

Carbohydrate Report

District: Mead School District

School: Mountainside Middle

Menu: Middle School Breakfast



Mon - 09/10/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Breakfast			
Recipe	Total		
Egg Cheese English Muffin	1.00 Sandwich	255.000	23.000
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	24.000
Breakfast Bar Variety	1.00 Each	288.000	47.600
Cereal Variety	1.00 Each	104.416	22.989
Smoothie & Snack Cracker	8.00 oz	295.833	56.833
Fruit Variety	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Weighted Daily Average		512.398	89.017
% of Calories			69.49%

Tue - 09/11/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Breakfast			
Recipe	Total		
Pancake Wrap	1.00 Each	200.000	17.000
Cereal Variety	1.00 Each	104.416	22.989

Breakfast Bar Variety	1.00 Each	288.000	47.600
Yogurt Parfait	1.00 Each	288.672	63.397
Fruit Variety	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Maple Syrup	1.00 Each	120.000	31.000
Yogurt Variety	1.00 Each	103.333	19.333
Weighted Daily Average		501.887	99.506
% of Calories			79.31%

Wed - 09/12/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Breakfast			
Recipe	Total		
Egg Cheese English Muffin	1.00 Sandwich	255.000	23.000
Ham Egg Cheese English Muffin	1.00 Sandwich	271.667	23.167
Breakfast Bar Variety	1.00 Each	288.000	47.600
Cereal Variety	1.00 Each	104.416	22.989
Smoothie & Snack Cracker	8.00 oz	295.833	56.833
Fruit Variety	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Weighted Daily Average		495.732	88.850
% of Calories			71.69%

Thu - 09/13/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Breakfast			
Recipe	Total		
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Breakfast Bar Variety	1.00 Each	288.000	47.600
Yogurt Parfait	1.00 Each	288.672	63.397
Cereal Variety	1.00 Each	104.416	22.989
Fruit Variety	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Weighted Daily Average		499.432	100.513
% of Calories			80.50%

Fri - 09/14/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Breakfast			
Recipe	Total		
Egg Cheese English Muffin	1.00 Sandwich	255.000	23.000
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	24.000
Breakfast Bar Variety	1.00 Each	288.000	47.600
Cereal Variety	1.00 Each	104.416	22.989
Smoothie & Snack Cracker	8.00 oz	295.833	56.833
Fruit Variety	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667

Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Weighted Daily Average		512.398	89.017
% of Calories			69.49%

* = Indicates missing Nutrient Information.

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Carbohydrate Report

District: Mead School District

School: Mountainside Middle

Menu: Middle School Grab & Go



Mon - 09/10/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	351.667	30.500
Spicy Italian on Hoagie	1.00 Each	383.358	32.510
Peanut Butter & Jelly Jamwich	1.00 Each	493.597	51.576
Turkey Ranch Wrap	1.00 Each	386.698	31.432
Chicken Caesar Salad	1.00 Each	468.667	38.599
Tuna Salad Sandwich	1.00 Sandwich	351.103	29.913
Sunflower Seed Veggie Salad	1.00 Each	700.278	63.846
Fruit & Yogurt Salad	1.00 Each	492.281	68.504
Hummus Dip & Chips	1.00 Each	863.759	68.564
Broccoli	0.50 Cup	18.038	3.523
Peas	0.50 Cup	73.530	13.006
Carrots	0.50 Cup	29.058	6.790
Garbanzo Beans	0.50 Cup	107.054	22.481
Cucumbers	0.50 Cup	10.974	2.656
Fruit Variety	0.50 Cup	67.949	17.159
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Chips, Cheddar & Sour Cream Baked	1.00 Each	100.000	17.000
Mayonnaise	1.00 Each	90.000	0.000

Mustard	1.00 Each	5.000	0.000
Weighted Daily Average		729.982	91.447
% of Calories			50.11%

Tue - 09/11/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	351.667	30.500
Ham & Turkey Combo on Hoagie	1.00 Each	365.000	31.000
Peanut Butter & Jelly Jamwich	1.00 Each	493.597	51.576
Chicken Caesar Wrap	1.00 Serving	465.725	34.275
Chef Salad	1.00 Each	423.897	44.126
Tuna Salad Sandwich	1.00 Sandwich	351.103	29.913
Sunflower Seed Veggie Salad	1.00 Each	700.278	63.846
Fruit & Yogurt Salad	1.00 Each	492.281	68.504
Hummus Dip & Chips	1.00 Each	863.759	68.564
Broccoli	0.50 Cup	18.038	3.523
Peas	0.50 Cup	73.530	13.006
Carrots	0.50 Cup	29.058	6.790
Garbanzo Beans	0.50 Cup	107.054	22.481
Cucumbers	0.50 Cup	10.974	2.656
Fruit Variety	0.50 Cup	67.949	17.159
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Chips, Cheddar & Sour Cream Baked	1.00 Each	100.000	17.000

Mayonnaise	1.00 Each	90.000	0.000
Mustard	1.00 Each	5.000	0.000
Weighted Daily Average		678.457	82.735
% of Calories			48.78%

Wed - 09/12/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	351.667	30.500
Spicy Italian on Hoagie	1.00 Each	383.358	32.510
Peanut Butter & Jelly Jamwich	1.00 Each	493.597	51.576
Turkey Ranch Wrap	1.00 Each	386.698	31.432
Chicken Caesar Salad	1.00 Each	468.667	38.599
Tuna Salad Sandwich	1.00 Sandwich	351.103	29.913
Sunflower Seed Veggie Salad	1.00 Each	700.278	63.846
Fruit & Yogurt Salad	1.00 Each	492.281	68.504
Hummus Dip & Chips	1.00 Each	863.759	68.564
Broccoli	0.50 Cup	18.038	3.523
Peas	0.50 Cup	73.530	13.006
Carrots	0.50 Cup	29.058	6.790
Garbanzo Beans	0.50 Cup	107.054	22.481
Cucumbers	0.50 Cup	10.974	2.656
Fruit Variety	0.50 Cup	67.949	17.159
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Chips, Cheddar & Sour Cream Baked	1.00 Each	100.000	17.000

Mayonnaise	1.00 Each	90.000	0.000
Mustard	1.00 Each	5.000	0.000
Weighted Daily Average		686.213	81.809
% of Calories			47.69%

Thu - 09/13/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	351.667	30.500
Ham & Turkey Combo on Hoagie	1.00 Each	365.000	31.000
Peanut Butter & Jelly Jamwich	1.00 Each	493.597	51.576
Chicken Caesar Wrap	1.00 Serving	465.725	34.275
Chef Salad	1.00 Each	423.897	44.126
Tuna Salad Sandwich	1.00 Sandwich	351.103	29.913
Sunflower Seed Veggie Salad	1.00 Each	700.278	63.846
Fruit & Yogurt Salad	1.00 Each	492.281	68.504
Hummus Dip & Chips	1.00 Each	863.759	68.564
Broccoli	0.50 Cup	18.038	3.523
Peas	0.50 Cup	73.530	13.006
Carrots	0.50 Cup	29.058	6.790
Garbanzo Beans	0.50 Cup	107.054	22.481
Cucumbers	0.50 Cup	10.974	2.656
Fruit Variety	0.50 Cup	67.949	17.159
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800

Chips, Cheddar & Sour Cream Baked	1.00 Each	100.000	17.000
Mayonnaise	1.00 Each	90.000	0.000
Mustard	1.00 Each	5.000	0.000
Weighted Daily Average		697.246	83.681
% of Calories			48.01%

Fri - 09/14/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	351.667	30.500
Spicy Italian on Hoagie	1.00 Each	383.358	32.510
Peanut Butter & Jelly Jamwich	1.00 Each	493.597	51.576
Turkey Ranch Wrap	1.00 Each	386.698	31.432
Chicken Caesar Salad	1.00 Each	468.667	38.599
Tuna Salad Sandwich	1.00 Sandwich	351.103	29.913
Sunflower Seed Veggie Salad	1.00 Each	700.278	63.846
Fruit & Yogurt Salad	1.00 Each	492.281	68.504
Hummus Dip & Chips	1.00 Each	863.759	68.564
Broccoli	0.50 Cup	18.038	3.523
Peas	0.50 Cup	73.530	13.006
Carrots	0.50 Cup	29.058	6.790
Garbanzo Beans	0.50 Cup	107.054	22.481
Cucumbers	0.50 Cup	10.974	2.656
Fruit Variety	0.50 Cup	67.949	17.159
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800

Chips, Cheddar & Sour Cream Baked	1.00 Each	100.000	17.000
Mayonnaise	1.00 Each	90.000	0.000
Mustard	1.00 Each	5.000	0.000
Weighted Daily Average		689.727	83.530
% of Calories			48.44%

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Carbohydrate Report

District: Mead School District

School: Mt. Spokane High School

Menu: High School Breakfast



Mon - 09/10/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Breakfast			
Recipe	Total		
Egg & Cheese Bagel	1.00 Sandwich	315.000	35.000
Sausage, Egg & Cheese Bagel	1.00 Sandwich	415.000	36.000
Sausage & Cheese Bagel	1.00 Sandwich	370.000	35.000
Ham & Cheese Bagel	1.00 Sandwich	303.333	34.333
Egg Cheese English Muffin	1.00 Sandwich	255.000	23.000
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	24.000
Sausage Cheese English Muffin	1.00 Sandwich	310.000	23.000
Breakfast Burrito- Egg, Bean & Sausage	1.00 Each	220.000	25.000
Bagel	1.00 Each	208.000	34.100
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Yogurt Parfait	1.00 Each	288.672	63.397
Breakfast Cookie	1.00 Each	240.000	43.000
Pop Tarts	1.00 Pkg	363.333	75.333
Cereal Variety	1.00 Each	104.416	22.989
Breakfast Bar Variety	1.00 Each	288.000	47.600
Pumpkin Bread	1.00 Slice	270.000	43.000
Juice Variety	1.00 Each	63.333	15.667
Fruit Variety	1.00 Each	88.654	23.164
Milk	1.00 Each	126.000	21.800

Yogurt Variety	1.00 Each	103.333	19.333
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		526.394	90.815
% of Calories			69.01%

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Carbohydrate Report

District: Mead School District

School: Mt. Spokane High School

Menu: High School Deli



Mon - 09/10/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Deli			
Recipe	Total		
Ham & Turkey Combo on Hoagie	1.00 Each	365.000	31.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.333
Spicy Italian on Hoagie	1.00 Each	383.358	32.510
Turkey & Cheese on Hoagie	1.00 Each	351.667	30.500
Veggie Hummus Wrap	1.00 Each	592.360	52.239
Tuna Salad Sandwich	1.00 Sandwich	351.103	29.913
Peanut Butter & Jelly Jamwich	1.00 Each	493.597	51.576
Veggie Variety	1.00 Cup	71.377	14.551
Fruit Variety	1.00 Cup	109.926	27.897
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Mayonnaise	1.00 Each	90.000	0.000
Mustard	1.00 Each	5.000	0.000
Ranch Dressing	1.00 oz	56.875	0.875
Chips, Cheddar & Sour Cream Baked	1.00 Each	100.000	17.000
String Cheese	1.00 Each	80.000	1.000
Weighted Daily Average		842.141	104.714
% of Calories			49.74%

Tue - 09/11/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Deli			
Recipe	Total		
Ham & Turkey Combo on Hoagie	1.00 Each	365.000	31.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.333
Spicy Italian on Hoagie	1.00 Each	383.358	32.510
Turkey & Cheese on Hoagie	1.00 Each	351.667	30.500
Chicken Caesar Wrap	1.00 Serving	465.725	34.275
Tuna Salad Sandwich	1.00 Sandwich	351.103	29.913
Peanut Butter & Jelly Jamwich	1.00 Each	310.000	34.000
Veggie Variety	1.00 Cup	71.377	14.551
Fruit Variety	1.00 Cup	109.926	27.897
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Mayonnaise	1.00 Each	90.000	0.000
Mustard	1.00 Each	5.000	0.000
Ranch Dressing	1.00 oz	56.875	0.875
Chips, Cheddar & Sour Cream Baked	1.00 Each	100.000	17.000
String Cheese	1.00 Each	80.000	1.000
Weighted Daily Average		795.223	99.188
% of Calories			49.89%

Wed - 09/12/2018	Portion Size	Calories (kcal)	Carbohydrates (g)

High School Deli			
Recipe	Total		
Ham & Turkey Combo on Hoagie	1.00 Each	365.000	31.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.333
Spicy Italian on Hoagie	1.00 Each	383.358	32.510
Turkey & Cheese on Hoagie	1.00 Each	351.667	30.500
Buffalo Chicken Wrap	1.00 Each	438.698	33.432
Tuna Salad Sandwich	1.00 Sandwich	351.103	29.913
Peanut Butter & Jelly Jamwich	1.00 Each	310.000	34.000
Veggie Variety	1.00 Cup	71.377	14.551
Fruit Variety	1.00 Cup	109.926	27.897
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Mayonnaise	1.00 Each	90.000	0.000
Mustard	1.00 Each	5.000	0.000
Ranch Dressing	1.00 oz	56.875	0.875
Chips, Cheddar & Sour Cream Baked	1.00 Each	100.000	17.000
String Cheese	1.00 Each	80.000	1.000
Weighted Daily Average		780.794	98.503
% of Calories			50.46%

Thu - 09/13/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Deli			
Recipe	Total		
Ham & Turkey Combo on Hoagie	1.00 Each	365.000	31.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.333

Spicy Italian on Hoagie	1.00 Each	383.358	32.510
Turkey & Cheese on Hoagie	1.00 Each	351.667	30.500
Turkey with Cranberry & Cream Cheese Wrap	1.00 Each	422.948	43.934
Tuna Salad Sandwich	1.00 Sandwich	351.103	29.913
Peanut Butter & Jelly Jamwich	1.00 Each	493.597	51.576
Veggie Variety	1.00 Cup	71.377	14.551
Fruit Variety	1.00 Cup	109.926	27.897
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Mayonnaise	1.00 Each	90.000	0.000
Mustard	1.00 Each	5.000	0.000
Ranch Dressing	1.00 oz	56.875	0.875
Chips, Cheddar & Sour Cream Baked	1.00 Each	100.000	17.000
Weighted Daily Average		823.518	105.582
% of Calories			51.28%

Fri - 09/14/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Deli			
Recipe	Total		
Ham & Turkey Combo on Hoagie	1.00 Each	365.000	31.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.333
Spicy Italian on Hoagie	1.00 Each	383.358	32.510
Turkey & Cheese on Hoagie	1.00 Each	351.667	30.500
Veggie Hummus Wrap	1.00 Each	592.360	52.239
Tuna Salad Sandwich	1.00 Sandwich	351.103	29.913

Peanut Butter & Jelly Jamwich	1.00 Each	493.597	51.576
Veggie Variety	1.00 Cup	71.377	14.551
Fruit Variety	1.00 Cup	109.926	27.897
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Mayonnaise	1.00 Each	90.000	0.000
Mustard	1.00 Each	5.000	0.000
Ranch Dressing	1.00 oz	56.875	0.875
Chips, Cheddar & Sour Cream Baked	1.00 Each	100.000	17.000
Weighted Daily Average		855.206	106.422
% of Calories			49.78%

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Carbohydrate Report

District: Mead School District

School: Mt. Spokane High School

Menu: High School Grab & Go



Mon - 09/10/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Grab & Go			
Recipe	Total		
Peanut Butter & Jelly Jamwich	1.00 Each	493.597	51.576
Turkey & Cheese on Hoagie	1.00 Each	351.667	30.500
Ham & Cheese on Hoagie	1.00 Each	343.333	31.333
Ham & Turkey Combo on Hoagie	1.00 Each	365.000	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	32.510
Chef Salad	1.00 Each	403.211	43.786
Chicken Caesar Salad	1.00 Each	468.667	38.599
Buffalo Chicken Salad	1.00 Each	553.399	49.445
Asian Chicken Salad	1.00 Each	395.419	53.823
Fruit & Yogurt Salad	1.00 Each	492.281	68.504
Sunflower Seed Veggie Salad	1.00 Each	700.278	63.846
Hummus Dip Lunch	1.00 Each	794.414	68.276
Veggie Variety	1.00 Cup	71.377	14.551
Fruit Variety	1.00 Each	88.654	23.164
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Mayonnaise	1.00 Each	90.000	0.000
Mustard	1.00 Each	5.000	0.000
Chips, Cheddar & Sour Cream Baked	1.00 Each	100.000	17.000

Weighted Daily Average	826.248	114.772
% of Calories		55.56%

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Carbohydrate Report

District: Mead School District

School: Mt. Spokane High School

Menu: High School Pizza



Mon - 09/10/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Pizza				
Recipe	Total			
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	
Veggie Variety	1.00 Cup	71.377	14.551	
Fruit Variety	1.50 Cup	176.148	44.358	
Milk	1.00 Each	126.000	21.800	
Ranch Dressing	1.00 oz	56.875	0.875	
Weighted Daily Average		779.343	117.444	
% of Calories			60.28%	

Tue - 09/11/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Pizza				
Recipe	Total			
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000	
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000	
Wild Mike's Hawaiian Pizza	1.00 Each	383.311	35.906	
Power Salad	1.00 Cup	10.962	1.980	

Veggie Variety	1.00 Cup	71.377	14.551
Fruit Variety	1.50 Cup	176.148	44.358
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		779.965	117.495
% of Calories			60.26%

* = Indicates missing Nutrient Information.

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