

# Carbohydrate Report

District: Mead School District

School: 6th Grade Center

Menu: 2021 Online Learning Meal Kit Online Menu



Fri - 10/30/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2021 Online Learning Meal Kit Online Menu			
Recipe	Total		
Assortment of Cold Cereal	1.00 Each	109.321	23.111
Cinnamon Toast Crunch Filled Bar	1.00 Bar	260.000	41.000
Pop Tarts	1.00 Pkg	363.333	75.333
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Turkey and American Cheese Sandwich	1.00 sandwich	300.000	34.000
Bean and Cheese Burrito	1.00 Burrito	291.115	40.951
Ham & Cheese Rippers	1.00 Serving	270.000	28.000
Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Stuffed Cheese Bread	1.00 each	0.000	0.000
Grilled Cheese Sandwich	1.00 each	341.010	32.095
Broccoli	0.50 Cup	18.038	3.523
Salad	1.00 Cup	10.000	2.000
Carrots	0.50 Cup	29.058	6.790
Apple	1.00 Each	94.640	25.134
Oranges	0.50 Cup	62.702	15.676
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		3310.026	465.244
% of Calories			56.22%

---

\* = 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.