

# Carbohydrate Report

District: Mead School District

School: Brentwood Elementary

Menu: 2022 Elementary Breakfast



Mon - 05/02/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast				
Recipe		Total		
Sausage Breakfast Pizza		1.00 Each	210.000	27.000
Pancake Breakfast Sandwich with Chicken Sausage		1.00 Sandwich	160.285	17.030
Selection of Fruits		0.50 Cup	61.660	15.716
Milk		1.00 Each	129.151	21.654
Weighted Daily Average			401.078	64.398
% of Calories				64.23%

Tue - 05/03/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast				
Recipe		Total		
Maple Waffle		1.00 Waffle	240.000	33.000
Juice Variety		1.00 Each	63.333	15.667
Selection of Fruits		0.50 Cup	61.660	15.716
Milk		1.00 Each	129.151	21.654
Weighted Daily Average			431.648	70.346
% of Calories				65.19%

<b>Wed - 05/04/2022</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
Pancake Breakfast Sandwich with Chicken Sausage	1.00 Sandwich	160.285	17.030
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	129.151	21.654
Weighted Daily Average		391.078	54.398
% of Calories			55.64%

<b>Thu - 05/05/2022</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	129.151	21.654
Weighted Daily Average		496.103	61.451
% of Calories			49.55%

<b>Fri - 05/06/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2022 Elementary Breakfast			
Recipe	Total		
Honey Bun	1.00 Each	290.000	32.000
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	129.151	21.654
Weighted Daily Average		480.811	69.370
% of Calories			57.71%

Mon - 05/09/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast				
Recipe	Total			
Sausage Breakfast Pizza	1.00 Each	210.000	27.000	
Pancake Breakfast Sandwich with Chicken Sausage	1.00 Sandwich	160.285	17.030	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	129.151	21.654	
Weighted Daily Average			401.078	64.398
% of Calories				64.23%

Tue - 05/10/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast				
Recipe	Total			
Berries and Cream Pastry	1.00 each	240.000	36.000	
Juice Variety	1.00 Each	63.333	15.667	
Selection of Fruits	0.50 Cup	61.660	15.716	

Milk	1.00 Each	129.151	21.654
Weighted Daily Average		431.648	73.346
% of Calories			67.97%

<b>Wed - 05/11/2022</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
Pancake Breakfast Sandwich with Chicken Sausage	1.00 Sandwich	160.285	17.030
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	129.151	21.654
Weighted Daily Average		391.078	54.398
% of Calories			55.64%

<b>Thu - 05/12/2022</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	129.151	21.654
Weighted Daily Average		496.103	61.451
% of Calories			49.55%

<b>Fri - 05/13/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Breakfast			
Recipe	Total		
Honey Bun	1.00 Each	290.000	32.000
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	129.151	21.654
Weighted Daily Average		480.811	69.370
% of Calories			57.71%

<b>Mon - 05/16/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Breakfast			
Recipe	Total		
Breakfast Pizza Bagel	1.00 Each	192.000	23.000
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	129.151	21.654
Weighted Daily Average		382.811	60.370
% of Calories			63.08%

<b>Tue - 05/17/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Breakfast			
Recipe	Total		

Maple Waffle	1.00 Waffle	240.000	33.000
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	129.151	21.654
Weighted Daily Average		431.648	70.346
% of Calories			65.19%

Wed - 05/18/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast				
Recipe	Total			
Pancake and Sausage Wrap	1.00 Each	200.000	17.000	
Pancake Breakfast Sandwich with Chicken Sausage	1.00 Sandwich	160.285	17.030	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	129.151	21.654	
Weighted Daily Average		391.078	54.398	
% of Calories			55.64%	

Thu - 05/19/2022		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	129.151	21.654	

Weighted Daily Average	496.103	61.451
% of Calories		49.55%

<b>Fri - 05/20/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Breakfast			
Recipe	Total		
Honey Bun	1.00 Each	290.000	32.000
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	129.151	21.654
Weighted Daily Average		480.811	69.370
% of Calories			57.71%

<b>Mon - 05/23/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Breakfast			
Recipe	Total		
Breakfast Pizza Bagel	1.00 Each	192.000	23.000
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	129.151	21.654
Weighted Daily Average		382.811	60.370
% of Calories			63.08%

<b>Tue - 05/24/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2022 Elementary Breakfast			
Recipe	Total		
Berries and Cream Pastry	1.00 each	240.000	36.000
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	129.151	21.654
Weighted Daily Average		431.648	73.346
% of Calories			67.97%

Wed - 05/25/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Pancake Breakfast Sandwich with Chicken Sausage	1.00 Sandwich	160.285	17.030
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	129.151	21.654
Weighted Daily Average		391.078	54.398
% of Calories			55.64%

Thu - 05/26/2022	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	129.151	21.654
Weighted Daily Average		496.103	61.451
% of Calories			49.55%

<b>Fri - 05/27/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Breakfast			
Recipe	Total		
Honey Bun	1.00 Each	290.000	32.000
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	129.151	21.654
Weighted Daily Average		480.811	69.370
% of Calories			57.71%

<b>Mon - 05/30/2022</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>Tue - 05/31/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2022 Elementary Breakfast			
Recipe	Total		
Maple Waffle	1.00 Waffle	240.000	33.000
Juice Variety	1.00 Each	63.333	15.667
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	129.151	21.654
Weighted Daily Average		431.648	70.346
% of Calories			65.19%

\* = Indicates missing Nutrient Information.

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# Carbohydrate Report

District: Mead School District  
 School: Brentwood Elementary  
 Menu: 2022 Elementary Lunch



Mon - 05/02/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Mandarin Chicken	3.60 ounces	150.000	19.000
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
Whole Grain Rice	0.50 Cup	112.000	22.400
Milk	1.00 Each	129.151	21.654
Chewy Oat Bar	1.00 Each	286.667	47.333
Chocolate Chip Muffin	1.00 Each	310.177	52.030
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		510.588	84.998
% of Calories			66.59%

Tue - 05/03/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		

Spaghetti with Meat Sauce	1.00 Serving	356.675	45.181
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	129.151	21.654
Chewy Oat Bar	1.00 Each	286.667	47.333
Chocolate Chip Muffin	1.00 Each	310.177	52.030
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		604.610	86.882
% of Calories			57.48%

<b>Wed - 05/04/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Lunch			
Recipe	Total		
Popcorn Chicken	10.00 Pieces	268.520	17.557
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
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	129.151	21.654
Chewy Oat Bar	1.00 Each	286.667	47.333
Chocolate Chip Muffin	1.00 Each	310.177	52.030
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
Ketchup	1.00 Each	10.000	3.000
BBQ Sauce	1.00 Each	40.000	10.000
Weighted Daily Average		668.999	94.357
% of Calories			56.42%

Thu - 05/05/2022	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
Oven Baked Fries	0.50 Cup	100.000	15.000
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	129.151	21.654
Chewy Oat Bar	1.00 Each	286.667	47.333
Chocolate Chip Muffin	1.00 Each	310.177	52.030
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		582.469	87.182
% of Calories			59.87%

<b>Fri - 05/06/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Lunch			
Recipe	Total		
Pepperoni Pizza	1.00 Each	400.000	36.000
Cheese Pizza	1.00 Slice	397.452	36.764
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Carrots	0.50 Cup	29.058	6.790
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	129.151	21.654
Chewy Oat Bar	1.00 Each	286.667	47.333
Chocolate Chip Muffin	1.00 Each	310.177	52.030
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
Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		678.095	87.434
% of Calories			51.58%

<b>Mon - 05/09/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Lunch			
Recipe	Total		
Chicken Nuggets	5.00 Pieces	199.867	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	129.151	21.654
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		612.176	94.830
% of Calories			61.96%

<b>Tue - 05/10/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Lunch			
Recipe	Total		
Cheeseburger	1.00 Each	355.000	29.000
Hamburger	1.00 Each	305.000	28.000
Veggie Burger	1.00 Each	310.097	37.935
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	129.151	21.654
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

Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		704.437	90.093
% of Calories			51.16%

<b>Wed - 05/11/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Lunch			
Recipe	Total		
Cheese Pizza	1.00 Slice	397.452	36.764
Pepperoni Pizza	1.00 Each	400.000	36.000
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	129.151	21.654
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		652.451	80.691
% of Calories			49.47%

<b>Thu - 05/12/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Lunch			
Recipe	Total		



Teriyaki Chicken with Brown Rice	240.00 Entrees	227.000	28.400
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	129.151	21.654
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		500.519	75.409
% of Calories			60.26%

<b>Fri - 05/13/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Lunch			
Recipe	Total		
Cheesy Beef Quesadilla	1.00 each	321.842	27.768
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Potato Baby Bakers	1.00 Serving	100.290	17.049
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	129.151	21.654
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		629.044	86.282
% of Calories			54.87%

Mon - 05/16/2022	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
Corn	0.50 Cup	50.909	11.636
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	129.151	21.654
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		529.799	83.356
% of Calories			62.93%

Tue - 05/17/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022 Elementary Lunch			
Recipe	Total		
Popcorn Chicken	10.00 Pieces	268.520	17.557
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
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	129.151	21.654
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		650.344	93.474
% of Calories			57.49%

Wed - 05/18/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Cheeseburger	1.00 Each	355.000	29.000
Hamburger	1.00 Each	305.000	28.000
Veggie Burger	1.00 Each	310.097	37.935
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Oven Baked Fries	0.50 Cup	100.000	15.000
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	129.151	21.654
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
Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		708.503	90.577
% of Calories			51.14%

<b>Thu - 05/19/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2022 Elementary Lunch</b>			
Recipe	Total		
Chicken Alfredo	1.00 Serving	376.829	36.427
Chicken Alfredo	1.00 Serving	350.283	36.110
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	129.151	21.654
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		612.617	80.182
% of Calories			52.35%

<b>Fri - 05/20/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Lunch			
Recipe	Total		
Washington Raised Shredded Beef Soft Taco	1.00 Taco	458.998	28.314
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Carrots	0.50 Cup	29.058	6.790
Carrots and Beans	1.00 1/2 cup	87.021	10.374
Shredded Lettuce	0.50 Cup	6.048	1.283
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	129.151	21.654
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		690.734	79.056
% of Calories			45.78%

<b>Mon - 05/23/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Lunch			
Recipe	Total		
French Toast Minis & Sausage	2.00 Each	298.140	37.000
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	129.151	21.654
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		569.359	80.876
% of Calories			56.82%

<b>Tue - 05/24/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2022 Elementary Lunch</b>			
<b>Recipe</b>	<b>Total</b>		
Cheeseburger	1.00 Each	355.000	29.000
Hamburger	1.00 Each	305.000	28.000
Veggie Burger	1.00 Each	310.097	37.935
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	129.151	21.654
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
Ketchup	1.00 Each	10.000	3.000
Weighted Daily Average		703.040	89.341

% of Calories	50.83%
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<b>Wed - 05/25/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Lunch			
Recipe	Total		
Spaghetti with Meat Sauce	1.00 Serving	356.675	45.181
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	129.151	21.654
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		604.468	86.858
% of Calories			57.48%

<b>Thu - 05/26/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Lunch			
Recipe	Total		
Chicken Patty	1.00 Each	380.000	43.000
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
Milk	1.00 Each	129.151	21.654
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		724.719	112.814
% of Calories			62.27%

<b>Fri - 05/27/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Elementary Lunch			
Recipe	Total		
Cheese Pizza	1.00 Slice	397.452	36.764
Pepperoni Pizza	1.00 Each	400.000	36.000
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Carrots and Beans	1.00 1/2 cup	87.021	10.374
Carrots	0.50 Cup	29.058	6.790
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	129.151	21.654
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	674.832	85.337
% of Calories		50.58%

Mon - 05/30/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 05/31/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Elementary Lunch			
Recipe	Total		
Chicken Nuggets	5.00 Pieces	199.867	12.991
Chewy Oat Bar, Yogurt, and Cheese	1.00 Each	469.332	66.833
Cucumbers	0.50 Cup	10.974	2.656
Selection of Fruits	0.50 Cup	61.660	15.716
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	129.151	21.654
Ranch Dressing	1.00 oz	59.786	1.404
BBQ Sauce	1.00 Each	40.000	10.000
Weighted Daily Average		675.331	97.189
% of Calories			57.57%

\* = Indicates missing Nutrient Information.