

# Carbohydrate Report

District: Mead School District

School: Highland Middle

Menu: 2021 Middle School Breakfast



Mon - 09/14/2020		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 - 09/15/2020		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%	

<b>Wed - 09/16/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Middle School Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
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		287.861	49.710
% of Calories			69.08%

<b>Thu - 09/17/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Middle School Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
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		287.861	49.710
% of Calories			69.08%

<b>Fri - 09/18/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2021 Middle 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
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		402.059	74.006
% of Calories			73.63%

Mon - 09/21/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
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		372.059	60.006
% of Calories			64.51%

Tue - 09/22/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
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		372.059	60.006
% of Calories			64.51%

<b>Wed - 09/23/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Middle School Breakfast			
Recipe	Total		
Ham & Cheese Bagel	1.00 Sandwich	303.333	35.333
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		288.312	45.568
% of Calories			63.22%

<b>Thu - 09/24/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Middle School Breakfast			
Recipe	Total		
Ham & Cheese Bagel	1.00 Sandwich	303.333	35.333
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		288.312	45.568

% of Calories	63.22%
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<b>Fri - 09/25/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Middle 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
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		402.059	74.006
% of Calories			73.63%

<b>Mon - 09/28/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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%

<b>Tue - 09/29/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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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 - 09/30/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
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		287.861	49.710
% of Calories			69.08%

\* = 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 - 09/14/2020		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	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	42.421*	5.650*	
Weighted Daily Average			741.942*	95.459*
% of Calories				51.46%

Tue - 09/15/2020		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	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	42.421*	5.650*
Weighted Daily Average		720.136*	91.922*
% of Calories			51.06%

<b>Wed - 09/16/2020</b>		<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Middle School Salad and Sandwich				
Recipe	Total			
Spicy Italian on Hoagie	1.00 Each	383.358	33.010	
Chef Salad	1.00 Each	410.219	41.788	
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	
Condiments	1.00 Each	42.421*	5.650*	
Weighted Daily Average		726.510*	96.306*	
% of Calories			53.02%	

<b>Thu - 09/17/2020</b>		<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Middle School Salad and Sandwich				
Recipe	Total			
Spicy Italian on Hoagie	1.00 Each	383.358	33.010	



Chef Salad	1.00 Each	410.219	41.788
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
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		726.510*	96.306*
% of Calories			53.02%

<b>Fri - 09/18/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Middle School Salad and Sandwich			
Recipe	Total		
Ham & Cheese on Bun	1.00 Each	266.667	27.667
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
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		760.636*	103.165*
% of Calories			54.25%

<b>Mon - 09/21/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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	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	42.421*	5.650*
Weighted Daily Average		741.942*	95.459*
% of Calories			51.46%

<b>Tue - 09/22/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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	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	42.421*	5.650*
Weighted Daily Average		720.136*	91.922*
% of Calories			51.06%

<b>Wed - 09/23/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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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	410.219	41.788
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
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		726.510*	96.306*
% of Calories			53.02%

<b>Thu - 09/24/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Middle School Salad and Sandwich			
Recipe	Total		
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Chef Salad	1.00 Each	410.219	41.788
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
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		726.510*	96.306*
% of Calories			53.02%

<b>Fri - 09/25/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Middle School Salad and Sandwich			
Recipe	Total		
Ham & Cheese on Bun	1.00 Each	266.667	27.667
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
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		760.636*	103.165*
% of Calories			54.25%

<b>Mon - 09/28/2020</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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	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	42.421*	5.650*
Weighted Daily Average		741.942*	95.459*

% of Calories	51.46%
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<b>Tue - 09/29/2020</b>		<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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	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	42.421*	5.650*
Weighted Daily Average			766.290*	96.845*
% of Calories				50.55%

<b>Wed - 09/30/2020</b>		<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021 Middle School Salad and Sandwich				
Recipe		Total		
Spicy Italian on Hoagie		1.00 Each	383.358	33.010
Chef Salad		1.00 Each	410.219	41.788
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

Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		726.510*	96.306*
% of Calories			53.02%

\* = Indicates missing Nutrient Information.

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# Carbohydrate Report

District: Mead School District

School: Highland Middle

Menu: 2021 Middle School Main



Mon - 09/14/2020		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	
Vegetable Variety	0.50 Cup	50.710	8.531	
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		860.023*	112.949*	
% of Calories			52.53%	

Tue - 09/15/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle 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	42.421*	5.650*
Weighted Daily Average		675.267*	119.661*
% of Calories			70.88%

Wed - 09/16/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main				
Recipe	Total			
Chicken Nuggets	6.00 Pieces	221.776	15.669	
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	42.421*	5.650*	
Weighted Daily Average		561.703*	82.942*	
% of Calories			59.06%	

Thu - 09/17/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle 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	42.421*	5.650*
Weighted Daily Average		551.889*	72.384*
% of Calories			52.46%

Fri - 09/18/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main				
Recipe	Total			
Chicken Patty	1.00 Each	335.624	39.115	
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	42.421*	5.650*	
Weighted Daily Average		818.671*	112.619*	
% of Calories			55.03%	

Mon - 09/21/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle 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	42.421*	5.650*
Weighted Daily Average		627.539*	84.587*
% of Calories			53.92%

Tue - 09/22/2020		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	
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		1214.395*	141.069*	
% of Calories			46.47%	

Wed - 09/23/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle 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	42.421*	5.650*
Weighted Daily Average		630.223*	89.718*
% of Calories			56.94%

Thu - 09/24/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle 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	42.421*	5.650*	
Weighted Daily Average		551.889*	72.384*	
% of Calories			52.46%	

Fri - 09/25/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main				
Recipe	Total			
Chicken Patty	1.00 Each	335.624	39.115	
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	42.421*	5.650*
Weighted Daily Average		818.671*	112.619*
% of Calories			55.03%

Mon - 09/28/2020		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	
Vegetable Variety	0.50 Cup	50.710	8.531	
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		860.023*	112.949*	
% of Calories			52.53%	

Tue - 09/29/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle 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	42.421*	5.650*
Weighted Daily Average		675.267*	119.661*
% of Calories			70.88%

Wed - 09/30/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main			
Recipe	Total		
Chicken Nuggets	6.00 Pieces	221.776	15.669
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	42.421*	5.650*
Weighted Daily Average		561.703*	82.942*
% of Calories			59.06%

\* = 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.