

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



Thu - 11/01/2018	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
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
Ketchup	1.00 Each	10.000	3.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		587.212	84.385
% of Calories			57.48%

Fri - 11/02/2018	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 - 11/05/2018	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	0.50 Cup	122.651	22.486
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		611.352	85.785
% of Calories			56.13%

Tue - 11/06/2018	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%

Wed - 11/07/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Dutch Waffle & Scrambled Egg Lunch	1.00 Each	392.026	43.520
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
Potato Baby Bakers	1.00 Serving	100.290	17.049
Red Bell Peppers	0.50 Cup	19.203	3.735
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		687.117	105.828
% of Calories			61.61%

Thu - 11/08/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			

Recipe	Total		
Chicken Fajita	1.00 Each	375.922	30.293
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 Cup	209.991	29.999
Kale Chips	1.00 Cup	38.029	4.410
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
Picante Sauce	1.00 Each	5.000	1.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		651.625	83.931
% of Calories			51.52%

Fri - 11/09/2018		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%

Mon - 11/12/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			
Weighted Daily Average			N/A	N/A
% of Calories				N/A

Tue - 11/13/2018		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
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		536.622	74.099
% of Calories			55.23%

Wed - 11/14/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			
Philly Cheesesteak	1.00 Sandwich	379.433	38.276	
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	
Oven Baked Fries	4.00 Ounce	160.000	25.333	
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		639.411	85.963	
% of Calories			53.78%	

Thu - 11/15/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Pancake Griddle Sandwich	1.00 Each	335.080	28.515
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
Kale Chips	0.50 Cup	20.133	2.335
Red Bell Peppers	0.50 Cup	19.203	3.735
Fruit Variety	0.50 Cup	67.949	17.159
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
Maple Syrup	1.00 Each	120.000	31.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		733.972	107.794
% of Calories			58.75%

Fri - 11/16/2018	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
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
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		651.471	84.739
% of Calories			52.03%

Mon - 11/19/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Garlic Cheese Toast with Chicken Noodle Soup	1.00 Each	449.794	39.159
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
Cucumbers	0.50 Cup	10.974	2.656
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

Frosted Cookie	1.00 Each	172.000	26.900
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
Garlic Cheese Toast	1.00 Piece	368.000	28.300
Chicken Noodle Soup	1.00 Cup	81.794	10.859
Weighted Daily Average		799.874	107.368
% of Calories			53.69%

Tue - 11/20/2018		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	
Power Salad	1.00 Cup	10.962	1.980	
Red Bell Peppers	0.50 Cup	19.203	3.735	
Mashed Potatoes	0.67 Cup	120.271	24.054	
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	617.958	88.781
% of Calories		57.47%

Wed - 11/21/2018	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
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
Tim's Cascade Chips	1.00 oz	140.000	15.000
BBQ Sauce	1.00 Each	40.000	10.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		770.593	106.487
% of Calories			55.28%

Thu - 11/22/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			

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

Fri - 11/23/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
-------------------------	---------------------	------------------------	--------------------------

Middle School Main

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

Mon - 11/26/2018	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
Power Salad	1.00 Cup	10.962	1.980
Baked Beans	0.50 Cup	222.609	43.510
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		603.911	77.954
% of Calories			51.63%

Tue - 11/27/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			
Chicken Nuggets	6.00 Each	299.405	21.557	
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	
Red Bell Peppers	0.50 Cup	19.203	3.735	
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		693.495	89.816	
% of Calories			51.81%	

Wed - 11/28/2018		Portion Size	Calories (kcal)	Carbohydrates (g)

Middle School Main			
Recipe	Total		
Turkey, Cheese & Ranch Flatbread	1.00 Each	350.592	27.231
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
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	0.50 Cup	67.949	17.159
Sour Cherry Lemon Slushy	1.00 Each	90.000	22.000
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		672.478	96.730
% of Calories			57.54%

Thu - 11/29/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Pancakes & Sausage Lunch	1.00 Serving	310.000	40.000
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

Carrots	0.50 Cup	29.058	6.790
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
Maple Syrup	1.00 Each	120.000	31.000
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		600.434	93.147
% of Calories			62.05%

Fri - 11/30/2018	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
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
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		591.781	85.343
% of Calories			57.69%

* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Carbohydrate Report

District: Mead School District

School: Mt. Spokane High School

Menu: High School Main



Thu - 11/01/2018		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	
Roasted Rosemary Potatoes	0.67 Cup	110.331	19.697	
Power Salad	1.00 Cup	10.962	1.980	
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			736.744	113.374
% of Calories				61.55%

Fri - 11/02/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
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 - 11/05/2018	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	0.50 Cup	122.651	22.486
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		759.416	118.503
% of Calories			62.42%

Tue - 11/06/2018	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
Corn	0.50 Cup	91.635	19.243
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		713.355	117.810
% of Calories			66.06%

Wed - 11/07/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Dutch Waffle & Scrambled Egg Lunch	1.00 Each	392.026	43.520
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Potato Baby Bakers	1.00 Serving	100.290	17.049
Red Bell Peppers	0.50 Cup	19.203	3.735
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		804.982	135.485
% of Calories			67.32%

Thu - 11/08/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Chicken Fajita	1.00 Each	441.619	37.849	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Refried Beans	0.50 Cup	209.991	29.999	
Carrots	0.50 Cup	29.058	6.790	
Kale Chips	1.00 Cup	38.029	4.410	
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		844.779	117.865	
% of Calories			55.81%	

Fri - 11/09/2018		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
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
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		640.060	103.249
% of Calories			64.52%

Mon - 11/12/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Weighted Daily Average			N/A	N/A
% of Calories				N/A

Tue - 11/13/2018		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
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		594.115	93.311
% of Calories			62.82%

Wed - 11/14/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Philly Cheesesteak	1.00 Sandwich		379.433	38.276
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
Oven Baked Fries	4.00 Ounce		160.000	25.333
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			705.335	105.568
% of Calories				59.87%

Thu - 11/15/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
------------------	--------------	-----------------	-------------------

High School Main			
Recipe	Total		
Pancake Griddle Sandwich	1.00 Each	335.080	28.515
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
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	1.00 Cup	109.926	27.897
Chocolate Chip Cookie	1.00 Cookie	147.700	24.300
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		778.982	118.534
% of Calories			60.87%

Fri - 11/16/2018	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
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
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		823.982	116.975
% of Calories			56.79%

Mon - 11/19/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Garlic Cheese Toast with Chicken Noodle Soup	1.00 Each	449.794	39.159
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Broccoli	0.50 Cup	18.038	3.523
Roasted Broccoli	0.50 Cup	38.496	4.634
Cucumbers	0.50 Cup	10.974	2.656
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
Chicken Noodle Soup	1.00 Cup	81.794	10.859
Garlic Cheese Toast	1.00 Piece	368.000	28.300
Weighted Daily Average		772.541	117.433
% of Calories			60.80%

Tue - 11/20/2018	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
Power Salad	1.00 Cup	10.962	1.980
Red Bell Peppers	0.50 Cup	19.203	3.735
Mashed Potatoes	0.67 Cup	120.271	24.054
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		653.970	104.335
% of Calories			63.82%

Wed - 11/21/2018	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

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		932.355	140.382
% of Calories			60.23%

Thu - 11/22/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Fri - 11/23/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 11/26/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Baked Beans	0.50 Cup	222.609	43.510
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		804.726	123.922
% of Calories			61.60%

Tue - 11/27/2018		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
Tater Tots	4.00 Ounce		226.667	25.333
Red Bell Peppers	0.50 Cup		19.203	3.735
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			885.184	124.877

% of Calories	56.43%
---------------	--------

Wed - 11/28/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe		Total		
Turkey, Cheese & Ranch Flatbread		1.00 Each	350.592	27.231
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
Rice Crispy Treat		1.00 Each	100.000	16.000
Milk		1.00 Each	126.000	21.800
Condiments		1.00 Each	20.269	2.294
Weighted Daily Average			735.063	108.362
% of Calories				58.97%

Thu - 11/29/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe		Total		
Pancakes, Sausage & Scrambled Eggs Lunch		1.00 Each	445.000	40.000
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

Cucumbers	0.50 Cup	10.974	2.656
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
Pancake	1.00 Each	70.000	13.000
Sausage Patty	1.00 Patty	100.000	1.000
Scrambled Eggs	2.00 oz	90.000	0.000
Weighted Daily Average		679.747	98.404
% of Calories			57.91%

Fri - 11/30/2018		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			660.617	104.302
% of Calories				63.15%

10/29/2018

* = 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.