

# Carbohydrate Report

District: Mead School District

School: Brentwood Elementary

Menu: 2022 Elementary Breakfast



Mon - 11/01/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast			
Recipe	Total		
Mini Bagel Bar with Strawberry Cream Cheese	1.00 bar	239.615	40.934
Cinnamon Breakfast Bar	1.00 Round	270.299	44.049
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		414.834	76.270
% of Calories			73.54%

Tue - 11/02/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		477.200	78.880
% of Calories			66.12%

<b>Wed - 11/03/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Breakfast			
Recipe	Total		
Cinnamon Toast Crunch Filled Bar	1.00 Bar	260.000	41.000
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		434.769	76.262
% of Calories			70.16%

<b>Thu - 11/04/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Breakfast			
Recipe	Total		
Sausage Cheese English Muffin	1.00 Sandwich	304.455	24.105
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		479.224	59.367
% of Calories			49.55%

<b>Fri - 11/05/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2022 Elementary Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		374.769	52.262
% of Calories			55.78%

Mon - 11/08/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast			
Recipe	Total		
Mini Bagel Bar with Strawberry Cream Cheese	1.00 bar	239.615	40.934
Cinnamon Breakfast Bar	1.00 Round	270.299	44.049
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		414.834	76.270
% of Calories			73.54%

Tue - 11/09/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast			
Recipe	Total		

Dutch Waffle	1.00 Each	302.431	43.618
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		477.200	78.880
% of Calories			66.12%

Wed - 11/10/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast				
Recipe		Total		
Cinnamon Toast Crunch Filled Bar		1.00 Bar	260.000	41.000
Juice Variety		1.00 Each	63.333	15.667
Selection of Fruits		0.50 Cup	61.660	15.716
Milk		1.00 Each	137.476	23.964
Weighted Daily Average			434.769	76.262
% of Calories				70.16%

Thu - 11/11/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast				
Recipe		Total		
Weighted Daily Average			N/A	N/A
% of Calories				N/A

<b>Fri - 11/12/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		374.769	52.262
% of Calories			55.78%

<b>Mon - 11/15/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Breakfast			
Recipe	Total		
Mini Bagel Bar with Strawberry Cream Cheese	1.00 bar	239.615	40.934
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		414.384	76.196
% of Calories			73.55%

<b>Tue - 11/16/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Breakfast			

Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		477.200	78.880
% of Calories			66.12%

Wed - 11/17/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast				
Recipe	Total			
Cinnamon Toast Crunch Filled Bar	1.00 Bar	260.000	41.000	
Juice Variety	1.00 Each	63.333	15.667	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average		434.769	76.262	
% of Calories			70.16%	

Thu - 11/18/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast				
Recipe	Total			
Sausage Cheese English Muffin	1.00 Sandwich	304.455	24.105	
Juice Variety	1.00 Each	63.333	15.667	

Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		479.224	59.367
% of Calories			49.55%

Fri - 11/19/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast				
Recipe	Total			
Pancake and Sausage Wrap	1.00 Each	200.000	17.000	
Juice Variety	1.00 Each	63.333	15.667	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average		374.769	52.262	
% of Calories			55.78%	

Mon - 11/22/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast				
Recipe	Total			
Mini Bagel Bar with Strawberry Cream Cheese	1.00 bar	239.615	40.934	
Juice Variety	1.00 Each	63.333	15.667	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average		414.384	76.196	
% of Calories			73.55%	

<b>Tue - 11/23/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		477.200	78.880
% of Calories			66.12%

<b>Wed - 11/24/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Breakfast			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

<b>Thu - 11/25/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Breakfast			
Recipe	Total		
Weighted Daily Average		N/A	N/A



% of Calories	N/A
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Fri - 11/26/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast			
Recipe	Total		
Weighted Daily Average	N/A	N/A	
% of Calories	N/A		N/A

Mon - 11/29/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast			
Recipe	Total		
Mini Bagel Bar with Strawberry Cream Cheese	1.00 bar	239.615	40.934
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		414.384	76.196
% of Calories			73.55%

Tue - 11/30/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast			
Recipe	Total		
Dutch Waffle	1.00 Each	302.431	43.618

Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		477.200	78.880
% of Calories			66.12%

\* = 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: Brentwood Elementary  
 Menu: 2022 Elementary Lunch



Mon - 11/01/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch				
Recipe		Total		
Popcorn Chicken		10.00 Pieces	278.036	20.672
Chewy Oat Bar with Yogurt and Cheese		1.00 Each	470.999	66.667
Carrots		0.50 Cup	29.058	6.790
Selection of Fruits		0.50 Cup	61.660	15.716
Dinner Roll		1.00 Each	160.000	30.000
Milk		1.00 Each	137.476	23.964
Chewy Oat Bar		1.00 Each	286.667	47.333
Yogurt Variety		1.00 Each	103.333	19.333
String Cheese		1.00 Each	80.999	0.000
BBQ Sauce		1.00 Each	40.000	10.000
Weighted Daily Average			690.904	104.058
% of Calories				60.24%

Tue - 11/02/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch				
Recipe		Total		
Cheese Pizza		1.00 Slice	360.000	34.000

Pepperoni Pizza	1.00 Each	370.000	34.000
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Cucumbers	0.50 Cup	10.974	2.656
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		630.797	80.883
% of Calories			51.29%

<b>Wed - 11/03/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Lunch			
Recipe	Total		
Corn Dog	1.00 Corn Dog	270.000	26.000
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Oven Baked Fries	0.50 Cup	100.000	15.000
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		635.379	86.116

% of Calories	54.21%
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Thu - 11/04/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Dutch Waffle & Sausage Patty	1.00 Each	380.166	43.515
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Red Bell Peppers	0.50 Cup	19.203	3.735
Carrots and Beans	1.00 1/2 cup	87.021	10.374
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Dutch Waffle	1.00 Each	302.026	43.515
Sausage Patty	1.00 Patty	78.140	0.000
Weighted Daily Average		643.406	90.998
% of Calories			56.57%

Fri - 11/05/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Cheesy Beef Quesadilla	1.00 each	292.078	22.768

Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Tater Tots	0.50 Cup	120.745	14.087
Carrots and Beans	1.00 1/2 cup	87.021	10.374
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Picante Sauce	1.00 Each	5.000	1.000
Weighted Daily Average		646.639	83.780
% of Calories			51.82%

Mon - 11/08/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Cheese Pizza	1.00 Slice	360.000	34.000
Pepperoni Pizza	1.00 Each	370.000	34.000
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Cucumbers	0.50 Cup	10.974	2.656
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000

Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		630.797	80.883
% of Calories			51.29%

Tue - 11/09/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch				
Recipe		Total		
Cheeseburger		1.00 Each	372.000	29.000
Hamburger		1.00 Each	174.458	30.239
Veggie Burger		1.00 Each	320.097	36.935
Chewy Oat Bar with Yogurt and Cheese		1.00 Each	470.999	66.667
Oven Baked Fries		0.50 Cup	100.000	15.000
Selection of Fruits		0.50 Cup	61.660	15.716
Milk		1.00 Each	137.476	23.964
Chewy Oat Bar		1.00 Each	286.667	47.333
Yogurt Variety		1.00 Each	103.333	19.333
String Cheese		1.00 Each	80.999	0.000
Ketchup		1.00 Each	10.000	3.000
Weighted Daily Average			677.163	88.508
% of Calories				52.28%

Wed - 11/10/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch				
Recipe		Total		

Mini Corn Dogs	6.00 Each	250.000	30.000
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Carrots	0.50 Cup	29.058	6.790
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		527.141	79.973
% of Calories			60.68%

Thu - 11/11/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch				
Recipe	Total			
Weighted Daily Average			N/A	N/A
% of Calories				N/A

Fri - 11/12/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch				
Recipe	Total			
Popcorn Chicken	10.00 Pieces		278.036	20.672
Chewy Oat Bar with Yogurt and Cheese	1.00 Each		470.999	66.667



Cucumbers	0.50 Cup	10.974	2.656
Carrots and Beans	1.00 1/2 cup	87.021	10.374
Selection of Fruits	0.50 Cup	61.660	15.716
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
BBQ Sauce	1.00 Each	40.000	10.000
Weighted Daily Average		670.875	99.009
% of Calories			59.03%

Mon - 11/15/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Pepperoni Pizza	1.00 Each	370.000	34.000
Cheese Pizza	1.00 Slice	360.000	34.000
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Red Bell Peppers	0.50 Cup	19.203	3.735
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		630.518	82.323

% of Calories	52.23%
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Tue - 11/16/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch				
Recipe		Total		
Cheeseburger		1.00 Each	372.000	29.000
Hamburger		1.00 Each	174.458	30.239
Veggie Burger		1.00 Each	320.097	36.935
Chewy Oat Bar with Yogurt and Cheese		1.00 Each	470.999	66.667
Oven Baked Fries		0.50 Cup	100.000	15.000
Selection of Fruits		0.50 Cup	61.660	15.716
Milk		1.00 Each	137.476	23.964
Chewy Oat Bar		1.00 Each	286.667	47.333
Yogurt Variety		1.00 Each	103.333	19.333
String Cheese		1.00 Each	80.999	0.000
Ketchup		1.00 Each	10.000	3.000
Weighted Daily Average			677.163	88.508
% of Calories				52.28%

Wed - 11/17/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch				
Recipe		Total		
Turkey Gravy		4.00 ounce	130.000	2.000

Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Mashed Potatoes	0.50 cup	44.364	8.429
Selection of Fruits	0.50 Cup	61.660	15.716
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		573.523	81.074
% of Calories			56.54%

Thu - 11/18/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Popcorn Chicken	10.00 Pieces	278.036	20.672
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Cucumbers	0.50 Cup	10.974	2.656
Carrots and Beans	1.00 1/2 cup	87.021	10.374
Selection of Fruits	0.50 Cup	61.660	15.716
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000

BBQ Sauce	1.00 ounce	34.363	6.873
Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		781.728	121.456
% of Calories			62.15%

<b>Fri - 11/19/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Lunch			
Recipe	Total		
French Toast Sticks & Sausage	2.00 Each	318.140	38.000
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Potato Baby Bakers	1.00 Serving	100.290	17.049
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ketchup	1.00 Each	10.000	3.000
French Toast Sticks	2.00 Each	240.000	38.000
Sausage Patty	1.00 Patty	78.140	0.000
Weighted Daily Average		641.590	100.294
% of Calories			62.53%

<b>Mon - 11/22/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Lunch			

Recipe	Total		
Mini Corn Dogs	6.00 Each	250.000	30.000
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Carrots	0.50 Cup	29.058	6.790
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Mustard	1.00 Each	5.000	0.000
Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		559.448	82.550
% of Calories			59.02%

Tue - 11/23/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch				
Recipe	Total			
Chicken Nuggets	5.00 Pieces	183.877	12.991	
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667	
Carrots	0.50 Cup	29.058	6.790	
Selection of Fruits	0.50 Cup	61.660	15.716	
Dinner Roll	1.00 Each	160.000	30.000	
Milk	1.00 Each	137.476	23.964	
Chewy Oat Bar	1.00 Each	286.667	47.333	

Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
BBQ Sauce	1.00 Each	40.000	10.000
Weighted Daily Average		606.099	97.140
% of Calories			64.11%

Wed - 11/24/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Thu - 11/25/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Fri - 11/26/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Weighted Daily Average		N/A	N/A

% of Calories	N/A
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Mon - 11/29/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Pepperoni Pizza	1.00 Each	370.000	34.000
Cheese Pizza	1.00 Slice	360.000	34.000
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Broccoli	0.50 Cup	18.038	3.523
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		674.908	89.461
% of Calories			53.02%

Tue - 11/30/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Teriyaki Chicken with Brown Rice	240.00 Entrees	339.000	50.800
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667

Red Bell Peppers	0.50 Cup	19.203	3.735
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Teriyaki Chicken	240.00 Entrees	115.000	6.000
Whole Grain Rice	0.50 Cup	112.000	22.400
Chewy Oat Bar	1.00 Each	286.667	47.333
Yogurt Variety	1.00 Each	103.333	19.333
String Cheese	1.00 Each	80.999	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		602.941	96.881
% of Calories			64.27%

\* = 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.