

Carbohydrate Report

District: Mead School District

School: Mountainside Middle

Menu: Middle School Main 2017-2018



Wed - 11/01/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Chili (Knorr)	1.00 Cup	179.978	19.163
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	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
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	0.50 Cup	84.326	21.008
Homebaked Cinnamon Roll	1.00 Roll	220.488	39.374
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		610.101	93.281

Carbohydrate Report

District: Mead School District

School: Mead High School

Menu: High School Main 2017-2018



Wed - 11/01/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Waffle Lunch	1.00 Serving	560.408	51.634
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Roasted Squash	0.50 Cup	64.303	14.211
Cucumbers	0.50 Cup	10.974	2.656
Fruit Variety	1.00 Cup	125.266	30.607
Strawberries	0.50 Cup	24.320	5.837
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Waffles	3.00 Waffles	660.000	99.000
Cheese Omelet	1.00 Omelet	130.408	1.134
Sausage Patty	1.00 Patty	100.000	1.000
Whipped Topping	1.00 each	18.750	1.500

Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		867.465	128.272
% of Calories			59.15%

Thu - 11/02/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Chicken Teriyaki Rice Bowl	1.50 Cup	491.694	69.865
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Roasted Broccoli	0.50 Cup	38.496	4.634
Stir Fry Veggies	0.50 Cup	18.766	3.217
Fruit Variety	1.00 Cup	125.266	30.607
Sherbet	1.00 Sherbet	110.000	25.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		821.469	136.804
% of Calories			66.61%

Fri - 11/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			

Recipe	Total		
Macho Nachos	1.00 Each	423.631	44.203
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Refried Beans	0.50 Cuo	209.991	29.999
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	1.00 Cup	125.266	30.607
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Salsa	0.25 Cup	20.000	4.000
Sour Cream	1.00 Each	25.312	4.050
Weighted Daily Average		810.972	118.435
% of Calories			58.42%

Mon - 11/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Ham & Cheese Rippers	1.00 Serving	270.000	28.000
Crispy Chicken Patty Sandwich	1.00 Each	334.000	39.000

Chicken Patty Sandwich, Spicy	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	125.266	30.607
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		764.627	107.375
% of Calories			56.17%

Tue - 11/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Chicken Chili (Knorr)	1.00 Cup	241.301	26.312
Crispy Chicken Patty Sandwich	1.00 Each	334.000	39.000
Chicken Patty Sandwich, Spicy	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	125.266	30.607
Homebaked Cinnamon Roll	1.00 Roll	220.488	39.374
Chips, Fritos	1.00 Each	160.000	15.000

Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		790.589	120.369
% of Calories			60.90%

Wed - 11/08/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Spaghetti with Meat Sauce	1.00 Serving	343.168	49.629
Crispy Chicken Patty Sandwich	1.00 Each	334.000	39.000
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Power Salad	1.00 Cup	10.639	1.922
Roasted Lentils	0.50 Cup	129.840	19.929
Fruit Variety	1.00 Cup	125.266	30.607
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		662.552	101.927
% of Calories			61.54%

Thu - 11/09/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Legion of Boom Hot Dog	1.00 Each	290.000	27.000
Cheeseburger	1.00 Each	372.810	28.509
Hamburger	1.00 Each	322.810	28.009
First Down Garlic Fries	4.00 oz	161.605	25.686
Broccoli	0.50 Cup	18.038	3.523
Fruit Variety	1.00 Cup	125.266	30.607
12th Man Frozen Treat	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		846.761	129.116
% of Calories			60.99%

Fri - 11/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 11/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
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
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Shredded Lettuce	0.50 Cup	6.048	1.283
Carrots	0.50 Cup	29.058	6.790
Oven Baked Fries	4.00 Ounce	160.000	25.333
Fruit Variety	1.00 Cup	125.266	30.607
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		782.278	113.467
% of Calories			58.02%

Tue - 11/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			

Recipe	Total		
Chicken Alfredo	1.00 Serving	410.053	56.108
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Red Bell Peppers	0.50 Cup	19.203	3.735
Kale Chips	0.50 Cup	14.261	1.654
Fruit Variety	1.00 Cup	125.266	30.607
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		728.950	114.705
% of Calories			62.94%

Wed - 11/15/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Taco Burrito with Queso	1.00 Each	409.000	39.000
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Power Salad	1.00 Cup	10.639	1.922

Carrots	0.50 Cup	29.058	6.790
Fruit Variety	1.00 Cup	125.266	30.607
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Chips & Cheese	1.00 Serving	178.602	25.515
Sour Cream	1.00 Each	25.312	4.050
Salsa	0.25 Cup	20.000	4.000
Weighted Daily Average		771.311	110.880
% of Calories			57.50%

Thu - 11/16/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Chicken Wrap	1.00 Each	364.673	35.420
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Oven Baked Fries	4.00 Ounce	160.000	25.333
Ranch and Green Chickpea Salad	0.50 Cup	132.547	10.239
Fruit Variety	1.00 Cup	125.266	30.607

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		896.751	126.728
% of Calories			56.53%

Fri - 11/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Grilled Cheese Sandwich	1.00 Each	360.000	32.000
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Roasted Cauliflower	0.50 Cup	39.184	3.248
Cucumbers	0.50 Cup	10.974	2.656
Fruit Variety	1.00 Cup	125.266	30.607
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Tomato Soup	1.00 Cup	85.049	18.900
Weighted Daily Average		680.245	98.851
% of Calories			58.13%

Mon - 11/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Walking Taco	1.00 Each	406.902	30.181
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Shredded Lettuce	0.50 Cup	6.048	1.283
Refried Beans	0.50 Cuo	209.991	29.999
Red Bell Peppers	0.50 Cup	19.203	3.735
Fruit Variety	1.00 Cup	125.266	30.607
Spanish Rice	1.00 Cup	211.333	42.178
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Salsa	0.25 Cup	20.000	4.000
Sour Cream	1.00 Each	25.312	4.050
Weighted Daily Average		923.225	134.151
% of Calories			58.12%

Tue - 11/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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High School Main 2017-2018			
Recipe	Total		
Turkey & Gravy	4.00 oz	179.888	5.587
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Mashed Potatoes	0.67 Cup	120.271	24.054
Green Beans	0.50 Cup	21.069	4.214
Fruit Variety	1.00 Cup	125.266	30.607
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		726.415	114.529
% of Calories			63.07%

Wed - 11/22/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Garlic & Cheese Ripper	1.00 Slice	280.986	30.106
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000

Carrots	0.50 Cup	29.058	6.790
Broccoli	0.50 Cup	18.038	3.523
Fruit Variety	1.00 Cup	125.266	30.607
Frosted Cookie	1.00 Each	152.000	23.772
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		745.801	116.673
% of Calories			62.58%

Thu - 11/23/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Fri - 11/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 11/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Chicken Nuggets	7.00 Pieces	259.398	18.327
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Red Bell Peppers	0.50 Cup	19.203	3.735
Oven Baked Fries	4.00 Ounce	160.000	25.333
Fruit Variety	1.00 Cup	125.266	30.607
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		783.755	118.131
% of Calories			60.29%

Tue - 11/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Chili (Knorr)	1.00 Cup	179.978	19.163

Crispy Chicken Patty Sandwich	1.00 Each	334.000	39.000
Chicken Patty Sandwich, Spicy	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	125.266	30.607
Homebaked Cinnamon Roll	1.00 Roll	220.488	39.374
Chips, Fritos	1.00 Each	160.000	15.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		749.707	115.603
% of Calories			61.68%

Wed - 11/29/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Sweet & Sour Grilled Chicken	1.00 Serving	171.538	18.494
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Stir Fry Veggies	0.50 Cup	18.766	3.217
Roasted Broccoli	0.50 Cup	38.496	4.634

Fruit Variety	1.00 Cup	125.266	30.607
Rice	1.00 Cup	225.000	44.600
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		672.380	112.105
% of Calories			66.69%

Thu - 11/30/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Chicken Fajita	1.00 Each	447.138	38.017
Crispy Chicken Patty Sandwich	1.00 Each	334.000	39.000
Chicken Patty Sandwich, Spicy	1.00 Each	338.000	39.000
Corn	0.50 Cup	91.635	19.243
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	1.00 Cup	125.266	30.607
Spanish Rice	1.00 Cup	211.333	42.178
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Sour Cream	1.00 Each	25.312	4.050

Salsa	0.25 Cup	20.000	4.000
Weighted Daily Average		881.199	133.458
% of Calories			60.58%

* = Indicates missing Nutrient Information.

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% of Calories	61.16%
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Thu - 11/02/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Hamburger	1.00 Each	322.810	28.009
Cheeseburger	1.00 Each	372.810	28.509
Veggie Burger	1.00 Each	320.097	36.935
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	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
Shredded Lettuce	0.50 Cup	6.048	1.283
Baked Beans	0.50 Cup	155.671	31.134
Oven Baked Fries	4.00 Ounce	160.000	25.333
Fruit Variety	0.50 Cup	84.326	21.008
Milk	1.00 Each	126.000	21.800
Ketchup	1.00 Each	10.000	3.000
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	56.875	0.875

Weighted Daily Average	812.729	114.122
% of Calories		56.17%

Fri - 11/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Chicken Teriyaki Rice Bowl	1.00 Serving	354.620	49.782
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	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
Fruit Variety	0.50 Cup	84.326	21.008
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	56.875	0.875
BBQ Sauce	1.00 ounce	34.363	6.873
Weighted Daily Average		582.281	86.652
% of Calories			59.53%

Mon - 11/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Chicken Wrap	1.00 Each	364.673	35.420
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	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
Ranch and Green Chickpea Salad	0.50 Cup	132.547	10.239
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	0.50 Cup	84.326	21.008
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		656.151	82.365
% of Calories			50.21%

Tue - 11/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		

Sweet & Sour Grilled Chicken	1.00 Serving	171.538	18.494
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	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
Fruit Variety	0.50 Cup	84.326	21.008
Rice	0.67 Cup	150.000	29.733
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		542.288	81.307
% of Calories			59.97%

Wed - 11/08/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Pulled Pork Sandwich	1.00 each	410.000	32.400
Chicken Patty	1.00 Each	335.624	39.115

Chicken Patty Sandwich, Spicy	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
Coleslaw	0.50 Cup	55.860	6.851
Fruit Variety	0.50 Cup	84.326	21.008
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	56.875	0.875
BBQ Sauce	1.00 ounce	34.363	6.873
Weighted Daily Average		806.594	94.725
% of Calories			46.98%

Thu - 11/09/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Legion of Boom Hot Dog	1.00 Each	290.000	27.000
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	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
First Down Garlic Fries	4.00 oz	161.605	25.686
Broccoli	0.50 Cup	18.038	3.523
Fruit Variety	0.50 Cup	84.326	21.008
12th Man Frozen Treat	1.00 Each	90.000	22.000
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		753.047	112.354
% of Calories			59.68%

Fri - 11/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 11/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		

Chicken Alfredo	1.00 Serving	410.053	56.108
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	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
Kale Chips	0.50 Cup	14.261	1.654
Fruit Variety	0.50 Cup	84.326	21.008
Garlic Toast	1.00 Toast	100.000	15.000
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	56.875	0.875
BBQ Sauce	1.00 ounce	34.363	6.873
Weighted Daily Average		661.092	97.379
% of Calories			58.92%

Tue - 11/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Philly Cheesesteak	1.00 Sandwich	402.352	38.483
Chicken Patty	1.00 Each	335.624	39.115

Chicken Patty Sandwich, Spicy	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
Cucumbers	0.50 Cup	10.974	2.656
Fruit Variety	0.50 Cup	84.326	21.008
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		670.284	90.561
% of Calories			54.04%

Wed - 11/15/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Macho Nachos	1.00 Each	423.631	44.203
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	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
Refried Beans	0.50 Cup	209.991	29.999
Fruit Variety	0.50 Cup	84.326	21.008
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	56.875	0.875
BBQ Sauce	1.00 ounce	34.363	6.873
Sour Cream	1.00 Each	25.312	4.050
Salsa	0.25 Cup	20.000	4.000
Weighted Daily Average		760.775	102.492
% of Calories			53.89%

Thu - 11/16/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Chicken Chili (Knorr)	1.00 Cup	241.301	26.312
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	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

Corn	0.50 Cup	91.635	19.243
Fruit Variety	0.50 Cup	84.326	21.008
Homebaked Cinnamon Roll	1.00 Roll	220.488	39.374
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	56.875	0.875
BBQ Sauce	1.00 ounce	34.363	6.873
Weighted Daily Average		704.764	109.520
% of Calories			62.16%

Fri - 11/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Orange Chicken	10.00 Pieces	371.602	45.417
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	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
Broccoli	0.50 Cup	18.038	3.523
Stir Fry Veggies	0.50 Cup	18.766	3.217

Fruit Variety	0.50 Cup	84.326	21.008
Not Fried Rice	1.00 2/3 Cup	184.804	34.329
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		673.335	98.944
% of Calories			58.78%

Mon - 11/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Walking Taco	1.00 Each	406.902	30.181
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	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
Ranch and Green Chickpea Salad	0.50 Cup	132.547	10.239
Fruit Variety	0.50 Cup	84.326	21.008
Milk	1.00 Each	126.000	21.800

BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		693.481	80.845
% of Calories			46.63%

Tue - 11/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Turkey & Gravy	4.00 oz	179.888	5.587
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	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
Mashed Potatoes	0.50 Cup	80.180	16.036
Green Beans	0.50 Cup	21.069	4.214
Fruit Variety	0.50 Cup	84.326	21.008
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	56.875	0.875

Weighted Daily Average	638.062	91.216
% of Calories		57.18%

Wed - 11/22/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Pancakes & Scrambled Egg Lunch	1.00 Serving	375.000	44.100
Cheeseburger	1.00 Each	372.810	28.509
Hamburger	1.00 Each	322.810	28.009
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Broccoli	0.50 Cup	18.038	3.523
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	0.50 Cup	84.326	21.008
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	56.875	0.875
BBQ Sauce	1.00 ounce	34.363	6.873
Maple Syrup	1.00 Each	120.000	31.000
Pancake	1.00 Each	80.000	13.700

Scrambled Eggs	2.00 oz	90.000	2.000
Weighted Daily Average		658.158	98.970
% of Calories			60.15%

Thu - 11/23/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Fri - 11/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 11/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Ham & Cheese Rippers	1.00 Serving	270.000	28.000
Chicken Patty	1.00 Each	335.624	39.115

Chicken Patty Sandwich, Spicy	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
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	0.50 Cup	84.326	21.008
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ketchup	1.00 Each	10.000	3.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		723.132	95.534
% of Calories			52.84%

Tue - 11/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Chicken Fajita	1.00 Each	375.849	29.535
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	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
Fruit Variety	0.50 Cup	84.326	21.008
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	56.875	0.875
BBQ Sauce	1.00 ounce	34.363	6.873
Sour Cream	1.00 Each	25.312	4.050
Salsa	0.25 Cup	20.000	4.000
Weighted Daily Average		599.542	75.510
% of Calories			50.38%

Wed - 11/29/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Turkey, Cheese & Ranch Flatbread	1.00 Half	349.905	26.725
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	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
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	0.50 Cup	84.326	21.008
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	56.875	0.875
Chicken Noodle Soup	1.00 Cup	83.054	10.607
Weighted Daily Average		613.544	77.499
% of Calories			50.53%

Thu - 11/30/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Spaghetti with Meat Sauce	1.00 Serving	299.668	40.129
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	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	14.261	1.654

Cucumbers	0.50 Cup	10.974	2.656
Fruit Variety	0.50 Cup	84.326	21.008
Garlic Toast	1.00 Toast	100.000	15.000
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	56.875	0.875
BBQ Sauce	1.00 ounce	34.363	6.873
Weighted Daily Average		570.535	82.218
% of Calories			57.64%

* = Indicates missing Nutrient Information.

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