

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 Lunch



Mon - 03/02/2020		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 - 03/03/2020		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 - 03/04/2020	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 - 03/05/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch			
Recipe	Total		
Macaroni and Cheese	6.00 ounces	290.165	28.016
Macaroni and Cheese	1.00 #6 scoop	318.595	21.735
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		522.045*	78.727*
% of Calories			60.32%

Fri - 03/06/2020	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 - 03/09/2020		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 - 03/10/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
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	
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	
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	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	42.421*	5.650*	
Weighted Daily Average		617.437*	78.109*	
% of Calories			50.60%	

Wed - 03/11/2020		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
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 - 03/12/2020	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 - 03/13/2020		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%	

Mon - 03/16/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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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
Cucumbers	0.50 Cup	10.974	2.656
Carrots	0.50 Cup	29.058	6.790
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		639.003*	87.214*
% of Calories			54.59%

Tue - 03/17/2020	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 - 03/18/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
Recipe	Total			
Beefy Soft Taco	1.00 Each	273.405	23.848	
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 Cup	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		668.325*	95.391*	
% of Calories			57.09%	

Thu - 03/19/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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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%

Mon - 03/23/2020	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 - 03/24/2020		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%	

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Wed - 03/25/2020	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 - 03/26/2020	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 - 03/27/2020		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%
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Mon - 03/30/2020		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 - 03/31/2020		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%

* = Indicates missing Nutrient Information.

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

Carbohydrate Report

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



Mon - 03/02/2020		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		544.746*	85.964*	
% of Calories			63.12%	

Tue - 03/03/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
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
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	64.584	14.282
Cucumbers	0.50 Cup	10.974	2.656
Selection of Fruits	0.50 Cup	61.660	15.716
Strawberries	4.00 oz	40.499	11.340
Milk	1.00 Each	126.000	21.800
Cheese Omelet	1.00 Omelet	135.779	1.044
Dutch Waffle	1.00 Each	302.026	43.515
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		612.800*	86.141*
% of Calories			56.23%

Wed - 03/04/2020		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 Cuo	167.993	23.999	

Corn	0.50 Cup	91.635	19.243
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		829.185*	100.230*
% of Calories			48.35%

Thu - 03/05/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			
Philly Cheesesteak	1.00 Sandwich	354.181	33.031	
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	
Red Bell Peppers	0.50 Cup	19.203	3.735	
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		654.405*	85.508*	
% of Calories			52.27%	

Fri - 03/06/2020		Portion Size	Calories (kcal)	Carbohydrates (g)

Middle School Main			
Recipe	Total		
Macaroni and Cheese	1.00 #6 scoop	318.595	21.735
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
Power Salad	1.00 Cup	10.962	1.980
Roasted Potatoes	0.50 Cup	91.086	16.227
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		660.712*	92.579*
% of Calories			56.05%

Mon - 03/09/2020	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

Carrots	0.50 Cup	29.058	6.790
Tater Tots	1.00 Cup	241.490	28.174
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		582.403*	75.310*
% of Calories			51.72%

Tue - 03/10/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			
Pulled Pork Sandwich	1.00 each	410.000	32.400	
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	
Coleslaw	0.50 Cup	55.860	6.851	
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		590.835*	75.954*	
% of Calories			51.42%	

Wed - 03/11/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
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Middle School Main			
Recipe	Total		
Creamy Thai Chicken	1.00 #8 scoop	394.241	30.932
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
Rice	1.00 Cup	224.000	44.800
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		743.135*	105.449*
% of Calories			56.76%

Thu - 03/12/2020	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
BBQ Sauce	1.00 Each	40.000	10.000
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		815.929*	114.815*
% of Calories			56.29%

Fri - 03/13/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
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	
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	
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		649.112*	84.607*
% of Calories			52.14%

Mon - 03/16/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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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 - 03/17/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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Middle School Main			
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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 Cuo	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 - 03/18/2020		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 - 03/19/2020	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
Broccoli	0.50 Cup	18.038	3.523
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		583.214*	82.458*
% of Calories			56.55%

Fri - 03/20/2020	Portion Size	Calories (kcal)	Carbohydrates (g)

Middle School Main			
Recipe	Total		
Weighted Daily Average	N/A		N/A
% of Calories			N/A

Mon - 03/23/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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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 - 03/24/2020	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
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 - 03/25/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Chicken and Cheese Quesadilla	1.00 each	388.205	35.121
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		574.647*	76.804*
% of Calories			53.46%

Thu - 03/26/2020		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	
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	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	42.421*	5.650*	
Weighted Daily Average		513.246*	71.853*	
% of Calories			56.00%	

Fri - 03/27/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
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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
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	42.421*	5.650*
Weighted Daily Average		476.782*	61.752*
% of Calories			51.81%

Mon - 03/30/2020	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%

Tue - 03/31/2020		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 Cuo	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%	

* = Indicates missing Nutrient Information.

Carbohydrate Report

District: Mead School District
 School: Mead High School
 Menu: High School Main



Mon - 03/02/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Mandarin Orange Chicken	1.00 Serving	150.000	17.000	
Power Salad	1.00 Cup	10.962	1.980	
Carrots	0.50 Cup	29.058	6.790	
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			641.800*	115.989*
% of Calories				72.29%

Tue - 03/03/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Dutch Waffle & Cheese Omelet	1.00 Each	437.805	44.560	
Roasted Squash	0.50 Cup	64.584	14.282	
Cucumbers	0.50 Cup	10.974	2.656	
Strawberries	4.00 oz	40.499	11.340	

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*
Dutch Waffle	1.00 Each	302.026	43.515
Cheese Omelet	1.00 Omelet	135.779	1.044
Weighted Daily Average		663.013*	89.409*
% of Calories			53.94%

Wed - 03/04/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Macho Nachos	1.00 Each	491.384	37.953	
Refried Beans	0.50 Cuo	167.993	23.999	
Corn	0.50 Cup	91.635	19.243	
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		905.674*	114.458*	
% of Calories			50.55%	

Thu - 03/05/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			

Philly Cheesesteak	1.00 Sandwich	354.181	33.031
Tater Tots	1.00 Cup	241.490	28.174
Red Bell Peppers	0.50 Cup	19.203	3.735
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		840.542*	111.792*
% of Calories			53.20%

Fri - 03/06/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Macaroni and Cheese	1.00 #6 scoop	318.595	21.735	
Power Salad	1.00 Cup	10.962	1.980	
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		729.832*	100.233*	
% of Calories			54.93%	

Mon - 03/09/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				

Recipe	Total		
Chicken Nuggets	7.00 Pieces	259.398	18.327
Carrots	0.50 Cup	29.058	6.790
Tater Tots	1.00 Cup	241.490	28.174
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		888.089*	124.288*
% of Calories			55.98%

Tue - 03/10/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Pulled Pork Sandwich	1.00 each	410.000	32.400	
Coleslaw	0.50 Cup	55.860	6.851	
Red Bell Peppers	0.50 Cup	19.203	3.735	
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		669.043*	82.346*	
% of Calories			49.23%	

Wed - 03/11/2020	Portion Size	Calories (kcal)	Carbohydrates (g)

High School Main			
Recipe	Total		
Creamy Thai Chicken	1.00 #8 scoop	394.241	30.932
Power Salad	1.00 Cup	10.962	1.980
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
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		990.594*	146.867*
% of Calories			59.30%

Thu - 03/12/2020	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		902.811*	128.886*

% of Calories	57.10%
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Fri - 03/13/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Chicken Alfredo	1.00 Serving	506.049	49.103
Carrots	0.50 Cup	29.058	6.790
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
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		827.165*	112.356*
% of Calories			54.33%

Mon - 03/16/2020	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 - 03/17/2020		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	
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 - 03/18/2020		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 - 03/19/2020	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
Broccoli	0.50 Cup	18.038	3.523
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		718.190*	107.951*
% of Calories			60.12%

Fri - 03/20/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			

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

Mon - 03/23/2020	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 - 03/24/2020	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%

Wed - 03/25/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Chicken and Cheese Quesadilla	1.00 each	487.350	38.035	
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		761.773*	94.229*	
% of Calories			49.48%	

Thu - 03/26/2020		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
Corn	0.50 Cup	91.635	19.243
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*
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		642.562*	95.592*
% of Calories			59.51%

Fri - 03/27/2020	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
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	27.448*	3.951*
Weighted Daily Average		706.042*	103.389*
% of Calories			58.57%

Mon - 03/30/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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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%

Tue - 03/31/2020	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%

* = Indicates missing Nutrient Information.

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