

# Carbohydrate Report

District: Mead School District

School: Highland Middle

Menu: 2022 Middle School Breakfast



Wed - 12/01/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast				
Recipe		Total		
Sausage, Egg, Cheese English Muffin		1.00 Sandwich	354.455	25.105
Egg Cheese English Muffin		1.00 Sandwich	276.316	25.105
Breakfast Bar Variety		1.00 Each	285.000	47.500
Assortment of Cold Cereal		2.00 Each	193.500	40.950
Smoothie & Snack Cracker		8.00 oz	285.833	54.833
Yogurt Parfait		1.00 Each	268.067	54.927
Pumpkin Bread		1.00 Slice	270.000	43.000
Bagel		1.00 Each	206.000	33.900
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			509.945	70.474
% of Calories				55.28%

Thu - 12/02/2021		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
Assortment of Cold Cereal	2.00 Each	193.500	40.950
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	270.000	43.000
Bagel	1.00 Each	206.000	33.900
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		440.745	82.989
% of Calories			75.32%

<b>Fri - 12/03/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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
Assortment of Cold Cereal	2.00 Each	193.500	40.950
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	270.000	43.000
Bagel	1.00 Each	206.000	33.900
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		429.267	72.796
% of Calories			67.83%

Mon - 12/06/2021		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	
Assortment of Cold Cereal	2.00 Each	193.500	40.950	
Smoothie & Snack Cracker	8.00 oz	285.833	54.833	
Yogurt Parfait	1.00 Each	268.067	54.927	
Pumpkin Bread	1.00 Slice	270.000	43.000	
Bagel	1.00 Each	206.000	33.900	
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		473.764	88.704	
% of Calories			74.89%	

Tue - 12/07/2021		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
Assortment of Cold Cereal	2.00 Each	193.500	40.950
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	270.000	43.000
Bagel	1.00 Each	206.000	33.900
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		446.574	81.700
% of Calories			73.18%

Wed - 12/08/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	354.455	25.105
Egg Cheese English Muffin	1.00 Sandwich	276.316	25.105
Breakfast Bar Variety	1.00 Each	285.000	47.500
Assortment of Cold Cereal	2.00 Each	193.500	40.950
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	270.000	43.000
Bagel	1.00 Each	206.000	33.900
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		509.945	70.474
% of Calories			55.28%

Thu - 12/09/2021	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
Assortment of Cold Cereal	2.00 Each	193.500	40.950
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	270.000	43.000
Bagel	1.00 Each	206.000	33.900
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		440.745	82.989
% of Calories			75.32%

Fri - 12/10/2021	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
Assortment of Cold Cereal	2.00 Each	193.500	40.950
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	270.000	43.000
Bagel	1.00 Each	206.000	33.900
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		429.267	72.796
% of Calories			67.83%

<b>Mon - 12/13/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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
Assortment of Cold Cereal	2.00 Each	193.500	40.950
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	270.000	43.000
Bagel	1.00 Each	206.000	33.900
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	473.764	88.704
% of Calories		74.89%

<b>Tue - 12/14/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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
Assortment of Cold Cereal	2.00 Each	193.500	40.950
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	270.000	43.000
Bagel	1.00 Each	206.000	33.900
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		446.574	81.700
% of Calories			73.18%

<b>Wed - 12/15/2021</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	354.455	25.105
Egg Cheese English Muffin	1.00 Sandwich	276.316	25.105

Breakfast Bar Variety	1.00 Each	285.000	47.500
Assortment of Cold Cereal	2.00 Each	193.500	40.950
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	270.000	43.000
Bagel	1.00 Each	206.000	33.900
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		509.945	70.474
% of Calories			55.28%

Thu - 12/16/2021	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
Assortment of Cold Cereal	2.00 Each	193.500	40.950
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	270.000	43.000
Bagel	1.00 Each	206.000	33.900
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	440.745	82.989
% of Calories		75.32%

<b>Fri - 12/17/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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
Assortment of Cold Cereal	2.00 Each	193.500	40.950
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	270.000	43.000
Bagel	1.00 Each	206.000	33.900
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		429.267	72.796
% of Calories			67.83%

\* = 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



Wed - 12/01/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Philly Cheesesteak	1.00 Sandwich	354.181	33.031
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	380.000	41.000
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
Hummus Dip Lunch	1.00 Each	544.965	65.751
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Power Salad	1.00 Cup	10.962	1.980
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	43.426*	5.922*
Weighted Daily Average		631.355*	86.096*
% of Calories			54.55%

<b>Thu - 12/02/2021</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	380.000	41.000
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
Hummus Dip Lunch	1.00 Each	544.965	65.751
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Peas	0.50 Cup	73.530	13.006
Red Bell Peppers	0.50 Cup	19.203	3.735
Refried Beans	0.50 Cup	167.993	23.999
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		771.263*	95.761*
% of Calories			49.66%

<b>Fri - 12/03/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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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	380.000	41.000
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
Hummus Dip Lunch	1.00 Each	544.965	65.751
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Oven Baked Fries	1.00 Cup	200.000	30.000
Carrots	0.50 Cup	29.058	6.790
Power Salad	1.00 Cup	10.962	1.980
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		783.614*	103.307*
% of Calories			52.73%

Mon - 12/06/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022 Middle School Main			
Recipe	Total		
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	380.000	41.000
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
Hummus Dip Lunch	1.00 Each	544.965	65.751
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Carrots	0.50 Cup	29.058	6.790
Power Salad	1.00 Cup	10.962	1.980
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	43.426*	5.922*
Weighted Daily Average		652.207*	103.692*
% of Calories			63.59%

Tue - 12/07/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			

Recipe	Total		
Cheese Ravioli	14.00 Pieces	301.030	40.452
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	380.000	41.000
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
Hummus Dip Lunch	1.00 Each	544.965	65.751
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Carrots	0.50 Cup	29.058	6.790
Garbanzo Beans	0.50 Cup	159.545	15.955
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		666.961*	97.055*
% of Calories			58.21%

Wed - 12/08/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main				
Recipe	Total			
Country Fried Steak with Mashed Potatoes and Brown Gravy	1.00 Each	260.000	11.000	
Chicken Patty	1.00 Each	335.624	39.115	

Spicy Chicken Patty	1.00 Each	380.000	41.000
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
Hummus Dip Lunch	1.00 Each	544.965	65.751
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Power Salad	1.00 Cup	10.962	1.980
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	137.476	23.964
Condiments	1.00 Each	43.426*	5.922*
Brown Gravy	0.25 Cup	2.613	0.363
Weighted Daily Average		663.210*	89.858*
% of Calories			54.20%

Thu - 12/09/2021	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	380.000	41.000
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
Hummus Dip Lunch	1.00 Each	544.965	65.751
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Potato Baby Bakers	1.00 Serving	100.290	17.049
Peas	0.50 Cup	73.530	13.006
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	43.426*	5.922*
Dutch Waffle	1.00 Each	302.026	43.515
Cheese Omelet	1.00 Omelet	135.779	1.044
Weighted Daily Average		758.472*	105.060*
% of Calories			55.41%

<b>Fri - 12/10/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Middle School Main			
Recipe	Total		
Macaroni and Cheese	1.00 #6 scoop	315.868	27.422



Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	380.000	41.000
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
Hummus Dip Lunch	1.00 Each	544.965	65.751
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Carrots	0.50 Cup	29.058	6.790
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	43.426*	5.922*
Weighted Daily Average		609.938*	82.940*
% of Calories			54.39%

Mon - 12/13/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Teriyaki Chicken	1.00 scoop	146.129	10.940
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	380.000	41.000
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
Hummus Dip Lunch	1.00 Each	544.965	65.751
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Carrots	0.50 Cup	29.058	6.790
Power Salad	1.00 Cup	10.962	1.980
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	43.426*	5.922*
Weighted Daily Average		649.795*	99.653*
% of Calories			61.34%

<b>Tue - 12/14/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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	380.000	41.000
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
Hummus Dip Lunch	1.00 Each	544.965	65.751
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Carrots	0.50 Cup	29.058	6.790
Garbanzo Beans	0.50 Cup	159.545	15.955
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	43.426*	5.922*
Weighted Daily Average		727.075*	102.760*
% of Calories			56.53%

Wed - 12/15/2021	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	380.000	41.000
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
Hummus Dip Lunch	1.00 Each	544.965	65.751
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Broccoli	0.50 Cup	18.038	3.523
Power Salad	1.00 Cup	10.962	1.980
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		634.653*	84.991*
% of Calories			53.57%

Thu - 12/16/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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	380.000	41.000
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
Hummus Dip Lunch	1.00 Each	544.965	65.751
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Peas	0.50 Cup	73.530	13.006
Red Bell Peppers	0.50 Cup	19.203	3.735
Refried Beans	0.50 Cup	167.993	23.999
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		782.460*	95.887*
% of Calories			49.02%

<b>Fri - 12/17/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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	380.000	41.000
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
Hummus Dip Lunch	1.00 Each	544.965	65.751
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
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	0.50 Cup	29.058	6.790
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	43.426*	5.922*
Weighted Daily Average		693.327*	91.271*
% of Calories			52.66%

\* = Indicates missing Nutrient Information.

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# Carbohydrate Report

District: Mead School District

School: Mead High School

Menu: 2022 High School Breakfast



Wed - 12/01/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	354.455	25.105
Egg Cheese English Muffin	1.00 Sandwich	276.316	25.105
Pop Tarts	1.00 Pkg	354.167	76.042
Breakfast Bar Variety	1.00 Each	285.000	47.500
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	270.000	43.000
Bagel	1.00 Each	206.000	33.900
Assortment of Cold Cereal	2.00 Each	193.500	40.950
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		502.725	89.492
% of Calories			71.21%

Thu - 12/02/2021	Portion Size	Calories (kcal)	Carbohydrates (g)

2022 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	354.455	25.105
Egg Cheese English Muffin	1.00 Sandwich	276.316	25.105
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
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	270.000	43.000
Bagel	1.00 Each	206.000	33.900
Assortment of Cold Cereal	2.00 Each	193.500	40.950
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		511.935	97.192
% of Calories			75.94%

Fri - 12/03/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	354.455	25.105
Egg Cheese English Muffin	1.00 Sandwich	276.316	25.105
Pop Tarts	1.00 Pkg	354.167	76.042



Breakfast Bar Variety	1.00 Each	285.000	47.500
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	270.000	43.000
Bagel	1.00 Each	206.000	33.900
Assortment of Cold Cereal	2.00 Each	193.500	40.950
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		502.725	89.492
% of Calories			71.21%

Mon - 12/06/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	354.455	25.105
Egg Cheese English Muffin	1.00 Sandwich	276.316	25.105
Pop Tarts	1.00 Pkg	354.167	76.042
Breakfast Bar Variety	1.00 Each	285.000	47.500
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	270.000	43.000
Bagel	1.00 Each	206.000	33.900
Assortment of Cold Cereal	2.00 Each	193.500	40.950

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		502.725	89.492
% of Calories			71.21%

<b>Tue - 12/07/2021</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	354.455	25.105
Egg Cheese English Muffin	1.00 Sandwich	276.316	25.105
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
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	270.000	43.000
Bagel	1.00 Each	206.000	33.900
Assortment of Cold Cereal	2.00 Each	193.500	40.950
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		518.258	97.920
% of Calories			75.58%

<b>Wed - 12/08/2021</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	354.455	25.105
Egg Cheese English Muffin	1.00 Sandwich	276.316	25.105
Pop Tarts	1.00 Pkg	354.167	76.042
Breakfast Bar Variety	1.00 Each	285.000	47.500
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	270.000	43.000
Bagel	1.00 Each	206.000	33.900
Assortment of Cold Cereal	2.00 Each	193.500	40.950
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		502.725	89.492
% of Calories			71.21%

<b>Thu - 12/09/2021</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	354.455	25.105

Egg Cheese English Muffin	1.00 Sandwich	276.316	25.105
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
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	270.000	43.000
Bagel	1.00 Each	206.000	33.900
Assortment of Cold Cereal	2.00 Each	193.500	40.950
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		511.935	97.192
% of Calories			75.94%

<b>Fri - 12/10/2021</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	354.455	25.105
Egg Cheese English Muffin	1.00 Sandwich	276.316	25.105
Pop Tarts	1.00 Pkg	354.167	76.042
Breakfast Bar Variety	1.00 Each	285.000	47.500
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927

Pumpkin Bread	1.00 Slice	270.000	43.000
Bagel	1.00 Each	206.000	33.900
Assortment of Cold Cereal	2.00 Each	193.500	40.950
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		502.725	89.492
% of Calories			71.21%

Mon - 12/13/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	354.455	25.105
Egg Cheese English Muffin	1.00 Sandwich	276.316	25.105
Pop Tarts	1.00 Pkg	354.167	76.042
Breakfast Bar Variety	1.00 Each	285.000	47.500
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	270.000	43.000
Bagel	1.00 Each	206.000	33.900
Assortment of Cold Cereal	2.00 Each	193.500	40.950
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	502.725	89.492
% of Calories		71.21%

<b>Tue - 12/14/2021</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	354.455	25.105
Egg Cheese English Muffin	1.00 Sandwich	276.316	25.105
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
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	270.000	43.000
Bagel	1.00 Each	206.000	33.900
Assortment of Cold Cereal	2.00 Each	193.500	40.950
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		518.258	97.920
% of Calories			75.58%

<b>Wed - 12/15/2021</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	354.455	25.105
Egg Cheese English Muffin	1.00 Sandwich	276.316	25.105
Pop Tarts	1.00 Pkg	354.167	76.042
Breakfast Bar Variety	1.00 Each	285.000	47.500
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	270.000	43.000
Bagel	1.00 Each	206.000	33.900
Assortment of Cold Cereal	2.00 Each	193.500	40.950
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		502.725	89.492
% of Calories			71.21%

Thu - 12/16/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	354.455	25.105
Egg Cheese English Muffin	1.00 Sandwich	276.316	25.105
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
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	270.000	43.000
Bagel	1.00 Each	206.000	33.900
Assortment of Cold Cereal	2.00 Each	193.500	40.950
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		511.935	97.192
% of Calories			75.94%

<b>Fri - 12/17/2021</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	354.455	25.105
Egg Cheese English Muffin	1.00 Sandwich	276.316	25.105
Pop Tarts	1.00 Pkg	354.167	76.042
Breakfast Bar Variety	1.00 Each	285.000	47.500
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	270.000	43.000
Bagel	1.00 Each	206.000	33.900



Assortment of Cold Cereal	2.00 Each	193.500	40.950
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		502.725	89.492
% of Calories			71.21%

\* = Indicates missing Nutrient Information.

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# Carbohydrate Report

District: Mead School District

School: Mead High School

Menu: 2022 High School Main



Wed - 12/01/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main				
Recipe	Total			
Mandarin Chicken	3.60 ounces	150.000	19.000	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	380.000	41.000	
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	
Power Salad	1.00 Cup	10.962	1.980	
Broccoli	0.50 Cup	18.038	3.523	
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	43.426*	5.922*	
Weighted Daily Average		654.392*	110.308*	
% of Calories			67.43%	

Thu - 12/02/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
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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	380.000	41.000
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	0.50 Cup	29.058	6.790
Selection of Fruits	1.00 Cup	97.327	24.871
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		670.233*	95.320*
% of Calories			56.89%

Fri - 12/03/2021	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	380.000	41.000
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
Garbanzo Beans	0.50 Cup	159.545	15.955
Carrots	0.50 Cup	29.058	6.790
Selection of Fruits	1.00 Cup	97.327	24.871
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		821.308*	122.163*
% of Calories			59.50%

Mon - 12/06/2021		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	380.000	41.000	
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
Power Salad	1.00 Cup	10.962	1.980
Vegetable Selection	1.00 cup	61.395	10.908
Selection of Fruits	1.00 Cup	97.327	24.871
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		640.533*	95.818*
% of Calories			59.84%

<b>Tue - 12/07/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 High School Main			
Recipe	Total		
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	380.000	41.000
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
Peas	0.50 Cup	73.530	13.006
Vegetable Selection	1.00 cup	61.395	10.908
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	43.426*	5.922*
Weighted Daily Average		718.130*	119.045*
% of Calories			66.31%

Wed - 12/08/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main			
Recipe	Total		
Country Fried Steak with Mashed Potatoes and Brown Gravy	1.00 Each	260.000	11.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	380.000	41.000
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
Mashed Potatoes	0.67 cup	61.000	11.590
Power Salad	1.00 Cup	10.962	1.980
Broccoli	0.50 Cup	18.038	3.523
Vegetable Selection	1.00 cup	61.395	10.908

Selection of Fruits	1.00 Cup	97.327	24.871
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.426*	5.922*
Brown Gravy	0.25 Cup	2.613	0.363
Weighted Daily Average		744.877*	106.638*
% of Calories			57.26%

Thu - 12/09/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main			
Recipe	Total		
Dutch Waffle & Sausage Patty	1.00 Each	380.166	43.515
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	380.000	41.000
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	0.50 Cup	29.058	6.790
Cucumbers	0.50 Cup	10.974	2.656
Vegetable Selection	1.00 cup	61.395	10.908
Selection of Fruits	1.00 Cup	97.327	24.871

Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.426*	5.922*
Dutch Waffle	1.00 Each	302.026	43.515
Sausage Patty	1.00 Patty	78.140	0.000
Weighted Daily Average		760.562*	114.335*
% of Calories			60.13%

Fri - 12/10/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main				
Recipe	Total			
Macaroni and Cheese	1.00 #4 scoop	481.322	41.786	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	380.000	41.000	
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	
Garbanzo Beans	0.50 Cup	159.545	15.955	
Vegetable Selection	1.00 cup	61.395	10.908	
Selection of Fruits	1.00 Cup	97.327	24.871	
Garlic Toast	1.00 Toast	70.000	12.000	
Milk	1.00 Each	137.476	23.964	



Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		836.018*	114.112*
% of Calories			54.60%

Mon - 12/13/2021	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	380.000	41.000
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
Power Salad	1.00 Cup	10.962	1.980
Vegetable Selection	1.00 cup	61.395	10.908
Selection of Fruits	1.00 Cup	97.327	24.871
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		706.995*	102.235*
% of Calories			57.84%

<b>Tue - 12/14/2021</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	380.000	41.000
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
Red Bell Peppers	0.50 Cup	19.203	3.735
Peas	0.50 Cup	73.530	13.006
Vegetable Selection	1.00 cup	61.395	10.908
Selection of Fruits	1.00 Cup	97.327	24.871
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		733.706*	101.973*
% of Calories			55.59%

<b>Wed - 12/15/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2022 High School Main			
Recipe	Total		
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	380.000	41.000
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
Power Salad	1.00 Cup	10.962	1.980
Vegetable Selection	1.00 cup	61.395	10.908
Selection of Fruits	1.00 Cup	97.327	24.871
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		665.469*	93.365*
% of Calories			56.12%

Thu - 12/16/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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	380.000	41.000
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
Refried Beans	0.50 Cup	167.993	23.999
Cucumbers	0.50 Cup	10.974	2.656
Carrots	0.50 Cup	29.058	6.790
Vegetable Selection	1.00 cup	61.395	10.908
Selection of Fruits	1.00 Cup	97.327	24.871
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		881.583*	114.039*
% of Calories			51.74%

<b>Fri - 12/17/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 High School Main			
Recipe	Total		
Teriyaki Chicken	1.00 scoop	146.129	10.940
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	380.000	41.000

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
Garbanzo Beans	0.50 Cup	159.545	15.955
Vegetable Selection	1.00 cup	61.395	10.908
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	43.426*	5.922*
Weighted Daily Average		711.714*	114.353*
% of Calories			64.27%

\* = Indicates missing Nutrient Information.

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