

# Carbohydrate Report

District: Mead School District

School: 6th Grade Center

Menu: Sixth Grade Center Breakfast



Mon - 09/09/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Breakfast				
Recipe	Total			
Chocolate Chip Muffin	1.00 Each	310.177	52.030	
Assortment of Cold Cereal	1.00 2 Each	220.000	42.000	
Juice Variety	1.00 Each	63.333	15.667	
Selection of Fruits	0.50 Cup	67.949	17.159	
Milk	1.00 Each	126.000	21.800	
Weighted Daily Average		557.439	105.542	
% of Calories			75.73%	

Tue - 09/10/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Breakfast				
Recipe	Total			
Egg & Cheese Wrap	1.00 Each	180.000	14.000	
Assortment of Cold Cereal	1.00 2 Each	220.000	42.000	
Juice Variety	1.00 Each	63.333	15.667	
Selection of Fruits	0.50 Cup	67.949	17.159	
Milk	1.00 Each	126.000	21.800	
Picante Sauce	1.00 Each	5.000	1.000	

Weighted Daily Average	443.949	72.182
% of Calories		65.04%

<b>Wed - 09/11/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Sixth Grade Center Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Assortment of Cold Cereal	1.00 2 Each	220.000	42.000
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	67.949	17.159
Milk	1.00 Each	126.000	21.800
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		566.171	101.959
% of Calories			72.03%

<b>Thu - 09/12/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Sixth Grade Center Breakfast			
Recipe	Total		
Apple Cinnamon Texas Toast	1.00 Each	260.000	45.000
Assortment of Cold Cereal	1.00 2 Each	220.000	42.000
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	67.949	17.159
Milk	1.00 Each	126.000	21.800

Weighted Daily Average	512.838	99.293
% of Calories		77.45%

<b>Fri - 09/13/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>Sixth Grade Center Breakfast</b>			
Recipe	Total		
Breakfast Burrito - Egg, Bean & Sausage	1.00 Each	168.686	21.147
Assortment of Cold Cereal	1.00 2 Each	220.000	42.000
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	67.949	17.159
Milk	1.00 Each	126.000	21.800
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		433.892	78.534
% of Calories			72.40%

\* = Indicates missing Nutrient Information.

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# Carbohydrate Report

District: Mead School District

School: Mountainside Middle

Menu: Middle School Breakfast



Mon - 09/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Breakfast			
Recipe	Total		
Egg Cheese English Muffin	1.00 Sandwich	255.000	25.000
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	26.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Assortment of Cold Cereal	1.00 Each	104.416	22.989
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Selection of Fruits	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		509.798	89.397
% of Calories			70.14%

Tue - 09/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Assortment of Cold Cereal	1.00 Each	104.416	22.989

Breakfast Bar Variety	1.00 Each	285.000	47.500
Yogurt Parfait	1.00 Each	297.114	61.841
Selection of Fruits	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		503.248	99.092
% of Calories			78.76%

Wed - 09/11/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Breakfast				
Recipe	Total			
Ham & Cheese Bagel	1.00 Sandwich	303.333	35.333	
Breakfast Bar Variety	1.00 Each	285.000	47.500	
Assortment of Cold Cereal	1.00 Each	104.416	22.989	
Smoothie & Snack Cracker	8.00 oz	285.833	54.833	
Selection of Fruits	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		448.465	86.264	
% of Calories			76.94%	

Thu - 09/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Middle School Breakfast			
Recipe	Total		
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Breakfast Bar Variety	1.00 Each	285.000	47.500
Yogurt Parfait	1.00 Each	297.114	61.841
Assortment of Cold Cereal	1.00 Each	104.416	22.989
Selection of Fruits	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		500.792	100.099
% of Calories			79.95%

Fri - 09/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Breakfast			
Recipe	Total		
Egg Cheese English Muffin	1.00 Sandwich	255.000	25.000
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	26.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Assortment of Cold Cereal	1.00 Each	104.416	22.989
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Selection of Fruits	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		509.798	89.397
% of Calories			70.14%

<b>Mon - 09/16/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Middle School Breakfast			
Recipe	Total		
Egg Cheese English Muffin	1.00 Sandwich	255.000	25.000
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	26.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Assortment of Cold Cereal	1.00 Each	104.416	22.989
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Selection of Fruits	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		509.798	89.397
% of Calories			70.14%

<b>Tue - 09/17/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Middle School Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000

Assortment of Cold Cereal	1.00 Each	104.416	22.989
Breakfast Bar Variety	1.00 Each	285.000	47.500
Yogurt Parfait	1.00 Each	297.114	61.841
Selection of Fruits	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		503.248	99.092
% of Calories			78.76%

<b>Wed - 09/18/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Middle School Breakfast			
Recipe	Total		
Waffles	2.00 Waffles	360.000	56.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Assortment of Cold Cereal	1.00 Each	104.416	22.989
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Selection of Fruits	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
Maple Syrup	1.00 Each	120.000	31.000
Weighted Daily Average		540.798	106.097
% of Calories			78.47%



<b>Thu - 09/19/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Middle School Breakfast			
Recipe	Total		
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Breakfast Bar Variety	1.00 Each	285.000	47.500
Yogurt Parfait	1.00 Each	297.114	61.841
Assortment of Cold Cereal	1.00 Each	104.416	22.989
Selection of Fruits	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		500.792	100.099
% of Calories			79.95%

<b>Fri - 09/20/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Middle School Breakfast			
Recipe	Total		
Egg Cheese English Muffin	1.00 Sandwich	255.000	25.000
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	26.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Assortment of Cold Cereal	1.00 Each	104.416	22.989
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Selection of Fruits	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		509.798	89.397
% of Calories			70.14%

\* = Indicates missing Nutrient Information.

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# Carbohydrate Report

District: Mead School District

School: Mead High School

Menu: High School Breakfast



Tue - 09/03/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Breakfast			
Recipe	Total		
Egg & Cheese Bagel	1.00 Sandwich	315.000	36.000
Sausage, Egg & Cheese Bagel	1.00 Sandwich	415.000	37.000
Sausage & Cheese Bagel	1.00 Sandwich	370.000	36.000
Ham & Cheese Bagel	1.00 Sandwich	303.333	35.333
Egg Cheese English Muffin	1.00 Sandwich	255.000	25.000
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	26.000
Sausage Cheese English Muffin	1.00 Sandwich	310.000	25.000
Breakfast Burrito - Egg, Bean & Sausage	1.00 Each	168.686	21.147
Bagel	1.00 Each	208.000	34.100
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Yogurt Parfait	1.00 Each	297.114	61.841
Pop Tarts	1.00 Pkg	363.333	75.333
Assortment of Cold Cereal	1.00 Each	104.416	22.989
Breakfast Bar Variety	1.00 Each	285.000	47.500
Pumpkin Bread	1.00 Slice	270.000	43.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Wild Mike's Hawaiian Pizza	1.00 Each	383.311	35.906
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Juice Variety	1.00 Each	63.333	15.667

Whole Fruit Selection	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		535.936	92.697
% of Calories			69.19%

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# Carbohydrate Report

District: Mead School District

School: Mountainside Middle

Menu: Middle School Grab &amp; Go



Mon - 09/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Peanut Butter & Jelly Jamwich	2.00 Each	620.000	68.000
Turkey Ranch Wrap	1.00 Each	406.698	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	704.831	59.685
Fruit & Yogurt Salad	1.00 Each	492.281	66.492
Hummus Dip & Chips	1.00 Each	881.990	66.740
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	85.748	13.934
Cucumbers	0.50 Cup	10.974	2.656
Selection of Fruits	0.50 Cup	67.949	17.159
Milk	1.00 Each	126.000	21.800
Mayonnaise	1.00 Each	90.000	0.000
Mustard	1.00 Each	5.000	0.000
Weighted Daily Average		630.094	73.712

% of Calories	46.79%
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Tue - 09/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Ham & Turkey Combo on Hoagie	1.00 Each	365.000	31.500
Peanut Butter & Jelly Jamwich	2.00 Each	620.000	68.000
Chicken Caesar Wrap	1.00 Serving	485.725	34.275
Chef Salad	1.00 Each	410.219	41.788
Tuna Salad Sandwich	1.00 Sandwich	351.103	29.913
Sunflower Seed Veggie Salad	1.00 Each	704.831	59.685
Fruit & Yogurt Salad	1.00 Each	492.281	66.492
Hummus Dip & Chips	1.00 Each	881.990	66.740
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	85.748	13.934
Cucumbers	0.50 Cup	10.974	2.656
Selection of Fruits	0.50 Cup	67.949	17.159
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	43.448*	6.526*
Mayonnaise	1.00 Each	90.000	0.000
Mustard	1.00 Each	5.000	0.000
Weighted Daily Average		648.367*	77.458*

% of Calories

47.79%

\* = Indicates missing Nutrient Information.

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# Carbohydrate Report

District: Mead School District

School: Mead High School

Menu: High School Sandwich and Salad



Mon - 09/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Sandwich and Salad			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Ham & Cheese on Hoagie	1.00 Each	293.333	30.333
Spicy Italian on Hoagie	1.00 Each	333.358	31.510
Tuna Salad Sandwich	1.00 Sandwich	351.103	29.913
Peanut Butter & Jelly Jamwich	2.00 Each	620.000	68.000
Chicken Caesar Wrap	1.00 Serving	485.725	34.275
Chicken Caesar Salad	1.00 Each	468.667	38.599
Chef Salad- Ham & Cheese	1.00 Each	406.886	42.121
Fruit & Yogurt Salad	1.00 Each	492.281	66.492
Hummus Dip Lunch	1.00 Each	914.800	74.472
Vegetable Selection	1.00 cup	42.948	9.028
Selection of Whole Fruit	1.00 cup	103.306	26.784
Milk	1.00 Each	126.000	21.800
Sauce Packet Variety, Secondary	1.00 each	42.325	0.996
Weighted Daily Average		746.286	100.781
% of Calories			54.02%

Tue - 09/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)



High School Sandwich and Salad			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Ham & Cheese on Hoagie	1.00 Each	293.333	30.333
Spicy Italian on Hoagie	1.00 Each	333.358	31.510
Tuna Salad Sandwich	1.00 Sandwich	351.103	29.913
Peanut Butter & Jelly Jamwich	2.00 Each	620.000	68.000
Chicken Caesar Wrap	1.00 Serving	485.725	34.275
Chicken Caesar Salad	1.00 Each	468.667	38.599
Buffalo Chicken Salad	1.00 Each	539.721	47.107
Fruit & Yogurt Salad	1.00 Each	492.281	66.492
Hummus Dip Lunch	1.00 Each	914.800	74.472
Veggie Variety - Sandwich line	1.00 Cup	50.558	9.400
Selection of Whole Fruit	1.00 cup	103.306	26.784
Milk	1.00 Each	126.000	21.800
Sauce Packet Variety, Secondary	1.00 each	42.325	0.996
Weighted Daily Average		762.466	101.475
% of Calories			53.24%

Wed - 09/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Sandwich and Salad			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Ham & Cheese on Hoagie	1.00 Each	293.333	30.333

Spicy Italian on Hoagie	1.00 Each	333.358	31.510
Tuna Salad Sandwich	1.00 Sandwich	351.103	29.913
Peanut Butter & Jelly Jamwich	2.00 Each	620.000	68.000
Chicken Caesar Wrap	1.00 Serving	485.725	34.275
Buffalo Chicken Wrap	1.00 Each	458.698	33.432
Chicken Caesar Salad	1.00 Each	468.667	38.599
Chef Salad- Ham & Cheese	1.00 Each	406.886	42.121
Fruit & Yogurt Salad	1.00 Each	492.281	66.492
Hummus Dip Lunch	1.00 Each	914.800	74.472
Veggie Variety - Sandwich line	1.00 Cup	50.558	9.400
Selection of Whole Fruit	1.00 cup	103.306	26.784
Milk	1.00 Each	126.000	21.800
Sauce Packet Variety, Secondary	1.00 each	42.325	0.996
Weighted Daily Average		753.024	101.126
% of Calories			53.72%

Thu - 09/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Sandwich and Salad			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Ham & Cheese on Hoagie	1.00 Each	293.333	30.333
Spicy Italian on Hoagie	1.00 Each	333.358	31.510
Tuna Salad Sandwich	1.00 Sandwich	351.103	29.913
Peanut Butter & Jelly Jamwich	2.00 Each	620.000	68.000
Chicken Caesar Wrap	1.00 Serving	485.725	34.275
Chicken Caesar Salad	1.00 Each	468.667	38.599

Buffalo Chicken Salad	1.00 Each	539.721	47.107
Fruit & Yogurt Salad	1.00 Each	492.281	66.492
Hummus Dip Lunch	1.00 Each	914.800	74.472
Veggie Variety - Sandwich line	1.00 Cup	50.558	9.400
Selection of Whole Fruit	1.00 cup	103.306	26.784
Milk	1.00 Each	126.000	21.800
Sauce Packet Variety, Secondary	1.00 each	42.325	0.996
Weighted Daily Average		762.466	101.475
% of Calories			53.24%

<b>Fri - 09/13/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
High School Sandwich and Salad			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Ham & Cheese on Hoagie	1.00 Each	293.333	30.333
Spicy Italian on Hoagie	1.00 Each	333.358	31.510
Tuna Salad Sandwich	1.00 Sandwich	351.103	29.913
Peanut Butter & Jelly Jamwich	2.00 Each	620.000	68.000
Chicken Caesar Wrap	1.00 Serving	485.725	34.275
Buffalo Chicken Wrap	1.00 Each	458.698	33.432
Chicken Caesar Salad	1.00 Each	468.667	38.599
Chef Salad- Ham & Cheese	1.00 Each	406.886	42.121
Fruit & Yogurt Salad	1.00 Each	492.281	66.492
Hummus Dip Lunch	1.00 Each	914.800	74.472
Veggie Variety - Sandwich line	1.00 Cup	50.558	9.400

Selection of Whole Fruit	1.00 cup	103.306	26.784
Milk	1.00 Each	126.000	21.800
Sauce Packet Variety, Secondary	1.00 each	42.325	0.996
Weighted Daily Average		753.024	101.126
% of Calories			53.72%

\* = Indicates missing Nutrient Information.

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# Carbohydrate Report

District: Mead School District

School: Mead High School

Menu: High School Chicken &amp; Pizza



Tue - 09/17/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Chicken & Pizza				
Recipe	Total			
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	
Wild Mike's Hawaiian Pizza	1.00 Each	383.311	35.906	
Veggie Variety	1.00 Cup	64.743	11.889	
Power Salad	1.00 Cup	10.962	1.980	
Selection of Whole Fruit	1.00 cup	103.306	26.784	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	26.637*	3.865*	
Weighted Daily Average			668.451*	99.113*
% of Calories				59.31%

\* = 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.