

# Carbohydrate Report

District: Mead School District

School: Mountainside Middle

Menu: Clone of Middle School Main 2017-2018



Mon - 09/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Main 2017-2018			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 09/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Main 2017-2018			
Recipe	Total		
Chicken Nuggets	6.00 Pieces	221.776	15.669
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
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	0.50 Cup	80.180	16.036
Broccoli	0.50 Cup	18.038	3.523
Fruit Variety	0.50 Cup	84.326	21.008

Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	76.875	0.875
Chicken Gravy	0.25 Cup	35.093	7.019
Weighted Daily Average		675.344	97.511
% of Calories			57.76%

Wed - 09/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Main 2017-2018			
Recipe	Total		
Taco Burrito	1.00 Each	350.000	38.000
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
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
Refried Beans	0.50 Cuo	209.991	29.999
Fruit Variety	0.50 Cup	84.326	21.008
Milk	1.00 Each	126.000	21.800

BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	76.875	0.875
Sour Cream	1.00 Each	25.312	4.050
Salsa	0.25 Cup	20.000	4.000
Weighted Daily Average		701.747	94.997
% of Calories			54.15%

Thu - 09/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Main 2017-2018			
Recipe	Total		
Hamburger	1.00 Each	322.810	28.009
Cheeseburger	1.00 Each	372.810	28.509
Veggie Burger	1.00 Each	320.097	36.935
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Shredded Lettuce	0.50 Cup	6.048	1.283
Carrots	0.50 Cup	29.058	6.790

Oven Baked Fries	4.00 Ounce	160.000	25.333
Fruit Variety	0.50 Cup	84.326	21.008
Milk	1.00 Each	126.000	21.800
Ketchup	1.00 Each	10.000	3.000
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	76.875	0.875
Weighted Daily Average		740.673	98.109
% of Calories			52.98%

Fri - 09/08/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Main 2017-2018			
Recipe	Total		
Chicken Teriyaki Rice Bowl	1.00 Serving	354.620	49.782
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
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
Fruit Variety	0.50 Cup	84.326	21.008

Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	76.875	0.875
BBQ Sauce	1.00 ounce	34.363	6.873
Weighted Daily Average		587.624	85.598
% of Calories			58.27%

Mon - 09/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Main 2017-2018			
Recipe	Total		
Pulled Pork Sandwich	1.00 each	410.000	32.400
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
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
Coleslaw	0.50 Cup	55.860	6.851
Fruit Variety	0.50 Cup	84.326	21.008
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	76.875	0.875
BBQ Sauce	1.00 ounce	34.363	6.873

Weighted Daily Average	837.827	97.270
% of Calories		46.44%

Tue - 09/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Main 2017-2018			
Recipe	Total		
Sweet & Sour Grilled Chicken	1.00 Serving	171.538	18.494
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
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
Kale Chips	0.50 Cup	14.261	1.654
Fruit Variety	0.50 Cup	84.326	21.008
Rice	0.67 Cup	150.000	29.733
Sherbet	1.00 Sherbet	110.000	25.000
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	76.875	0.875

Weighted Daily Average	663.369	105.595
% of Calories		63.67%

Wed - 09/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Main 2017-2018			
Recipe	Total		
Pancakes & Scrambled Egg Lunch	1.00 Serving	375.000	44.100
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Broccoli	0.50 Cup	18.038	3.523
Roasted Squash	0.50 Cup	64.303	14.211
Fruit Variety	0.50 Cup	84.326	21.008
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	76.875	0.875
BBQ Sauce	1.00 ounce	34.363	6.873
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		694.375	105.677
% of Calories			60.88%

Thu - 09/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Main 2017-2018			
Recipe	Total		
Chicken Wrap	1.00 Each	354.673	34.420
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
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 Rosemary Potatoes	0.50 Cup	79.487	13.570
Ranch and Green Chickpea Salad	0.50 Cup	137.547	10.239
Fruit Variety	0.50 Cup	84.326	21.008
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	76.875	0.875
Weighted Daily Average		723.763	89.582
% of Calories			49.51%

Fri - 09/15/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Main 2017-2018			



Recipe	Total		
Garlic & Cheese Ripper	1.00 Slice	280.986	30.106
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
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	84.326	21.008
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	76.875	0.875
Weighted Daily Average		535.159	73.934
% of Calories			55.26%

Mon - 09/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Main 2017-2018			
Recipe	Total		
Chicken Alfredo	1.00 Serving	410.053	56.108
Chicken Patty	1.00 Each	335.624	39.115

Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
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	10.639	1.922
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	0.50 Cup	84.326	21.008
Garlic Toast	1.00 Toast	100.000	15.000
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	76.875	0.875
BBQ Sauce	1.00 ounce	34.363	6.873
Weighted Daily Average		658.328	95.504
% of Calories			58.03%

Tue - 09/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Main 2017-2018			
Recipe	Total		
Philly Cheesesteak	1.00 Sandwich	402.352	38.483
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
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	0.50 Cup	122.651	22.486
Cucumbers	0.50 Cup	10.974	2.656
Fruit Variety	0.50 Cup	84.326	21.008
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	76.875	0.875
Weighted Daily Average		678.850	90.573
% of Calories			53.37%

Wed - 09/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Main 2017-2018			
Recipe	Total		
Orange Chicken	10.00 Pieces	308.036	29.072
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Broccoli	0.50 Cup	18.038	3.523

Stir Fry Veggies	0.50 Cup	18.766	3.217
Fruit Variety	0.50 Cup	84.326	21.008
Not Fried Rice	1.00 2/3 Cup	188.549	34.987
Rice Crispy Treat	1.00 Each	100.000	16.000
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	76.875	0.875
Weighted Daily Average		721.430	100.757
% of Calories			55.86%

Thu - 09/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Main 2017-2018			
Recipe	Total		
Cheese Ravioli	14.00 Pieces	301.030	40.452
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
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
Corn	0.50 Cup	91.635	19.243

Fruit Variety	0.50 Cup	84.326	21.008
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	76.875	0.875
BBQ Sauce	1.00 ounce	34.363	6.873
Weighted Daily Average		687.711	107.467
% of Calories			62.51%

Fri - 09/22/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Main 2017-2018			
Recipe	Total		
Macho Nachos	1.00 Each	423.631	44.203
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
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
Refried Beans	0.50 Cuo	209.991	29.999
Fruit Variety	0.50 Cup	84.326	21.008
Milk	1.00 Each	126.000	21.800

Ranch Dressing	1.00 oz	76.875	0.875
BBQ Sauce	1.00 ounce	34.363	6.873
Sour Cream	1.00 Each	25.312	4.050
Salsa	0.25 Cup	20.000	4.000
Weighted Daily Average		760.908	100.402
% of Calories			52.78%

Mon - 09/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Main 2017-2018			
Recipe	Total		
Ham & Cheese Rippers	1.00 Serving	270.000	28.000
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
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	84.326	21.008
Milk	1.00 Each	126.000	21.800

BBQ Sauce	1.00 ounce	34.363	6.873
Ketchup	1.00 Each	10.000	3.000
Ranch Dressing	1.00 oz	76.875	0.875
Weighted Daily Average		731.698	95.546
% of Calories			52.23%

Tue - 09/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Main 2017-2018			
Recipe	Total		
Chicken Fajita	1.00 Each	365.849	28.535
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
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
Fruit Variety	0.50 Cup	84.326	21.008
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	76.875	0.875
BBQ Sauce	1.00 ounce	34.363	6.873

Sour Cream	1.00 Each	25.312	4.050
Salsa	0.25 Cup	20.000	4.000
Weighted Daily Average		602.108	74.921
% of Calories			49.77%

Wed - 09/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Main 2017-2018			
Recipe	Total		
Turkey, Cheese & Ranch Flatbread	1.00 Half	354.905	26.725
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
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
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	0.50 Cup	84.326	21.008
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	76.875	0.875
Chicken Noodle Soup	1.00 Cup	83.054	10.607



Weighted Daily Average	625.110	77.511
% of Calories		49.60%

Thu - 09/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Main 2017-2018			
Recipe	Total		
Spaghetti with Meat Sauce	1.00 Serving	299.668	40.129
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Kale Chips	0.50 Cup	14.261	1.654
Cucumbers	0.50 Cup	10.974	2.656
Fruit Variety	0.50 Cup	84.326	21.008
Garlic Toast	1.00 Toast	100.000	15.000
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	76.875	0.875
BBQ Sauce	1.00 ounce	34.363	6.873
Weighted Daily Average		579.101	82.229

% of Calories	56.80%
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Fri - 09/29/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of Middle School Main 2017-2018			
Recipe	Total		
Crispy Chicken Strips	3.00 Each	185.018	13.072
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
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	155.671	31.134
Oven Baked Fries	4.00 Ounce	160.000	25.333
Fruit Variety	0.50 Cup	84.326	21.008
Sherbet	1.00 Sherbet	110.000	25.000
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 ounce	34.363	6.873
Ranch Dressing	1.00 oz	76.875	0.875
Weighted Daily Average		793.086	122.886
% of Calories			61.98%

\* = Indicates missing Nutrient Information.

8/16/2017

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: Mt. Spokane High School

Menu: Clone of High School Main 2017-2018



Mon - 09/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of High School Main 2017-2018			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 09/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of High School Main 2017-2018			
Recipe	Total		
Chicken Nuggets	7.00 Pieces	259.398	18.327
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
Red Bell Peppers	0.50 Cup	19.203	3.735
Oven Baked Fries	4.00 Ounce	160.000	25.333
Fruit Variety	1.00 Cup	125.266	30.607
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800

Condiments	1.00 Each	23.588	2.294
Weighted Daily Average		787.351	118.150
% of Calories			60.02%

Wed - 09/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of High School Main 2017-2018			
Recipe	Total		
Waffle Lunch	1.00 Serving	560.408	51.634
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
Roasted Squash	0.50 Cup	64.303	14.211
Cucumbers	0.50 Cup	10.974	2.656
Fruit Variety	1.00 Cup	125.266	30.607
Strawberries	0.50 Cup	24.320	5.837
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	23.588	2.294
Whipped Topping	1.00 each	18.750	1.500
Maple Syrup	1.00 Each	120.000	31.000
Waffles	3.00 Waffles	660.000	99.000
Cheese Omelet	1.00 Omelet	130.408	1.134

Sausage Patty	1.00 Patty	100.000	1.000
Weighted Daily Average		871.060	128.292
% of Calories			58.91%

Thu - 09/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of High School Main 2017-2018			
Recipe	Total		
Chicken Teriyaki Rice Bowl	1.50 Cup	491.694	69.865
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
Roasted Broccoli	0.50 Cup	38.496	4.634
Stir Fry Veggies	0.50 Cup	18.766	3.217
Fruit Variety	1.00 Cup	125.266	30.607
Sherbet	1.00 Sherbet	110.000	25.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	23.588	2.294
Weighted Daily Average		825.065	136.823
% of Calories			66.33%

Fri - 09/08/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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Clone of High School Main 2017-2018			
Recipe	Total		
Macho Nachos	1.00 Each	423.631	44.203
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
Refried Beans	0.50 Cuo	209.991	29.999
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	1.00 Cup	125.266	30.607
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	23.588	2.294
Sour Cream	1.00 Each	25.312	4.050
Salsa	0.25 Cup	20.000	4.000
Weighted Daily Average		814.568	118.454
% of Calories			58.17%

Mon - 09/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of High School Main 2017-2018			
Recipe	Total		
Ham & Cheese Rippers	1.00 Serving	270.000	28.000

Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
Tater Tots	4.00 Ounce	226.667	25.333
Broccoli	0.50 Cup	18.038	3.523
Fruit Variety	1.00 Cup	125.266	30.607
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	23.588	2.294
Weighted Daily Average		780.179	108.656
% of Calories			55.71%

Tue - 09/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of High School Main 2017-2018			
Recipe	Total		
Chicken Fajita	1.00 Each	437.136	36.016
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
Corn	0.50 Cup	91.635	19.243
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	1.00 Cup	125.266	30.607
Milk	1.00 Each	126.000	21.800



Condiments	1.00 Each	23.588	2.294
Sour Cream	1.00 Each	25.312	4.050
Salsa	0.25 Cup	20.000	4.000
Weighted Daily Average		749.250	106.387
% of Calories			56.80%

Wed - 09/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of High School Main 2017-2018			
Recipe	Total		
Spaghetti with Meat Sauce	1.00 Serving	343.168	49.629
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
Power Salad	1.00 Cup	10.639	1.922
Cucumbers	0.50 Cup	10.974	2.656
Fruit Variety	1.00 Cup	125.266	30.607
Garlic Toast	1.00 Toast	100.000	15.000
Rice Crispy Treat	1.00 Each	100.000	16.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	23.588	2.294
Weighted Daily Average		706.136	109.396

% of Calories	61.97%
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Thu - 09/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of High School Main 2017-2018			
Recipe	Total		
Turkey, Cheese & Ranch Flatbread	1.00 Each	355.592	27.231
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
Red Bell Peppers	0.50 Cup	19.203	3.735
Baked Beans	0.50 Cup	155.671	31.134
Fruit Variety	1.00 Cup	125.266	30.607
Chips	1.00 Each	110.030	17.006
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	23.588	2.294
Chicken Noodle Soup	1.00 Cup	83.054	10.607
Weighted Daily Average		841.850	121.725
% of Calories		57.84%	

Fri - 09/15/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of High School Main 2017-2018			

Recipe	Total		
Orange Chicken	10.00 Pieces	308.036	29.072
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
Carrots	0.50 Cup	29.058	6.790
Roasted Cauliflower	0.50 Cup	39.184	3.248
Fruit Variety	1.00 Cup	125.266	30.607
Not Fried Rice	1.00 Cup	278.725	51.720
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	23.588	2.294
Weighted Daily Average		823.350	127.760
% of Calories			62.07%

Mon - 09/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of High School Main 2017-2018			
Recipe	Total		
Chicken Alfredo	1.00 Serving	410.053	56.108
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
Red Bell Peppers	0.50 Cup	19.203	3.735

Broccoli	0.50 Cup	18.038	3.523
Fruit Variety	1.00 Cup	125.266	30.607
Garlic Toast	1.00 Toast	100.000	15.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	23.588	2.294
Weighted Daily Average		733.479	115.786
% of Calories			63.14%

Tue - 09/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of High School Main 2017-2018			
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
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
Shredded Lettuce	0.50 Cup	6.048	1.283
Carrots	0.50 Cup	29.058	6.790
Oven Baked Fries	4.00 Ounce	160.000	25.333

Fruit Variety	1.00 Cup	125.266	30.607
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	23.588	2.294
Weighted Daily Average		785.874	113.486
% of Calories			57.76%

Wed - 09/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of High School Main 2017-2018			
Recipe	Total		
Sweet & Sour Grilled Chicken	1.00 Serving	171.538	18.494
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
Stir Fry Veggies	0.50 Cup	18.766	3.217
Cucumbers	0.50 Cup	10.974	2.656
Fruit Variety	1.00 Cup	125.266	30.607
Rice	1.00 Cup	225.000	44.600
Dinner Roll	1.00 Each	160.000	30.000
Sherbet	1.00 Sherbet	110.000	25.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	23.588	2.294

Weighted Daily Average	869.402	154.712
% of Calories		71.18%

Thu - 09/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of High School Main 2017-2018			
Recipe	Total		
Taco Burrito	1.00 Each	350.000	38.000
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
Power Salad	1.00 Cup	10.639	1.922
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	1.00 Cup	125.266	30.607
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	23.588	2.294
Chips & Cheese	1.00 Serving	178.602	25.515
Sour Cream	1.00 Each	25.312	4.050
Salsa	0.25 Cup	20.000	4.000
Weighted Daily Average		735.574	110.233
% of Calories			59.94%

Fri - 09/22/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of High School Main 2017-2018			
Recipe	Total		
Chicken Wrap	1.00 Each	354.673	34.420
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
Oven Baked Fries	4.00 Ounce	160.000	25.333
Ranch and Green Chickpea Salad	0.50 Cup	137.547	10.239
Fruit Variety	1.00 Cup	125.266	30.607
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	23.588	2.294
Weighted Daily Average		822.852	112.996
% of Calories			54.93%

Mon - 09/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of High School Main 2017-2018			
Recipe	Total		
Chicken Smackers	10.00 Pieces	278.036	20.672
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115

Mashed Potatoes	0.67 Cup	120.271	24.054
Baked Beans	0.50 Cup	155.671	31.134
Fruit Variety	1.00 Cup	125.266	30.607
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	23.588	2.294
Chicken Gravy	0.25 Cup	35.093	7.019
Weighted Daily Average		900.897	146.073
% of Calories			64.86%

Tue - 09/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of High School Main 2017-2018			
Recipe	Total		
Garlic & Cheese Ripper	1.00 Slice	280.986	30.106
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
Kale Chips	0.50 Cup	14.261	1.654
Red Bell Peppers	0.50 Cup	19.203	3.735
Fruit Variety	1.00 Cup	125.266	30.607
Frosted Cookie	1.00 Each	140.000	24.000



Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	23.588	2.294
Weighted Daily Average		719.016	111.757
% of Calories			62.17%

Wed - 09/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of High School Main 2017-2018			
Recipe	Total		
Philly Cheesesteak	1.00 Sandwich	402.352	38.483
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
Roasted Rosemary Potatoes	0.67 Cup	129.244	23.074
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	1.00 Cup	125.266	30.607
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	23.588	2.294
Weighted Daily Average		772.202	114.574
% of Calories			59.35%

Thu - 09/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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Clone of High School Main 2017-2018			
Recipe	Total		
Cheese Ravioli	14.00 Pieces	301.030	40.452
Chicken Patty	1.00 Each	335.624	39.115
Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
Green Beans	0.50 Cup	21.069	4.214
Power Salad	1.00 Cup	10.639	1.922
Fruit Variety	1.00 Cup	125.266	30.607
Garlic Toast	1.00 Toast	100.000	15.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	23.588	2.294
Weighted Daily Average		658.720	105.521
% of Calories			64.08%

Fri - 09/29/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Clone of High School Main 2017-2018			
Recipe	Total		
Walking Taco	1.00 Each	406.902	30.181
Chicken Patty	1.00 Each	335.624	39.115

Chicken Patty Sandwich, Spicy	1.00 Each	339.660	39.115
Shredded Lettuce	0.50 Cup	6.048	1.283
Carrots	0.50 Cup	29.058	6.790
Cucumbers	0.50 Cup	10.974	2.656
Fruit Variety	1.00 Cup	125.266	30.607
Spanish Rice	1.00 Cup	211.333	42.178
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	23.588	2.294
Salsa	0.25 Cup	20.000	4.000
Sour Cream	1.00 Each	25.312	4.050
Weighted Daily Average		824.045	121.312
% of Calories			58.89%

\* = Indicates missing Nutrient Information.

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