

Carbohydrate Report

District: Mead School District

School: Mountainside Middle

Menu: Middle School Main 2017-2018



Mon - 10/02/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Beef Teriyaki Dippers	6.00 Dippers	240.000	9.000
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
Carrots	0.50 Cup	29.058	6.790
Roasted Cauliflower	0.50 Cup	39.184	3.248
Fruit Variety	0.50 Cup	84.326	21.008
Rice	0.67 Cup	147.385	29.672
Frosted Cookie	1.00 Each	140.000	24.000
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	736.011	99.831
% of Calories		54.26%

Tue - 10/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Chicken Nuggets	6.00 Each	299.405	21.557
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		708.344	99.109

% of Calories	55.97%
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Wed - 10/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Spanish Rice	0.67 Cup	144.091	28.758
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		773.443	109.927

% of Calories	56.85%
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Thu - 10/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Potato Baby Bakers	1.00 Serving	100.290	17.049
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
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		687.277	91.094
% of Calories			53.02%

Fri - 10/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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		590.047	86.663
% of Calories			58.75%

Mon - 10/09/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Chicken Wrap	1.00 Each	364.673	35.420
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		721.815	88.825
% of Calories			49.22%

Tue - 10/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
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		549.369	80.122
% of Calories			58.34%

Wed - 10/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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		692.571	105.324
% of Calories			60.83%

Thu - 10/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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%

Fri - 10/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 10/16/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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		657.264	95.311
% of Calories			58.00%

Tue - 10/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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		666.585	88.324
% of Calories			53.00%

Wed - 10/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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	184.804	34.329
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		631.633	86.361
% of Calories			54.69%

Thu - 10/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Sherbet	1.00 Sherbet	110.000	25.000
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		781.311	128.867
% of Calories			65.97%

Fri - 10/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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 - 10/23/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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 - 10/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Chicken Fajita	1.00 Each	375.849	29.535
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		608.108	75.521
% of Calories			49.68%

Wed - 10/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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	81.804	10.319
Weighted Daily Average		624.485	77.367
% of Calories			49.56%

Thu - 10/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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%

Fri - 10/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Refried Beans	0.50 Cup	209.991	29.999
Corn	0.50 Cup	91.635	19.243
Fruit Variety	0.50 Cup	84.326	21.008
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		895.980	117.671

% of Calories	52.53%
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Mon - 10/30/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Beef Teriyaki Dippers	6.00 Dippers	240.000	9.000
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
Carrots	0.50 Cup	29.058	6.790
Roasted Cauliflower	0.50 Cup	39.184	3.248
Fruit Variety	0.50 Cup	84.326	21.008
Rice	0.67 Cup	147.385	29.672
Frosted Cookie	1.00 Each	140.000	24.000
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		736.011	99.831
% of Calories		54.26%	

Tue - 10/31/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main 2017-2018			
Recipe	Total		
Chicken Nuggets	6.00 Each	299.405	21.557
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		724.344	102.109
% of Calories			56.39%

9/26/2017

* = 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: Mt. Spokane High School

Menu: High School Main 2017-2018



Mon - 10/02/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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%

Tue - 10/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High 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
Tater Tots	4.00 Ounce	226.667	25.333
Coleslaw	0.50 Cup	55.860	6.851
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		896.723	113.417
% of Calories			50.59%

Wed - 10/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
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
Whipped Topping	1.00 each	18.750	1.500
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		871.060	128.292
% of Calories			58.91%

Thu - 10/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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 - 10/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Salsa	0.25 Cup	20.000	4.000

Sour Cream	1.00 Each	25.312	4.050
Weighted Daily Average		814.568	118.454
% of Calories			58.17%

Mon - 10/09/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Ham & Cheese Rippers	1.00 Serving	270.000	28.000
Crispy Chicken Patty Sandwich	1.00 Each	334.000	39.000
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		779.909	108.637
% of Calories			55.72%

Tue - 10/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			

Recipe	Total		
Chicken Fajita	1.00 Each	437.136	36.016
Crispy Chicken Patty Sandwich	1.00 Each	334.000	39.000
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
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
Sour Cream	1.00 Each	25.312	4.050
Salsa	0.25 Cup	20.000	4.000
Weighted Daily Average		878.127	132.143
% of Calories			60.19%

Wed - 10/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Spaghetti with Meat Sauce	1.00 Serving	343.168	49.629
Crispy Chicken Patty Sandwich	1.00 Each	334.000	39.000

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		705.865	109.377
% of Calories			61.98%

Thu - 10/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Turkey, Cheese & Ranch Flatbread	1.00 Each	521.965	28.244
Crispy Chicken Patty Sandwich	1.00 Each	334.000	39.000
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	81.804	10.319
Weighted Daily Average		951.661	122.189
% of Calories			51.36%

Fri - 10/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main 2017-2018			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 10/16/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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 - 10/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Potato Baby Bakers	1.00 Serving	100.290	17.049
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		732.799	106.123
% of Calories			57.93%

Wed - 10/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
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		762.736	134.712

% of Calories	70.65%
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Thu - 10/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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 - 10/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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High School Main 2017-2018

Recipe	Total		
Chicken Wrap	1.00 Each	364.673	35.420
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		829.518	113.663
% of Calories			54.81%

Mon - 10/23/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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

Broccoli	0.50 Cup	18.038	3.523
Fruit Variety	1.00 Cup	125.266	30.607
Not Fried Rice	1.00 Cup	273.188	50.748
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	23.588	2.294
Weighted Daily Average		763.145	119.675
% of Calories			62.73%

Tue - 10/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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 - 10/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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 - 10/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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 - 10/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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

Cucumbers	0.50 Cup	10.974	2.656
Refried Beans	0.50 Cup	209.991	29.999
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		921.334	133.451
% of Calories			57.94%

Mon - 10/30/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High 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
Red Bell Peppers	0.50 Cup	19.203	3.735
Cheesy Potatoes	0.50 Cup	122.651	22.486
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		699.826	111.025
% of Calories			63.46%

Tue - 10/31/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
High 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
Tater Tots	4.00 Ounce	226.667	25.333
Coleslaw	0.50 Cup	55.860	6.851
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		896.723	113.417
% of Calories			50.59%

9/26/2017

* = Indicates missing Nutrient Information.

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