

# Carbohydrate Report

District: Mead School District

School: Mountainside Middle

Menu: Middle School Main



Mon - 06/03/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			
Pancakes & Sausage Lunch	1.00 Serving	310.000	40.000	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000	
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000	
Carrots	0.50 Cup	29.058	6.790	
Cucumbers	0.50 Cup	10.974	2.656	
Fruit Variety	0.50 Cup	67.949	17.159	
Milk	1.00 Each	126.000	21.800	
Maple Syrup	1.00 Each	120.000	31.000	
BBQ Sauce	1.00 Each	40.000	10.000	
Ketchup	1.00 Each	10.000	3.000	
Ranch Dressing	1.00 oz	56.875	0.875	
Weighted Daily Average			600.434	93.147
% of Calories				62.05%

Tue - 06/04/2019		Portion Size	Calories (kcal)	Carbohydrates (g)

Middle School Main			
Recipe	Total		
Chicken Nuggets	6.00 Each	299.405	21.557
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Tater Tots	4.00 Ounce	226.667	25.333
Red Bell Peppers	0.50 Cup	19.203	3.735
Fruit Variety	0.50 Cup	67.949	17.159
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 Each	40.000	10.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		693.495	89.816
% of Calories			51.81%

Wed - 06/05/2019	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 - 06/06/2019	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
Baked Beans	0.50 Cup	222.609	43.510
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
Ranch Dressing	1.00 oz	56.875	0.875

Weighted Daily Average	619.631	80.239
% of Calories		51.80%

<b>Fri - 06/07/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Middle School Main			
Recipe	Total		
Cheese Ravioli	14.00 Pieces	301.030	40.452
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Power Salad	1.00 Cup	10.962	1.980
Cauliflower	0.50 Cup	12.600	2.505
Roasted Cauliflower	0.50 Cup	39.184	3.248
Fruit Variety	0.50 Cup	67.949	17.159
Garlic Toast	1.00 Toast	100.000	15.000
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 Each	40.000	10.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		591.781	85.343
% of Calories			57.69%

<b>Mon - 06/10/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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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
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
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		596.506	82.468
% of Calories			55.30%

Tue - 06/11/2019			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Chef's Choice Menu	1.00 Each	N/A*	N/A*
Weighted Daily Average		N/A*	N/A*
% of Calories			N/A

Wed - 06/12/2019			
	Portion Size	Calories (kcal)	Carbohydrates (g)

Middle School Main			
Recipe	Total		
Chef's Choice Menu	1.00 Each	N/A*	N/A*
Weighted Daily Average		N/A*	N/A*
% of Calories			N/A

Thu - 06/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Chef's Choice Menu	1.00 Each	N/A*	N/A*
Weighted Daily Average		N/A*	N/A*
% of Calories			N/A

Fri - 06/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
No Lunch - Early Release	1.00 each	N/A	N/A
Weighted Daily Average		N/A	N/A
% of Calories			N/A

\* = 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

# Carbohydrate Report

District: Mead School District

School: Mead High School

Menu: High School Main



Mon - 06/03/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe		Total		
Pancakes, Sausage & Scrambled Eggs Lunch		1.00 Each	400.000	42.000
Carrots		0.50 Cup	29.058	6.790
Cucumbers		0.50 Cup	10.974	2.656
Fruit Variety		1.00 Cup	109.926	27.897
Milk		1.00 Each	126.000	21.800
Condiments		1.00 Each	20.269	2.294
Pancake		1.00 Each	70.000	13.000
Sausage Patty		1.00 Patty	100.000	1.000
Scrambled Eggs		2.00 oz	90.000	2.000
Weighted Daily Average			661.230	96.212
% of Calories				58.20%

Tue - 06/04/2019		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

Red Bell Peppers	0.50 Cup	19.203	3.735
Fruit Variety	1.00 Cup	109.926	27.897
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		904.506	126.639
% of Calories			56.00%

Wed - 06/05/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Ham & Cheese Rippers	1.00 Serving	270.000	28.000	
Cucumbers	0.50 Cup	10.974	2.656	
Power Salad	1.00 Cup	10.962	1.980	
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		618.317	102.696	
% of Calories			66.44%	

Thu - 06/06/2019		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
Baked Beans	0.50 Cup	222.609	43.510
Broccoli	0.50 Cup	18.038	3.523
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		786.782	113.722
% of Calories			57.82%

Fri - 06/07/2019		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	
Cauliflower	0.50 Cup	12.600	2.505	
Roasted Cauliflower	0.50 Cup	39.184	3.248	
Fruit Variety	1.00 Cup	109.926	27.897	
Garlic Toast	1.00 Toast	100.000	15.000	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	20.269	2.294	
Weighted Daily Average		677.009	109.033	
% of Calories			64.42%	

<b>Mon - 06/10/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
High School Main			
Recipe	Total		
Beef Teriyaki Dippers	6.00 Dippers	240.000	9.000
Broccoli	0.50 Cup	18.038	3.523
Roasted Broccoli	0.50 Cup	38.496	4.634
Carrots	0.50 Cup	29.058	6.790
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		729.893	106.862
% of Calories			58.56%

<b>Tue - 06/11/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
High School Main			
Recipe	Total		
Chef's Choice Menu	1.00 Each	N/A*	N/A*
Weighted Daily Average		N/A*	N/A*
% of Calories			N/A

<b>Wed - 06/12/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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High School Main			
Recipe	Total		
Chef's Choice Menu	1.00 Each	N/A*	N/A*
Weighted Daily Average		N/A*	N/A*
% of Calories			N/A

Thu - 06/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Chef's Choice Menu	1.00 Each	N/A*	N/A*
Weighted Daily Average		N/A*	N/A*
% of Calories			N/A

Fri - 06/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
No Lunch - Early Release	1.00 each	N/A	N/A
Weighted Daily Average		N/A	N/A
% of Calories			N/A

\* = Indicates missing Nutrient Information.

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