

# Carbohydrate Report

District: Mead School District

School: Highland Middle

Menu: 2022 Middle School Breakfast



Tue - 09/07/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast				
Recipe	Total			
Chocolate Chip Muffin	1.00 Each	310.177	52.030	
Breakfast Bar Variety	1.00 Each	285.000	47.500	
Whole Fruit Selection	1.00 Each	88.654	23.164	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average		523.719	96.893	
% of Calories			74.00%	

Wed - 09/08/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast				
Recipe	Total			
Cinnamon Toast Crunch Filled Bar	1.00 Bar	260.000	41.000	
Breakfast Bar Variety	1.00 Each	285.000	47.500	
Whole Fruit Selection	1.00 Each	88.654	23.164	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average		485.350	88.662	
% of Calories			73.07%	

<b>Thu - 09/09/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Middle School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	376.316	26.105
Breakfast Bar Variety	1.00 Each	285.000	47.500
Whole Fruit Selection	1.00 Each	88.654	23.164
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		578.771	78.780
% of Calories			54.45%

<b>Fri - 09/10/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Middle School Breakfast			
Recipe	Total		
Mini Bagel Bar with Strawberry Cream Cheese	1.00 bar	239.615	40.934
Breakfast Bar Variety	1.00 Each	285.000	47.500
Whole Fruit Selection	1.00 Each	88.654	23.164
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		480.873	90.251
% of Calories			75.07%

<b>Mon - 09/13/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2022 Middle School Breakfast			
Recipe	Total		
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Breakfast Bar Variety	1.00 Each	285.000	47.500
Whole Fruit Selection	1.00 Each	88.654	23.164
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		523.719	96.893
% of Calories			74.00%

Tue - 09/14/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast				
Recipe	Total			
Cinnamon Toast Crunch Filled Bar	1.00 Bar	260.000	41.000	
Breakfast Bar Variety	1.00 Each	285.000	47.500	
Whole Fruit Selection	1.00 Each	88.654	23.164	
Juice Variety	1.00 Each	63.333	15.667	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average		544.725	103.349	
% of Calories			75.89%	

Wed - 09/15/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast				
Recipe	Total			
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	376.316	26.105	

Breakfast Bar Variety	1.00 Each	285.000	47.500
Whole Fruit Selection	1.00 Each	88.654	23.164
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		578.771	78.780
% of Calories			54.45%

Thu - 09/16/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast			
Recipe	Total		
Mini Bagel Bar with Strawberry Cream Cheese	1.00 bar	239.615	40.934
Breakfast Bar Variety	1.00 Each	285.000	47.500
Whole Fruit Selection	1.00 Each	88.654	23.164
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		544.206	105.918
% of Calories			77.85%

Fri - 09/17/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Whole Fruit Selection	1.00 Each	88.654	23.164

Milk	1.00 Each	137.476	23.964
Weighted Daily Average		468.630	79.378
% of Calories			67.75%

Mon - 09/20/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast			
Recipe	Total		
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Breakfast Bar Variety	1.00 Each	285.000	47.500
Whole Fruit Selection	1.00 Each	88.654	23.164
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		523.719	96.893
% of Calories			74.00%

Tue - 09/21/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast			
Recipe	Total		
Cinnamon Toast Crunch Filled Bar	1.00 Bar	260.000	41.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Whole Fruit Selection	1.00 Each	88.654	23.164
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		544.725	103.349
% of Calories			75.89%

<b>Wed - 09/22/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Middle School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	376.316	26.105
Breakfast Bar Variety	1.00 Each	285.000	47.500
Whole Fruit Selection	1.00 Each	88.654	23.164
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		578.771	78.780
% of Calories			54.45%

<b>Thu - 09/23/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Middle School Breakfast			
Recipe	Total		
Mini Bagel Bar with Strawberry Cream Cheese	1.00 bar	239.615	40.934
Breakfast Bar Variety	1.00 Each	285.000	47.500
Whole Fruit Selection	1.00 Each	88.654	23.164
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		544.206	105.918
% of Calories			77.85%

<b>Fri - 09/24/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2022 Middle School Breakfast			
Recipe	Total		
Pancake and Sausage Wrap	1.00 Each	200.000	17.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Whole Fruit Selection	1.00 Each	88.654	23.164
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		468.630	79.378
% of Calories			67.75%

Mon - 09/27/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast			
Recipe	Total		
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Breakfast Bar Variety	1.00 Each	285.000	47.500
Whole Fruit Selection	1.00 Each	88.654	23.164
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		523.719	96.893
% of Calories			74.00%

Tue - 09/28/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast			
Recipe	Total		

Cinnamon Toast Crunch Filled Bar	1.00 Bar	260.000	41.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Whole Fruit Selection	1.00 Each	88.654	23.164
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		544.725	103.349
% of Calories			75.89%

Wed - 09/29/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast				
Recipe	Total			
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	376.316	26.105	
Breakfast Bar Variety	1.00 Each	285.000	47.500	
Whole Fruit Selection	1.00 Each	88.654	23.164	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average		578.771	78.780	
% of Calories			54.45%	

Thu - 09/30/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast				
Recipe	Total			
Mini Bagel Bar with Strawberry Cream Cheese	1.00 bar	239.615	40.934	
Breakfast Bar Variety	1.00 Each	285.000	47.500	



Whole Fruit Selection	1.00 Each	88.654	23.164
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		544.206	105.918
% of Calories			77.85%

\* = 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: Highland Middle

Menu: 2022 Middle School Main



Tue - 09/07/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main				
Recipe	Total			
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000	
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Chicken Caesar Salad	1.00 Each	467.980	38.093	
Chef Salad	1.00 Each	389.533	41.448	
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000	
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833	
Spicy Italian on Hoagie	1.00 Each	383.358	33.010	
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000	
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	
Condiments	1.00 Each	43.593*	5.955*	
Weighted Daily Average			619.741*	83.414*
% of Calories				53.84%

Wed - 09/08/2021		Portion Size	Calories (kcal)	Carbohydrates (g)

2022 Middle School Main			
Recipe	Total		
Chicken Nuggets	6.00 Pieces	221.776	15.669
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
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
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		632.124*	92.634*
% of Calories			58.62%

Thu - 09/09/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
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
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Oven Baked Fries	1.00 Cup	200.000	30.000
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	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		778.459*	106.791*
% of Calories			54.87%

<b>Fri - 09/10/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Middle School Main			
Recipe	Total		
Macho Nachos	1.00 Each	432.583	29.639
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000

Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
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	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		643.312*	80.893*
% of Calories			50.30%

<b>Mon - 09/13/2021</b>		<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Middle School Main				
Recipe	Total			
Ham & Cheese Rippers	1.00 Serving	270.000	28.000	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Chicken Caesar Salad	1.00 Each	467.980	38.093	
Chef Salad	1.00 Each	389.533	41.448	
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000	
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833	
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000	
Spicy Italian on Hoagie	1.00 Each	383.358	33.010	
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
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		548.647*	79.646*
% of Calories			58.07%

<b>Tue - 09/14/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2022 Middle School Main

<b>Recipe</b>	<b>Total</b>		
General Tso's Chicken	3.60 ounces	170.000	23.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Red Bell Peppers	0.50 Cup	19.203	3.735
Selection of Fruits	0.50 Cup	61.660	15.716
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		613.238*	99.476*
% of Calories			64.89%

<b>Wed - 09/15/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2022 Middle School Main			
Recipe	Total		
Mini Corn Dogs	6.00 Each	250.000	30.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
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
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		561.030*	84.269*
% of Calories			60.08%

Thu - 09/16/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Dutch Waffle & Cheese Omelet	1.00 Each	437.805	44.560
Chicken Patty	1.00 Each	335.624	39.115

Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
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	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Dutch Waffle	1.00 Each	302.026	43.515
Cheese Omelet	1.00 Omelet	135.779	1.044
Weighted Daily Average		740.303*	103.706*
% of Calories			56.03%

Fri - 09/17/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main				
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
Chicken Patty	1.00 Each		335.624	39.115
Spicy Chicken Patty	1.00 Each		338.000	39.000



Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Carrots and Beans	1.00 1/2 cup	87.021	10.374
Oven Baked Fries	0.50 Cup	100.000	15.000
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
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		643.702*	87.633*
% of Calories			54.46%

Mon - 09/20/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Popcorn Chicken	10.00 Pieces	278.036	20.672
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000

Spicy Italian on Hoagie	1.00 Each	383.358	33.010
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
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		651.744*	94.933*
% of Calories			58.26%

Tue - 09/21/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main				
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	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Chicken Caesar Salad	1.00 Each	467.980	38.093	
Chef Salad	1.00 Each	389.533	41.448	
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000	
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833	
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000	
Spicy Italian on Hoagie	1.00 Each	383.358	33.010	
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
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		673.750*	91.565*
% of Calories			54.36%

Wed - 09/22/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main				
Recipe	Total			
Pepperoni Pizza	1.00 Each	370.000	34.000	
Cheese Pizza	1.00 Slice	360.000	34.000	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Chicken Caesar Salad	1.00 Each	467.980	38.093	
Chef Salad	1.00 Each	389.533	41.448	
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000	
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833	
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000	
Spicy Italian on Hoagie	1.00 Each	383.358	33.010	
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	
Condiments	1.00 Each	43.593*	5.955*	
Weighted Daily Average		607.498*	82.342*	
% of Calories			54.22%	

Thu - 09/23/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
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2022 Middle School Main			
Recipe	Total		
Macho Nachos	1.00 Each	432.583	29.639
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
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	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		640.981*	78.134*
% of Calories			48.76%

Fri - 09/24/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Beef Teriyaki Dippers	6.00 Dippers	240.000	9.000

Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
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
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		634.711*	92.764*
% of Calories			58.46%

Mon - 09/27/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Cheesy Beef Quesadilla	1.00 each	408.827	31.351
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000

Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
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
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		618.117*	81.739*
% of Calories			52.90%

<b>Tue - 09/28/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Middle School Main			
Recipe	Total		
French Toast Sticks & Sausage	3.00 Each	460.000	58.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
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

Condiments	1.00 Each	43.593*	5.955*
French Toast Sticks	3.00 Each	360.000	57.000
Sausage Patty	1.00 Patty	100.000	1.000
Weighted Daily Average		742.568*	110.630*
% of Calories			59.59%

Wed - 09/29/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
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
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Oven Baked Fries	1.00 Cup	200.000	30.000
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		774.016*	105.434*

% of Calories	54.49%
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Thu - 09/30/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Ham & Cheese Rippers	1.00 Serving	270.000	28.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Carrots and Beans	1.00 1/2 cup	87.021	10.374
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
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		545.774*	79.092*
% of Calories			57.97%

\* = Indicates missing Nutrient Information.

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# Carbohydrate Report

District: Mead School District

School: Mead High School

Menu: 2022 High School Breakfast



Tue - 09/07/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Breakfast				
Recipe	Total			
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	376.316	26.105	
Pop Tarts	1.00 Pkg	354.167	76.042	
Breakfast Bar Variety	1.00 Each	285.000	47.500	
Whole Fruit Selection	1.00 Each	88.654	23.164	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average		564.624	97.010	
% of Calories			68.73%	

Wed - 09/08/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Breakfast				
Recipe	Total			
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	376.316	26.105	
Yogurt Parfait	1.00 Each	268.067	54.927	
Breakfast Bar Variety	1.00 Each	285.000	47.500	
Pop Tarts	1.00 Pkg	354.167	76.042	
Whole Fruit Selection	1.00 Each	88.654	23.164	
Milk	1.00 Each	137.476	23.964	

Weighted Daily Average	492.831	91.749
% of Calories		74.47%

<b>Thu - 09/09/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	376.316	26.105
Yogurt Parfait	1.00 Each	268.067	54.927
Breakfast Bar Variety	1.00 Each	285.000	47.500
Pop Tarts	1.00 Pkg	354.167	76.042
Whole Fruit Selection	1.00 Each	88.654	23.164
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		552.403	101.787
% of Calories			73.70%

<b>Fri - 09/10/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	376.316	26.105
Pop Tarts	1.00 Pkg	354.167	76.042
Breakfast Bar Variety	1.00 Each	285.000	47.500
Whole Fruit Selection	1.00 Each	88.654	23.164
Milk	1.00 Each	137.476	23.964

Weighted Daily Average	564.624	97.010
% of Calories		68.73%

Mon - 09/13/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	376.316	26.105
Pop Tarts	1.00 Pkg	354.167	76.042
Breakfast Bar Variety	1.00 Each	285.000	47.500
Whole Fruit Selection	1.00 Each	88.654	23.164
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		564.624	97.010
% of Calories			68.73%

Tue - 09/14/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	376.316	26.105
Cinnamon Toast Crunch Filled Bar	1.00 Bar	260.000	41.000
Pop Tarts	1.00 Pkg	354.167	76.042
Breakfast Bar Variety	1.00 Each	285.000	47.500
Juice Variety	1.00 Each	63.333	15.667
Whole Fruit Selection	1.00 Each	88.654	23.164
Milk	1.00 Each	137.476	23.964

Weighted Daily Average	600.127	113.536
% of Calories		75.67%

Wed - 09/15/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	376.316	26.105
Pop Tarts	1.00 Pkg	354.167	76.042
Breakfast Bar Variety	1.00 Each	285.000	47.500
Whole Fruit Selection	1.00 Each	88.654	23.164
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		564.624	97.010
% of Calories			68.73%

Thu - 09/16/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	376.316	26.105
Mini Bagel Bar with Strawberry Cream Cheese	1.00 bar	239.615	40.934
Pop Tarts	1.00 Pkg	354.167	76.042
Breakfast Bar Variety	1.00 Each	285.000	47.500
Juice Variety	1.00 Each	63.333	15.667
Whole Fruit Selection	1.00 Each	88.654	23.164

Milk	1.00 Each	137.476	23.964
Weighted Daily Average		605.174	115.149
% of Calories			76.11%

<b>Fri - 09/17/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	376.316	26.105
Pop Tarts	1.00 Pkg	354.167	76.042
Breakfast Bar Variety	1.00 Each	285.000	47.500
Whole Fruit Selection	1.00 Each	88.654	23.164
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		564.624	97.010
% of Calories			68.73%

<b>Mon - 09/20/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	376.316	26.105
Pop Tarts	1.00 Pkg	354.167	76.042
Breakfast Bar Variety	1.00 Each	285.000	47.500
Whole Fruit Selection	1.00 Each	88.654	23.164
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		564.624	97.010

% of Calories	68.73%
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Tue - 09/21/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Breakfast				
Recipe		Total		
Sausage, Egg, Cheese English Muffin		1.00 Sandwich	376.316	26.105
Cinnamon Toast Crunch Filled Bar		1.00 Bar	260.000	41.000
Pop Tarts		1.00 Pkg	354.167	76.042
Breakfast Bar Variety		1.00 Each	285.000	47.500
Juice Variety		1.00 Each	63.333	15.667
Whole Fruit Selection		1.00 Each	88.654	23.164
Milk		1.00 Each	137.476	23.964
Weighted Daily Average			600.127	113.536
% of Calories				75.67%

Wed - 09/22/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Breakfast				
Recipe		Total		
Sausage, Egg, Cheese English Muffin		1.00 Sandwich	376.316	26.105
Pop Tarts		1.00 Pkg	354.167	76.042
Breakfast Bar Variety		1.00 Each	285.000	47.500
Whole Fruit Selection		1.00 Each	88.654	23.164
Milk		1.00 Each	137.476	23.964

Weighted Daily Average	564.624	97.010
% of Calories		68.73%

Thu - 09/23/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	376.316	26.105
Mini Bagel Bar with Strawberry Cream Cheese	1.00 bar	239.615	40.934
Pop Tarts	1.00 Pkg	354.167	76.042
Breakfast Bar Variety	1.00 Each	285.000	47.500
Juice Variety	1.00 Each	63.333	15.667
Whole Fruit Selection	1.00 Each	88.654	23.164
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		605.174	115.149
% of Calories			76.11%

Fri - 09/24/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	376.316	26.105
Pop Tarts	1.00 Pkg	354.167	76.042
Breakfast Bar Variety	1.00 Each	285.000	47.500
Whole Fruit Selection	1.00 Each	88.654	23.164
Milk	1.00 Each	137.476	23.964

Weighted Daily Average	564.624	97.010
% of Calories		68.73%

Mon - 09/27/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	376.316	26.105
Pop Tarts	1.00 Pkg	354.167	76.042
Breakfast Bar Variety	1.00 Each	285.000	47.500
Whole Fruit Selection	1.00 Each	88.654	23.164
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		564.624	97.010
% of Calories			68.73%

Tue - 09/28/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	376.316	26.105
Cinnamon Toast Crunch Filled Bar	1.00 Bar	260.000	41.000
Pop Tarts	1.00 Pkg	354.167	76.042
Breakfast Bar Variety	1.00 Each	285.000	47.500
Juice Variety	1.00 Each	63.333	15.667
Whole Fruit Selection	1.00 Each	88.654	23.164



Milk	1.00 Each	137.476	23.964
Weighted Daily Average		600.127	113.536
% of Calories			75.67%

Wed - 09/29/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	376.316	26.105
Pop Tarts	1.00 Pkg	354.167	76.042
Breakfast Bar Variety	1.00 Each	285.000	47.500
Whole Fruit Selection	1.00 Each	88.654	23.164
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		564.624	97.010
% of Calories			68.73%

Thu - 09/30/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	376.316	26.105
Mini Bagel Bar with Strawberry Cream Cheese	1.00 bar	239.615	40.934
Pop Tarts	1.00 Pkg	354.167	76.042
Breakfast Bar Variety	1.00 Each	285.000	47.500
Juice Variety	1.00 Each	63.333	15.667
Whole Fruit Selection	1.00 Each	88.654	23.164

Milk	1.00 Each	137.476	23.964
Weighted Daily Average		605.174	115.149
% of Calories			76.11%

\* = Indicates missing Nutrient Information.

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# Carbohydrate Report

District: Mead School District

School: Mead High School

Menu: 2022 High School Main



Tue - 09/07/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main				
Recipe	Total			
Wild Mike's Pepperoni Pizza	1.00 Slice	370.000	33.000	
Wild Mike's Cheese Pizza	1.00 Slice	360.000	34.000	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Chicken Caesar Salad	1.00 Each	467.980	38.093	
Chef Salad	1.00 Each	389.533	41.448	
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000	
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833	
Spicy Italian on Hoagie	1.00 Each	383.358	33.010	
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000	
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	
Condiments	1.00 Each	43.593*	5.955*	
Weighted Daily Average			619.741*	83.414*
% of Calories				53.84%

Wed - 09/08/2021		Portion Size	Calories (kcal)	Carbohydrates (g)

2022 High School Main			
Recipe	Total		
Chicken Nuggets	7.00 Pieces	259.398	18.327
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
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
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		651.254*	93.986*
% of Calories			57.73%

Thu - 09/09/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main			
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
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Oven Baked Fries	1.00 Cup	200.000	30.000
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	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		778.459*	106.791*
% of Calories			54.87%

<b>Fri - 09/10/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 High School Main			
Recipe	Total		
Macho Nachos	1.00 Each	500.622	38.144
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000

Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
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	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		677.908*	85.218*
% of Calories			50.28%

Mon - 09/13/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main			
Recipe	Total		
Ham & Cheese Rippers	1.00 Serving	270.000	28.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Cucumbers	0.50 Cup	10.974	2.656
Selection of Fruits	1.00 Cup	97.327	24.871

Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		589.608*	89.335*
% of Calories			60.61%

<b>Tue - 09/14/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2022 High School Main

<b>Recipe</b>	<b>Total</b>		
General Tso's Chicken	3.60 ounces	170.000	23.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Red Bell Peppers	0.50 Cup	19.203	3.735
Selection of Fruits	1.00 Cup	97.327	24.871
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		654.886*	109.627*
% of Calories			66.96%

<b>Wed - 09/15/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2022 High School Main			
Recipe	Total		
Mini Corn Dogs	6.00 Each	250.000	30.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Broccoli	0.50 Cup	18.038	3.523
Selection of Fruits	1.00 Cup	97.327	24.871
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		579.698*	91.049*
% of Calories			62.83%

Thu - 09/16/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main			
Recipe	Total		
Dutch Waffle & Cheese Omelet	1.00 Each	437.805	44.560
Chicken Patty	1.00 Each	335.624	39.115



Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
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	1.00 Cup	97.327	24.871
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Dutch Waffle	1.00 Each	302.026	43.515
Cheese Omelet	1.00 Omelet	135.779	1.044
Weighted Daily Average		766.363*	110.166*
% of Calories			57.50%

<b>Fri - 09/17/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 High School Main			
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
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000

Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
Oven Baked Fries	1.00 Cup	200.000	30.000
Carrots and Beans	1.00 1/2 cup	87.021	10.374
Selection of Fruits	1.00 Cup	97.327	24.871
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		744.409*	105.819*
% of Calories			56.86%

Mon - 09/20/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main			
Recipe	Total		
Popcorn Chicken	10.00 Pieces	278.036	20.672
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010

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
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		651.744*	94.933*
% of Calories			58.26%

<b>Tue - 09/21/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 High School Main			
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
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
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

Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		673.750*	91.565*
% of Calories			54.36%

Wed - 09/22/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main				
Recipe	Total			
Pepperoni Pizza	1.00 Each	370.000	34.000	
Cheese Pizza	1.00 Slice	360.000	34.000	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Chicken Caesar Salad	1.00 Each	467.980	38.093	
Chef Salad	1.00 Each	389.533	41.448	
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000	
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833	
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000	
Spicy Italian on Hoagie	1.00 Each	383.358	33.010	
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	
Condiments	1.00 Each	43.593*	5.955*	
Weighted Daily Average		607.498*	82.342*	
% of Calories			54.22%	

Thu - 09/23/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
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2022 High School Main			
Recipe	Total		
Macho Nachos	1.00 Each	500.622	38.144
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
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	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		686.695*	83.849*
% of Calories			48.84%

Fri - 09/24/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main			
Recipe	Total		
Beef Teriyaki Dippers	6.00 Dippers	240.000	9.000
Chicken Patty	1.00 Each	335.624	39.115

Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
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
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		634.711*	92.764*
% of Calories			58.46%

Mon - 09/27/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main			
Recipe	Total		
Cheesy Beef Quesadilla	1.00 each	408.827	31.351
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833

Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
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
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		618.117*	81.739*
% of Calories			52.90%

Tue - 09/28/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main				
Recipe	Total			
French Toast Sticks & Sausage	3.00 Each	460.000	58.000	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Chicken Caesar Salad	1.00 Each	467.980	38.093	
Chef Salad	1.00 Each	389.533	41.448	
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000	
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833	
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000	
Spicy Italian on Hoagie	1.00 Each	383.358	33.010	
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	
Condiments	1.00 Each	43.593*	5.955*	

French Toast Sticks	3.00 Each	360.000	57.000
Sausage Patty	1.00 Patty	100.000	1.000
Weighted Daily Average		742.568*	110.630*
% of Calories			59.59%

Wed - 09/29/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main				
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	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	338.000	39.000	
Chicken Caesar Salad	1.00 Each	467.980	38.093	
Chef Salad	1.00 Each	389.533	41.448	
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000	
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833	
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000	
Spicy Italian on Hoagie	1.00 Each	383.358	33.010	
Cucumbers	0.50 Cup	10.974	2.656	
Oven Baked Fries	1.00 Cup	200.000	30.000	
Selection of Fruits	0.50 Cup	61.660	15.716	
Milk	1.00 Each	137.476	23.964	
Condiments	1.00 Each	43.593*	5.955*	
Weighted Daily Average		699.226*	94.946*	



% of Calories	54.32%
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Thu - 09/30/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main			
Recipe	Total		
Ham & Cheese Rippers	1.00 Serving	270.000	28.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	338.000	39.000
Chicken Caesar Salad	1.00 Each	467.980	38.093
Chef Salad	1.00 Each	389.533	41.448
Peanut Butter & Jelly Uncrustable	1.00 Each	600.000	64.000
Ham & Cheese on Hoagie	1.00 Each	343.333	31.833
Turkey & Cheese on Hoagie	1.00 Each	351.667	31.000
Spicy Italian on Hoagie	1.00 Each	383.358	33.010
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	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		563.562*	83.159*
% of Calories			59.02%

\* = Indicates missing Nutrient Information.  
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