

DESCRIPTION	PORTION	CALS	CARBS		SACK LUNCH			
Breakfast Bar-Ban Choc	1 each	280	48		Ham & Cheese/Bun	1 each	247	29.99
Breakfast Bar - French Tst	1 each	290	47		Turkey & Cheese/Bun	1 each	299	28.58
Breakfast Bar - Oat Choc	1 each	290	47		Mustard PC	1 each	5	0
Breakfast Bar - Oat Raisin	1 each	290	48		Mayo PC	1 each	90	0
Breakfast Bar - Apple Cinn	1 each	290	48		Carrots	1/2 cup	29	6.78
Cereal-Cheerios	1 bowl	100	20		Apple Slices	1/2 cup	28	6.52
Cereal-Cinn Tst Crunch	1 bowl	110	22		Juice, Apple	4 oz	60	14
Cereal -Choco Flakes	1 bowl	100	24		Juice, Grape	4 oz	80	19
Cereal - Frosted Mini Wheat	1 bowl	100	24		Juice, Orange	4 oz	50	14
Cereal - Lucky Charms	1 bowl	110	23		Milk, non fat choc	8 oz	130	24
Cereal - Rice Chex	1 bowl	100	24		Milk, 1% white	8 oz	110	13
Cereal - Rice Krispies	1 bowl	100	23		Milk, Lactose Free	8 oz	110	13
Cereal - Cinnamon Chex	1 bowl	110	23					
Cereal - Granola (parfait)	1 oz	90	17		DESCRIPTION	PORTION	CALS	CARBS
Yogurt- (parfait)	4 oz	100	19.5		Applesauce cup	4 oz	60	14
Yogurt-Yami Raspberry	4 oz	100	19		Applesauce , bulk	4 oz	51	13.77
Yogurt-Yami Strwb Banana	4 oz	110	20		Apples, Slices	1/2 cup	64	14.8
Yogurt-Yami Strawberry	4 oz	100	19		Banana	each	90	23.07
Yogurt-Yoplait	4 oz	110	22		Blueberries	4 oz	40	9.5
Juice, Apple	4 oz	60	14		Craisins	1 pkg	110	28
Juice, Grape	4 oz	80	19		Grapes	4 oz	31	7.89
Juice, Orange	4 oz	50	14		Kiwi	1 ea	42	10.12
Milk, non fat choc	8 oz	130	24		Mandarin Orange	4 oz	66	15.61
Milk, 1% white	8 oz	110	13		Orange Wedge	1/2 cup	42	10.57
Milk, Strawberry non fat	8 oz		30		Peaches, Cnd	1/2 cup	50	12
Hummus	3.5 oz	277	13		Pears, Cnd	1/2 cup	60	14
Tortilla Chips	2 oz	240	30		Pineapple	1/2 cup	75	19.55
Nacho Cheese Sauce	2 oz	42	8.5		Pluot, fresh	1 each	30	7.54
Taco Meat	2 oz	105	2		Strawberries as fruit op	1/2 cup	80	19
Tortilla Chips-Nachos	1.5 oz	160	20		Strawberries for Waffle	1/2 cup	80	19
Hamburger Bun	bun	150	26		Strawberry Cup	4 oz	80	18.93
Chicken Caesar Wrap	each	237	22.2		Strawberries for Parfait	1/2 cup	150	38
Turkey Ranch Wrap	each	303	22.7		Watermelon	1/2 cup	23	5.74

Carbohydrate Report

District: Mead School District

School: Mountainside Middle

Menu: Middle School Main



Mon - 12/03/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			
Sweet & Sour Grilled Chicken	1.00 Serving	149.946	12.794	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000	
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000	
Red Bell Peppers	0.50 Cup	19.203	3.735	
Broccoli	0.50 Cup	18.038	3.523	
Roasted Broccoli	0.50 Cup	38.496	4.634	
Fruit Variety	0.50 Cup	67.949	17.159	
Rice	1.00 Cup	224.000	44.800	
Chocolate Chip Cookie	1.00 Cookie	147.700	24.300	
Milk	1.00 Each	126.000	21.800	
BBQ Sauce	1.00 Each	40.000	10.000	
Ranch Dressing	1.00 oz	56.875	0.875	
Weighted Daily Average			711.168	110.564
% of Calories				62.19%

Tue - 12/04/2018		Portion Size	Calories (kcal)	Carbohydrates (g)

Middle School Main			
Recipe	Total		
Pulled Pork Sandwich	1.00 each	410.000	32.400
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Oven Baked Fries	4.00 Ounce	160.000	25.333
Coleslaw	0.50 Cup	55.860	6.851
Fruit Variety	0.50 Cup	67.949	17.159
Pineapple	0.50 Cup	81.331	20.333
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 Each	40.000	10.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		686.171	92.087
% of Calories			53.68%

Wed - 12/05/2018			
Portion Size			
Calories (kcal)			
Carbohydrates (g)			
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
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000

Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Power Salad	1.00 Cup	10.962	1.980
Cucumbers	0.50 Cup	10.974	2.656
Fruit Variety	0.50 Cup	67.949	17.159
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 Each	40.000	10.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		543.640	72.805
% of Calories			53.57%

Thu - 12/06/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Chicken and Cheese Quesadilla	1.00 each	315.993	23.049
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Refried Beans	0.50 Cuo	167.993	23.999
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	0.50 Cup	67.949	17.159
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 Each	40.000	10.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		584.777	76.939
% of Calories			52.63%

Fri - 12/07/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Crispy Chicken Strips	3.00 Each	185.018	13.072
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Power Salad	1.00 Cup	10.962	1.980
Roasted Rosemary Potatoes	0.67 Cup	110.331	19.697
Fruit Variety	0.50 Cup	67.949	17.159
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 Each	40.000	10.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		612.233	85.753
% of Calories			56.03%

Mon - 12/10/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
All Natural Beef Hot Dog	1.00 Each	342.372	27.012

Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Baked Beans	0.50 Cup	222.609	43.510
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	0.50 Cup	67.949	17.159
Sliced Apples	0.50 Cup	32.137	8.535
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	56.875	0.875
Tim's Cascade Chips	1.00 oz	140.000	15.000
Weighted Daily Average		669.524	81.610
% of Calories			48.76%

Tue - 12/11/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			
Cheeseburger	1.00 Each		372.810	28.509
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
Wild Mike's Cheese Pizza	1.00 Slice		360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice		370.000	33.000
Tater Tots	4.00 Ounce		226.667	25.333
Power Salad	1.00 Cup		10.962	1.980

Fruit Variety	0.50 Cup	67.949	17.159
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	56.875	0.875
Ketchup	1.00 Each	10.000	3.000
Mustard	1.00 Each	5.000	0.000
BBQ Sauce	1.00 Each	40.000	10.000
Weighted Daily Average		753.396	92.692
% of Calories			49.21%

Wed - 12/12/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
French Toast Sticks & Omelet	3.00 Each	470.000	58.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Roasted Squash	0.50 Cup	64.303	14.211
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	0.50 Cup	67.949	17.159
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	56.875	0.875
Cheese Omelet	1.00 Omelet	110.000	1.000
French Toast Sticks	3.00 Each	360.000	57.000
Weighted Daily Average		612.988	87.881

% of Calories	57.35%
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Thu - 12/13/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Power Salad	1.00 Cup	10.962	1.980
Oven Baked Fries	4.00 Ounce	160.000	25.333
Fruit Variety	0.50 Cup	67.949	17.159
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 Each	40.000	10.000
Ketchup	1.00 Each	10.000	3.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		612.467	87.251
% of Calories			56.98%

Fri - 12/14/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			

Recipe	Total		
Chicken Teriyaki Rice Bowl	1.00 Serving	353.953	49.916
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Stir Fry Veggies	0.50 Cup	18.766	3.217
Broccoli	0.50 Cup	18.038	3.523
Roasted Broccoli	0.50 Cup	38.496	4.634
Fruit Variety	0.50 Cup	67.949	17.159
Rice Crispy Treat	1.00 Each	100.000	16.000
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 Each	40.000	10.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		661.653	99.865
% of Calories			60.37%

Mon - 12/17/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Chicken Smackers	10.00 Pieces	278.036	20.672
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Cheesy Potatoes	1.00 Serving	182.409	16.000

Carrots	0.50 Cup	29.058	6.790
Fruit Variety	0.50 Cup	67.949	17.159
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 Each	40.000	10.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		662.526	86.299
% of Calories			52.10%

Tue - 12/18/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Cheese Ravioli	14.00 Pieces	301.030	40.452
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Power Salad	1.00 Cup	10.962	1.980
Corn	0.50 Cup	91.635	19.243
Fruit Variety	0.50 Cup	67.949	17.159
Garlic Toast	1.00 Toast	100.000	15.000
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 Each	40.000	10.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		654.779	96.266

% of Calories	58.81%
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Wed - 12/19/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			
Turkey Gravy	4.00 ounce	130.000	2.000	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000	
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000	
Green Beans	0.50 Cup	21.069	4.214	
Mashed Potatoes	1.00 Serving	103.448	20.828	
Fruit Variety	0.50 Cup	67.949	17.159	
Dinner Roll	1.00 Each	160.000	30.000	
Milk	1.00 Each	126.000	21.800	
BBQ Sauce	1.00 Each	40.000	10.000	
Picante Sauce	1.00 Each	5.000	1.000	
Ranch Dressing	1.00 oz	56.875	0.875	
Weighted Daily Average		561.598	81.547	
% of Calories			58.08%	

Thu - 12/20/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			

Dutch Waffle & Scrambled Egg Lunch	1.00 Each	572.026	49.520
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Red Bell Peppers	0.50 Cup	19.203	3.735
Tater Tots	4.00 Ounce	226.667	25.333
Fruit Variety	0.50 Cup	67.949	17.159
Strawberries	4.00 oz	170.097	43.091
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 Each	40.000	10.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		766.065	104.504
% of Calories			54.57%

Fri - 12/21/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Homemade Chili	1.00 Cup	182.096	19.404
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Power Salad	1.00 Cup	10.962	1.980
Cauliflower	0.50 Cup	12.600	2.505

Roasted Cauliflower	0.50 Cup	39.184	3.248
Fruit Variety	0.50 Cup	67.949	17.159
Homebaked Cinnamon Roll	1.00 Roll	220.488	39.374
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 Each	40.000	10.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		564.921	82.119
% of Calories			58.15%

* = Indicates missing Nutrient Information.

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Carbohydrate Report

District: Mead School District

School: Mead High School

Menu: High School Main



Mon - 12/03/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Sweet & Sour Grilled Chicken	1.00 Serving	149.946	12.794	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Red Bell Peppers	0.50 Cup	19.203	3.735	
Broccoli	0.50 Cup	18.038	3.523	
Roasted Broccoli	0.50 Cup	38.496	4.634	
Fruit Variety	1.00 Cup	109.926	27.897	
Not Fried Rice	1.00 Cup	277.747	51.916	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	20.269	2.294	
Weighted Daily Average		680.154	111.270	
% of Calories			65.44%	

Tue - 12/04/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Pulled Pork Sandwich	1.00 each	410.000	32.400	

Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Coleslaw	0.50 Cup	55.860	6.851
Oven Baked Fries	4.00 Ounce	160.000	25.333
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	1.00 Cup	109.926	27.897
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		852.468	122.125
% of Calories			57.30%

Wed - 12/05/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
High 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	
Power Salad	1.00 Cup	10.962	1.980	
Cucumbers	0.50 Cup	10.974	2.656	
Roasted Garbanzo Beans	0.50 Cup	98.875	18.664	
Fruit Variety	1.00 Cup	109.926	27.897	
Sour Cherry Lemon Slushy	1.00 Each	90.000	22.000	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	20.269	2.294	
Weighted Daily Average		683.659	114.557	

% of Calories	67.03%
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Thu - 12/06/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Chicken and Cheese Quesadilla	1.00 each	315.993	23.049
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Refried Beans	0.50 Cuo	167.993	23.999
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	1.00 Cup	109.926	27.897
Spanish Rice	1.00 Cup	232.575	47.157
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		846.908	128.179
% of Calories			60.54%

Fri - 12/07/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Crispy Chicken Strips	3.00 Each	185.018	13.072
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Power Salad	1.00 Cup	10.962	1.980

Roasted Rosemary Potatoes	0.67 Cup	110.331	19.697
Fruit Variety	1.00 Cup	109.926	27.897
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		701.413	111.999
% of Calories			63.87%

Mon - 12/10/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
All Natural Beef Hot Dog	1.00 Each	342.372	27.012	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Carrots	0.50 Cup	29.058	6.790	
Baked Beans	0.50 Cup	222.609	43.510	
Fruit Variety	1.00 Cup	109.926	27.897	
Sliced Apples	0.50 Cup	32.137	8.535	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	20.269	2.294	
Tim's Cascade Chips	1.00 oz	140.000	15.000	
Weighted Daily Average		792.991	114.228	
% of Calories			57.62%	

Tue - 12/11/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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High School Main			
Recipe	Total		
Cheeseburger	1.00 Each	372.810	28.509
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
Tater Tots	4.00 Ounce	226.667	25.333
Power Salad	1.00 Cup	10.962	1.980
Fruit Variety	1.00 Cup	109.926	27.897
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		825.844	109.017
% of Calories			52.80%

Wed - 12/12/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
French Toast Sticks & Omelet	3.00 Each	470.000	58.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Carrots	0.50 Cup	29.058	6.790
Roasted Squash	0.50 Cup	64.303	14.211
Fruit Variety	1.00 Cup	109.926	27.897

Milk	1.00 Each	126.000	21.800
Cheese Omelet	1.00 Omelet	110.000	1.000
French Toast Sticks	3.00 Each	360.000	57.000
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		732.579	117.205
% of Calories			64.00%

Thu - 12/13/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Chicken Nuggets	7.00 Pieces		259.398	18.327
Chicken Patty	1.00 Each		335.624	39.115
Spicy Chicken Patty	1.00 Each		338.000	39.000
Power Salad	1.00 Cup		10.962	1.980
Oven Baked Fries	4.00 Ounce		160.000	25.333
Fruit Variety	1.00 Cup		109.926	27.897
Dinner Roll	1.00 Each		160.000	30.000
Milk	1.00 Each		126.000	21.800
Condiments	1.00 Each		20.269	2.294
Weighted Daily Average			777.172	117.961
% of Calories				60.71%

Fri - 12/14/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
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High School Main

Recipe	Total		
Chicken Teriyaki Rice Bowl	1.50 Cup	490.694	70.065
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Stir Fry Veggies	0.50 Cup	18.766	3.217
Red Bell Peppers	0.50 Cup	19.203	3.735
Fruit Variety	1.00 Cup	109.926	27.897
Frosted Cookie	1.00 Each	172.000	26.900
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		860.429	137.236
% of Calories			63.80%

Mon - 12/17/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Chicken Smackers	10.00 Pieces	278.036	20.672
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Cheesy Potatoes	1.00 Serving	182.409	16.000
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	1.00 Cup	109.926	27.897
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294

Weighted Daily Average	840.749	118.000
% of Calories		56.14%

Tue - 12/18/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Cheese Ravioli	14.00 Pieces		301.030	40.452
Chicken Patty	1.00 Each		335.624	39.115
Spicy Chicken Patty	1.00 Each		338.000	39.000
Power Salad	1.00 Cup		10.962	1.980
Cauliflower	0.50 Cup		12.600	2.505
Roasted Cauliflower	0.50 Cup		39.184	3.248
Fruit Variety	1.00 Cup		109.926	27.897
Garlic Toast	1.00 Toast		100.000	15.000
Milk	1.00 Each		126.000	21.800
Condiments	1.00 Each		20.269	2.294
Weighted Daily Average			645.985	102.499
% of Calories				63.47%

Wed - 12/19/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Turkey Gravy	4.00 ounce		130.000	2.000

Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Green Beans	0.50 Cup	21.069	4.214
Mashed Potatoes	1.00 Serving	103.448	20.828
Fruit Variety	1.00 Cup	109.926	27.897
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		635.774	101.286
% of Calories			63.72%

Thu - 12/20/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Dutch Waffle & Scrambled Egg Lunch	1.00 Each	572.026	49.520
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Red Bell Peppers	0.50 Cup	19.203	3.735
Tater Tots	4.00 Ounce	226.667	25.333
Fruit Variety	1.00 Cup	109.926	27.897
Strawberries	4.00 oz	170.097	43.091
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		960.678	143.053
% of Calories			59.56%

Fri - 12/21/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Homemade Chili	1.00 Cup	182.096	19.404
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Power Salad	1.00 Cup	10.962	1.980
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	1.00 Cup	109.926	27.897
Homebaked Cinnamon Roll	1.00 Roll	220.488	39.374
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		645.882	106.381
% of Calories			65.88%

* = Indicates missing Nutrient Information.

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