

Carbohydrate Report

District: Mead School District

School: Brentwood Elementary

Menu: 2022 Elementary Breakfast



| Wed - 06/01/2022 | | 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 - 06/02/2022 | | 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% |

| Fri - 06/03/2022 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---------------------------|-----------|---------------------|------------------------|--------------------------|
| 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 - 06/06/2022 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---------------------------|-----------|---------------------|------------------------|--------------------------|
| 2022 Elementary Breakfast | | | | |
| Recipe | Total | | | |
| Sausage Breakfast Pizza | 1.00 Each | 210.000 | 27.000 | |
| Selection of Fruits | 0.50 Cup | 61.660 | 15.716 | |
| Milk | 1.00 Each | 129.151 | 21.654 | |
| Weighted Daily Average | | 400.811 | 64.370 | |
| % of Calories | | | 64.24% | |

| Tue - 06/07/2022 | | 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% |

| Wed - 06/08/2022 | 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 - 06/09/2022 | 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% |

| Fri - 06/10/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---------------------------|---------------------|------------------------|--------------------------|
| 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 - 06/13/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---------------------------|---------------------|------------------------|--------------------------|
| 2022 Elementary Breakfast | | | |
| Recipe | Total | | |
| Sausage Breakfast Pizza | 1.00 Each | 210.000 | 27.000 |
| Selection of Fruits | 0.50 Cup | 61.660 | 15.716 |
| Milk | 1.00 Each | 129.151 | 21.654 |
| Weighted Daily Average | | 400.811 | 64.370 |
| % of Calories | | | 64.24% |

| Tue - 06/14/2022 | 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% |

| Wed - 06/15/2022 | | 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 - 06/16/2022 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---------------------------|-----------|--------------|-----------------|-------------------|
| 2022 Elementary Breakfast | | | | |
| Recipe | Total | | | |
| Cook's Choice | 1.00 Each | N/A* | N/A* | |

| | | | |
|------------------------|-----------|----------|---------|
| 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 | | 191.648* | 37.346* |
| % of Calories | | | 77.95% |

| Fri - 06/17/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---------------------------|---------------------|------------------------|--------------------------|
| 2022 Elementary Breakfast | | | |
| Recipe | Total | | |
| Cook's Choice | 1.00 Each | N/A* | N/A* |
| Selection of Fruits | 0.50 Cup | 61.660 | 15.716 |
| Milk | 1.00 Each | 129.151 | 21.654 |
| Weighted Daily Average | | 190.811* | 37.370* |
| % of Calories | | | 78.34% |

| Mon - 06/20/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---------------------------|---------------------|------------------------|--------------------------|
| 2022 Elementary Breakfast | | | |
| Recipe | Total | | |
| Cook's Choice | 1.00 Each | N/A* | N/A* |
| Selection of Fruits | 0.50 Cup | 61.660 | 15.716 |
| Milk | 1.00 Each | 129.151 | 21.654 |
| Weighted Daily Average | | 190.811* | 37.370* |
| % of Calories | | | 78.34% |

Carbohydrate Report

District: Mead School District

School: Brentwood Elementary

Menu: 2022 Elementary Lunch



| Wed - 06/01/2022 | | 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, Yogurt, and Cheese | | 1.00 Each | 469.332 | 66.833 |
| 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 |
| Ketchup | | 1.00 Each | 10.000 | 3.000 |
| Ranch Dressing | | 1.00 oz | 59.786 | 1.404 |
| Weighted Daily Average | | | 731.489 | 92.690 |
| % of Calories | | | | 50.69% |

| Thu - 06/02/2022 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-----------------------|--|--------------|-----------------|-------------------|
| 2022 Elementary Lunch | | | | |
| Recipe | | Total | | |
| Cheese Pizza | | 1.00 Slice | 397.452 | 36.764 |
| Pepperoni Pizza | | 1.00 Each | 400.000 | 36.000 |

| | | | |
|--------------------------------------|--------------|---------|--------|
| Ham & Cheese Rippers | 1.00 Serving | 270.000 | 28.000 |
| 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 | | 674.966 | 85.351 |
| % of Calories | | | 50.58% |

| Fri - 06/03/2022 | 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 |
| 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 |

| | | | |
|------------------------|-----------|---------|--------|
| Mustard | 1.00 Each | 5.000 | 0.000 |
| Ketchup | 1.00 Each | 10.000 | 3.000 |
| Weighted Daily Average | | 497.305 | 75.336 |
| % of Calories | | | 60.60% |

| Mon - 06/06/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--------------------------------------|---------------------|------------------------|--------------------------|
| 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 |
| 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 | | 688.890 | 88.721 |
| % of Calories | | | 51.52% |

| Tue - 06/07/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------|---------------------|------------------------|--------------------------|
| 2022 Elementary Lunch | | | |
| Recipe | Total | | |

| | | | |
|--------------------------------------|--------------|---------|--------|
| Beef Teriyaki Dippers with Rice | 4.00 Dippers | 272.000 | 28.400 |
| 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 |
| Beef Teriyaki Dippers | 4.00 Dippers | 160.000 | 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 |
| Hummus Dip & Chips | 1.00 Each | 482.155 | 55.019 |
| String Cheese | 1.00 Each | 80.999 | 0.000 |
| Ranch Dressing | 1.00 oz | 59.786 | 1.404 |
| Weighted Daily Average | | 571.621 | 77.811 |
| % of Calories | | | 54.45% |

| Wed - 06/08/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--------------------------------------|---------------------|------------------------|--------------------------|
| 2022 Elementary Lunch | | | |
| 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 |
| 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 | | 663.970 | 91.189 |
| % of Calories | | | 54.94% |

| Thu - 06/09/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--------------------------------------|--------------|-----------------|-------------------|
| 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 |
| 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 |
| 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 |
| BBQ Sauce | 1.00 Each | 40.000 | 10.000 |
| Weighted Daily Average | | 662.554 | 89.967 |
| % of Calories | | | 54.32% |

| Fri - 06/10/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------|--------------|-----------------|-------------------|
|------------------|--------------|-----------------|-------------------|

| 2022 Elementary Lunch | | | |
|---|--------------|---------|--------|
| Recipe | Total | | |
| Washington Raised Shaved Beef Soft Taco | 1.00 Taco | 288.096 | 26.973 |
| 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 | | 544.247 | 77.907 |
| % of Calories | | | 57.26% |

| Mon - 06/13/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--------------------------------------|--------------|-----------------|-------------------|
| 2022 Elementary Lunch | | | |
| Recipe | Total | | |
| French Toast Minis & Sausage | 2.00 Each | 298.140 | 37.000 |
| French Toast Minis & Omelet | 1.00 Each | 355.779 | 38.044 |
| 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 | 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 |
| Ketchup- Bulk | 1.00 Each | 20.000 | 5.000 |
| Ranch Dressing | 1.00 oz | 59.786 | 1.404 |
| French Toast Minis | 1.00 Pouch | 220.000 | 37.000 |
| Sausage Patty | 1.00 Patty | 78.140 | 0.000 |
| Weighted Daily Average | | 629.909 | 95.998 |
| % of Calories | | | 60.96% |

| Tue - 06/14/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--------------------------------------|---------------------|------------------------|--------------------------|
| 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 |
| Broccoli | 0.50 Cup | 18.038 | 3.523 |
| 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 |
| 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 | | 675.929 | 95.202 |
| % of Calories | | | 56.34% |

| Wed - 06/15/2022 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--------------------------------------|-------------|--------------|-----------------|-------------------|
| 2022 Elementary Lunch | | | | |
| Recipe | | Total | | |
| Mandarin Chicken | 3.60 ounces | 193.333 | 24.489 | |
| Chewy Oat Bar with Yogurt and Cheese | 1.00 Each | 470.999 | 66.667 | |
| Vegetable Variety | 0.50 Cup | 59.978 | 9.543 | |
| 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 | |
| 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 | | 608.228 | 96.889 | |
| % of Calories | | | 63.72% | |

| Thu - 06/16/2022 | | 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 |
| Vegetable Variety | 0.50 Cup | 59.978 | 9.543 |
| 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 | | 538.763 | 81.287 |
| % of Calories | | | 60.35% |

| Fri - 06/17/2022 | 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 |
| Vegetable Variety | 0.50 Cup | 59.978 | 9.543 |
| 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 | | 664.415 | 84.636 |
| % of Calories | | | 50.95% |

| Mon - 06/20/2022 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------------|--------------|-----------------|-------------------|
| 2022 Elementary Lunch | | | |
| Recipe | Total | | |
| Weighted Daily Average | | N/A | N/A |
| % of Calories | | | N/A |

* = Indicates missing Nutrient Information.

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