

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 Breakfast



Fri - 02/01/2019	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	285.833	54.833
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		510.398	88.617
% of Calories			69.45%

Mon - 02/04/2019	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	285.833	54.833
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		510.398	88.617
% of Calories			69.45%

Tue - 02/05/2019	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	297.114	61.841
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		503.998	99.117
% of Calories			78.66%

Wed - 02/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Breakfast			
Recipe	Total		
Toasted English Muffin with Omelet	1.00 1 each	220.000	22.000
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	285.833	54.833
Fruit Variety	0.50 Cup	67.949	17.159
Juice Variety	1.00 Each	63.333	15.667
Toast	1.00 Each	96.786	15.000
Milk	1.00 Each	126.000	21.800
Yogurt Variety	1.00 Each	103.333	19.333
Jelly	1.00 Each	33.333	8.667
Toasted English Muffin	1.00 Each	110.000	21.000
Cheese Omelet	1.00 Omelet	110.000	1.000
Weighted Daily Average		691.361	123.605
% of Calories			71.51%

Thu - 02/07/2019	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	297.114	61.841

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		501.542	100.124
% of Calories			79.85%

Fri - 02/08/2019	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	285.833	54.833
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		510.398	88.617
% of Calories			69.45%

Mon - 02/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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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	285.833	54.833
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		510.398	88.617
% of Calories			69.45%

Tue - 02/12/2019	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	297.114	61.841
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		503.998	99.117
% of Calories			78.66%

Wed - 02/13/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Breakfast				
Recipe	Total			
Warmed Bagel with Omelet	1.00 1 each	280.000	34.000	
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	285.833	54.833	
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	
Warm Bagel	1.00 Each	170.000	33.000	
Cheese Omelet	1.00 Omelet	110.000	1.000	
Weighted Daily Average		500.398	92.817	
% of Calories			74.19%	

Thu - 02/14/2019		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	297.114	61.841
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		501.542	100.124
% of Calories			79.85%

Fri - 02/15/2019	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	285.833	54.833
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		510.398	88.617
% of Calories			69.45%

Mon - 02/18/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Breakfast			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 02/19/2019	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	297.114	61.841
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		503.998	99.117
% of Calories			78.66%

Wed - 02/20/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Middle School Breakfast			
Recipe	Total		
Toasted English Muffin with Omelet	1.00 1 each	220.000	22.000
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	285.833	54.833
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
Cheese Omelet	1.00 Omelet	110.000	1.000
Toasted English Muffin	1.00 Each	110.000	21.000
Weighted Daily Average		476.398	88.017
% of Calories			73.90%

Thu - 02/21/2019	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	297.114	61.841
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		501.542	100.124
% of Calories			79.85%

Fri - 02/22/2019	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	285.833	54.833
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		510.398	88.617
% of Calories			69.45%

Mon - 02/25/2019	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	285.833	54.833
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		510.398	88.617
% of Calories			69.45%

Tue - 02/26/2019		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	297.114	61.841	
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		503.998	99.117	
% of Calories			78.66%	

Wed - 02/27/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Breakfast			
Recipe	Total		
Warmed Bagel with Omelet	1.00 1 each	280.000	34.000
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	285.833	54.833
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
Cheese Omelet	1.00 Omelet	110.000	1.000
Warm Bagel	1.00 Each	170.000	33.000
Weighted Daily Average		557.998	102.337
% of Calories			73.36%

Thu - 02/28/2019	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	297.114	61.841
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		501.542	100.124
% of Calories			79.85%

* = 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: Mountainside Middle

Menu: Middle School Grab & Go



Fri - 02/01/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Spicy Italian on Hoagie	1.00 Each	333.358	31.510
Peanut Butter & Jelly Jamwich	1.00 Each	574.596	52.588
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		644.696	77.947
% of Calories			48.36%

Mon - 02/04/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Spicy Italian on Hoagie	1.00 Each	333.358	31.510
Peanut Butter & Jelly Jamwich	1.00 Each	574.596	52.588
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		646.250	76.015
% of Calories			47.05%

Tue - 02/05/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Ham & Turkey Combo on Hoagie	1.00 Each	365.000	31.000
Peanut Butter & Jelly Jamwich	1.00 Each	574.596	52.588
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		656.458	79.341
% of Calories			48.35%

Wed - 02/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Spicy Italian on Hoagie	1.00 Each	333.358	31.510
Peanut Butter & Jelly Jamwich	1.00 Each	574.596	52.588
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		659.282	78.004
% of Calories			47.33%

Thu - 02/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Ham & Turkey Combo on Hoagie	1.00 Each	365.000	31.000
Peanut Butter & Jelly Jamwich	1.00 Each	574.596	52.588
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		702.205	83.683
% of Calories			47.67%

Fri - 02/08/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Spicy Italian on Hoagie	1.00 Each	333.358	31.510
Peanut Butter & Jelly Jamwich	1.00 Each	574.596	52.588
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		644.696	77.947
% of Calories			48.36%

Mon - 02/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Spicy Italian on Hoagie	1.00 Each	333.358	31.510
Peanut Butter & Jelly Jamwich	1.00 Each	574.596	52.588
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		646.250	76.015
% of Calories			47.05%

Tue - 02/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Ham & Turkey Combo on Hoagie	1.00 Each	365.000	31.000
Peanut Butter & Jelly Jamwich	1.00 Each	574.596	52.588
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		656.458	79.341
% of Calories			48.35%

Wed - 02/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Spicy Italian on Hoagie	1.00 Each	333.358	31.510
Peanut Butter & Jelly Jamwich	1.00 Each	574.596	52.588
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		659.282	78.004
% of Calories			47.33%

Thu - 02/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Ham & Turkey Combo on Hoagie	1.00 Each	365.000	31.000
Peanut Butter & Jelly Jamwich	1.00 Each	574.596	52.588
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		702.205	83.683
% of Calories			47.67%

Fri - 02/15/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Spicy Italian on Hoagie	1.00 Each	333.358	31.510
Peanut Butter & Jelly Jamwich	1.00 Each	574.596	52.588
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		644.696	77.947
% of Calories			48.36%

Mon - 02/18/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 02/19/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Ham & Turkey Combo on Hoagie	1.00 Each	365.000	31.000
Peanut Butter & Jelly Jamwich	1.00 Each	574.596	52.588
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		656.458	79.341
% of Calories			48.35%

Wed - 02/20/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Spicy Italian on Hoagie	1.00 Each	333.358	31.510
Peanut Butter & Jelly Jamwich	1.00 Each	574.596	52.588
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		659.282	78.004
% of Calories			47.33%

Thu - 02/21/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Ham & Turkey Combo on Hoagie	1.00 Each	365.000	31.000
Peanut Butter & Jelly Jamwich	1.00 Each	574.596	52.588

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		702.205	83.683
% of Calories			47.67%

Fri - 02/22/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Spicy Italian on Hoagie	1.00 Each	333.358	31.510
Peanut Butter & Jelly Jamwich	1.00 Each	574.596	52.588

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		644.696	77.947
% of Calories			48.36%

Mon - 02/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Spicy Italian on Hoagie	1.00 Each	333.358	31.510

Peanut Butter & Jelly Jamwich	1.00 Each	574.596	52.588
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		646.250	76.015
% of Calories			47.05%

Tue - 02/26/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500

Ham & Turkey Combo on Hoagie	1.00 Each	365.000	31.000
Peanut Butter & Jelly Jamwich	1.00 Each	574.596	52.588
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		656.458	79.341
% of Calories			48.35%

Wed - 02/27/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500

Spicy Italian on Hoagie	1.00 Each	333.358	31.510
Peanut Butter & Jelly Jamwich	1.00 Each	574.596	52.588
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		659.282	78.004
% of Calories			47.33%

Thu - 02/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Grab & Go			
Recipe	Total		

Turkey & Cheese on Hoagie	1.00 Each	301.667	29.500
Ham & Turkey Combo on Hoagie	1.00 Each	365.000	31.000
Peanut Butter & Jelly Jamwich	1.00 Each	574.596	52.588
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		702.205	83.683
% of Calories			47.67%

* = 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: Mead High School

Menu: High School Breakfast



Fri - 02/01/2019	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 Cheese English Muffin	1.00 Sandwich	310.000	23.000
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	24.000
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	297.114	61.841
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		503.818	88.749
% of Calories			70.46%

Mon - 02/04/2019	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	297.114	61.841
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		527.083	90.688
% of Calories			68.82%

Tue - 02/05/2019	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	297.114	61.841
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		527.083	90.688
% of Calories			68.82%

Wed - 02/06/2019	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 Cheese English Muffin	1.00 Sandwich	310.000	23.000
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	24.000
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	297.114	61.841
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		503.818	88.749
% of Calories			70.46%

Thu - 02/07/2019	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	297.114	61.841
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		527.083	90.688
% of Calories			68.82%

Fri - 02/08/2019	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 Cheese English Muffin	1.00 Sandwich	310.000	23.000
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	24.000
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	297.114	61.841

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		503.818	88.749
% of Calories			70.46%

Mon - 02/11/2019	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	297.114	61.841
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		527.083	90.688
% of Calories			68.82%

Tue - 02/12/2019	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	297.114	61.841
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		527.083	90.688
% of Calories			68.82%

Wed - 02/13/2019	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 Cheese English Muffin	1.00 Sandwich	310.000	23.000

Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	24.000
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	297.114	61.841
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		503.818	88.749
% of Calories			70.46%

Thu - 02/14/2019	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	297.114	61.841
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		527.083	90.688
% of Calories			68.82%

Fri - 02/15/2019	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 Cheese English Muffin	1.00 Sandwich	310.000	23.000
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	24.000
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	297.114	61.841
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		503.818	88.749
% of Calories			70.46%

Mon - 02/18/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Breakfast			
Recipe	Total		
Weighted Daily Average		N/A	N/A

Tue - 02/19/2019	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	297.114	61.841
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	527.083	90.688
% of Calories		68.82%

Wed - 02/20/2019	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 Cheese English Muffin	1.00 Sandwich	310.000	23.000
Breakfast Burrito- Egg, Bean & Sausage	1.00 Each	220.000	25.000
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	24.000
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
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		503.818	88.749
% of Calories			70.46%

Thu - 02/21/2019	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	297.114	61.841
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		527.083	90.688
% of Calories			68.82%

Fri - 02/22/2019	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 Cheese English Muffin	1.00 Sandwich	310.000	23.000
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	24.000
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	297.114	61.841
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		503.818	88.749
% of Calories			70.46%

Mon - 02/25/2019	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	297.114	61.841
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		527.083	90.688
% of Calories			68.82%

Tue - 02/26/2019	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	297.114	61.841
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		527.083	90.688
% of Calories			68.82%

Wed - 02/27/2019	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 Cheese English Muffin	1.00 Sandwich	310.000	23.000
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	355.000	24.000
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	297.114	61.841

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		503.818	88.749
% of Calories			70.46%

Thu - 02/28/2019	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	297.114	61.841
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		527.083	90.688
% of Calories			68.82%

* = Indicates missing Nutrient Information.

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Carbohydrate Report

District: Mead School District

School: Mead High School

Menu: High School Chicken & Pizza-MHS



Fri - 02/01/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Chicken & Pizza-MHS				
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	
Veggie Variety	1.00 Cup	71.377	14.551	
Power Salad	1.00 Cup	10.962	1.980	
Fruit Variety	1.00 Cup	109.926	27.897	
Chips	1.00 Each	107.523	16.629	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	20.269	2.294	
Weighted Daily Average		789.020	121.873	
% of Calories			61.78%	

Mon - 02/04/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Chicken & Pizza-MHS				
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
Veggie Variety	1.00 Cup	71.377	14.551
Power Salad	1.00 Cup	10.962	1.980
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	107.523	16.629
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		785.189	121.483
% of Calories			61.89%

Tue - 02/05/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Chicken & Pizza-MHS			
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
Veggie Variety	1.00 Cup	71.377	14.551
Power Salad	1.00 Cup	10.962	1.980
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	107.523	16.629
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294

Weighted Daily Average	785.189	121.483
% of Calories		61.89%

Wed - 02/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Chicken & Pizza-MHS			
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
Veggie Variety	1.00 Cup	71.377	14.551
Power Salad	1.00 Cup	10.962	1.980
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	107.523	16.629
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		785.189	121.483
% of Calories			61.89%

Thu - 02/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Chicken & Pizza-MHS			
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
Veggie Variety	1.00 Cup	71.377	14.551
Power Salad	1.00 Cup	10.962	1.980
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	107.523	16.629
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		785.189	121.483
% of Calories			61.89%

Fri - 02/08/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Chicken & Pizza-MHS				
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	
Veggie Variety	1.00 Cup	71.377	14.551	
Power Salad	1.00 Cup	10.962	1.980	
Fruit Variety	1.00 Cup	109.926	27.897	
Chips	1.00 Each	107.523	16.629	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	20.269	2.294	
Weighted Daily Average		789.020	121.873	

% of Calories	61.78%
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Mon - 02/11/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Chicken & Pizza-MHS				
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	
Veggie Variety	1.00 Cup	71.377	14.551	
Power Salad	1.00 Cup	10.962	1.980	
Fruit Variety	1.00 cup	120.523	31.247	
Chips	1.00 Each	107.523	16.629	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	20.269	2.294	
Weighted Daily Average		785.189	121.483	
% of Calories			61.89%	

Tue - 02/12/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Chicken & Pizza-MHS				
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
Veggie Variety	1.00 Cup	71.377	14.551
Power Salad	1.00 Cup	10.962	1.980
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	107.523	16.629
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		785.189	121.483
% of Calories			61.89%

Wed - 02/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Chicken & Pizza-MHS			
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
Veggie Variety	1.00 Cup	71.377	14.551
Power Salad	1.00 Cup	10.962	1.980
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	107.523	16.629
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		785.189	121.483
% of Calories			61.89%

Thu - 02/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Chicken & Pizza-MHS			
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
Veggie Variety	1.00 Cup	71.377	14.551
Power Salad	1.00 Cup	10.962	1.980
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	107.523	16.629
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		785.189	121.483
% of Calories			61.89%

Fri - 02/15/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Chicken & Pizza-MHS			
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

Veggie Variety	1.00 Cup	71.377	14.551
Power Salad	1.00 Cup	10.962	1.980
Fruit Variety	1.00 Cup	109.926	27.897
Chips	1.00 Each	107.523	16.629
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		789.020	121.873
% of Calories			61.78%

Mon - 02/18/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Chicken & Pizza-MHS				
Recipe	Total			
Weighted Daily Average	N/A		N/A	
% of Calories				N/A

Tue - 02/19/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Chicken & Pizza-MHS				
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	
Veggie Variety	1.00 Cup	71.377	14.551	
Power Salad	1.00 Cup	10.962	1.980	

Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	107.523	16.629
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		785.189	121.483
% of Calories			61.89%

Wed - 02/20/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Chicken & Pizza-MHS				
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	
Veggie Variety	1.00 Cup	71.377	14.551	
Power Salad	1.00 Cup	10.962	1.980	
Fruit Variety	1.00 cup	120.523	31.247	
Chips	1.00 Each	107.523	16.629	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	20.269	2.294	
Weighted Daily Average		785.189	121.483	
% of Calories			61.89%	

Thu - 02/21/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
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High School Chicken & Pizza-MHS			
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
Veggie Variety	1.00 Cup	71.377	14.551
Power Salad	1.00 Cup	10.962	1.980
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	107.523	16.629
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		785.189	121.483
% of Calories			61.89%

Fri - 02/22/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Chicken & Pizza-MHS			
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
Veggie Variety	1.00 Cup	71.377	14.551
Power Salad	1.00 Cup	10.962	1.980

Fruit Variety	1.00 Cup	109.926	27.897
Chips	1.00 Each	107.523	16.629
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		789.020	121.873
% of Calories			61.78%

Mon - 02/25/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Chicken & Pizza-MHS				
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	
Veggie Variety	1.00 Cup	71.377	14.551	
Power Salad	1.00 Cup	10.962	1.980	
Fruit Variety	1.00 cup	120.523	31.247	
Chips	1.00 Each	107.523	16.629	
Milk	1.00 Each	126.000	21.800	
Condiments	1.00 Each	20.269	2.294	
Weighted Daily Average		785.189	121.483	
% of Calories			61.89%	

Tue - 02/26/2019		Portion Size	Calories (kcal)	Carbohydrates (g)

High School Chicken & Pizza-MHS			
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
Veggie Variety	1.00 Cup	71.377	14.551
Power Salad	1.00 Cup	10.962	1.980
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	107.523	16.629
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		785.189	121.483
% of Calories			61.89%

Wed - 02/27/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Chicken & Pizza-MHS			
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
Veggie Variety	1.00 Cup	71.377	14.551
Power Salad	1.00 Cup	10.962	1.980
Fruit Variety	1.00 cup	120.523	31.247

Chips	1.00 Each	107.523	16.629
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		785.189	121.483
% of Calories			61.89%

Thu - 02/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Chicken & Pizza-MHS			
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
Veggie Variety	1.00 Cup	71.377	14.551
Power Salad	1.00 Cup	10.962	1.980
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	107.523	16.629
Milk	1.00 Each	126.000	21.800
Condiments	1.00 Each	20.269	2.294
Weighted Daily Average		785.189	121.483
% of Calories			61.89%

* = Indicates missing Nutrient Information.

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Carbohydrate Report

District: Mead School District

School: Mead High School

Menu: High School Sandwich and Salad



Fri - 02/01/2019	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	1.00 Each	574.596	52.588
Chicken Caesar Wrap	1.00 Serving	465.725	34.275
Chicken Caesar Salad	1.00 Each	468.667	38.599
Buffalo Chicken Salad	1.00 Each	553.399	49.445
Fruit & Yogurt Salad	1.00 Each	492.281	68.504
Hummus Dip Lunch	1.00 Each	794.414	68.276
Veggie Variety - Sandwich line	1.00 Cup	53.861	10.937
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Sauce Packet Variety, Secondary	1.00 each	42.325	0.996
Weighted Daily Average		765.909	99.776
% of Calories			52.11%

Mon - 02/04/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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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	1.00 Each	574.596	52.588
Chicken Caesar Wrap	1.00 Serving	465.725	34.275
Chicken Caesar Salad	1.00 Each	468.667	38.599
Buffalo Chicken Salad	1.00 Each	553.399	49.445
Fruit & Yogurt Salad	1.00 Each	492.281	68.504
Hummus Dip Lunch	1.00 Each	794.414	68.276
Vegetable Selection	1.00 cup	43.462	9.234
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Sauce Packet Variety, Secondary	1.00 each	42.325	0.996
Weighted Daily Average		764.814	100.378
% of Calories			52.50%

Tue - 02/05/2019	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	1.00 Each	574.596	52.588
Buffalo Chicken Wrap	1.00 Each	438.698	33.432
Chicken Caesar Salad	1.00 Each	468.667	38.599
Chef Salad	1.00 Each	403.211	43.786
Fruit & Yogurt Salad	1.00 Each	492.281	68.504
Hummus Dip Lunch	1.00 Each	794.414	68.276
Veggie Variety - Sandwich line	1.00 Cup	53.861	10.937
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Sauce Packet Variety, Secondary	1.00 each	42.325	0.996
Weighted Daily Average		763.021	102.319
% of Calories			53.64%

Wed - 02/06/2019	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	1.00 Each	574.596	52.588

Chicken Caesar Wrap	1.00 Serving	465.725	34.275
Chicken Caesar Salad	1.00 Each	468.667	38.599
Buffalo Chicken Salad	1.00 Each	553.399	49.445
Fruit & Yogurt Salad	1.00 Each	492.281	68.504
Hummus Dip Lunch	1.00 Each	794.414	68.276
Veggie Variety - Sandwich line	1.00 Cup	53.861	10.937
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Sauce Packet Variety, Secondary	1.00 each	42.325	0.996
Weighted Daily Average		742.582	93.728
% of Calories			50.49%

Thu - 02/07/2019	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	1.00 Each	574.596	52.588
Buffalo Chicken Wrap	1.00 Each	438.698	33.432
Chicken Caesar Salad	1.00 Each	468.667	38.599
Chef Salad	1.00 Each	403.211	43.786
Fruit & Yogurt Salad	1.00 Each	492.281	68.504

Hummus Dip Lunch	1.00 Each	794.414	68.276
Veggie Variety - Sandwich line	1.00 Cup	53.861	10.937
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Sauce Packet Variety, Secondary	1.00 each	42.325	0.996
Weighted Daily Average		754.476	99.356
% of Calories			52.68%

Fri - 02/08/2019		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	1.00 Each	574.596	52.588	
Chicken Caesar Wrap	1.00 Serving	465.725	34.275	
Chicken Caesar Salad	1.00 Each	468.667	38.599	
Buffalo Chicken Salad	1.00 Each	553.399	49.445	
Fruit & Yogurt Salad	1.00 Each	492.281	68.504	
Hummus Dip Lunch	1.00 Each	794.414	68.276	
Veggie Variety - Sandwich line	1.00 Cup	53.861	10.937	
Fruit Variety	1.00 cup	120.523	31.247	
Chips	1.00 Each	108.597	16.576	
Milk	1.00 Each	126.000	21.800	

Sauce Packet Variety, Secondary	1.00 each	42.325	0.996
Weighted Daily Average		765.909	99.776
% of Calories			52.11%

Mon - 02/11/2019	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	1.00 Each	574.596	52.588
Chicken Caesar Wrap	1.00 Serving	465.725	34.275
Chicken Caesar Salad	1.00 Each	468.667	38.599
Buffalo Chicken Salad	1.00 Each	553.399	49.445
Fruit & Yogurt Salad	1.00 Each	492.281	68.504
Hummus Dip Lunch	1.00 Each	794.414	68.276
Vegetable Selection	1.00 cup	43.462	9.234
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Sauce Packet Variety, Secondary	1.00 each	42.325	0.996
Weighted Daily Average		764.814	100.378
% of Calories			52.50%

Tue - 02/12/2019	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	1.00 Each	574.596	52.588
Buffalo Chicken Wrap	1.00 Each	438.698	33.432
Chicken Caesar Salad	1.00 Each	468.667	38.599
Chef Salad	1.00 Each	403.211	43.786
Fruit & Yogurt Salad	1.00 Each	492.281	68.504
Hummus Dip Lunch	1.00 Each	794.414	68.276
Veggie Variety - Sandwich line	1.00 Cup	53.861	10.937
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Sauce Packet Variety, Secondary	1.00 each	42.325	0.996
Weighted Daily Average		763.021	102.319
% of Calories			53.64%

Wed - 02/13/2019	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	1.00 Each	574.596	52.588
Chicken Caesar Wrap	1.00 Serving	465.725	34.275
Chicken Caesar Salad	1.00 Each	468.667	38.599
Buffalo Chicken Salad	1.00 Each	553.399	49.445
Fruit & Yogurt Salad	1.00 Each	492.281	68.504
Hummus Dip Lunch	1.00 Each	794.414	68.276
Veggie Variety - Sandwich line	1.00 Cup	53.861	10.937
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Sauce Packet Variety, Secondary	1.00 each	42.325	0.996
Weighted Daily Average		742.582	93.728
% of Calories			50.49%

Thu - 02/14/2019		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	1.00 Each	574.596	52.588
Buffalo Chicken Wrap	1.00 Each	438.698	33.432
Chicken Caesar Salad	1.00 Each	468.667	38.599
Chef Salad	1.00 Each	403.211	43.786
Fruit & Yogurt Salad	1.00 Each	492.281	68.504
Hummus Dip Lunch	1.00 Each	794.414	68.276
Veggie Variety - Sandwich line	1.00 Cup	53.861	10.937
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Sauce Packet Variety, Secondary	1.00 each	42.325	0.996
Weighted Daily Average		754.476	99.356
% of Calories			52.68%

Fri - 02/15/2019	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	1.00 Each	574.596	52.588
Chicken Caesar Wrap	1.00 Serving	465.725	34.275
Chicken Caesar Salad	1.00 Each	468.667	38.599
Buffalo Chicken Salad	1.00 Each	553.399	49.445

Fruit & Yogurt Salad	1.00 Each	492.281	68.504
Hummus Dip Lunch	1.00 Each	794.414	68.276
Veggie Variety - Sandwich line	1.00 Cup	53.861	10.937
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Sauce Packet Variety, Secondary	1.00 each	42.325	0.996
Weighted Daily Average		765.909	99.776
% of Calories			52.11%

Mon - 02/18/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Sandwich and Salad			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 02/19/2019	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	1.00 Each	574.596	52.588

Buffalo Chicken Wrap	1.00 Each	438.698	33.432
Chicken Caesar Salad	1.00 Each	468.667	38.599
Chef Salad	1.00 Each	403.211	43.786
Fruit & Yogurt Salad	1.00 Each	492.281	68.504
Hummus Dip Lunch	1.00 Each	794.414	68.276
Veggie Variety - Sandwich line	1.00 Cup	53.861	10.937
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Sauce Packet Variety, Secondary	1.00 each	42.325	0.996
Weighted Daily Average		763.021	102.319
% of Calories			53.64%

Wed - 02/20/2019	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	1.00 Each	574.596	52.588
Chicken Caesar Wrap	1.00 Serving	465.725	34.275
Chicken Caesar Salad	1.00 Each	468.667	38.599
Buffalo Chicken Salad	1.00 Each	553.399	49.445
Fruit & Yogurt Salad	1.00 Each	492.281	68.504

Hummus Dip Lunch	1.00 Each	794.414	68.276
Veggie Variety - Sandwich line	1.00 Cup	53.861	10.937
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Sauce Packet Variety, Secondary	1.00 each	42.325	0.996
Weighted Daily Average		742.582	93.728
% of Calories			50.49%

Thu - 02/21/2019	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	1.00 Each	574.596	52.588
Buffalo Chicken Wrap	1.00 Each	438.698	33.432
Chicken Caesar Salad	1.00 Each	468.667	38.599
Chef Salad	1.00 Each	403.211	43.786
Fruit & Yogurt Salad	1.00 Each	492.281	68.504
Hummus Dip Lunch	1.00 Each	794.414	68.276
Veggie Variety - Sandwich line	1.00 Cup	53.861	10.937
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800

Sauce Packet Variety, Secondary	1.00 each	42.325	0.996
Weighted Daily Average		754.476	99.356
% of Calories			52.68%

Fri - 02/22/2019	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	1.00 Each	574.596	52.588
Chicken Caesar Wrap	1.00 Serving	465.725	34.275
Chicken Caesar Salad	1.00 Each	468.667	38.599
Buffalo Chicken Salad	1.00 Each	553.399	49.445
Fruit & Yogurt Salad	1.00 Each	492.281	68.504
Hummus Dip Lunch	1.00 Each	794.414	68.276
Veggie Variety - Sandwich line	1.00 Cup	53.861	10.937
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Sauce Packet Variety, Secondary	1.00 each	42.325	0.996
Weighted Daily Average		765.909	99.776
% of Calories			52.11%

Mon - 02/25/2019	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	1.00 Each	574.596	52.588
Chicken Caesar Wrap	1.00 Serving	465.725	34.275
Chicken Caesar Salad	1.00 Each	468.667	38.599
Buffalo Chicken Salad	1.00 Each	553.399	49.445
Fruit & Yogurt Salad	1.00 Each	492.281	68.504
Hummus Dip Lunch	1.00 Each	794.414	68.276
Vegetable Selection	1.00 cup	43.462	9.234
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Sauce Packet Variety, Secondary	1.00 each	42.325	0.996
Weighted Daily Average		764.814	100.378
% of Calories			52.50%

Tue - 02/26/2019	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	1.00 Each	574.596	52.588
Buffalo Chicken Wrap	1.00 Each	438.698	33.432
Chicken Caesar Salad	1.00 Each	468.667	38.599
Chef Salad	1.00 Each	403.211	43.786
Fruit & Yogurt Salad	1.00 Each	492.281	68.504
Hummus Dip Lunch	1.00 Each	794.414	68.276
Veggie Variety - Sandwich line	1.00 Cup	53.861	10.937
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Sauce Packet Variety, Secondary	1.00 each	42.325	0.996
Weighted Daily Average		763.021	102.319
% of Calories			53.64%

Wed - 02/27/2019		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	1.00 Each	574.596	52.588
Chicken Caesar Wrap	1.00 Serving	465.725	34.275
Chicken Caesar Salad	1.00 Each	468.667	38.599
Buffalo Chicken Salad	1.00 Each	553.399	49.445
Fruit & Yogurt Salad	1.00 Each	492.281	68.504
Hummus Dip Lunch	1.00 Each	794.414	68.276
Veggie Variety - Sandwich line	1.00 Cup	53.861	10.937
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Sauce Packet Variety, Secondary	1.00 each	42.325	0.996
Weighted Daily Average		742.582	93.728
% of Calories			50.49%

Thu - 02/28/2019	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	1.00 Each	574.596	52.588
Buffalo Chicken Wrap	1.00 Each	438.698	33.432
Chicken Caesar Salad	1.00 Each	468.667	38.599
Chef Salad	1.00 Each	403.211	43.786

Fruit & Yogurt Salad	1.00 Each	492.281	68.504
Hummus Dip Lunch	1.00 Each	794.414	68.276
Veggie Variety - Sandwich line	1.00 Cup	53.861	10.937
Fruit Variety	1.00 cup	120.523	31.247
Chips	1.00 Each	108.597	16.576
Milk	1.00 Each	126.000	21.800
Sauce Packet Variety, Secondary	1.00 each	42.325	0.996
Weighted Daily Average		754.476	99.356
% of Calories			52.68%

* = Indicates missing Nutrient Information.

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