

Carbohydrate Report

District: Mead School District

School: Mountainside Middle

Menu: Middle School Main



Tue - 09/03/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			
Mandarin Orange Chicken	1.00 Serving	150.000	17.000	
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	
Selection of Fruits	0.50 Cup	67.949	17.159	
Rice	1.00 Cup	224.000	44.800	
Milk	1.00 Each	126.000	21.800	
Ranch Dressing	1.00 oz	56.875	0.875	
Weighted Daily Average		593.001	86.039	
% of Calories			58.04%	

Wed - 09/04/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			

Macho Nachos	1.00 Each	401.853	29.502
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 Cup	167.993	23.999
Corn	0.50 Cup	91.635	19.243
Selection of Fruits	0.50 Cup	67.949	17.159
Milk	1.00 Each	126.000	21.800
Salsa	0.25 Cup	20.000	4.000
Sour Cream	1.00 Each	25.000	4.000
Weighted Daily Average		810.056	100.796
% of Calories			49.77%

Thu - 09/05/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Philly Cheesesteak	1.00 Sandwich	347.384	32.895
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	1.00 Cup	240.000	28.000
Red Bell Peppers	0.50 Cup	19.203	3.735
Selection of Fruits	0.50 Cup	67.949	17.159

Milk	1.00 Each	126.000	21.800
Ketchup	1.00 Each	10.000	3.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		654.221	85.829
% of Calories			52.48%

Fri - 09/06/2019	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
Carrots	0.50 Cup	29.058	6.790
Power Salad	1.00 Cup	10.962	1.980
Selection of Fruits	0.50 Cup	67.949	17.159
Garlic Toast	1.00 Toast	70.000	12.000
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		568.885	85.625
% of Calories			60.21%

Mon - 09/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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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
Carrots	0.50 Cup	29.058	6.790
Tater Tots	1.00 Cup	240.000	28.000
Selection of Fruits	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		581.847	74.602
% of Calories			51.29%

Tue - 09/10/2019			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Pulled Pork Sandwich	1.00 each	410.000	32.400
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
Coleslaw	0.50 Cup	55.860	6.851

Carrots	0.50 Cup	29.058	6.790
Selection of Fruits	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		622.081	76.027
% of Calories			48.89%

Wed - 09/11/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			
Creamy Thai Chicken	1.00 #8 scoop	351.174	26.268	
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	
Selection of Fruits	0.50 Cup	67.949	17.159	
Rice	1.00 Cup	224.000	44.800	
Milk	1.00 Each	126.000	21.800	
Ranch Dressing	1.00 oz	56.875	0.875	
Weighted Daily Average		685.284	90.771	
% of Calories			52.98%	

Thu - 09/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Middle School Main			
Recipe	Total		
Cheeseburger	1.00 Each	372.810	29.009
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
Oven Baked Fries	1.00 Cup	200.000	30.000
Baked Beans	0.50 Cup	222.609	43.510
Selection of Fruits	0.50 Cup	67.949	17.159
Milk	1.00 Each	126.000	21.800
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		814.637	115.802
% of Calories			56.86%

Fri - 09/13/2019	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
Red Bell Peppers	0.50 Cup	19.203	3.735
Broccoli	0.50 Cup	18.038	3.523
Roasted Broccoli	0.50 Cup	38.496	4.634
Selection of Fruits	0.50 Cup	67.949	17.159
Garlic Toast	1.00 Toast	70.000	12.000
Milk	1.00 Each	126.000	21.800
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		605.086	87.462
% of Calories			57.82%

Mon - 09/16/2019	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
Mashed Potatoes	1.00 Serving	96.552	22.069
Carrots	0.50 Cup	29.058	6.790
Selection of Fruits	0.50 Cup	67.949	17.159

Milk	1.00 Each	126.000	21.800
Chicken Gravy	0.25 Cup	35.093	7.019
Condiments	1.00 Each	43.448*	6.526*
Weighted Daily Average		573.812*	82.988*
% of Calories			57.85%

Tue - 09/17/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			
Macho Nachos	1.00 Each	401.853	29.502	
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 Cup	167.993	23.999	
Kale Chips	1.00 Cup	38.029	4.410	
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*	
Weighted Daily Average		673.723*	86.496*	
% of Calories			51.35%	

Wed - 09/18/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				

Recipe	Total		
Spaghetti with Meat Sauce	1.00 Serving	417.936	53.961
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
Selection of Fruits	0.50 Cup	67.949	17.159
Garlic Toast	1.00 Toast	70.000	12.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	43.448*	6.526*
Weighted Daily Average		607.454*	89.645*
% of Calories			59.03%

Thu - 09/19/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			
Sweet and Sour Chicken	1.00 Serving	178.000	24.000	
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	
Red Bell Peppers	0.50 Cup	19.203	3.735	
Broccoli	0.50 Cup	18.038	3.523	

Roasted Broccoli	0.50 Cup	38.496	4.634
Selection of Fruits	0.50 Cup	67.949	17.159
Rice	1.00 Cup	224.000	44.800
Chocolate Chip Cookie	1.00 Cookie	147.700	24.300
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	43.448*	6.526*
Weighted Daily Average		647.052*	104.368*
% of Calories			64.52%

Fri - 09/20/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
French Toast Sticks & Sausage	3.00 Each	460.000	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 Potatoes	0.50 Cup	90.871	16.172
Carrots	0.50 Cup	29.058	6.790
Selection of Fruits	0.50 Cup	67.949	17.159
Milk	1.00 Each	126.000	21.800
French Toast Sticks	3.00 Each	360.000	57.000
Sausage Patty	1.00 Patty	100.000	1.000
Condiments	1.00 Each	43.448*	6.526*
Weighted Daily Average		643.398*	95.206*
% of Calories			59.19%

Mon - 09/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Teriyaki Chicken	1.00 scoop	141.797	8.868
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
Selection of Fruits	0.50 Cup	67.949	17.159
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	43.448*	6.526*
Weighted Daily Average		605.299*	92.421*
% of Calories			61.07%

Tue - 09/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Cheeseburger	1.00 Each	372.810	29.009
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
Oven Baked Fries	1.00 Cup	200.000	30.000
Baked Beans	0.50 Cup	222.609	43.510
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*
Weighted Daily Average		754.451*	105.280*
% of Calories			55.82%

Wed - 09/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Chicken and Cheese Quesadilla	1.00 each	388.723	34.031
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
Carrots	0.50 Cup	29.058	6.790
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*

Weighted Daily Average	580.937*	78.067*
% of Calories		53.75%

Thu - 09/26/2019	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
Carrots	0.50 Cup	29.058	6.790
Broccoli	0.50 Cup	18.038	3.523
Roasted Broccoli	0.50 Cup	38.496	4.634
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*
Weighted Daily Average		519.138*	73.671*
% of Calories			56.76%

Fri - 09/27/2019	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
Cheesy Potatoes	1.00 Serving	182.409	16.000
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*
Weighted Daily Average		570.646*	71.898*
% of Calories			50.40%

Mon - 09/30/2019	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
Mashed Potatoes	1.00 Serving	96.552	22.069
Carrots	0.50 Cup	29.058	6.790
Selection of Fruits	0.50 Cup	67.949	17.159
Milk	1.00 Each	126.000	21.800
Chicken Gravy	0.25 Cup	35.093	7.019

Condiments	1.00 Each	43.448*	6.526*
Weighted Daily Average		512.831*	76.173*
% of Calories			59.41%

* = 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: 6th Grade Center

Menu: Sixth Grade Center Lunch



Tue - 09/03/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
Recipe	Total			
Mandarin Orange Chicken	1.00 Serving	150.000	17.000	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Chicken Caesar Salad	1.00 Each	468.667	38.599	
Hummus Dip & Chips	1.00 Each	881.990	66.740	
Carrots	0.50 Cup	29.058	6.790	
Broccoli	0.50 Cup	18.038	3.523	
Pears	0.50 Cup	60.014	16.004	
Rice	0.67 Cup	147.385	29.672	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	43.448*	6.526*	
Weighted Daily Average			607.621*	102.927*
% of Calories				67.76%

Wed - 09/04/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
Recipe	Total			

Taco Burrito	1.00 Each	350.000	38.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	468.667	38.599
Hummus Dip & Chips	1.00 Each	881.990	66.740
Oven Baked Fries	0.50 Cup	100.000	15.000
Refried Beans	0.50 Cup	167.993	23.999
Peaches	0.50 Cup	60.014	14.003
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	43.448*	6.526*
Weighted Daily Average		823.991*	114.940*
% of Calories			55.80%

Thu - 09/05/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch			
Recipe	Total		
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	468.667	38.599
Hummus Dip & Chips	1.00 Each	881.990	66.740
Power Salad	1.00 Cup	10.962	1.980
Cucumbers	0.50 Cup	10.974	2.656
Pineapple	0.50 Cup	81.331	20.333

Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	43.448*	6.526*
Weighted Daily Average		611.155*	83.574*
% of Calories			54.70%

Fri - 09/06/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
Recipe	Total			
Dutch Waffle & Cheese Omelet	1.00 Each	412.026	44.515	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Chicken Caesar Salad	1.00 Each	468.667	38.599	
Hummus Dip & Chips	1.00 Each	881.990	66.740	
Broccoli	0.50 Cup	18.038	3.523	
Red Bell Peppers	0.50 Cup	19.203	3.735	
Strawberries	4.00 oz	40.499	11.340	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	43.448*	6.526*	
Dutch Waffle	1.00 Each	300.000	43.000	
Cheese Omelet	1.00 Omelet	110.000	1.000	
Weighted Daily Average		619.980*	85.399*	
% of Calories			55.10%	

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

Sixth Grade Center Lunch			
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
Chicken Caesar Salad	1.00 Each	468.667	38.599
Hummus Dip & Chips	1.00 Each	881.990	66.740
Oven Baked Fries	0.50 Cup	100.000	15.000
Broccoli	0.50 Cup	18.038	3.523
Pears	0.50 Cup	60.014	16.004
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	43.448*	6.526*
Weighted Daily Average		582.447*	80.515*
% of Calories			55.29%

Tue - 09/10/2019			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch			
Recipe	Total		
Garlic Cheese Toast	1.00 Piece	368.000	28.300
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	468.667	38.599
Hummus Dip & Chips	1.00 Each	881.990	66.740
Red Bell Peppers	0.50 Cup	19.203	3.735
Carrots	0.50 Cup	29.058	6.790

Oranges	0.50 Cup	62.702	15.676
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	43.448*	6.526*
Weighted Daily Average		619.804*	81.211*
% of Calories			52.41%

Wed - 09/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch			
Recipe	Total		
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	468.667	38.599
Hummus Dip & Chips	1.00 Each	881.990	66.740
Power Salad	1.00 Cup	10.962	1.980
Cucumbers	0.50 Cup	10.974	2.656
Pineapple	0.50 Cup	81.331	20.333
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	43.448*	6.526*
Weighted Daily Average		611.155*	83.574*
% of Calories			54.70%

Thu - 09/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Sixth Grade Center Lunch			
Recipe	Total		
Cheeseburger	1.00 Each	372.810	29.009
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
Chicken Caesar Salad	1.00 Each	468.667	38.599
Hummus Dip & Chips	1.00 Each	881.990	66.740
Oven Baked Fries	0.50 Cup	100.000	15.000
Baked Beans	0.50 Cup	222.609	43.510
Sliced Apples	0.50 Cup	32.137	8.535
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	43.448*	6.526*
Weighted Daily Average		861.005*	122.655*
% of Calories			56.98%

Fri - 09/13/2019				
		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
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
Chicken Caesar Salad	1.00 Each		468.667	38.599
Hummus Dip & Chips	1.00 Each		881.990	66.740

Power Salad	1.00 Cup	10.962	1.980
Cucumbers	0.50 Cup	10.974	2.656
Peaches	0.50 Cup	60.014	14.003
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	43.448*	6.526*
Weighted Daily Average		621.449*	93.523*
% of Calories			60.20%

Mon - 09/16/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
Recipe	Total			
Mandarin Orange Chicken	1.00 Serving	150.000	17.000	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Chicken Caesar Salad	1.00 Each	468.667	38.599	
Hummus Dip & Chips	1.00 Each	881.990	66.740	
Carrots	0.50 Cup	29.058	6.790	
Broccoli	0.50 Cup	18.038	3.523	
Pears	0.50 Cup	60.014	16.004	
Rice	0.67 Cup	147.385	29.672	
Milk	1.00 Each	126.000	21.800	
Mandarin Orange Chicken	1.00 Serving	150.000	17.000	
Condiments	1.00 Each	43.448*	6.526*	
Weighted Daily Average		714.764*	115.070*	
% of Calories			64.40%	

Tue - 09/17/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
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	
Chicken Caesar Salad	1.00 Each	468.667	38.599	
Hummus Dip & Chips	1.00 Each	881.990	66.740	
Power Salad	1.00 Cup	10.962	1.980	
Cucumbers	0.50 Cup	10.974	2.656	
Sliced Apples	0.50 Cup	32.137	8.535	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	43.448*	6.526*	
Weighted Daily Average		560.614*	79.097*	
% of Calories			56.44%	

Wed - 09/18/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
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	
Chicken Caesar Salad	1.00 Each	468.667	38.599	

Hummus Dip & Chips	1.00 Each	881.990	66.740
Baked Beans	0.50 Cup	222.609	43.510
Broccoli	0.50 Cup	18.038	3.523
Peaches	0.50 Cup	60.014	14.003
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	43.448*	6.526*
Weighted Daily Average		705.056*	107.024*
% of Calories			60.72%

Thu - 09/19/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
Recipe	Total			
Mini Corn Dog	6.00 Each	250.000	30.000	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Chicken Caesar Salad	1.00 Each	468.667	38.599	
Hummus Dip & Chips	1.00 Each	881.990	66.740	
Oven Baked Fries	0.50 Cup	100.000	15.000	
Red Bell Peppers	0.50 Cup	19.203	3.735	
Oranges	0.50 Cup	62.702	15.676	
Chocolate Chip Cookie	1.00 Cookie	147.700	24.300	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	43.448*	6.526*	
Weighted Daily Average		711.960*	107.992*	
% of Calories			60.67%	

Fri - 09/20/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch			
Recipe	Total		
Dutch Waffle & Cheese Omelet	1.00 Each	412.026	44.515
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	468.667	38.599
Hummus Dip & Chips	1.00 Each	881.990	66.740
Cucumbers	0.50 Cup	10.974	2.656
Carrots	0.50 Cup	29.058	6.790
Strawberries	4.00 oz	40.499	11.340
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	43.448*	6.526*
Weighted Daily Average		620.819*	87.378*
% of Calories			56.30%

Mon - 09/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch			
Recipe	Total		
Teriyaki Chicken	1.00 scoop	141.797	8.868
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	468.667	38.599

Hummus Dip & Chips	1.00 Each	881.990	66.740
Broccoli	0.50 Cup	18.038	3.523
Carrots	0.50 Cup	29.058	6.790
Pears	0.50 Cup	60.014	16.004
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	43.448*	6.526*
Weighted Daily Average		614.377*	99.447*
% of Calories			64.75%

Tue - 09/24/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
Recipe	Total			
Cheeseburger	1.00 Each	372.810	29.009	
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	
Chicken Caesar Salad	1.00 Each	468.667	38.599	
Hummus Dip & Chips	1.00 Each	881.990	66.740	
Oven Baked Fries	0.50 Cup	100.000	15.000	
Baked Beans	0.50 Cup	222.609	43.510	
Sliced Apples	0.50 Cup	32.137	8.535	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	43.448*	6.526*	
Weighted Daily Average		859.815*	122.631*	

% of Calories	57.05%
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Wed - 09/25/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
Recipe	Total			
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000	
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Chicken Caesar Salad	1.00 Each	468.667	38.599	
Hummus Dip & Chips	1.00 Each	881.990	66.740	
Power Salad	1.00 Cup	10.962	1.980	
Cucumbers	0.50 Cup	10.974	2.656	
Pineapple	0.50 Cup	81.331	20.333	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	43.448*	6.526*	
Weighted Daily Average		611.155*	83.574*	
% of Calories			54.70%	

Thu - 09/26/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
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
Chicken Caesar Salad	1.00 Each	468.667	38.599
Hummus Dip & Chips	1.00 Each	881.990	66.740
Oven Baked Fries	0.50 Cup	100.000	15.000
Red Bell Peppers	0.50 Cup	19.203	3.735
Oranges	0.50 Cup	62.702	15.676
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	43.448*	6.526*
Weighted Daily Average		586.300*	80.399*
% of Calories			54.85%

Fri - 09/27/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch				
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
Chicken Caesar Salad	1.00 Each		468.667	38.599
Hummus Dip & Chips	1.00 Each		881.990	66.740
Power Salad	1.00 Cup		10.962	1.980
Carrots	0.50 Cup		29.058	6.790
Peaches	0.50 Cup		60.014	14.003
Milk	1.00 Each		126.000	21.800
Condiments	1.00 Each		43.448*	6.526*

Weighted Daily Average	538.875*	77.568*
% of Calories		57.58%

Mon - 09/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Sixth Grade Center Lunch			
Recipe	Total		
Mandarin Orange Chicken	1.00 Serving	150.000	17.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	468.667	38.599
Hummus Dip & Chips	1.00 Each	881.990	66.740
Carrots	0.50 Cup	29.058	6.790
Broccoli	0.50 Cup	18.038	3.523
Pears	0.50 Cup	60.014	16.004
Rice	0.67 Cup	147.385	29.672
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	43.448*	6.526*
Weighted Daily Average		607.621*	102.927*
% of Calories			67.76%

* = Indicates missing Nutrient Information.

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Carbohydrate Report

District: Mead School District

School: Mt. Spokane High School

Menu: High School Main



Tue - 09/03/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Mandarin Orange Chicken	1.00 Serving	150.000	17.000	
Power Salad	1.00 Cup	10.962	1.980	
Carrots	0.50 Cup	29.058	6.790	
Selection of Fruits	1.00 Cup	97.327	24.871	
Rice	1.00 Cup	224.000	44.800	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	26.637*	3.865*	
Weighted Daily Average			641.049*	115.910*
% of Calories				72.32%

Wed - 09/04/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Macho Nachos	1.00 Each	544.309	40.399	
Refried Beans	0.50 Cuo	167.993	23.999	
Corn	0.50 Cup	91.635	19.243	
Selection of Fruits	1.00 Cup	97.327	24.871	

Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	26.637*	3.865*
Weighted Daily Average		957.889*	116.829*
% of Calories			48.79%

Thu - 09/05/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Philly Cheesesteak	1.00 Sandwich	347.384	32.895
Tater Tots	1.00 Cup	240.000	28.000
Red Bell Peppers	0.50 Cup	19.203	3.735
Selection of Fruits	1.00 Cup	97.327	24.871
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	26.637*	3.865*
Weighted Daily Average		831.620*	111.415*
% of Calories			53.59%

Fri - 09/06/2019	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
Green Beans	0.50 Cup	21.069	4.214

Selection of Fruits	1.00 Cup	97.327	24.871
Garlic Toast	1.00 Toast	70.000	12.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	26.637*	3.865*
Weighted Daily Average		638.907*	106.335*
% of Calories			66.57%

Mon - 09/09/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Chicken Nuggets	7.00 Pieces	259.398	18.327	
Carrots	0.50 Cup	29.058	6.790	
Tater Tots	1.00 Cup	240.000	28.000	
Selection of Fruits	1.00 Cup	97.327	24.871	
Dinner Roll	1.00 Each	160.000	30.000	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	26.637*	3.865*	
Weighted Daily Average		886.065*	124.058*	
% of Calories			56.00%	

Tue - 09/10/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Pulled Pork Sandwich	1.00 each	410.000	32.400	

Coleslaw	0.50 Cup	55.860	6.851
Red Bell Peppers	0.50 Cup	19.203	3.735
Selection of Fruits	1.00 Cup	97.327	24.871
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	26.637*	3.865*
Weighted Daily Average		668.435*	82.282*
% of Calories			49.24%

Wed - 09/11/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Creamy Thai Chicken	1.00 #8 scoop		351.174	26.268
Power Salad	1.00 Cup		10.962	1.980
Cucumbers	0.50 Cup		10.974	2.656
Selection of Fruits	1.00 Cup		97.327	24.871
Rice	1.00 Cup		224.000	44.800
Milk	1.00 Each		126.000	21.800
Condiments	1.00 Each		26.637*	3.865*
Weighted Daily Average			799.624*	117.882*
% of Calories				58.97%

Thu - 09/12/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				

Recipe	Total		
Cheeseburger	1.00 Each	372.810	29.009
Hamburger	1.00 Each	322.810	28.009
Veggie Burger	1.00 Each	320.097	36.935
Oven Baked Fries	1.00 Cup	200.000	30.000
Baked Beans	0.50 Cup	222.609	43.510
Selection of Fruits	1.00 Cup	97.327	24.871
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	26.637*	3.865*
Weighted Daily Average		902.406*	128.843*
% of Calories			57.11%

Fri - 09/13/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Chicken Alfredo	1.00 Serving	410.922	56.124	
Carrots	0.50 Cup	29.058	6.790	
Broccoli	0.50 Cup	18.038	3.523	
Roasted Broccoli	0.50 Cup	38.496	4.634	
Selection of Fruits	1.00 Cup	97.327	24.871	
Garlic Toast	1.00 Toast	70.000	12.000	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	26.637*	3.865*	
Weighted Daily Average		731.734*	119.345*	
% of Calories			65.24%	

Mon - 09/16/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Popcorn Chicken	10.00 Pieces	278.036	20.672
Mashed Potatoes	1.00 Serving	96.552	22.069
Carrots	0.50 Cup	29.058	6.790
Selection of Fruits	1.00 Cup	97.327	24.871
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	26.637*	3.865*
Chicken Gravy	0.25 Cup	35.093	7.019
Weighted Daily Average		810.575*	129.671*
% of Calories			63.99%

Tue - 09/17/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Macho Nachos	1.00 Each	544.309	40.399
Refried Beans	0.50 Cuo	167.993	23.999
Kale Chips	1.00 Cup	38.029	4.410
Selection of Fruits	1.00 Cup	97.327	24.871
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	26.637*	3.865*

Weighted Daily Average	903.787*	105.323*
% of Calories		46.61%

Wed - 09/18/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Spaghetti with Meat Sauce	1.00 Serving	417.936	53.961
Power Salad	1.00 Cup	10.962	1.980
Green Beans	0.50 Cup	21.069	4.214
Selection of Fruits	1.00 Cup	97.327	24.871
Garlic Toast	1.00 Toast	70.000	12.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	26.637*	3.865*
Weighted Daily Average		747.427*	118.326*
% of Calories			63.32%

Thu - 09/19/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Sweet and Sour Chicken	1.00 Serving	178.000	24.000
Red Bell Peppers	0.50 Cup	19.203	3.735
Cucumbers	0.50 Cup	10.974	2.656
Selection of Fruits	1.00 Cup	97.327	24.871
Rice	1.00 Cup	224.000	44.800

Chocolate Chip Cookie	1.00 Cookie	147.700	24.300
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	26.637*	3.865*
Weighted Daily Average		803.000*	144.679*
% of Calories			72.07%

Fri - 09/20/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
French Toast Sticks	3.00 Each	360.000	57.000	
Cheese Omelet	1.00 Omelet	110.000	1.000	
Carrots	0.50 Cup	29.058	6.790	
Roasted Potatoes	0.50 Cup	90.871	16.172	
Selection of Fruits	1.00 Cup	97.327	24.871	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	26.637*	3.865*	
Weighted Daily Average		812.096*	125.695*	
% of Calories			61.91%	

Mon - 09/23/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Teriyaki Chicken	1.00 scoop	141.797	8.868	

Power Salad	1.00 Cup	10.962	1.980
Red Bell Peppers	0.50 Cup	19.203	3.735
Selection of Fruits	1.00 Cup	97.327	24.871
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	26.637*	3.865*
Weighted Daily Average		631.874*	107.281*
% of Calories			67.91%

Tue - 09/24/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Cheeseburger	1.00 Each	372.810	29.009	
Hamburger	1.00 Each	322.810	28.009	
Veggie Burger	1.00 Each	320.097	36.935	
Oven Baked Fries	1.00 Cup	200.000	30.000	
Baked Beans	0.50 Cup	222.609	43.510	
Selection of Fruits	1.00 Cup	97.327	24.871	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	26.637*	3.865*	
Weighted Daily Average		921.307*	131.943*	
% of Calories			57.28%	

Wed - 09/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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High School Main			
Recipe	Total		
Chicken and Cheese Quesadilla	1.00 each	488.115	36.427
Carrots	0.50 Cup	29.058	6.790
Cucumbers	0.50 Cup	10.974	2.656
Selection of Fruits	1.00 Cup	97.327	24.871
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	26.637*	3.865*
Weighted Daily Average		761.727*	92.535*
% of Calories			48.59%

Thu - 09/26/2019	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
Corn	0.50 Cup	91.635	19.243
Selection of Fruits	1.00 Cup	97.327	24.871
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	26.637*	3.865*
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		639.568*	95.110*
% of Calories			59.48%

Fri - 09/27/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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High School Main			
Recipe	Total		
Chicken Nuggets	7.00 Pieces	259.398	18.327
Cheesy Potatoes	1.00 Serving	182.409	16.000
Carrots	0.50 Cup	29.058	6.790
Selection of Fruits	1.00 Cup	97.327	24.871
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	26.637*	3.865*
Weighted Daily Average		845.897*	116.712*
% of Calories			55.19%

Mon - 09/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Crispy Chicken Strips	3.00 Each	185.018	13.072
Carrots	0.50 Cup	29.058	6.790
Mashed Potatoes	1.00 Serving	96.552	22.069
Selection of Fruits	1.00 Cup	97.327	24.871
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	26.637*	3.865*
Chicken Gravy	0.25 Cup	35.093	7.019

Weighted Daily Average	730.236*	124.612*
% of Calories		68.26%

* = Indicates missing Nutrient Information.

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