

Carbohydrate Report

District: Mead School District

School: Northwood Middle

Menu: 2022 Northstar Lunch Mon-Thurs



Mon - 10/04/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Northstar Lunch Mon-Thurs				
Recipe		Total		
Turkey & Cheese on Hoagie		1.00 Each	351.667	31.000
Spicy Italian on Hoagie		1.00 Each	383.358	33.010
Chicken Caesar Salad		1.00 Each	467.980	38.093
Chewy Oat Bar, Yogurt, and Cheese		1.00 Each	469.332	66.833
Peanut Butter & Jelly Uncrustable		1.00 Each	600.000	64.000
Meal Kit Veggie		0.50 Cup	13.426	2.882
Meal Kit Fruit		0.50 Cup	60.658	15.403
Milk		1.00 Each	137.476	23.964
Mustard		1.00 Each	5.000	0.000
Mayonnaise		1.00 Each	100.000	0.000
Ranch Dressing		1.00 oz	59.786	1.404
Weighted Daily Average			767.813	90.240
% of Calories				47.01%

Tue - 10/05/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Northstar Lunch Mon-Thurs				
Recipe		Total		

Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Chef Salad	1.00 Each	354.533	41.282
Chewy Oat Bar, Yogurt, and Cheese	1.00 Each	469.332	66.833
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Meal Kit Veggie	0.50 Cup	13.426	2.882
Meal Kit Fruit	0.50 Cup	60.658	15.403
Milk	1.00 Each	137.476	23.964
Mustard	1.00 Each	5.000	0.000
Mayonnaise	1.00 Each	100.000	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		745.124	90.878
% of Calories			48.79%

Wed - 10/06/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Northstar Lunch Mon-Thurs			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chewy Oat Bar, Yogurt, and Cheese	1.00 Each	469.332	66.833
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Meal Kit Veggie	0.50 Cup	13.426	2.882
Meal Kit Fruit	0.50 Cup	60.658	15.403
Milk	1.00 Each	137.476	23.964

Mustard	1.00 Each	5.000	0.000
Mayonnaise	1.00 Each	100.000	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		767.813	90.240
% of Calories			47.01%

Thu - 10/07/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Northstar Lunch Mon-Thurs			
Recipe	Total		
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Chef Salad	1.00 Each	354.533	41.282
Chewy Oat Bar, Yogurt, and Cheese	1.00 Each	469.332	66.833
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Meal Kit Veggie	0.50 Cup	13.426	2.882
Meal Kit Fruit	0.50 Cup	60.658	15.403
Milk	1.00 Each	137.476	23.964
Mustard	1.00 Each	5.000	0.000
Mayonnaise	1.00 Each	100.000	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		745.124	90.878
% of Calories			48.79%

* = 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: Highland Middle

Menu: 2022 5MP Elementary Lunch M&W



Mon - 10/04/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 5MP Elementary Lunch M&W			
Recipe	Total		
Ham & Cheese on a Bun	1.00 each	333.333	28.833
Turkey & Cheese on a Bun	1.00 each	341.667	28.000
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Chicken Caesar Salad	1.00 Each	463.985	37.319
Chewy Oat Bar, Yogurt, and Cheese	1.00 Each	469.332	66.833
Vegetable Variety	0.50 Cup	58.866	9.326
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Mayonnaise	1.00 Each	100.000	0.000
Mustard	1.00 Each	5.000	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		865.009	105.489
% of Calories			48.78%

Tue - 10/05/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 5MP Elementary Lunch M&W			
Recipe	Total		

Weighted Daily Average	N/A	N/A
% of Calories		N/A

Wed - 10/06/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 5MP Elementary Lunch M&W			
Recipe	Total		
Ham & Cheese on a Bun	1.00 each	333.333	28.833
Turkey & Cheese on a Bun	1.00 each	341.667	28.000
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Chicken Caesar Salad	1.00 Each	463.985	37.319
Chewy Oat Bar, Yogurt, and Cheese	1.00 Each	469.332	66.833
Vegetable Variety	0.50 Cup	58.866	9.326
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Mayonnaise	1.00 Each	100.000	0.000
Mustard	1.00 Each	5.000	0.000
Ranch Dressing	1.00 oz	59.786	1.404
Weighted Daily Average		865.009	105.489
% of Calories			48.78%

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