

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



Fri - 02/01/2019		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	
Cheesy Potatoes	1.00 Serving	182.409	16.000	
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			632.310	82.944
% of Calories				52.47%

Mon - 02/04/2019		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 - 02/05/2019		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%

Wed - 02/06/2019	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 - 02/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Cheeseburger	1.00 Each	372.810	28.509
Hamburger	1.00 Each	322.810	28.009
Veggie Burger	1.00 Each	320.097	36.935
Chicken Patty	1.00 Each	335.624	39.115
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
Coleslaw	0.50 Cup	55.860	6.851
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		859.673	112.914
% of Calories			52.54%

Fri - 02/08/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Middle School Main			
Recipe	Total		
Chicken Teriyaki Rice Bowl	1.00 Serving	353.953	49.916
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 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		661.653	99.865
% of Calories			60.37%

Mon - 02/11/2019	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 - 02/12/2019	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 - 02/13/2019	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
Roasted Rosemary Potatoes	0.67 Cup	110.331	19.697
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		783.748	110.225
% of Calories			56.26%

Thu - 02/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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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%

Fri - 02/15/2019			
Middle School Main			
Recipe	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Sour Cherry Lemon Slushy	1.00 Each	90.000	22.000
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		661.779	95.553
% of Calories			57.76%

Mon - 02/18/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			
Weighted Daily Average			N/A	N/A
% of Calories				N/A

Tue - 02/19/2019		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 - 02/20/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Pancake Griddle Sandwich	1.00 Each	335.080	28.515
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
Potato Baby Bakers	1.00 Serving	100.290	17.049
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	782.101	116.134
% of Calories		59.40%

Thu - 02/21/2019	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%

Fri - 02/22/2019	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
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		660.371	87.105
% of Calories			52.76%

Mon - 02/25/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			
Garlic Cheese Toast with Chicken Noodle Soup	1.00 Each	449.794	39.159	
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	
Cucumbers	0.50 Cup	10.974	2.656	
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
Frosted Cookie	1.00 Each	172.000	26.900
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
Garlic Cheese Toast	1.00 Piece	368.000	28.300
Chicken Noodle Soup	1.00 Cup	81.794	10.859
Weighted Daily Average		799.874	107.368
% of Calories			53.69%

Tue - 02/26/2019	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 - 02/27/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
All Natural Beef Hot Dog	1.00 Each	342.372	27.012
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		786.936	110.647
% of Calories			56.24%

Thu - 02/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Middle School Main			
Recipe	Total		
Orange Grilled Chicken	1.00 Serving	175.836	19.180
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
Not Fried Rice	1.00 Cup	277.747	51.916
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		630.194	98.403
% of Calories			62.46%

* = Indicates missing Nutrient Information.

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Carbohydrate Report

District: Mead School District

School: Mt. Spokane High School

Menu: High School Main



Fri - 02/01/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Crispy Chicken Strips	3.00 Each	185.018	13.072	
Cheesy Potatoes	1.00 Serving	182.409	16.000	
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			784.400	111.095
% of Calories				56.65%

Mon - 02/04/2019		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 - 02/05/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
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%	

Wed - 02/06/2019		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%

Thu - 02/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Cheeseburger	1.00 Each	372.810	28.509
Hamburger	1.00 Each	322.810	28.009
Veggie Burger	1.00 Each	320.097	36.935
Tater Tots	4.00 Ounce	226.667	25.333
Baked Beans	0.50 Cup	222.609	43.510
Coleslaw	0.50 Cup	55.860	6.851
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		941.374	123.225
% of Calories			52.36%

Fri - 02/08/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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High School Main			
Recipe	Total		
Chicken Teriyaki Rice Bowl	1.50 Cup	490.694	70.065
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
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		920.641	149.074
% of Calories			64.77%

Mon - 02/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Popcorn Chicken	10.00 Pieces	278.036	20.672
Cheesy Potatoes	1.00 Serving	182.409	16.000
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		788.703	107.500

% of Calories	54.52%
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Tue - 02/12/2019		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		689.485	115.399	
% of Calories			66.95%	

Wed - 02/13/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Dutch Waffle & Scrambled Egg Lunch	1.00 Each	572.026	49.520	
Roasted Rosemary Potatoes	0.50 Cup	97.372	16.624	
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		1026.748	146.582
% of Calories			57.11%

Thu - 02/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Chicken Fajita	1.00 Each	441.619	37.849
Refried Beans	0.50 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		810.579	108.891
% of Calories			53.74%

Fri - 02/15/2019	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
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		729.597	111.057
% of Calories			60.89%

Mon - 02/18/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Weighted Daily Average			N/A	N/A
% of Calories				N/A

Tue - 02/19/2019		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%
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Wed - 02/20/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Pancake Griddle Sandwich	1.00 Each	335.080	28.515	
Potato Baby Bakers	1.00 Serving	100.290	17.049	
Broccoli	0.50 Cup	18.038	3.523	
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		821.418	118.714	
% of Calories			57.81%	

Thu - 02/21/2019		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		770.269	123.805
% of Calories			64.29%

Fri - 02/22/2019	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 - 02/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Garlic Cheese Toast with Chicken Noodle Soup	1.00 Each	449.794	39.159
Cucumbers	0.50 Cup	10.974	2.656

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
Chicken Noodle Soup	1.00 Cup	81.794	10.859
Garlic Cheese Toast	1.00 Piece	368.000	28.300
Weighted Daily Average		718.078	94.446
% of Calories			52.61%

Tue - 02/26/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Chicken Chili (Knorr)	1.00 Cup	240.778	26.416	
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		716.753	117.073	
% of Calories			65.34%	

Wed - 02/27/2019		Portion Size	Calories (kcal)	Carbohydrates (g)

High School Main			
Recipe	Total		
All Natural Beef Hot Dog	1.00 Each	342.372	27.012
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		881.529	122.669
% of Calories			55.66%

Thu - 02/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Orange Grilled Chicken	1.00 Serving	175.836	19.180
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
Not Fried Rice	1.00 Cup	277.747	51.916
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		743.942	128.829
% of Calories			69.27%

* = Indicates missing Nutrient Information.