

05	06	07	08	09
Entree	Entree	Entree	Entree	
Turkey & Cheese on Hoagie	Turkey & Cheese on Hoagie	Turkey & Cheese on Hoagie	Turkey & Cheese on Hoagie	
Spicy Italian on Hoagie	Spicy Italian on Hoagie	Spicy Italian on Hoagie	Spicy Italian on Hoagie	
Chicken Caesar Salad	Chicken Caesar Salad	Chef Salad	Chef Salad	
WG bar, Yogurt, and Cheese Stick	WG bar, Yogurt, and Cheese Stick	WG bar, Yogurt, and Cheese Stick	WG bar, Yogurt, and Cheese Stick	
Peanut Butter & Jelly Uncrustable	Peanut Butter & Jelly Uncrustable	Peanut Butter & Jelly Uncrustable	Peanut Butter & Jelly Uncrustable	
Vegetables	Vegetables	Vegetables	Vegetables	
Meal Kit Veggie	Meal Kit Veggie	Meal Kit Veggie	Meal Kit Veggie	
Fruit	Fruit	Fruit	Fruit	
Meal Kit Fruit	Meal Kit Fruit	Meal Kit Fruit	Meal Kit Fruit	
Milk	Milk	Milk	Milk	
Milk	Milk	Milk	Milk	
Misc.	Misc.	Misc.	Misc.	
Mustard	Mustard	Mustard	Mustard	
Mayonnaise	Mayonnaise	Mayonnaise	Mayonnaise	
Ranch Dressing	Ranch Dressing	Ranch Dressing	Ranch Dressing	

This institution is an equal opportunity provider.

Menu subject to change.

05	06	07	08	09
Entree	Entree			
Ham & Cheese on a Bun	Ham & Cheese on a Bun			
Turkey & Cheese on a Bun	Turkey & Cheese on a Bun			
Peanut Butter & Jelly Uncrustable	Peanut Butter & Jelly Uncrustable			
Chicken Caesar Salad	Chicken Caesar Salad			
WG bar, Yogurt, and Cheese Stick	WG bar, Yogurt, and Cheese Stick			
Vegetables	Vegetables			
Meal Kit Veggie	Meal Kit Veggie			
Fruit	Fruit			
Meal Kit Fruit	Meal Kit Fruit			
Milk	Milk			
Milk	Milk			
Misc.	Misc.			
Mayonnaise	Mayonnaise			
Mustard	Mustard			
Ranch Dressing	Ranch Dressing			

This institution is an equal opportunity provider.

Menu subject to change.

Carbohydrate Report

District: Mead School District

School: Highland Middle

Menu: 2021 5MP Elementary Lunch M&W



Mon - 10/19/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 5MP Elementary Lunch M&W			
Recipe	Total		
Ham & Cheese on a Bun	1.00 each	333.333	28.833
Turkey & Cheese on a Bun	1.00 each	341.667	28.000
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Chicken Caesar Salad	1.00 Each	464.672	37.826
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Meal Kit Veggie	0.50 Cup	14.106	3.015
Meal Kit Fruit	0.50 Cup	60.658	15.403
Milk	1.00 Each	137.476	23.964
Mayonnaise	1.00 Each	100.000	0.000
Mustard	1.00 Each	5.000	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		755.827	88.884
% of Calories			47.04%

Tue - 10/20/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 5MP Elementary Lunch M&W			
Recipe	Total		

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

Wed - 10/21/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 5MP Elementary Lunch M&W			
Recipe	Total		
Ham & Cheese on a Bun	1.00 each	333.333	28.833
Turkey & Cheese on a Bun	1.00 each	341.667	28.000
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Chicken Caesar Salad	1.00 Each	464.672	37.826
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Meal Kit Veggie	0.50 Cup	14.106	3.015
Meal Kit Fruit	0.50 Cup	60.658	15.403
Milk	1.00 Each	137.476	23.964
Mayonnaise	1.00 Each	100.000	0.000
Mustard	1.00 Each	5.000	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		755.827	88.884
% of Calories			47.04%

Thu - 10/22/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 5MP Elementary Lunch M&W			
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: Northwood Middle

Menu: 2021 Northstar Lunch Mon-Thurs



Mon - 10/19/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Northstar Lunch Mon-Thurs			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Chicken Caesar Salad	1.00 Each	468.667	38.599
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Meal Kit Veggie	0.50 Cup	14.106	3.015
Meal Kit Fruit	0.50 Cup	60.658	15.403
Milk	1.00 Each	137.476	23.964
Mustard	1.00 Each	5.000	0.000
Mayonnaise	1.00 Each	100.000	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		768.631	90.474
% of Calories			47.08%

Tue - 10/20/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Northstar Lunch Mon-Thurs			
Recipe	Total		

Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Chicken Caesar Salad	1.00 Each	468.667	38.599
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Meal Kit Veggie	0.50 Cup	14.106	3.015
Meal Kit Fruit	0.50 Cup	60.658	15.403
Milk	1.00 Each	137.476	23.964
Mustard	1.00 Each	5.000	0.000
Mayonnaise	1.00 Each	100.000	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		768.631	90.474
% of Calories			47.08%

Wed - 10/21/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Northstar Lunch Mon-Thurs			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Chef Salad	1.00 Each	410.219	41.788
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Meal Kit Veggie	0.50 Cup	14.106	3.015
Meal Kit Fruit	0.50 Cup	60.658	15.403
Milk	1.00 Each	137.476	23.964

Mustard	1.00 Each	5.000	0.000
Mayonnaise	1.00 Each	100.000	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		756.941	91.112
% of Calories			48.15%

Thu - 10/22/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Northstar Lunch Mon-Thurs			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Chef Salad	1.00 Each	410.219	41.788
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Meal Kit Veggie	0.50 Cup	14.106	3.015
Meal Kit Fruit	0.50 Cup	60.658	15.403
Milk	1.00 Each	137.476	23.964
Mustard	1.00 Each	5.000	0.000
Mayonnaise	1.00 Each	100.000	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		756.941	91.112
% of Calories			48.15%

* = 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.