

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: 6th Grade Center

Menu: Sixth Grade Center Breakfast



Mon - 02/03/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Breakfast				
Recipe	Total			
Chocolate Chip Muffin	1.00 Each	310.177	52.030	
Assortment of Cold Cereal	1.00 2 Each	220.000	42.000	
Breakfast Bar Variety	1.00 Each	285.000	47.500	
Juice Variety	1.00 Each	63.333	15.667	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	126.000	21.800	
Weighted Daily Average			548.353	103.595
% of Calories				75.57%

Tue - 02/04/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Breakfast				
Recipe	Total			
Sausage Cheese English Muffin	1.00 Sandwich	260.000	24.000	
Assortment of Cold Cereal	1.00 2 Each	220.000	42.000	
Breakfast Bar Variety	1.00 Each	285.000	47.500	
Juice Variety	1.00 Each	63.333	15.667	
Selection of Fruits	0.50 Cup	61.660	15.716	

Milk	1.00 Each	126.000	21.800
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		511.549	82.239
% of Calories			64.31%

Wed - 02/05/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Assortment of Cold Cereal	1.00 2 Each	220.000	42.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	126.000	21.800
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		569.326	103.905
% of Calories			73.00%

Thu - 02/06/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Breakfast			
Recipe	Total		
Waffles	2.00 Waffles	360.000	56.000
Assortment of Cold Cereal	1.00 2 Each	220.000	42.000

Breakfast Bar Variety	1.00 Each	285.000	47.500
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	126.000	21.800
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		680.437	130.794
% of Calories			76.89%

Fri - 02/07/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Breakfast				
Recipe	Total			
Breakfast Burrito -Cheese, Egg & Sausage	1.00 Each	430.562	53.977	
Assortment of Cold Cereal	1.00 2 Each	220.000	42.000	
Breakfast Bar Variety	1.00 Each	285.000	47.500	
Juice Variety	1.00 Each	63.333	15.667	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	126.000	21.800	
Picante Sauce	1.00 Each	5.000	1.000	
Weighted Daily Average		644.208	105.554	
% of Calories			65.54%	

Mon - 02/10/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Breakfast				
Recipe	Total			

Chocolate Chip Muffin	1.00 Each	310.177	52.030
Assortment of Cold Cereal	1.00 2 Each	220.000	42.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	126.000	21.800
Weighted Daily Average		548.353	103.595
% of Calories			75.57%

Tue - 02/11/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Breakfast				
Recipe	Total			
Sausage Cheese English Muffin	1.00 Sandwich	260.000	24.000	
Assortment of Cold Cereal	1.00 2 Each	220.000	42.000	
Breakfast Bar Variety	1.00 Each	285.000	47.500	
Juice Variety	1.00 Each	63.333	15.667	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	126.000	21.800	
Picante Sauce	1.00 Each	5.000	1.000	
Weighted Daily Average		511.549	82.239	
% of Calories			64.31%	

Wed - 02/12/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
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Sixth Grade Center Breakfast			
Recipe	Total		
Breakfast Burrito -Cheese, Egg & Sausage	1.00 Each	430.562	53.977
Assortment of Cold Cereal	1.00 2 Each	220.000	42.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	126.000	21.800
Weighted Daily Average		641.986	105.110
% of Calories			65.49%

Thu - 02/13/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Breakfast			
Recipe	Total		
Apple Cinnamon Texas Toast	1.00 Each	260.000	45.000
Assortment of Cold Cereal	1.00 2 Each	220.000	42.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	126.000	21.800
Weighted Daily Average		509.326	98.127
% of Calories			77.06%

Fri - 02/14/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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Sixth Grade Center Breakfast			
Recipe	Total		
Pancake Griddle Sandwich	1.00 Each	290.080	28.015
Assortment of Cold Cereal	1.00 2 Each	220.000	42.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	126.000	21.800
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		534.944	85.361
% of Calories			63.83%

Tue - 02/18/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Breakfast				
Recipe	Total			
Sausage Cheese English Muffin	1.00 Sandwich	260.000	24.000	
Assortment of Cold Cereal	1.00 2 Each	220.000	42.000	
Breakfast Bar Variety	1.00 Each	285.000	47.500	
Juice Variety	1.00 Each	63.333	15.667	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	126.000	21.800	
Picante Sauce	1.00 Each	5.000	1.000	
Weighted Daily Average		511.549	82.239	
% of Calories			64.31%	

Wed - 02/19/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Assortment of Cold Cereal	1.00 2 Each	220.000	42.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	126.000	21.800
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		569.326	103.905
% of Calories			73.00%

Thu - 02/20/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Breakfast			
Recipe	Total		
Waffles	2.00 Waffles	360.000	56.000
Assortment of Cold Cereal	1.00 2 Each	220.000	42.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	126.000	21.800
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		680.437	130.794

% of Calories	76.89%
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Fri - 02/21/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Breakfast				
Recipe		Total		
Breakfast Burrito -Cheese, Egg & Sausage		1.00 Each	430.562	53.977
Assortment of Cold Cereal		1.00 2 Each	220.000	42.000
Breakfast Bar Variety		1.00 Each	285.000	47.500
Juice Variety		1.00 Each	63.333	15.667
Selection of Fruits		0.50 Cup	61.660	15.716
Milk		1.00 Each	126.000	21.800
Picante Sauce		1.00 Each	5.000	1.000
Weighted Daily Average			644.208	105.554
% of Calories				65.54%

Mon - 02/24/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Breakfast				
Recipe		Total		
Chocolate Chip Muffin		1.00 Each	310.177	52.030
Assortment of Cold Cereal		1.00 2 Each	220.000	42.000
Breakfast Bar Variety		1.00 Each	285.000	47.500
Juice Variety		1.00 Each	63.333	15.667
Selection of Fruits		0.50 Cup	61.660	15.716

Milk	1.00 Each	126.000	21.800
Weighted Daily Average		548.353	103.595
% of Calories			75.57%

Tue - 02/25/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Breakfast				
Recipe		Total		
Sausage Cheese English Muffin		1.00 Sandwich	260.000	24.000
Assortment of Cold Cereal		1.00 2 Each	220.000	42.000
Breakfast Bar Variety		1.00 Each	285.000	47.500
Juice Variety		1.00 Each	63.333	15.667
Selection of Fruits		0.50 Cup	61.660	15.716
Milk		1.00 Each	126.000	21.800
Picante Sauce		1.00 Each	5.000	1.000
Weighted Daily Average			511.549	82.239
% of Calories				64.31%

Wed - 02/26/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Breakfast				
Recipe		Total		
Breakfast Burrito -Cheese, Egg & Sausage		1.00 Each	430.562	53.977
Assortment of Cold Cereal		1.00 2 Each	220.000	42.000
Breakfast Bar Variety		1.00 Each	285.000	47.500

Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	126.000	21.800
Weighted Daily Average		641.986	105.110
% of Calories			65.49%

Thu - 02/27/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Breakfast				
Recipe	Total			
Apple Cinnamon Texas Toast	1.00 Each	260.000	45.000	
Assortment of Cold Cereal	1.00 2 Each	220.000	42.000	
Breakfast Bar Variety	1.00 Each	285.000	47.500	
Juice Variety	1.00 Each	63.333	15.667	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	126.000	21.800	
Weighted Daily Average		509.326	98.127	
% of Calories			77.06%	

Fri - 02/28/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Breakfast				
Recipe	Total			
Pancake Griddle Sandwich	1.00 Each	290.080	28.015	
Assortment of Cold Cereal	1.00 2 Each	220.000	42.000	
Breakfast Bar Variety	1.00 Each	285.000	47.500	

Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	126.000	21.800
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		534.944	85.361
% of Calories			63.83%

* = Indicates missing Nutrient Information.

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Carbohydrate Report

District: Mead School District

School: 6th Grade Center

Menu: Sixth Grade Center Lunch



Mon - 02/03/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
Recipe	Total			
Taco Burrito	1.00 Each	350.000	38.000	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Chicken Caesar Salad	1.00 Each	468.667	38.599	
Hummus Dip & Chips	1.00 Each	881.990	66.740	
Tater Tots	1.00 Cup	241.490	28.174	
Refried Beans	0.50 Cuo	167.993	23.999	
Peaches	0.50 Cup	60.014	14.003	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	42.421*	5.650*	
Weighted Daily Average		965.251*	127.918*	
% of Calories			53.01%	

Tue - 02/04/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
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
Chicken Caesar Salad	1.00 Each	468.667	38.599
Hummus Dip & Chips	1.00 Each	881.990	66.740
Power Salad	1.00 Cup	10.962	1.980
Carrots	0.50 Cup	29.058	6.790
Peaches	0.50 Cup	60.014	14.003
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		538.645*	77.372*
% of Calories			57.46%

Wed - 02/05/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch			
Recipe	Total		
Mandarin Orange Chicken	1.00 Serving	150.000	17.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	468.667	38.599
Hummus Dip & Chips	1.00 Each	881.990	66.740
Carrots	0.50 Cup	29.058	6.790
Broccoli	0.50 Cup	18.038	3.523
Pears	0.50 Cup	60.014	16.004
Rice	0.67 Cup	147.385	29.672
Milk	1.00 Each	126.000	21.800

Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		607.392*	102.731*
% of Calories			67.65%

Thu - 02/06/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
Recipe	Total			
Macaroni and Cheese	6.00 ounces	290.165	28.016	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Chicken Caesar Salad	1.00 Each	468.667	38.599	
Hummus Dip & Chips	1.00 Each	881.990	66.740	
Power Salad	1.00 Cup	10.962	1.980	
Cucumbers	0.50 Cup	10.974	2.656	
Pineapple	0.50 Cup	81.331	20.333	
Garlic Toast	1.00 Toast	70.000	12.000	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	42.421*	5.650*	
Weighted Daily Average		520.528*	78.624*	
% of Calories			60.42%	

Fri - 02/07/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
Recipe	Total			

Dutch Waffle & Cheese Omelet	1.00 Each	437.805	44.560
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	468.667	38.599
Hummus Dip & Chips	1.00 Each	881.990	66.740
Red Bell Peppers	0.50 Cup	19.203	3.735
Corn	0.50 Cup	91.635	19.243
Strawberries	4.00 oz	40.499	11.340
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		709.809*	100.746*
% of Calories			56.77%

Mon - 02/10/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch			
Recipe	Total		
Chicken Alfredo	1.00 Serving	506.049	49.103
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	468.667	38.599
Hummus Dip & Chips	1.00 Each	881.990	66.740
Power Salad	1.00 Cup	10.962	1.980
Cucumbers	0.50 Cup	10.974	2.656
Peaches	0.50 Cup	60.014	14.003
Garlic Toast	1.00 Toast	70.000	12.000

Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		735.265*	95.996*
% of Calories			52.22%

Tue - 02/11/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
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	
Chicken Caesar Salad	1.00 Each	468.667	38.599	
Hummus Dip & Chips	1.00 Each	881.990	66.740	
Mashed Potatoes	1.00 Serving	74.549	15.975	
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	
Oranges	0.50 Cup	62.702	15.676	
Dinner Roll	1.00 Each	160.000	30.000	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	42.421*	5.650*	
Weighted Daily Average		614.972*	92.163*	
% of Calories			59.95%	

Wed - 02/12/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
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Sixth Grade Center Lunch			
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
Chicken Caesar Salad	1.00 Each	468.667	38.599
Hummus Dip & Chips	1.00 Each	881.990	66.740
Tater Tots	1.00 Cup	241.490	28.174
Baked Beans	0.50 Cup	222.609	43.510
Sliced Apples	0.50 Cup	32.137	8.535
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		927.163*	121.860*
% of Calories			52.57%

Thu - 02/13/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch			
Recipe	Total		
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000

Chicken Caesar Salad	1.00 Each	468.667	38.599
Hummus Dip & Chips	1.00 Each	881.990	66.740
Power Salad	1.00 Cup	10.962	1.980
Cucumbers	0.50 Cup	10.974	2.656
Pineapple	0.50 Cup	81.331	20.333
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		610.925*	83.378*
% of Calories			54.59%

Fri - 02/14/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch			
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
Chicken Caesar Salad	1.00 Each	468.667	38.599
Hummus Dip & Chips	1.00 Each	881.990	66.740
Oven Baked Fries	0.50 Cup	100.000	15.000
Carrots	0.50 Cup	29.058	6.790
Pears	0.50 Cup	60.014	16.004
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		593.237*	83.586*
% of Calories			56.36%

Tue - 02/18/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
Recipe	Total			
Spaghetti with Meat Sauce	1.00 Serving	364.353	44.484	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Chicken Caesar Salad	1.00 Each	468.667	38.599	
Hummus Dip & Chips	1.00 Each	881.990	66.740	
Power Salad	1.00 Cup	10.962	1.980	
Cucumbers	0.50 Cup	10.974	2.656	
Sliced Apples	0.50 Cup	32.137	8.535	
Garlic Toast	1.00 Toast	70.000	12.000	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	42.421*	5.650*	
Weighted Daily Average		610.079*	88.116*	
% of Calories			57.77%	

Wed - 02/19/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
Recipe	Total			
Beefy Soft Taco	1.00 Each	217.719	23.342	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	

Chicken Caesar Salad	1.00 Each	468.667	38.599
Hummus Dip & Chips	1.00 Each	881.990	66.740
Corn	0.50 Cup	91.635	19.243
Refried Beans	0.50 Cuo	167.993	23.999
Peaches	0.50 Cup	60.014	14.003
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		628.549*	95.030*
% of Calories			60.48%

Thu - 02/20/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch			
Recipe	Total		
Mini Corn Dogs	6.00 Each	250.000	30.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	468.667	38.599
Hummus Dip & Chips	1.00 Each	881.990	66.740
Oven Baked Fries	0.50 Cup	100.000	15.000
Red Bell Peppers	0.50 Cup	19.203	3.735
Oranges	0.50 Cup	62.702	15.676
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		606.230*	90.439*
% of Calories			59.67%

Fri - 02/21/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
Recipe	Total			
Mandarin Orange Chicken	1.00 Serving	150.000	17.000	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Chicken Caesar Salad	1.00 Each	468.667	38.599	
Hummus Dip & Chips	1.00 Each	881.990	66.740	
Carrots	0.50 Cup	29.058	6.790	
Broccoli	0.50 Cup	18.038	3.523	
Pears	0.50 Cup	60.014	16.004	
Rice	0.67 Cup	147.385	29.672	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	42.421*	5.650*	
Weighted Daily Average		607.392*	102.731*	
% of Calories			67.65%	

Mon - 02/24/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
Recipe	Total			
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000	
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000	
Chicken Patty	1.00 Each	335.624	39.115	

Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	468.667	38.599
Hummus Dip & Chips	1.00 Each	881.990	66.740
Power Salad	1.00 Cup	10.962	1.980
Cucumbers	0.50 Cup	10.974	2.656
Pineapple	0.50 Cup	81.331	20.333
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		610.925*	83.378*
% of Calories			54.59%

Tue - 02/25/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
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
Chicken Caesar Salad	1.00 Each		468.667	38.599
Hummus Dip & Chips	1.00 Each		881.990	66.740
Tater Tots	1.00 Cup		241.490	28.174
Red Bell Peppers	0.50 Cup		19.203	3.735
Oranges	0.50 Cup		62.702	15.676
Milk	1.00 Each		126.000	21.800
Condiments	1.00 Each		42.421*	5.650*
Weighted Daily Average			727.560*	93.377*
% of Calories				51.34%

Wed - 02/26/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch			
Recipe	Total		
Macho Nachos	1.00 Each	423.345	29.448
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	468.667	38.599
Hummus Dip & Chips	1.00 Each	881.990	66.740
Power Salad	1.00 Cup	10.962	1.980
Carrots	0.50 Cup	29.058	6.790
Peaches	0.50 Cup	60.014	14.003
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		645.045*	77.841*
% of Calories			48.27%

Thu - 02/27/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch			
Recipe	Total		
Teriyaki Chicken	1.00 scoop	146.129	10.940
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000

Chicken Caesar Salad	1.00 Each	468.667	38.599
Hummus Dip & Chips	1.00 Each	881.990	66.740
Broccoli	0.50 Cup	18.038	3.523
Carrots	0.50 Cup	29.058	6.790
Pears	0.50 Cup	60.014	16.004
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		603.786*	97.784*
% of Calories			64.78%

Fri - 02/28/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
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	
Chicken Caesar Salad	1.00 Each	468.667	38.599	
Hummus Dip & Chips	1.00 Each	881.990	66.740	
Oven Baked Fries	0.50 Cup	100.000	15.000	
Baked Beans	0.50 Cup	222.609	43.510	
Sliced Apples	0.50 Cup	32.137	8.535	
Milk	1.00 Each	126.000	21.800	

Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		767.411*	105.718*
% of Calories			55.10%

* = Indicates missing Nutrient Information.

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Carbohydrate Report

District: Mead School District
 School: Mountainside Middle
 Menu: Middle School Main



Mon - 02/03/2020		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	
Mashed Potatoes	1.00 Serving	101.378	21.724	
Carrots	0.50 Cup	29.058	6.790	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	126.000	21.800	
Chicken Gravy	0.25 Cup	35.093	7.019	
Condiments	1.00 Each	42.421*	5.650*	
Weighted Daily Average			570.726*	81.285*
% of Calories				56.97%

Tue - 02/04/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			

Macho Nachos	1.00 Each	423.345	29.448
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
Kale Chips	1.00 Cup	38.029	4.410
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		678.440*	84.826*
% of Calories			50.01%

Wed - 02/05/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			
Spaghetti with Meat Sauce	1.00 Serving	417.508	54.862	
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	
Selection of Fruits	0.50 Cup	61.660	15.716	
Garlic Toast	1.00 Toast	70.000	12.000	

Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		601.559*	88.583*
% of Calories			58.90%

Thu - 02/06/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			
Sweet and Sour Chicken	1.00 Serving	178.000	24.000	
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	
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	
Selection of Fruits	0.50 Cup	61.660	15.716	
Rice	1.00 Cup	224.000	44.800	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	42.421*	5.650*	
Weighted Daily Average		566.273*	90.493*	
% of Calories			63.92%	

Fri - 02/07/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
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Middle School Main			
Recipe	Total		
Macaroni and Cheese	6.00 ounces	290.165	28.016
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 Potatoes	0.50 Cup	91.086	16.227
Carrots	0.50 Cup	29.058	6.790
Selection of Fruits	0.50 Cup	61.660	15.716
Garlic Toast	1.00 Toast	70.000	12.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		582.075*	83.722*
% of Calories			57.53%

Mon - 02/10/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Teriyaki Chicken	1.00 scoop	146.129	10.940
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
Selection of Fruits	0.50 Cup	61.660	15.716
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		601.198*	91.602*
% of Calories			60.95%

Tue - 02/11/2020		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	1.00 Cup	200.000	30.000	
Baked Beans	0.50 Cup	222.609	43.510	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	42.421*	5.650*	
Weighted Daily Average		748.981*	103.631*	
% of Calories			55.34%	

Wed - 02/12/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Grilled Cheese Sandwich	1.00 Each	360.000	34.000
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
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	42.421*	5.650*
Tomato Soup	1.00 Cup	85.048	18.900
Weighted Daily Average		596.343*	84.243*
% of Calories			56.51%

Thu - 02/13/2020	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
Carrots	0.50 Cup	29.058	6.790
Green Beans	0.50 Cup	21.069	4.214
Mashed Potatoes	1.00 Serving	101.378	21.724
Selection of Fruits	0.50 Cup	61.660	15.716
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		567.014*	85.141*
% of Calories			60.06%

Fri - 02/14/2020		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	
Cheesy Potatoes	1.00 Serving	21.648	0.675	
Selection of Fruits	0.50 Cup	61.660	15.716	
Frosted Cookie	1.00 Each	172.000	26.900	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	42.421*	5.650*	

Weighted Daily Average	570.844*	76.463*
% of Calories		53.58%

Mon - 02/17/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 02/18/2020	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
Mashed Potatoes	1.00 Serving	101.378	21.724
Carrots	0.50 Cup	29.058	6.790
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	126.000	21.800
Chicken Gravy	0.25 Cup	35.093	7.019
Condiments	1.00 Each	42.421*	5.650*

Weighted Daily Average	509.199*	74.507*
% of Calories		58.53%

Wed - 02/19/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			
Garlic Cheese Toast	1.00 Piece	368.000	28.300	
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	
Selection of Fruits	0.50 Cup	61.660	15.716	
Chocolate Chip Cookie	1.00 Cookie	147.700	24.300	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	42.421*	5.650*	
Weighted Daily Average		689.544*	91.448*	
% of Calories				53.05%

Thu - 02/20/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			

Mandarin Orange Chicken	1.00 Serving	150.000	17.000
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
Selection of Fruits	0.50 Cup	61.660	15.716
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		547.370*	86.826*
% of Calories			63.45%

Fri - 02/21/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Macho Nachos	1.00 Each	423.345	29.448
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
Power Salad	1.00 Cup	10.962	1.980
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	126.000	21.800

Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		797.188*	93.305*
% of Calories			46.82%

Mon - 02/24/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			
Mini Corn Dogs	6.00 Each	250.000	30.000	
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	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	42.421*	5.650*	
Weighted Daily Average		488.129*	71.606*	
% of Calories			58.68%	

Tue - 02/25/2020		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	1.00 Cup	241.490	28.174
Green Beans	0.50 Cup	21.069	4.214
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		656.631*	82.836*
% of Calories			50.46%

Wed - 02/26/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Homemade Chili	1.00 Cup	215.549	19.802
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
Selection of Fruits	0.50 Cup	61.660	15.716
Homebaked Cinnamon Roll	1.00 Roll	220.370	39.283

Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		583.520*	85.553*
% of Calories			58.65%

Thu - 02/27/2020		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	
Carrots	0.50 Cup	29.058	6.790	
Cucumbers	0.50 Cup	10.974	2.656	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	42.421*	5.650*	
Weighted Daily Average		500.163*	71.268*	
% of Calories			57.00%	

Fri - 02/28/2020		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	1.00 Cup	200.000	30.000
Baked Beans	0.50 Cup	222.609	43.510
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		809.775*	112.969*
% of Calories			55.80%

* = Indicates missing Nutrient Information.

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Carbohydrate Report

District: Mead School District

School: Mt. Spokane High School

Menu: High School Main



Mon - 02/03/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Popcorn Chicken	10.00 Pieces	278.036	20.672	
Mashed Potatoes	1.00 Serving	101.378	21.724	
Carrots	0.50 Cup	29.058	6.790	
Selection of Fruits	1.00 Cup	97.327	24.871	
Dinner Roll	1.00 Each	160.000	30.000	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	27.448*	3.951*	
Chicken Gravy	0.25 Cup	35.093	7.019	
Weighted Daily Average			816.110*	129.401*
% of Calories				63.42%

Tue - 02/04/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Macho Nachos	1.00 Each	491.384	37.953	
Refried Beans	0.50 Cup	167.993	23.999	
Kale Chips	1.00 Cup	38.029	4.410	

Selection of Fruits	1.00 Cup	97.327	24.871
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		851.572*	102.952*
% of Calories			48.36%

Wed - 02/05/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Spaghetti with Meat Sauce	1.00 Serving	417.508	54.862	
Power Salad	1.00 Cup	10.962	1.980	
Green Beans	0.50 Cup	21.069	4.214	
Selection of Fruits	1.00 Cup	97.327	24.871	
Garlic Toast	1.00 Toast	70.000	12.000	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	27.448*	3.951*	
Weighted Daily Average		747.709*	119.302*	
% of Calories			63.82%	

Thu - 02/06/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Sweet and Sour Chicken	1.00 Serving	178.000	24.000	

Red Bell Peppers	0.50 Cup	19.203	3.735
Cucumbers	0.50 Cup	10.974	2.656
Selection of Fruits	1.00 Cup	97.327	24.871
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		656.010*	120.454*
% of Calories			73.45%

Fri - 02/07/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Macaroni and Cheese	6.00 ounces	290.165	28.016	
Carrots	0.50 Cup	29.058	6.790	
Roasted Potatoes	0.50 Cup	91.086	16.227	
Selection of Fruits	1.00 Cup	97.327	24.871	
Garlic Toast	1.00 Toast	70.000	12.000	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	27.448*	3.951*	
Weighted Daily Average		703.234*	107.838*	
% of Calories			61.34%	

Mon - 02/10/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				

Recipe	Total		
Teriyaki Chicken	1.00 scoop	146.129	10.940
Power Salad	1.00 Cup	10.962	1.980
Red Bell Peppers	0.50 Cup	19.203	3.735
Selection of Fruits	1.00 Cup	97.327	24.871
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		637.017*	109.439*
% of Calories			68.72%

Tue - 02/11/2020		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	1.00 Cup	200.000	30.000	
Baked Beans	0.50 Cup	222.609	43.510	
Selection of Fruits	1.00 Cup	97.327	24.871	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	27.448*	3.951*	
Weighted Daily Average		922.118*	132.029*	
% of Calories			57.27%	

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Wed - 02/12/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Grilled Cheese Sandwich	1.00 Each	360.000	34.000
Carrots	0.50 Cup	29.058	6.790
Cucumbers	0.50 Cup	10.974	2.656
Selection of Fruits	1.00 Cup	97.327	24.871
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	27.448*	3.951*
Tomato Soup	1.00 Cup	85.048	18.900
Weighted Daily Average		708.840*	106.731*
% of Calories			60.23%

Thu - 02/13/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Turkey Gravy	4.00 ounce	130.000	2.000
Carrots	0.50 Cup	29.058	6.790
Green Beans	0.50 Cup	21.069	4.214
Mashed Potatoes	1.00 Serving	101.378	21.724
Selection of Fruits	1.00 Cup	97.327	24.871
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	27.448*	3.951*

Weighted Daily Average	681.585*	113.159*
% of Calories		66.41%

Fri - 02/14/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Chicken Nuggets	7.00 Pieces	259.398	18.327
Cheesy Potatoes	1.00 Serving	21.648	0.675
Carrots	0.50 Cup	29.058	6.790
Selection of Fruits	1.00 Cup	97.327	24.871
Dinner Roll	1.00 Each	160.000	30.000
Frosted Cookie	1.00 Each	172.000	26.900
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		878.042*	130.289*
% of Calories			59.35%

Mon - 02/17/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

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Tue - 02/18/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Crispy Chicken Strips	3.00 Each	185.018	13.072	
Carrots	0.50 Cup	29.058	6.790	
Mashed Potatoes	1.00 Serving	101.378	21.724	
Selection of Fruits	1.00 Cup	97.327	24.871	
Dinner Roll	1.00 Each	160.000	30.000	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	27.448*	3.951*	
Chicken Gravy	0.25 Cup	35.093	7.019	
Weighted Daily Average		735.467*	124.310*	
% of Calories			67.61%	

Wed - 02/19/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Garlic Cheese Toast	1.00 Piece	368.000	28.300	
Power Salad	1.00 Cup	10.962	1.980	
Green Beans	0.50 Cup	21.069	4.214	
Selection of Fruits	1.00 Cup	97.327	24.871	
Chocolate Chip Cookie	1.00 Cookie	147.700	24.300	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	27.448*	3.951*	

Weighted Daily Average	785.231*	106.814*
% of Calories		54.41%

Thu - 02/20/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Mandarin Orange Chicken	1.00 Serving	150.000	17.000
Carrots	0.50 Cup	29.058	6.790
Cucumbers	0.50 Cup	10.974	2.656
Selection of Fruits	1.00 Cup	97.327	24.871
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		649.933*	118.263*
% of Calories			72.78%

Fri - 02/21/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Macho Nachos	1.00 Each	491.384	37.953
Refried Beans	0.50 Cuo	167.993	23.999
Power Salad	1.00 Cup	10.962	1.980
Selection of Fruits	1.00 Cup	97.327	24.871

Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		834.377*	102.060*
% of Calories			48.93%

Mon - 02/24/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Mini Corn Dogs	6.00 Each	250.000	30.000
Carrots	0.50 Cup	29.058	6.790
Power Salad	1.00 Cup	10.962	1.980
Selection of Fruits	1.00 Cup	97.327	24.871
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		527.359*	86.706*
% of Calories			65.77%

Tue - 02/25/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Chicken Nuggets	7.00 Pieces	259.398	18.327
Tater Tots	1.00 Cup	241.490	28.174
Green Beans	0.50 Cup	21.069	4.214

Selection of Fruits	1.00 Cup	97.327	24.871
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		925.773*	130.099*
% of Calories			56.21%

Wed - 02/26/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Homemade Chili	1.00 Cup	215.549	19.802	
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	
Selection of Fruits	1.00 Cup	97.327	24.871	
Homebaked Cinnamon Roll	1.00 Roll	220.370	39.283	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	27.448*	3.951*	
Weighted Daily Average		723.521*	115.981*	
% of Calories			64.12%	

Thu - 02/27/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			

Ham & Cheese Rippers	1.00 Serving	270.000	28.000
Carrots	0.50 Cup	29.058	6.790
Cucumbers	0.50 Cup	10.974	2.656
Selection of Fruits	1.00 Cup	97.327	24.871
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		547.368*	85.213*
% of Calories			62.27%

Fri - 02/28/2020		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	1.00 Cup	200.000	30.000	
Baked Beans	0.50 Cup	222.609	43.510	
Selection of Fruits	1.00 Cup	97.327	24.871	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	27.448*	3.951*	
Weighted Daily Average		1009.183*	148.575*	
% of Calories			58.89%	

* = Indicates missing Nutrient Information.

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