

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



Wed - 05/01/2019		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 - 05/02/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			

Macho Nachos	1.00 Each	626.327	41.743
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	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		737.221	86.122
% of Calories			46.73%

Fri - 05/03/2019		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
Mashed Potatoes	1.00 Serving		96.552	22.069
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
Chicken Gravy	0.25 Cup	35.093	7.019
Weighted Daily Average		615.026	88.506
% of Calories			57.56%

Mon - 05/06/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			
Chicken Alfredo	1.00 Serving	410.922	56.124	
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	
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	
Weighted Daily Average		658.353	89.829	
% of Calories			54.58%	

Tue - 05/07/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
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Middle School Main			
Recipe	Total		
Cheeseburger	1.00 Each	372.810	29.009
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
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
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		851.080	112.090
% of Calories			52.68%

Wed - 05/08/2019	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%

Thu - 05/09/2019	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 - 05/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Beef Teriyaki Dippers	6.00 Dippers	240.000	9.000
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
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	1.00 Cup	224.000	44.800
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	691.860	97.515
% of Calories		56.38%

Mon - 05/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Popcorn Chicken	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		653.251	85.485
% of Calories			52.34%

Tue - 05/14/2019	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 - 05/15/2019		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		842.902	113.091
% of Calories			53.67%

Thu - 05/16/2019	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 Cuo	167.993	23.999
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
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		623.604	80.708

% of Calories	51.77%
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Fri - 05/17/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			
Homemade Chili	1.00 Cup	211.605	20.073	
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		578.583	82.429	
% of Calories			56.99%	

Mon - 05/20/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			

Cheeseburger	1.00 Each	372.810	29.009
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
Oven Baked Fries	4.00 Ounce	160.000	25.333
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
Ketchup	1.00 Each	10.000	3.000
Mustard	1.00 Each	5.000	0.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		700.051	97.062
% of Calories			55.46%

Tue - 05/21/2019	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 - 05/22/2019		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	
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	
Ranch Dressing	1.00 oz	56.875	0.875	
Weighted Daily Average		588.143	77.553	
% of Calories			52.74%	

Thu - 05/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Pancake Griddle Sandwich	1.00 Each	525.080	56.015
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
Asparagus	2.00 Stalks	13.840	2.200
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		828.411	121.654
% of Calories			58.74%

Fri - 05/24/2019	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 - 05/27/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 05/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			

Recipe	Total		
Chicken Alfredo	1.00 Serving	410.922	56.124
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
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		661.376	95.281
% of Calories			57.63%

Wed - 05/29/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			
All Natural Beef Hot Dog	1.00 Each	308.960	27.539	
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
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		766.825	109.543
% of Calories			57.14%

Thu - 05/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Orange Popcorn Chicken	10.00 Pieces	405.169	53.363
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
Corn	0.50 Cup	91.635	19.243
Fruit Variety	0.50 Cup	67.949	17.159
Rice	1.00 Cup	224.000	44.800
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		700.980	108.754
% of Calories			62.06%

Fri - 05/31/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Spaghetti with Meat Sauce	1.00 Serving	364.781	43.583
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
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		626.863	90.344
% of Calories			57.65%

* = Indicates missing Nutrient Information.

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Carbohydrate Report

District: Mead School District

School: Mt. Spokane High School

Menu: High School Main



Wed - 05/01/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Ham & Cheese Rippers	1.00 Serving	270.000	28.000	
Red Bell Peppers	0.50 Cup	19.203	3.735	
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	
Weighted Daily Average			624.498	104.013
% of Calories				66.62%

Thu - 05/02/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Macho Nachos	1.00 Each	626.327	41.743	
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	

Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Sour Cream	1.00 Each	25.000	4.000
Salsa	0.25 Cup	20.000	4.000
Weighted Daily Average		1022.432	115.070
% of Calories			45.02%

Fri - 05/03/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Crispy Chicken Strips	3.00 Each	185.018	13.072	
Power Salad	1.00 Cup	10.962	1.980	
Mashed Potatoes	1.00 Serving	96.552	22.069	
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	
Chicken Gravy	0.25 Cup	35.093	7.019	
Weighted Daily Average		699.760	117.442	
% of Calories			67.13%	

Mon - 05/06/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				

Recipe	Total		
Chicken Alfredo	1.00 Serving	410.922	56.124
Power Salad	1.00 Cup	10.962	1.980
Cucumbers	0.50 Cup	10.974	2.656
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		760.513	121.763
% of Calories			64.04%

Tue - 05/07/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Cheeseburger	1.00 Each	372.810	29.009	
Hamburger	1.00 Each	322.810	28.009	
Veggie Burger	1.00 Each	320.097	36.935	
Tater Tots	4.00 Ounce	226.667	25.333	
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	
Weighted Daily Average		913.444	120.224	
% of Calories			52.65%	

Wed - 05/08/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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High School Main			
Recipe	Total		
French Toast Sticks & Omelet	3.00 Each	470.000	58.000
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		759.721	117.865
% of Calories			62.06%

Thu - 05/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Chicken Nuggets	7.00 Pieces	259.398	18.327
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	759.629	114.949
% of Calories		60.53%

Fri - 05/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Beef Teriyaki Dippers	6.00 Dippers	240.000	9.000
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
Rice	1.00 Cup	224.000	44.800
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		865.947	127.209
% of Calories			58.76%

Mon - 05/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Popcorn Chicken	10.00 Pieces	278.036	20.672
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

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		835.896	125.566
% of Calories			60.09%

Tue - 05/14/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Cheese Ravioli	14.00 Pieces	301.030	40.452	
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		699.485	116.899	
% of Calories			66.85%	

Wed - 05/15/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Dutch Waffle & Scrambled Egg Lunch	1.00 Each	572.026	49.520	

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
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		1139.881	154.203
% of Calories			54.11%

Thu - 05/16/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Chicken Fajita	1.00 Each	441.619	37.849
Refried Beans	0.50 Cup	167.993	23.999
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
Sour Cream	1.00 Each	25.000	4.000
Salsa	0.25 Cup	20.000	4.000
Weighted Daily Average		810.579	108.891
% of Calories			53.74%

Fri - 05/17/2019	Portion Size	Calories (kcal)	Carbohydrates (g)

High School Main			
Recipe	Total		
Homemade Chili	1.00 Cup	211.605	20.073
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		687.580	110.730
% of Calories			64.42%

Mon - 05/20/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Cheeseburger	1.00 Each	372.810	29.009
Hamburger	1.00 Each	322.810	28.009
Veggie Burger	1.00 Each	320.097	36.935
Oven Baked Fries	4.00 Ounce	160.000	25.333
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
Weighted Daily Average		922.866	134.315

% of Calories

58.22%

Tue - 05/21/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Ham & Cheese Rippers	1.00 Serving	270.000	28.000	
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		539.140	83.302	
% of Calories			61.80%	

Wed - 05/22/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Philly Cheesesteak	1.00 Sandwich	379.433	38.276	
Green Beans	0.50 Cup	21.069	4.214	
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	650.847	91.807
% of Calories		56.42%

Thu - 05/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Pancake Griddle Sandwich	1.00 Each	525.080	56.015
Red Bell Peppers	0.50 Cup	19.203	3.735
Asparagus	2.00 Stalks	13.840	2.200
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		931.167	132.502
% of Calories			56.92%

Fri - 05/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Chicken Nuggets	7.00 Pieces	259.398	18.327
Tater Tots	4.00 Ounce	226.667	25.333
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		908.894	127.714
% of Calories			56.21%

Mon - 05/27/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 05/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Chicken Alfredo	1.00 Serving	410.922	56.124
Power Salad	1.00 Cup	10.962	1.980
Red Bell Peppers	0.50 Cup	19.203	3.735
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		769.240	123.448
% of Calories			64.19%

Wed - 05/29/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
All Natural Beef Hot Dog	1.00 Each	308.960	27.539	
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		848.117	123.196	
% of Calories			58.10%	

Thu - 05/30/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Orange Popcorn Chicken	10.00 Pieces	405.169	53.363	
Stir Fry Veggies	0.50 Cup	18.766	3.217	
Peas	0.50 Cup	73.530	13.006	
Fruit Variety	1.00 Cup	109.926	27.897	
Rice	1.00 Cup	224.000	44.800	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	20.269	2.294	

Weighted Daily Average	891.528	150.296
% of Calories		67.43%

Fri - 05/31/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Spaghetti with Meat Sauce	1.00 Serving	417.936	53.961
Power Salad	1.00 Cup	10.962	1.980
Cucumbers	0.50 Cup	10.974	2.656
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		773.510	120.993
% of Calories			62.57%

* = Indicates missing Nutrient Information.

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