

Carbohydrate Report

District: Mead School District
 School: Brentwood Elementary
 Menu: 2021 Elementary Lunch



Mon - 11/16/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
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
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
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
Ketchup	1.00 Each	10.000	3.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		854.023	110.002
% of Calories			51.52%

* = Indicates missing Nutrient Information.

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Carbohydrate Report

District: Mead School District
 School: Brentwood Elementary
 Menu: 2021 Elementary Lunch



Wed - 11/18/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
Recipe	Total		
Turkey Gravy	4.00 ounce	130.000	2.000
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Mashed Potatoes	0.50 cup	44.364	8.429
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
Weighted Daily Average		560.494	85.390
% of Calories			60.94%

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Carbohydrate Report

District: Mead School District
 School: Brentwood Elementary
 Menu: 2021 Elementary Lunch



Mon - 11/30/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
Recipe	Total		
Mandarin Chicken	3.60 ounces	150.000	19.000
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
Vegetable Variety	0.50 Cup	54.362	9.196
Selection of Fruits	0.50 Cup	61.660	15.716
Whole Grain Rice	0.50 Cup	112.000	22.400
Milk	1.00 Each	137.476	23.964
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		669.150	105.047
% of Calories			62.79%

* = Indicates missing Nutrient Information.

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Carbohydrate Report

District: Mead School District

School: Brentwood Elementary

Menu: 2021 Elementary Breakfast



Mon - 11/02/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Warm Bagel with Cream Cheese	1.00 Each	240.000	37.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		494.718	86.954
% of Calories			70.31%

Tue - 11/03/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		503.240	83.249
% of Calories			66.17%

Wed - 11/04/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 Elementary Breakfast			
Recipe	Total		
Cinnamon Toast Crunch Filled Bar	1.00 Bar	260.000	41.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		460.809	80.631
% of Calories			69.99%

Thu - 11/05/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Egg Cheese English Muffin	1.00 Sandwich	255.000	25.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		509.718	74.954
% of Calories			58.82%

Fri - 11/06/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Juice Variety	1.00 Each	63.333	15.667

Milk	1.00 Each	137.476	23.964
Weighted Daily Average		454.718	66.954
% of Calories			58.90%

Mon - 11/09/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Warm Bagel with Cream Cheese	1.00 Each	240.000	37.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		494.718	86.954
% of Calories			70.31%

Tue - 11/10/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		503.240	83.249
% of Calories			66.17%

Wed - 11/11/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 Elementary Breakfast			
Recipe	Total		
Weighted Daily Average	N/A		N/A
% of Calories			N/A

Thu - 11/12/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Egg Cheese English Muffin	1.00 Sandwich	255.000	25.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average	509.718		74.954
% of Calories			58.82%

Fri - 11/13/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average	454.718		66.954
% of Calories			58.90%

Mon - 11/16/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Warm Bagel with Cream Cheese	1.00 Each	240.000	37.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		494.718	86.954
% of Calories			70.31%

Tue - 11/17/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		503.240	83.249
% of Calories			66.17%

Wed - 11/18/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		

Cinnamon Toast Crunch Filled Bar	1.00 Bar	260.000	41.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		460.809	80.631
% of Calories			69.99%

Thu - 11/19/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Egg Cheese English Muffin	1.00 Sandwich	255.000	25.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		509.718	74.954
% of Calories			58.82%

Fri - 11/20/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		454.718	66.954
% of Calories			58.90%

Mon - 11/23/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Warm Bagel with Cream Cheese	1.00 Each	240.000	37.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		494.718	86.954
% of Calories			70.31%

Tue - 11/24/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		503.240	83.249
% of Calories			66.17%

Wed - 11/25/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		

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

Thu - 11/26/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Weighted Daily Average	N/A	N/A	
% of Calories	N/A		

Fri - 11/27/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Weighted Daily Average	N/A	N/A	
% of Calories	N/A		

Mon - 11/30/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Breakfast			
Recipe	Total		
Warm Bagel with Cream Cheese	1.00 Each	240.000	37.000
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		494.718	86.954

% of Calories	70.31%
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Carbohydrate Report

District: Mead School District
 School: Brentwood Elementary
 Menu: 2021 Elementary Lunch



Mon - 11/02/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch				
Recipe		Total		
Beef Teriyaki Dippers		4.00 Dippers	160.000	6.000
WG Bar, Yogurt, and Cheese Stick		1.00 Each	469.332	66.833
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
Ranch Dressing		1.00 oz	59.786	1.404
Weighted Daily Average			759.150	113.247
% of Calories				59.67%

Tue - 11/03/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch				
Recipe		Total		
Cheese Pizza		1.00 Slice	360.000	34.000
WG Bar, Yogurt, and Cheese Stick		1.00 Each	469.332	66.833
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
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		695.150	90.847
% of Calories			52.27%

Wed - 11/04/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch				
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	
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833	
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	
Ketchup	1.00 Each	10.000	3.000	
Ranch Dressing	1.00 oz	59.786	1.404	
Weighted Daily Average		854.023	110.002	
% of Calories			51.52%	

Thu - 11/05/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch				
Recipe	Total			

Apple Cinnamon Texas Toast & Cheese Omelet	1.00 Each	395.779	46.044
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
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
Ranch Dressing	1.00 oz	59.786	1.404
Cheese Omelet	1.00 Omelet	135.779	1.044
Apple Cinnamon Texas Toast	1.00 Each	260.000	45.000
Weighted Daily Average		724.169	100.528
% of Calories			55.53%

Fri - 11/06/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
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
Ranch Dressing	1.00 oz	59.786	1.404
BBQ Sauce	1.00 Each	40.000	10.000
Weighted Daily Average		707.650	102.939
% of Calories			58.19%

Mon - 11/09/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 Elementary Lunch			
Recipe	Total		
Chicken Nuggets	5.00 Pieces	183.877	12.991
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
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
BBQ Sauce	1.00 Each	40.000	10.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		746.252	112.039
% of Calories			60.05%

Tue - 11/10/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
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
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
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
Ketchup	1.00 Each	10.000	3.000

Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		856.023	110.602
% of Calories			51.68%

Wed - 11/11/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Thu - 11/12/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
Recipe	Total		
Mini Corn Dogs	6.00 Each	250.000	30.000
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
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
Ketchup	1.00 Each	10.000	3.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		615.150	90.047
% of Calories			58.55%

Fri - 11/13/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 Elementary Lunch			
Recipe	Total		
Cheese Pizza	1.00 Slice	360.000	34.000
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
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
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		434.469	56.779
% of Calories			52.27%

Mon - 11/16/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
Recipe	Total		
Beef Teriyaki Dippers	4.00 Dippers	160.000	6.000
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
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
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		759.150	113.247
% of Calories			59.67%

Tue - 11/17/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
Recipe	Total		
Cheese Pizza	1.00 Slice	360.000	34.000
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
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
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		695.150	90.847
% of Calories			52.27%

Wed - 11/18/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
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
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
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
Ketchup	1.00 Each	10.000	3.000

Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		854.023	110.002
% of Calories			51.52%

Thu - 11/19/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
Recipe	Total		
Apple Cinnamon Texas Toast & Cheese Omelet	1.00 Each	395.779	46.044
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
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
Ranch Dressing	1.00 oz	59.786	1.404
Cheese Omelet	1.00 Omelet	135.779	1.044
Apple Cinnamon Texas Toast	1.00 Each	260.000	45.000
Weighted Daily Average		724.169	100.528
% of Calories			55.53%

Fri - 11/20/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
Recipe	Total		
Chicken Patty	1.00 Each	335.624	39.115
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
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
Ranch Dressing	1.00 oz	59.786	1.404
BBQ Sauce	1.00 Each	40.000	10.000
Weighted Daily Average		707.650	102.939
% of Calories			58.19%

Mon - 11/23/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch				
Recipe	Total			
Chicken Nuggets	5.00 Pieces	183.877	12.991	
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833	
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	
BBQ Sauce	1.00 Each	40.000	10.000	
Ranch Dressing	1.00 oz	59.786	1.404	
Weighted Daily Average		746.252	112.039	
% of Calories			60.05%	

Tue - 11/24/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch				

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
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
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
Ketchup	1.00 Each	10.000	3.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		856.023	110.602
% of Calories			51.68%

Wed - 11/25/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Thu - 11/26/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
Recipe	Total		
Weighted Daily Average		N/A	N/A

% of Calories	N/A
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Fri - 11/27/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 11/30/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Elementary Lunch			
Recipe	Total		
Beef Teriyaki Dippers	4.00 Dippers	160.000	6.000
WG Bar, Yogurt, and Cheese Stick	1.00 Each	469.332	66.833
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
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		759.150	113.247
% of Calories			59.67%

* = Indicates missing Nutrient Information.

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Carbohydrate Report

District: Mead School District

School: Highland Middle

Menu: 2021 Middle School Breakfast



Mon - 11/02/2020		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 - 11/03/2020		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%

Wed - 11/04/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast				
Recipe		Total		
Ham, Egg, & Cheese Bagel		1.00 Sandwich	298.333	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			285.812	45.568
% of Calories				63.77%

Thu - 11/05/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast				
Recipe		Total		
Ham, Egg, & Cheese Bagel		1.00 Sandwich	298.333	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			285.812	45.568
% of Calories				63.77%

Fri - 11/06/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
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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%

Mon - 11/09/2020	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 - 11/10/2020	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%

Wed - 11/11/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Thu - 11/12/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Ham, Egg, & Cheese Bagel	1.00 Sandwich	298.333	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		285.812	45.568
% of Calories			63.77%

Fri - 11/13/2020	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%

Mon - 11/16/2020	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 - 11/17/2020	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%

Wed - 11/18/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Ham, Egg, & Cheese Bagel	1.00 Sandwich	298.333	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		285.812	45.568
% of Calories			63.77%

Thu - 11/19/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Ham, Egg, & Cheese Bagel	1.00 Sandwich	298.333	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	285.812	45.568
% of Calories		63.77%

Fri - 11/20/2020	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%

Mon - 11/23/2020	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 - 11/24/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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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 - 11/25/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Thu - 11/26/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

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Fri - 11/27/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Breakfast			
Recipe	Total		
Weighted Daily Average	N/A		N/A
% of Calories			N/A

Mon - 11/30/2020	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%

* = Indicates missing Nutrient Information.

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Carbohydrate Report

District: Mead School District

School: Highland Middle

Menu: 2021 Middle School Main



Mon - 11/02/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main				
Recipe	Total			
Ham & Cheese Rippers	1.00 Serving	270.000	28.000	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
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		638.675*	86.430*	
% of Calories			54.13%	

Tue - 11/03/2020		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	
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 - 11/04/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main			
Recipe	Total		
Beef Teriyaki Dippers	6.00 Dippers	240.000	9.000
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		689.401*	96.781*
% of Calories			56.15%

Thu - 11/05/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 Middle School Main

Recipe	Total		
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
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
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		611.068*	79.448*
% of Calories			52.01%

Fri - 11/06/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 Middle School Main

Recipe	Total		
Mini Corn Dogs	6.00 Each	250.000	30.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
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		750.409*	105.316*
% of Calories			56.14%

Mon - 11/09/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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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		802.113*	106.427*
% of Calories			53.07%

Tue - 11/10/2020	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
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		714.481*	123.938*
% of Calories			69.39%

Wed - 11/11/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Thu - 11/12/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main			
Recipe	Total		
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
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		611.068*	79.448*
% of Calories			52.01%

Fri - 11/13/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main			
Recipe	Total		
Mini Corn Dogs	6.00 Each	250.000	30.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
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		750.409*	105.316*
% of Calories			56.14%

Mon - 11/16/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main			
Recipe	Total		
Chicken Nuggets	6.00 Pieces	221.776	15.669
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Tater Tots	1.00 Cup	241.490	28.174
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		776.821*	105.820*
% of Calories			54.49%

Tue - 11/17/2020		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	
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 - 11/18/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main				
Recipe	Total			
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000	

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		611.068*	79.448*
% of Calories			52.01%

Thu - 11/19/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main				
Recipe	Total			
Ham & Cheese Rippers	1.00 Serving	270.000	28.000	
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	
Milk	1.00 Each	137.476	23.964	
Condiments	1.00 Each	42.421*	5.650*	
Weighted Daily Average		527.735*	75.281*	
% of Calories			57.06%	

Fri - 11/20/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 Middle School Main			
Recipe	Total		
Mini Corn Dogs	6.00 Each	250.000	30.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
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		750.409*	105.316*
% of Calories			56.14%

Mon - 11/23/2020	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
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		802.113*	106.427*

% of Calories	53.07%
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Tue - 11/24/2020	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 - 11/25/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Thu - 11/26/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 Middle School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Fri - 11/27/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 11/30/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Main			
Recipe	Total		
Ham & Cheese Rippers	1.00 Serving	270.000	28.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
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		638.675*	86.430*

% of Calories

54.13%

* = 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 - 11/02/2020		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	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 - 11/03/2020		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	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 - 11/04/2020		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	410.219	41.788	
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		730.162*	96.971*	
% of Calories			53.12%	

Thu - 11/05/2020		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	410.219	41.788
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		730.162*	96.971*
% of Calories			53.12%

Fri - 11/06/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Salad and Sandwich			
Recipe	Total		
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
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		785.618*	104.508*
% of Calories			53.21%

Mon - 11/09/2020	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	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 - 11/10/2020	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	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 - 11/11/2020	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

Thu - 11/12/2020	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	410.219	41.788
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	730.162*		96.971*
% of Calories			53.12%

Fri - 11/13/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Middle School Salad and Sandwich			
Recipe	Total		
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
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		785.618*	104.508*
% of Calories			53.21%

Mon - 11/16/2020		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	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 - 11/17/2020		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	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 - 11/18/2020	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	410.219	41.788
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		730.162*	96.971*
% of Calories			53.12%

Thu - 11/19/2020	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	410.219	41.788
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		730.162*	96.971*
% of Calories			53.12%

Fri - 11/20/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 Middle School Salad and Sandwich			
Recipe	Total		
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
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		785.618*	104.508*
% of Calories			53.21%

Mon - 11/23/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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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 - 11/24/2020	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	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 - 11/25/2020	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

Thu - 11/26/2020	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

Fri - 11/27/2020	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 - 11/30/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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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%

* = Indicates missing Nutrient Information.

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Carbohydrate Report

District: Mead School District

School: Mead High School

Menu: 2021 High School Breakfast



Mon - 11/02/2020		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 - 11/03/2020		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 - 11/04/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast				
Recipe		Total		
Ham, Egg, & Cheese Bagel		1.00 Sandwich	298.333	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			516.364	92.353
% of Calories				71.54%

Thu - 11/05/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast				
Recipe		Total		
Ham, Egg, & Cheese Bagel		1.00 Sandwich	298.333	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			516.364	92.353
% of Calories				71.54%

Fri - 11/06/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	26.000
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		535.253	89.242
% of Calories			66.69%

Mon - 11/09/2020	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 - 11/10/2020	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
Pop Tarts		1.00 Pkg	363.333
Breakfast Bar Variety		1.00 Each	285.000
Juice Variety		1.00 Each	63.333
Milk		1.00 Each	137.476
Weighted Daily Average			535.253
% of Calories			89.242
			66.69%

Wed - 11/11/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			
Recipe		Total	
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Thu - 11/12/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			
Recipe		Total	
Ham, Egg, & Cheese Bagel		1.00 Sandwich	298.333
Breakfast Bar Variety		1.00 Each	285.000
Pop Tarts		1.00 Pkg	363.333

Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		516.364	92.353
% of Calories			71.54%

Fri - 11/13/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	26.000
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		535.253	89.242
% of Calories			66.69%

Mon - 11/16/2020	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 - 11/17/2020	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 - 11/18/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			
Recipe	Total		
Ham, Egg, & Cheese Bagel	1.00 Sandwich	298.333	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		516.364	92.353

% of Calories	71.54%
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Thu - 11/19/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			
Recipe	Total		
Ham, Egg, & Cheese Bagel	1.00 Sandwich	298.333	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		516.364	92.353
% of Calories			71.54%

Fri - 11/20/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	26.000
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		535.253	89.242
% of Calories			66.69%

Mon - 11/23/2020	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 - 11/24/2020	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 - 11/25/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 High School Breakfast			
Recipe		Total	
Weighted Daily Average		N/A	N/A
% of Calories		N/A	

Thu - 11/26/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			
Recipe		Total	
Weighted Daily Average		N/A	N/A
% of Calories		N/A	

Fri - 11/27/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Breakfast			
Recipe		Total	
Weighted Daily Average		N/A	N/A
% of Calories		N/A	

Mon - 11/30/2020	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%

* = 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 - 11/02/2020	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	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%

Tue - 11/03/2020	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	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%

Wed - 11/04/2020	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	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%

Thu - 11/05/2020	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	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%

Fri - 11/06/2020		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	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%	

Mon - 11/09/2020		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	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%

Tue - 11/10/2020		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	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%	

Wed - 11/11/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Chicken Patty				
Recipe	Total			
Weighted Daily Average		N/A	N/A	
% of Calories			N/A	

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Thu - 11/12/2020	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	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%

Fri - 11/13/2020	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	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%

Mon - 11/16/2020	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	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%

Tue - 11/17/2020	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	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%

Wed - 11/18/2020	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	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%

Thu - 11/19/2020	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	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%

Fri - 11/20/2020	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	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%

Mon - 11/23/2020	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	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%

Tue - 11/24/2020	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	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%

Wed - 11/25/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Chicken Patty			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Thu - 11/26/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Chicken Patty			
Recipe	Total		

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

Fri - 11/27/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Chicken Patty			
Recipe	Total		
Weighted Daily Average	N/A	N/A	
% of Calories			N/A

Mon - 11/30/2020	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	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 - 11/02/2020		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	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			787.730	98.341
% of Calories				49.94%

Tue - 11/03/2020		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	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		787.730	98.341
% of Calories			49.94%

Wed - 11/04/2020		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	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		771.804	99.040	
% of Calories			51.33%	

Thu - 11/05/2020		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	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		771.804	99.040
% of Calories			51.33%

Fri - 11/06/2020	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	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		471.365	57.035
% of Calories			48.40%

Mon - 11/09/2020	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	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		787.730	98.341
% of Calories			49.94%

Tue - 11/10/2020	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	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		787.730	98.341
% of Calories			49.94%

Wed - 11/11/2020	Portion Size	Calories (kcal)	Carbohydrates (g)

2021 High School Sandwich and Salad			
Recipe	Total		
Weighted Daily Average	N/A		N/A
% of Calories			N/A

Thu - 11/12/2020	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	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		771.804	99.040
% of Calories			51.33%

Fri - 11/13/2020	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	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		471.365	57.035
% of Calories			48.40%

Mon - 11/16/2020		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	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		787.730	98.341	
% of Calories			49.94%	

Tue - 11/17/2020		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	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		787.730	98.341
% of Calories			49.94%

Wed - 11/18/2020	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	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		771.804	99.040
% of Calories			51.33%

Thu - 11/19/2020	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	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		771.804	99.040
% of Calories			51.33%

Fri - 11/20/2020	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	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		471.365	57.035
% of Calories			48.40%

Mon - 11/23/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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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	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		787.730	98.341
% of Calories			49.94%

Tue - 11/24/2020	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	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		787.730	98.341
% of Calories			49.94%

Wed - 11/25/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Sandwich and Salad			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Thu - 11/26/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Sandwich and Salad			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Fri - 11/27/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Sandwich and Salad			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 11/30/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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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	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		787.730	98.341
% of Calories			49.94%

* = Indicates missing Nutrient Information.

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Carbohydrate Report

District: Mead School District

School: Mead High School

Menu: 2021 High School Main



Mon - 11/02/2020		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 - 11/03/2020		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	
Milk	1.00 Each	137.476	23.964	
Condiments	1.00 Each	27.448*	3.951*	

Weighted Daily Average	625.964*	95.899*
% of Calories		61.28%

Wed - 11/04/2020	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	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		744.946*	106.627*
% of Calories			57.25%

Thu - 11/05/2020	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 - 11/06/2020	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	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		742.570*	90.676*
% of Calories			48.84%

Mon - 11/09/2020	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 - 11/10/2020		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	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		663.946*	118.627*	
% of Calories			71.47%	

Wed - 11/11/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main				
Recipe	Total			
Weighted Daily Average		N/A	N/A	N/A
% of Calories			N/A	N/A

Thu - 11/12/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main			
Recipe	Total		
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Tater Tots	4.00 Ounce	226.667	25.333
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		933.251*	114.297*
% of Calories			48.99%

Fri - 11/13/2020	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%

Mon - 11/16/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main			
Recipe	Total		
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
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		838.074*	104.805*
% of Calories			50.02%

Tue - 11/17/2020	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
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		625.964*	95.899*
% of Calories			61.28%

Wed - 11/18/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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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
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		625.964*	95.899*
% of Calories			61.28%

Thu - 11/19/2020	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 - 11/20/2020	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%

Mon - 11/23/2020	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 - 11/24/2020	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	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		663.946*	118.627*
% of Calories			71.47%

Wed - 11/25/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Thu - 11/26/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 High School Main			

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

Fri - 11/27/2020	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

Mon - 11/30/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021 High School Main

Recipe	Total		
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
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		838.074*	104.805*
% of Calories			50.02%

* = Indicates missing Nutrient Information.

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