

DESCRIPTION	PORTION	CALS	CARBS		SACK LUNCH			
Breakfast Bar-Ban Choc	1 each	280	48		Ham & Cheese/Bun	1 each	247	29.99
Breakfast Bar - French Tst	1 each	290	47		Turkey & Cheese/Bun	1 each	299	28.58
Breakfast Bar - Oat Choc	1 each	290	47		Mustard PC	1 each	5	0
Breakfast Bar - Oat Raisin	1 each	290	48		Mayo PC	1 each	90	0
Breakfast Bar - Apple Cinn	1 each	290	48		Carrots	1/2 cup	29	6.78
Cereal-Cheerios	1 bowl	100	20		Apple Slices	1/2 cup	28	6.52
Cereal-Cinn Tst Crunch	1 bowl	110	22		Juice, Apple	4 oz	60	14
Cereal -Choco Flakes	1 bowl	100	24		Juice, Grape	4 oz	80	19
Cereal - Frosted Mini Wheat	1 bowl	100	24		Juice, Orange	4 oz	50	14
Cereal - Lucky Charms	1 bowl	110	23		Milk, non fat choc	8 oz	130	24
Cereal - Rice Chex	1 bowl	100	24		Milk, 1% white	8 oz	110	13
Cereal - Rice Krispies	1 bowl	100	23		Milk, Lactose Free	8 oz	110	13
Cereal - Cinnamon Chex	1 bowl	110	23					
Cereal - Granola (parfait)	1 oz	90	17		DESCRIPTION	PORTION	CALS	CARBS
Yogurt- (parfait)	4 oz	100	19.5		Applesauce cup	4 oz	60	14
Yogurt-Yami Raspberry	4 oz	100	19		Applesauce , bulk	4 oz	51	13.77
Yogurt-Yami Strwb Banana	4 oz	110	20		Apples, Slices	1/2 cup	64	14.8
Yogurt-Yami Strawberry	4 oz	100	19		Banana	each	90	23.07
Yogurt-Yoplait	4 oz	110	22		Blueberries	4 oz	40	9.5
Juice, Apple	4 oz	60	14		Craisins	1 pkg	110	28
Juice, Grape	4 oz	80	19		Grapes	4 oz	31	7.89
Juice, Orange	4 oz	50	14		Kiwi	1 ea	42	10.12
Milk, non fat choc	8 oz	130	24		Mandarin Orange	4 oz	66	15.61
Milk, 1% white	8 oz	110	13		Orange Wedge	1/2 cup	42	10.57
Milk, Strawberry non fat	8 oz		30		Peaches, Cnd	1/2 cup	50	12
Hummus	3.5 oz	277	13		Pears, Cnd	1/2 cup	60	14
Tortilla Chips	2 oz	240	30		Pineapple	1/2 cup	75	19.55
Nacho Cheese Sauce	2 oz	42	8.5		Pluot, fresh	1 each	30	7.54
Taco Meat	2 oz	105	2		Strawberries as fruit op	1/2 cup	80	19
Tortilla Chips-Nachos	1.5 oz	160	20		Strawberries for Waffle	1/2 cup	80	19
Hamburger Bun	bun	150	26		Strawberry Cup	4 oz	80	18.93
Chicken Caesar Wrap	each	237	22.2		Strawberries for Parfait	1/2 cup	150	38
Turkey Ranch Wrap	each	303	22.7		Watermelon	1/2 cup	23	5.74

Carbohydrate Report

District: Mead School District

School: Mountainside Middle

Menu: Middle School Main



Mon - 01/07/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
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	
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	4.00 Ounce	160.000	25.333	
Baked Beans	0.50 Cup	222.609	43.510	
Fruit Variety	0.50 Cup	67.949	17.159	
Milk	1.00 Each	126.000	21.800	
BBQ Sauce	1.00 Each	40.000	10.000	
Ketchup	1.00 Each	10.000	3.000	
Mustard	1.00 Each	5.000	0.000	
Ranch Dressing	1.00 oz	56.875	0.875	
Weighted Daily Average			700.051	96.840
% of Calories				55.33%

Tue - 01/08/2019		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
Power Salad	1.00 Cup	10.962	1.980
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	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		536.622	74.099
% of Calories			55.23%

Wed - 01/09/2019	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
Green Beans	0.50 Cup	21.069	4.214
Kale Chips	1.00 Cup	38.029	4.410
Fruit Variety	0.50 Cup	67.949	17.159
Garlic Toast	1.00 Toast	100.000	15.000
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		649.981	91.513
% of Calories			56.32%

Thu - 01/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Pancake Griddle Sandwich	1.00 Each	335.080	28.515
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
Power Salad	1.00 Cup	10.962	1.980
Fruit Variety	0.50 Cup	67.949	17.159
Chocolate Chip Cookie	1.00 Cookie	147.700	24.300
Milk	1.00 Each	126.000	21.800
BBQ Sauce	1.00 Each	40.000	10.000
Maple Syrup	1.00 Each	120.000	31.000

Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		734.033	107.994
% of Calories			58.85%

Fri - 01/11/2019	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
Tater Tots	4.00 Ounce	226.667	25.333
Corn	0.50 Cup	91.635	19.243
Fruit Variety	0.50 Cup	67.949	17.159
Apple	1.00 Each	94.640	25.134
Dinner Roll	1.00 Each	160.000	30.000
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		709.148	99.597
% of Calories			56.18%

Mon - 01/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
-------------------------	---------------------	------------------------	--------------------------

Middle School Main			
Recipe	Total		
Garlic Cheese Toast with Chicken Noodle Soup	1.00 Each	449.794	39.159
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
Cucumbers	0.50 Cup	10.974	2.656
Broccoli	0.50 Cup	18.038	3.523
Roasted Broccoli	0.50 Cup	38.496	4.634
Fruit Variety	0.50 Cup	67.949	17.159
Sour Cherry Lemon Slushy	1.00 Each	90.000	22.000
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
Garlic Cheese Toast	1.00 Piece	368.000	28.300
Chicken Noodle Soup	1.00 Cup	81.794	10.859
Weighted Daily Average		720.856	102.646
% of Calories			56.96%

Tue - 01/15/2019	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
Power Salad	1.00 Cup	10.962	1.980
Red Bell Peppers	0.50 Cup	19.203	3.735
Fruit Variety	0.50 Cup	67.949	17.159
Garlic Toast	1.00 Toast	100.000	15.000
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		661.376	95.281
% of Calories			57.63%

Wed - 01/16/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main				
Recipe	Total			
All Natural Beef Hot Dog	1.00 Each		342.372	27.012
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
Baked Beans	0.50 Cup		222.609	43.510
Cauliflower	0.50 Cup		12.600	2.505
Roasted Cauliflower	0.50 Cup		39.184	3.248
Fruit Variety	0.50 Cup		67.949	17.159

Milk	1.00 Each	126.000	21.800
Tim's Cascade Chips	1.00 oz	140.000	15.000
BBQ Sauce	1.00 Each	40.000	10.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		774.299	106.450
% of Calories			54.99%

Thu - 01/17/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Orange Grilled Chicken	1.00 Serving	175.836	19.180
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
Stir Fry Veggies	0.50 Cup	18.766	3.217
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	0.50 Cup	67.949	17.159
Not Fried Rice	1.00 Cup	277.747	51.916
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		582.447	88.626
% of Calories			60.86%

Fri - 01/18/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Philly Cheesesteak	1.00 Sandwich	379.433	38.276
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
Corn	0.50 Cup	91.635	19.243
Fruit Variety	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		631.145	89.912
% of Calories			56.98%

Mon - 01/21/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 01/22/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
-------------------------	---------------------	------------------------	--------------------------

Middle School Main			
Recipe	Total		
Chicken Nuggets	6.00 Each	299.405	21.557
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	4.00 Ounce	226.667	25.333
Red Bell Peppers	0.50 Cup	19.203	3.735
Fruit Variety	0.50 Cup	67.949	17.159
Dinner Roll	1.00 Each	160.000	30.000
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		693.495	89.816
% of Calories			51.81%

Wed - 01/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Turkey, Cheese & Ranch Flatbread	1.00 Each	350.592	27.231
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
Fruit Variety	0.50 Cup	67.949	17.159
Frosted Cookie	1.00 Each	172.000	26.900
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		752.931	101.537
% of Calories			53.94%

Thu - 01/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
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
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
Baked Beans	0.50 Cup	222.609	43.510
Broccoli	0.50 Cup	18.038	3.523
Roasted Broccoli	0.50 Cup	38.496	4.634
Fruit Variety	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		619.631	80.023
% of Calories			51.66%

Fri - 01/25/2019		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	
Power Salad	1.00 Cup	10.962	1.980	
Cauliflower	0.50 Cup	12.600	2.505	
Roasted Cauliflower	0.50 Cup	39.184	3.248	
Fruit Variety	0.50 Cup	67.949	17.159	
Garlic Toast	1.00 Toast	100.000	15.000	
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		591.781	85.343	
% of Calories			57.69%	

Mon - 01/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Sweet & Sour Grilled Chicken	1.00 Serving	149.946	12.794
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
Cucumbers	0.50 Cup	10.974	2.656
Fruit Variety	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
BBQ Sauce	1.00 Each	40.000	10.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		706.280	110.215
% of Calories			62.42%

Tue - 01/29/2019	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
Oven Baked Fries	4.00 Ounce	160.000	25.333
Coleslaw	0.50 Cup	55.860	6.851
Fruit Variety	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		653.354	83.883
% of Calories			51.36%

Wed - 01/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Grilled Cheese Sandwich	1.00 Each	360.000	32.000
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
Fruit Variety	0.50 Cup	67.949	17.159
Milk	1.00 Each	126.000	21.800
Tomato Soup	1.00 Cup	85.048	18.900

BBQ Sauce	1.00 Each	40.000	10.000
Ranch Dressing	1.00 oz	56.875	0.875
Weighted Daily Average		613.484	81.324
% of Calories			53.02%

Thu - 01/31/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Main			
Recipe	Total		
Macho Nachos	1.00 Each	482.605	46.756
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 Cuo	167.993	23.999
Whole Kernal Corn	1/2 cup	66.381	15.917
Fruit Variety	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		679.717	91.787
% of Calories			54.01%

* = 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



Mon - 01/07/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
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	
Oven Baked Fries	4.00 Ounce	160.000	25.333	
Baked Beans	0.50 Cup	222.609	43.510	
Fruit Variety	1.00 Cup	109.926	27.897	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	20.269	2.294	
Weighted Daily Average		933.996	136.065	
% of Calories			58.27%	

Tue - 01/08/2019		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	
Carrots	0.50 Cup	29.058	6.790	

Fruit Variety	1.00 Cup	109.926	27.897
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		527.679	81.141
% of Calories			61.51%

Wed - 01/09/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Spaghetti with Meat Sauce	1.00 Serving	417.936	53.961	
Green Beans	0.50 Cup	21.069	4.214	
Kale Chips	1.00 Cup	38.029	4.410	
Fruit Variety	1.00 Cup	109.926	27.897	
Garlic Toast	1.00 Toast	100.000	15.000	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	20.269	2.294	
Weighted Daily Average		787.446	123.507	
% of Calories			62.74%	

Thu - 01/10/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Pancake Griddle Sandwich	1.00 Each	335.080	28.515	

Red Bell Peppers	0.50 Cup	19.203	3.735
Power Salad	1.00 Cup	10.962	1.980
Fruit Variety	1.00 Cup	109.926	27.897
Chocolate Chip Cookie	1.00 Cookie	147.700	24.300
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		738.431	105.033
% of Calories			56.90%

Fri - 01/11/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Chicken Nuggets	7.00 Pieces	259.398	18.327	
Tater Tots	4.00 Ounce	226.667	25.333	
Carrots	0.50 Cup	29.058	6.790	
Fruit Variety	1.00 Cup	109.926	27.897	
Apple	1.00 Each	94.640	25.134	
Dinner Roll	1.00 Each	160.000	30.000	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	20.269	2.294	
Weighted Daily Average		931.646	134.717	
% of Calories			57.84%	

Mon - 01/14/2019		Portion Size	Calories (kcal)	Carbohydrates (g)

High School Main			
Recipe	Total		
Garlic Cheese Toast with Chicken Noodle Soup	1.00 Each	449.794	39.159
Cucumbers	0.50 Cup	10.974	2.656
Carrots	0.50 Cup	29.058	6.790
Fruit Variety	1.00 Cup	109.926	27.897
Sour Cherry Lemon Slushy	1.00 Each	90.000	22.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Chicken Noodle Soup	1.00 Cup	81.794	10.859
Garlic Cheese Toast	1.00 Piece	368.000	28.300
Weighted Daily Average		821.172	120.117
% of Calories			58.51%

Tue - 01/15/2019			
	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
Recipe	Total		
Chicken Alfredo	1.00 Serving	410.922	56.124
Power Salad	1.00 Cup	10.962	1.980
Red Bell Peppers	0.50 Cup	19.203	3.735
Fruit Variety	1.00 Cup	109.926	27.897
Garlic Toast	1.00 Toast	100.000	15.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		770.269	123.805

% of Calories

64.29%

Wed - 01/16/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
All Natural Beef Hot Dog	1.00 Each	342.372	27.012	
Carrots	0.50 Cup	29.058	6.790	
Baked Beans	0.50 Cup	222.609	43.510	
Fruit Variety	1.00 Cup	109.926	27.897	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	20.269	2.294	
Tim's Cascade Chips	1.00 oz	140.000	15.000	
Weighted Daily Average		912.385	129.328	
% of Calories			56.70%	

Thu - 01/17/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Orange Grilled Chicken	1.00 Serving	175.836	19.180	
Stir Fry Veggies	0.50 Cup	18.766	3.217	
Broccoli	0.50 Cup	18.038	3.523	
Roasted Broccoli	0.50 Cup	38.496	4.634	
Fruit Variety	1.00 Cup	109.926	27.897	
Not Fried Rice	1.00 Cup	277.747	51.916	

Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		733.025	125.932
% of Calories			68.72%

Fri - 01/18/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Philly Cheesesteak	1.00 Sandwich	379.433	38.276	
Power Salad	1.00 Cup	10.962	1.980	
Corn	0.50 Cup	91.635	19.243	
Fruit Variety	1.00 Cup	109.926	27.897	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	20.269	2.294	
Weighted Daily Average		682.888	100.473	
% of Calories			58.85%	

Mon - 01/21/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Weighted Daily Average		N/A	N/A	
% of Calories			N/A	

Tue - 01/22/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Chicken Nuggets	7.00 Pieces	259.398	18.327	
Tater Tots	4.00 Ounce	226.667	25.333	
Red Bell Peppers	0.50 Cup	19.203	3.735	
Fruit Variety	1.00 Cup	109.926	27.897	
Dinner Roll	1.00 Each	160.000	30.000	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	20.269	2.294	
Weighted Daily Average		883.938	121.924	
% of Calories			55.17%	

Wed - 01/23/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Turkey, Cheese & Ranch Flatbread	1.00 Each	350.592	27.231	
Power Salad	1.00 Cup	10.962	1.980	
Carrots	0.50 Cup	29.058	6.790	
Fruit Variety	1.00 Cup	109.926	27.897	
Rice Crispy Treat	1.00 Each	100.000	16.000	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	20.269	2.294	
Weighted Daily Average		712.402	97.358	

% of Calories	54.66%
---------------	--------

Thu - 01/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main			
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
Baked Beans	0.50 Cup	222.609	43.510
Broccoli	0.50 Cup	18.038	3.523
Fruit Variety	1.00 Cup	109.926	27.897
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		761.219	108.108
% of Calories			56.81%

Fri - 01/25/2019	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
Cauliflower	0.50 Cup	12.600	2.505
Roasted Cauliflower	0.50 Cup	39.184	3.248

Fruit Variety	1.00 Cup	109.926	27.897
Garlic Toast	1.00 Toast	100.000	15.000
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		671.941	108.459
% of Calories			64.56%

Mon - 01/28/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Sweet & Sour Grilled Chicken	1.00 Serving	149.946	12.794	
Carrots	0.50 Cup	29.058	6.790	
Cucumbers	0.50 Cup	10.974	2.656	
Fruit Variety	1.00 Cup	109.926	27.897	
Not Fried Rice	1.00 Cup	277.747	51.916	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	20.269	2.294	
Weighted Daily Average		657.263	113.664	
% of Calories			69.17%	

Tue - 01/29/2019		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
Oven Baked Fries	4.00 Ounce	160.000	25.333
Fruit Variety	1.00 Cup	109.926	27.897
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		848.693	111.517
% of Calories			52.56%

Wed - 01/30/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Main				
Recipe	Total			
Grilled Cheese Sandwich	1.00 Each	360.000	32.000	
Power Salad	1.00 Cup	10.962	1.980	
Carrots	0.50 Cup	29.058	6.790	
Fruit Variety	1.00 Cup	109.926	27.897	
Sour Cherry Lemon Slushy	1.00 Each	90.000	22.000	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	20.269	2.294	
Tomato Soup	1.00 Cup	85.048	18.900	
Weighted Daily Average		778.065	123.112	
% of Calories			63.29%	

Thu - 01/31/2019	Portion Size	Calories (kcal)	Carbohydrates (g)

High School Main			
Recipe	Total		
Macho Nachos	1.00 Each	482.605	46.756
Refried Beans	0.50 Cuo	167.993	23.999
Corn	0.50 Cup	91.635	19.243
Fruit Variety	1.00 Cup	109.926	27.897
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Sour Cream	1.00 Each	25.000	4.000
Salsa	0.25 Cup	20.000	4.000
Weighted Daily Average		931.596	131.101
% of Calories			56.29%

* = 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.