196	
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	42.421*	5.650*	
Weighted Daily Average		699.281*	121.538*	
% of Calories			69.52%	

Thu - 01/07/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main				
Recipe	Total			

Sweet and Sour Chicken	3.60 ounces	140.000	18.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Vegetable Variety	0.50 Cup	54.362	9.196
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	42.421*	5.650*
Weighted Daily Average		699.281*	121.538*
% of Calories			69.52%

Fri - 01/08/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main				
Recipe	Total			
Weighted Daily Average			N/A	N/A
% of Calories				N/A

Mon - 01/11/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle 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	
Chicken Patty	1.00 Each	335.624	39.115	

Spicy Chicken Patty	1.00 Each	338.000	39.000
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	42.421*	5.650*
Weighted Daily Average		799.059*	106.546*
% of Calories			53.34%

Tue - 01/12/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle 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	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
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	42.421*	5.650*	
Weighted Daily Average		799.059*	106.546*	
% of Calories			53.34%	

Wed - 01/13/2021		Portion Size	Calories (kcal)	Carbohydrates (g)

2021 Middle School Main			
Recipe	Total		
Crispy Chicken Strips	3.00 Each	185.018	13.072
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Patty	1.00 Each	335.624	39.115
Vegetable Variety	0.50 Cup	54.362	9.196
Selection of Fruits	0.50 Cup	61.660	15.716
Dinner Roll	1.00 Each	160.000	30.000
Dinner Roll	1.00 Roll	70.000	12.000
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		590.483*	87.881*
% of Calories			59.53%

Thu - 01/14/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main			
Recipe	Total		
Crispy Chicken Strips	3.00 Each	185.018	13.072
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Patty	1.00 Each	335.624	39.115
Vegetable Variety	0.50 Cup	54.362	9.196
Selection of Fruits	0.50 Cup	61.660	15.716
Dinner Roll	1.00 Each	160.000	30.000
Dinner Roll	1.00 Roll	70.000	12.000
Milk	1.00 Each	137.476	23.964

Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		590.483*	87.881*
% of Calories			59.53%

Fri - 01/15/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 01/18/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 01/19/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main			
Recipe	Total		
Mandarin Chicken	3.60 ounces	150.000	19.000
Chicken Patty	1.00 Each	335.624	39.115

Spicy Chicken Patty	1.00 Each	338.000	39.000
Vegetable Variety	0.50 Cup	54.362	9.196
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	42.421*	5.650*
Weighted Daily Average		707.281*	122.338*
% of Calories			69.19%

Wed - 01/20/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main				
Recipe	Total			
Macho Nachos	1.00 Each	432.583	29.639	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Vegetable Variety	0.50 Cup	54.362	9.196	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Condiments	1.00 Each	42.421*	5.650*	
Weighted Daily Average		630.272*	69.932*	
% of Calories			44.38%	

Thu - 01/21/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main				

Recipe	Total		
Macho Nachos	1.00 Each	432.583	29.639
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Vegetable Variety	0.50 Cup	54.362	9.196
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		630.272*	69.932*
% of Calories			44.38%

Fri - 01/22/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 01/25/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle 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

Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
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	42.421*	5.650*
Weighted Daily Average		726.215*	94.036*
% of Calories			51.80%

Tue - 01/26/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle 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	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
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	42.421*	5.650*	
Weighted Daily Average		726.215*	94.036*	
% of Calories			51.80%	

Wed - 01/27/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 Middle School Main			
Recipe	Total		
Crispy Chicken Strips	3.00 Each	185.018	13.072
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Patty	1.00 Each	335.624	39.115
Vegetable Variety	0.50 Cup	54.362	9.196
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	42.421*	5.650*
Weighted Daily Average		590.250*	87.841*
% of Calories			59.53%

Thu - 01/28/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main			
Recipe	Total		
Crispy Chicken Strips	3.00 Each	185.018	13.072
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Patty	1.00 Each	335.624	39.115
Vegetable Variety	0.50 Cup	54.362	9.196
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	42.421*	5.650*

Weighted Daily Average	590.250*	87.841*
% of Calories		59.53%

Fri - 01/29/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

* = Indicates missing Nutrient Information.

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Carbohydrate Report

District: Mead School District

School: Highland Middle

Menu: 2021 Middle School Salad and Sandwich



Mon - 01/04/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Salad and Sandwich				
Recipe	Total			
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000	
Chicken Caesar Salad	1.00 Each	468.667	38.599	
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000	
Vegetable Variety	0.50 Cup	54.362	9.196	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Condiments	1.00 Each	42.421*	5.650*	
Weighted Daily Average			745.594*	96.124*
% of Calories				51.57%

Tue - 01/05/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Salad and Sandwich				
Recipe	Total			
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000	
Chicken Caesar Salad	1.00 Each	468.667	38.599	
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000	
Vegetable Variety	0.50 Cup	54.362	9.196	

Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		769.942*	97.510*
% of Calories			50.66%

Wed - 01/06/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Salad and Sandwich				
Recipe	Total			
Spicy Italian on Hoagie	1.00 Each	383.358	33.010	
Chef Salad	1.00 Each	354.533	41.282	
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000	
Vegetable Variety	0.50 Cup	54.362	9.196	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Condiments	1.00 Each	42.421*	5.650*	
Weighted Daily Average		708.744*	96.776*	
% of Calories			54.62%	

Thu - 01/07/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Salad and Sandwich				
Recipe	Total			
Spicy Italian on Hoagie	1.00 Each	383.358	33.010	

Chef Salad	1.00 Each	354.533	41.282
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Vegetable Variety	0.50 Cup	54.362	9.196
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		708.744*	96.776*
% of Calories			54.62%

Fri - 01/08/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Salad and Sandwich				
Recipe	Total			
Weighted Daily Average			N/A	N/A
% of Calories				N/A

Mon - 01/11/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Salad and Sandwich				
Recipe	Total			
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000	
Chicken Caesar Salad	1.00 Each	468.667	38.599	
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000	
Vegetable Variety	0.50 Cup	54.362	9.196	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	

Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		745.594*	96.124*
% of Calories			51.57%

Tue - 01/12/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Salad and Sandwich			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Chicken Caesar Salad	1.00 Each	468.667	38.599
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Vegetable Variety	0.50 Cup	54.362	9.196
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		723.788*	92.587*
% of Calories			51.17%

Wed - 01/13/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Salad and Sandwich			
Recipe	Total		
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Chef Salad	1.00 Each	354.533	41.282
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000

Vegetable Variety	0.50 Cup	54.362	9.196
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		708.744*	96.776*
% of Calories			54.62%

Thu - 01/14/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Salad and Sandwich			
Recipe	Total		
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Chef Salad	1.00 Each	354.533	41.282
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Vegetable Variety	0.50 Cup	54.362	9.196
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		708.744*	96.776*
% of Calories			54.62%

Fri - 01/15/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Salad and Sandwich			
Recipe	Total		
Weighted Daily Average		N/A	N/A

% of Calories	N/A
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Mon - 01/18/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Salad and Sandwich			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 01/19/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Salad and Sandwich			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Chicken Caesar Salad	1.00 Each	468.667	38.599
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Vegetable Variety	0.50 Cup	54.362	9.196
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		769.942*	97.510*
% of Calories			50.66%

Wed - 01/20/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 Middle School Salad and Sandwich			
Recipe	Total		
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Chef Salad	1.00 Each	354.533	41.282
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Vegetable Variety	0.50 Cup	54.362	9.196
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		708.744*	96.776*
% of Calories			54.62%

Thu - 01/21/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Salad and Sandwich			
Recipe	Total		
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Chef Salad	1.00 Each	354.533	41.282
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Vegetable Variety	0.50 Cup	54.362	9.196
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		708.744*	96.776*
% of Calories			54.62%

Fri - 01/22/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Salad and Sandwich			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 01/25/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Salad and Sandwich			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Chicken Caesar Salad	1.00 Each	468.667	38.599
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Vegetable Variety	0.50 Cup	54.362	9.196
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		745.594*	96.124*
% of Calories			51.57%

Tue - 01/26/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Salad and Sandwich			

Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Chicken Caesar Salad	1.00 Each	468.667	38.599
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Vegetable Variety	0.50 Cup	54.362	9.196
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		723.788*	92.587*
% of Calories			51.17%

Wed - 01/27/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Salad and Sandwich				
Recipe	Total			
Spicy Italian on Hoagie	1.00 Each	383.358	33.010	
Chef Salad	1.00 Each	354.533	41.282	
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000	
Vegetable Variety	0.50 Cup	54.362	9.196	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Condiments	1.00 Each	42.421*	5.650*	
Weighted Daily Average		708.744*	96.776*	
% of Calories			54.62%	

Thu - 01/28/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 Middle School Salad and Sandwich			
Recipe	Total		
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Chef Salad	1.00 Each	354.533	41.282
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Vegetable Variety	0.50 Cup	54.362	9.196
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		708.744*	96.776*
% of Calories			54.62%

Fri - 01/29/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Salad and Sandwich			
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: Mead High School

Menu: 2021 High School Breakfast



Mon - 01/04/2021		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 - 01/05/2021		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 - 01/06/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast				
Recipe		Total		
Pancake and Sausage Wrap		1.00 Each	200.000	17.000
Mini Pancake Wrapec Sausages		3.00 minis	180.728	15.061
Yogurt Parfait		1.00 Each	268.067	54.927
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			493.125	88.123
% of Calories				71.48%

Thu - 01/07/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast				
Recipe		Total		
Pancake and Sausage Wrap		1.00 Each	200.000	17.000
Mini Pancake Wrapec Sausages		3.00 minis	180.728	15.061
Yogurt Parfait		1.00 Each	268.067	54.927
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		493.125	88.123
% of Calories			71.48%

Fri - 01/08/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast				
Recipe		Total		
Weighted Daily Average			N/A	N/A
% of Calories				N/A

Mon - 01/11/2021		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 - 01/12/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
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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 - 01/13/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Yogurt Parfait	1.00 Each	268.067	54.927
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		535.601	98.776
% of Calories			73.77%

Thu - 01/14/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 High School Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Yogurt Parfait	1.00 Each	268.067	54.927
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		535.601	98.776
% of Calories			73.77%

Fri - 01/15/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 01/18/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 01/19/2021	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 - 01/20/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Yogurt Parfait	1.00 Each	268.067	54.927
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		492.522	88.073
% of Calories			71.53%

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Thu - 01/21/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Yogurt Parfait	1.00 Each	268.067	54.927
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		492.522	88.073
% of Calories			71.53%

Fri - 01/22/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 01/25/2021	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 - 01/26/2021	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 - 01/27/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Yogurt Parfait	1.00 Each	268.067	54.927

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		535.601	98.776
% of Calories			73.77%

Thu - 01/28/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Yogurt Parfait	1.00 Each	268.067	54.927
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		535.601	98.776
% of Calories			73.77%

Fri - 01/29/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Carbohydrate Report

District: Mead School District

School: Mead High School

Menu: 2021 High School Main



Mon - 01/04/2021		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 - 01/05/2021		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%

Wed - 01/06/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main				
Recipe	Total			
Crispy Chicken Strips	3.00 Each	185.018	13.072	
Vegetable Variety	0.50 Cup	54.362	9.196	
Selection of Fruits	0.50 Cup	61.660	15.716	
Dinner Roll	1.00 Each	160.000	30.000	
Dinner Roll	1.00 Roll	70.000	12.000	
Milk	1.00 Each	137.476	23.964	
Condiments	1.00 Each	27.448*	3.951*	
Weighted Daily Average		626.139*	95.929*	
% of Calories			61.28%	

Thu - 01/07/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main				
Recipe	Total			
Crispy Chicken Strips	3.00 Each	185.018	13.072	

Vegetable Variety	0.50 Cup	54.362	9.196
Selection of Fruits	0.50 Cup	61.660	15.716
Dinner Roll	1.00 Each	160.000	30.000
Dinner Roll	1.00 Roll	70.000	12.000
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		626.139*	95.929*
% of Calories			61.28%

Fri - 01/08/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main				
Recipe	Total			
Weighted Daily Average			N/A	N/A
% of Calories				N/A

Mon - 01/11/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main				
Recipe	Total			
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000	
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000	
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	836.824*	104.930*
% of Calories		50.16%

Tue - 01/12/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main			
Recipe	Total		
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
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		836.824*	104.930*
% of Calories			50.16%

Wed - 01/13/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main			
Recipe	Total		
Macho Nachos	1.00 Each	500.622	38.144
Vegetable Variety	0.50 Cup	54.362	9.196
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	781.568*	90.971*
% of Calories		46.56%

Thu - 01/14/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main			
Recipe	Total		
Macho Nachos	1.00 Each	500.622	38.144
Vegetable Variety	0.50 Cup	54.362	9.196
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		781.568*	90.971*
% of Calories			46.56%

Fri - 01/15/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 01/18/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main			

Recipe	Total		
Weighted Daily Average	N/A		N/A
% of Calories			N/A

Tue - 01/19/2021	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%

Wed - 01/20/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main			
Recipe	Total		
Mandarin Chicken	3.60 ounces	150.000	19.000
Vegetable Variety	0.50 Cup	54.362	9.196
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		654.946*	116.627*
% of Calories			71.23%

Thu - 01/21/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main			
Recipe	Total		
Sweet and Sour Chicken	3.60 ounces	140.000	18.000
Vegetable Variety	0.50 Cup	54.362	9.196
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		644.946*	115.627*
% of Calories			71.71%

Fri - 01/22/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 01/25/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main			
Recipe	Total		
Pulled Pork Sandwich	1.00 each	410.000	32.400
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		836.584*	106.031*
% of Calories			50.70%

Tue - 01/26/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main			
Recipe	Total		
Pulled Pork Sandwich	1.00 each	410.000	32.400
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		836.584*	106.031*
% of Calories			50.70%

Wed - 01/27/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 High School Main			
Recipe	Total		
Ham & Cheese Rippers	1.00 Serving	270.000	28.000
Vegetable Variety	0.50 Cup	54.362	9.196
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		550.946*	80.827*
% of Calories			58.68%

Thu - 01/28/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main			
Recipe	Total		
Ham & Cheese Rippers	1.00 Serving	270.000	28.000
Vegetable Variety	0.50 Cup	54.362	9.196
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		550.946*	80.827*
% of Calories			58.68%

Fri - 01/29/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 High School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

* = 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 - 01/04/2021	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	54.362	9.196
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		590.577*	87.287*
% of Calories			59.12%

* = 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 - 01/04/2021	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
Ham & Cheese on Bun	1.00 Each	283.333	27.833
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Chicken Caesar Salad	1.00 Each	468.667	38.599
Chef Salad	1.00 Each	389.533	41.448
Sunflower Seed Veggie Salad	1.00 Each	704.831	59.685
Fruit & Yogurt Salad	1.00 Each	485.992	65.049
Vegetable Variety	0.50 Cup	54.362	9.196
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		700.135	82.195
% of Calories			46.96%

* = Indicates missing Nutrient Information.

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