

# Carbohydrate Report

District: Mead School District

School: Mountainside Middle

Menu: Clone of Middle School Breakfast 2017-2018



Mon - 09/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Breakfast 2017-2018			
Recipe	Total		
Egg Cheese English Muffin	1.00 Sandwich	205.000	22.500
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	305.000	23.500
Breakfast Bar Variety	1.00 Each	288.000	47.600
Cereal Variety	1.00 Each	98.473	22.225
Smoothie & Snack Cracker	8.00 oz	295.833	56.833
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
Weighted Daily Average		506.920	92.447
% of Calories			72.95%

Tue - 09/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Breakfast 2017-2018			

Recipe	Total		
Pancake Wrap	1.00 Each	200.000	17.000
Cereal Variety	1.00 Each	98.473	22.225
Breakfast Bar Variety	1.00 Each	288.000	47.600
Yogurt Parfait	1.00 Each	283.624	62.832
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Maple Syrup	1.00 Each	120.000	31.000
Yogurt Variety	1.00 Each	100.000	19.000
Weighted Daily Average		514.683	102.939
% of Calories			80.00%

Wed - 09/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Breakfast 2017-2018			
Recipe	Total		
Egg Cheese English Muffin	1.00 Sandwich	205.000	22.500
Ham Egg Cheese English Muffin	1.00 Sandwich	271.667	23.167
Breakfast Bar Variety	1.00 Each	288.000	47.600
Cereal Variety	1.00 Each	98.473	22.225

Smoothie & Snack Cracker	8.00 oz	295.833	56.833
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
Weighted Daily Average		500.254	92.380
% of Calories			73.87%

Thu - 09/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Breakfast 2017-2018			
Recipe	Total		
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Breakfast Bar Variety	1.00 Each	288.000	47.600
Yogurt Parfait	1.00 Each	283.624	62.832
Cereal Variety	1.00 Each	98.473	22.225
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000

Weighted Daily Average	512.228	103.947
% of Calories		81.17%

Fri - 09/15/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Breakfast 2017-2018			
Recipe	Total		
Egg Cheese English Muffin	1.00 Sandwich	205.000	22.500
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	305.000	23.500
Breakfast Bar Variety	1.00 Each	288.000	47.600
Cereal Variety	1.00 Each	98.473	22.225
Smoothie & Snack Cracker	8.00 oz	295.833	56.833
Fruit Variety	0.50 Cup	84.326	21.008
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
Weighted Daily Average		506.920	92.447
% of Calories			72.95%

\* = Indicates missing Nutrient Information.

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# Carbohydrate Report

District: Mead School District

School: Mt. Spokane High School

Menu: Clone of High School Breakfast 2017-2018



Mon - 09/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of High School Breakfast 2017-2018			
Recipe	Total		
Egg & Cheese Bagel	1.00 Sandwich	245.000	30.500
Sausage, Egg & Cheese Bagel	1.00 Sandwich	345.000	31.500
Sausage & Cheese Bagel	1.00 Sandwich	300.000	30.500
Ham & Cheese Bagel	1.00 Sandwich	283.333	30.333
Egg Cheese English Muffin	1.00 Sandwich	205.000	22.500
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	305.000	23.500
Sausage Cheese English Muffin	1.00 Sandwich	260.000	22.500
Breakfast Burrito- Egg, Bean & Sausage	1.00 Each	220.000	25.000
Bagel	1.00 Each	198.000	32.100
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Yogurt Parfait	1.00 Each	283.624	62.832
Breakfast Cookie	1.00 Each	240.000	43.000
Pop Tarts	1.00 Pkg	363.333	75.333

Cereal Variety	1.00 Each	98.473	22.225
Breakfast Bar Variety	1.00 Each	288.000	47.600
Pumpkin Bread	1.00 Slice	270.000	43.000
Juice Variety	1.00 Each	63.333	15.667
Fruit Variety	1.00 Each	88.654	23.164
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	100.000	19.000
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		505.414	89.696
% of Calories			70.99%

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# Carbohydrate Report

District: Mead School District

School: Mountainside Middle

Menu: Clone of Middle School Grab & Go 2017-2018



Mon - 09/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Grab & Go 2017-2018			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.750
Spicy Italian on Hoagie	1.00 Each	333.358	31.760
Peanut Butter & Jelly Jamwich	1.00 Each	385.000	35.000
Turkey Ranch Wrap	1.00 Each	396.698	29.432
Chicken Caesar Salad	1.00 Each	468.667	38.599
Tuna Salad Sandwich	1.00 Sandwich	341.127	29.685
Sunflower Seed Veggie Salad	1.00 Each	512.230	52.959
Fruit & Yogurt Salad	1.00 Each	424.326	71.008
Hummus Dip & Chips	1.00 Each	673.759	57.564
Broccoli	0.50 Cup	18.038	3.523
Peas	0.50 Cup	73.530	13.006
Carrots	0.50 Cup	29.058	6.790
Garbanzo Beans	0.50 Cup	98.133	20.608

Cucumbers	0.50 Cup	10.974	2.656
Fruit Variety	0.50 Cup	84.326	21.008
Chips	1.00 Each	110.030	17.006
Milk	1.00 Each	126.000	21.800
Chips, Cheddar & Sour Cream Baked	1.00 Each	100.000	17.000
Mayonnaise	1.00 Each	90.000	0.000
Mustard	1.00 Each	5.000	0.000
Weighted Daily Average		684.607	88.871
% of Calories			51.93%

Tue - 09/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Grab & Go 2017-2018			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.750
Ham & Turkey Combo on Hoagie	1.00 Each	315.000	30.250
Peanut Butter & Jelly Jamwich	1.00 Each	385.000	35.000
Chicken Caesar Wrap	1.00 Serving	453.541	32.235
Chef Salad	1.00 Each	423.897	44.126
Tuna Salad Sandwich	1.00 Sandwich	341.127	29.685
Sunflower Seed Veggie Salad	1.00 Each	512.230	52.959



Fruit & Yogurt Salad	1.00 Each	424.326	71.008
Hummus Dip & Chips	1.00 Each	673.759	57.564
Broccoli	0.50 Cup	18.038	3.523
Peas	0.50 Cup	73.530	13.006
Carrots	0.50 Cup	29.058	6.790
Garbanzo Beans	0.50 Cup	98.133	20.608
Cucumbers	0.50 Cup	10.974	2.656
Fruit Variety	0.50 Cup	84.326	21.008
Chips	1.00 Each	110.030	17.006
Milk	1.00 Each	126.000	21.800
Chips, Cheddar & Sour Cream Baked	1.00 Each	100.000	17.000
Mayonnaise	1.00 Each	90.000	0.000
Mustard	1.00 Each	5.000	0.000
Weighted Daily Average		690.352	89.522
% of Calories			51.87%

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# Carbohydrate Report

District: Mead School District

School: Mt. Spokane High School

Menu: Clone of High School Grab & Go 2017-2018



Mon - 09/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of High School Grab & Go 2017-2018			
Recipe	Total		
Peanut Butter & Jelly Jamwich	1.00 Each	385.000	35.000
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.750
Ham & Cheese on Hoagie	1.00 Each	293.333	30.583
Ham & Turkey Combo on Hoagie	1.00 Each	315.000	30.250
Spicy Italian on Hoagie	1.00 Each	333.358	31.760
Chef Salad	1.00 Each	403.211	43.786
Chicken Caesar Salad	1.00 Each	468.667	38.599
Buffalo Chicken Salad	1.00 Each	553.399	49.445
Asian Chicken Salad	1.00 Each	395.419	53.823
Fruit & Yogurt Salad	1.00 Each	424.326	71.008
Sunflower Seed Veggie Salad	1.00 Each	512.230	52.959
Hummus Dip Lunch	1.00 Each	794.414	68.276
Veggie Variety	1.00 Cup	71.377	14.551

Fruit Variety	1.00 Each	88.654	23.164
Chips	1.00 Each	110.030	17.006
Milk	1.00 Each	126.000	21.800
Mayonnaise	1.00 Each	90.000	0.000
Mustard	1.00 Each	5.000	0.000
Chips, Cheddar & Sour Cream Baked	1.00 Each	100.000	17.000
Weighted Daily Average		779.796	112.621
% of Calories			57.77%

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# Carbohydrate Report

District: Mead School District

School: Mt. Spokane High School

Menu: Clone of High School Deli 2016-2017



Mon - 09/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of High School Deli 2016-2017			
Recipe	Total		
Ham & Turkey Combo on Hoagie	1.00 Each	315.000	30.250
Ham & Cheese on Hoagie	1.00 Each	293.333	30.583
Spicy Italian on Hoagie	1.00 Each	333.358	31.760
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.750
Turkey Ranch Wrap	1.00 Each	396.698	29.432
Tuna Salad Sandwich	1.00 Sandwich	341.127	29.685
Veggie Variety	1.00 Cup	71.377	14.551
Fruit Variety	1.00 Cup	125.266	30.607
Chips	1.00 Each	110.030	17.006
Milk	1.00 Each	126.000	21.800
Mayonnaise	1.00 Each	90.000	0.000
Mustard	1.00 Each	5.000	0.000
Ranch Dressing	1.00 oz	76.875	0.875

Chips, Cheddar & Sour Cream Baked	1.00 Each	100.000	17.000
Weighted Daily Average		765.580	99.306
% of Calories			51.89%

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# Carbohydrate Report

District: Mead School District

School: Mt. Spokane High School

Menu: Clone of High School Pizza 2017-2018



Mon - 09/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of High School Pizza 2017-2018			
Recipe	Total		
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	10.639	1.922
Veggie Variety	1.00 Cup	71.377	14.551
Fruit Variety	1.50 Cup	187.900	45.910
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	76.875	0.875
Weighted Daily Average		788.421	118.782
% of Calories			60.26%

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