

Carbohydrate Report

District: Mead School District

School: Highland Middle

Menu: 2022 Middle School Breakfast



Mon - 05/02/2022		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	41.150	
Smoothie & Snack Cracker	8.00 oz	285.833	54.833	
Yogurt Parfait	1.00 Each	268.067	54.927	
Pumpkin Bread	1.00 Slice	260.000	44.000	
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	129.151	21.654	
Weighted Daily Average			465.803	86.601
% of Calories				74.37%

Tue - 05/03/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast				
Recipe	Total			
Berries and Cream Pastry	1.00 each	240.000	36.000	

Breakfast Bar Variety	1.00 Each	285.000	47.500
Assortment of Cold Cereal	2.00 Each	193.500	41.150
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	260.000	44.000
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	129.151	21.654
Weighted Daily Average		426.140	76.470
% of Calories			71.78%

Wed - 05/04/2022	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	41.150
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	260.000	44.000
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	129.151	21.654
Weighted Daily Average		502.156	68.410
% of Calories			54.49%

Thu - 05/05/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast				
Recipe	Total			
Sausage Breakfast Pizza	1.00 Each	210.000	27.000	
Breakfast Bar Variety	1.00 Each	285.000	47.500	
Assortment of Cold Cereal	2.00 Each	193.500	41.150	
Smoothie & Snack Cracker	8.00 oz	285.833	54.833	
Yogurt Parfait	1.00 Each	268.067	54.927	
Pumpkin Bread	1.00 Slice	260.000	44.000	
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	129.151	21.654	
Weighted Daily Average		414.275	72.161	
% of Calories			69.67%	

Fri - 05/06/2022		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	41.150
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	260.000	44.000
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	129.151	21.654
Weighted Daily Average		421.306	70.677
% of Calories			67.10%

Mon - 05/09/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast			
Recipe	Total		
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Apple Frudel	1.00 Each	210.000	36.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Assortment of Cold Cereal	2.00 Each	193.500	41.150
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	260.000	44.000
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	129.151	21.654
Weighted Daily Average		466.459	86.714
% of Calories			74.36%

Tue - 05/10/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast				
Recipe	Total			
Berries and Cream Pastry	1.00 each	240.000	36.000	
Breakfast Bar Variety	1.00 Each	285.000	47.500	
Assortment of Cold Cereal	2.00 Each	193.500	41.150	
Smoothie & Snack Cracker	8.00 oz	285.833	54.833	
Yogurt Parfait	1.00 Each	268.067	54.927	
Pumpkin Bread	1.00 Slice	260.000	44.000	
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	129.151	21.654	
Weighted Daily Average		426.140	76.470	
% of Calories			71.78%	

Wed - 05/11/2022		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	41.150
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	260.000	44.000
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	129.151	21.654
Weighted Daily Average		502.156	68.410
% of Calories			54.49%

Thu - 05/12/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast			
Recipe	Total		
Sausage Breakfast Pizza	1.00 Each	210.000	27.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Assortment of Cold Cereal	2.00 Each	193.500	41.150
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	260.000	44.000
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	129.151	21.654
Weighted Daily Average		414.275	72.161
% of Calories			69.67%

Fri - 05/13/2022	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	41.150
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	260.000	44.000
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	129.151	21.654
Weighted Daily Average		421.306	70.677
% of Calories			67.10%

Mon - 05/16/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast			
Recipe	Total		
Chocolate Chip Muffin	1.00 Each	310.177	52.030

Apple Frudel	1.00 Each	210.000	36.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Assortment of Cold Cereal	2.00 Each	193.500	41.150
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	260.000	44.000
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	129.151	21.654
Weighted Daily Average		466.459	86.714
% of Calories			74.36%

Tue - 05/17/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast				
Recipe	Total			
Berries and Cream Pastry	1.00 each	240.000	36.000	
Breakfast Bar Variety	1.00 Each	285.000	47.500	
Assortment of Cold Cereal	2.00 Each	193.500	41.150	
Smoothie & Snack Cracker	8.00 oz	285.833	54.833	
Yogurt Parfait	1.00 Each	268.067	54.927	
Pumpkin Bread	1.00 Slice	260.000	44.000	
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	129.151	21.654
Weighted Daily Average		426.140	76.470
% of Calories			71.78%

Wed - 05/18/2022	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	41.150
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	260.000	44.000
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	129.151	21.654
Weighted Daily Average		502.156	68.410
% of Calories			54.49%

Thu - 05/19/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast			

Recipe	Total		
Breakfast Burrito -Cheese, Egg & Sausage	1.00 Each	435.504	52.344
Sausage Breakfast Pizza	1.00 Each	210.000	27.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Assortment of Cold Cereal	2.00 Each	193.500	41.150
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	260.000	44.000
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	129.151	21.654
Weighted Daily Average		415.635	72.325
% of Calories			69.60%

Fri - 05/20/2022	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	41.150
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	260.000	44.000
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	129.151	21.654
Weighted Daily Average		421.306	70.677
% of Calories			67.10%

Mon - 05/23/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast			
Recipe	Total		
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Apple Frudel	1.00 Each	210.000	36.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Assortment of Cold Cereal	2.00 Each	193.500	41.150
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	260.000	44.000
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	129.151	21.654
Weighted Daily Average		466.459	86.714
% of Calories			74.36%

Tue - 05/24/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022 Middle School Breakfast			
Recipe	Total		
Berries and Cream Pastry	1.00 each	240.000	36.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Assortment of Cold Cereal	2.00 Each	193.500	41.150
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	260.000	44.000
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	129.151	21.654
Weighted Daily Average		426.140	76.470
% of Calories			71.78%

Wed - 05/25/2022			
	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	41.150
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	260.000	44.000
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	129.151	21.654
Weighted Daily Average		502.156	68.410
% of Calories			54.49%

Thu - 05/26/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast			
Recipe	Total		
Breakfast Burrito -Cheese, Egg & Sausage	1.00 Each	435.504	52.344
Sausage Breakfast Pizza	1.00 Each	210.000	27.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Assortment of Cold Cereal	2.00 Each	193.500	41.150
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	260.000	44.000
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	129.151	21.654
Weighted Daily Average		415.635	72.325
% of Calories			69.60%

Fri - 05/27/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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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
Assortment of Cold Cereal	2.00 Each	193.500	41.150
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	260.000	44.000
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	129.151	21.654
Weighted Daily Average		421.306	70.677
% of Calories			67.10%

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

Tue - 05/31/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast			

Recipe	Total		
Berries and Cream Pastry	1.00 each	240.000	36.000
Breakfast Bar Variety	1.00 Each	285.000	47.500
Assortment of Cold Cereal	2.00 Each	193.500	41.150
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Yogurt Parfait	1.00 Each	268.067	54.927
Pumpkin Bread	1.00 Slice	260.000	44.000
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	129.151	21.654
Weighted Daily Average		426.140	76.470
% of Calories			71.78%

* = 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



Mon - 05/02/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Pulled Pork Sandwich	1.00 each	416.000	37.400
Cheeseburger	1.00 Each	355.000	29.000
Hamburger	1.00 Each	305.000	28.000
Veggie Burger	1.00 Each	310.097	37.935
Chicken Patty	1.00 Each	380.000	43.000
Spicy Chicken Patty	1.00 Each	370.000	42.000
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	383.292	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
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
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	129.151	21.654
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		728.155*	95.132*
% of Calories			52.26%

Tue - 05/03/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
General Tso's Chicken	3.60 ounces	170.000	23.000
Chicken Patty	1.00 Each	380.000	43.000
Spicy Chicken Patty	1.00 Each	370.000	42.000
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	383.292	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
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
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	129.151	21.654

Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		650.897*	102.379*
% of Calories			62.92%

Wed - 05/04/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Turkey Gravy	4.00 ounce	130.000	2.000
Chicken Patty	1.00 Each	380.000	43.000
Spicy Chicken Patty	1.00 Each	370.000	42.000
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	383.292	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
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
Power Salad	1.00 Cup	10.962	1.980
Mashed Potatoes	0.67 cup	61.000	11.590
Selection of Fruits	0.50 Cup	61.660	15.716
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	129.151	21.654
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		622.227*	87.525*

% of Calories			56.27%
Thu - 05/05/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Cheesy Beef Quesadilla	1.00 each	458.513	42.351
Chicken Patty	1.00 Each	380.000	43.000
Spicy Chicken Patty	1.00 Each	370.000	42.000
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	383.292	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
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
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	129.151	21.654
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		766.445*	101.774*
% of Calories			53.11%

Fri - 05/06/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Cougar Gold Mac and Cheese	1.00 #6 scoop	313.009	26.958
Chicken Patty	1.00 Each	380.000	43.000
Spicy Chicken Patty	1.00 Each	370.000	42.000
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	383.292	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
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
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
Garlic Toast	1.00 Toast	70.000	12.000
Milk	1.00 Each	129.151	21.654
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		649.636*	88.798*
% of Calories			54.68%

Mon - 05/09/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022 Middle School Main			
Recipe	Total		
Mandarin Chicken	3.60 ounces	150.000	19.000
Chicken Patty	1.00 Each	380.000	43.000
Spicy Chicken Patty	1.00 Each	370.000	42.000
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	383.292	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
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
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	129.151	21.654
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		648.271*	102.257*
% of Calories			63.10%

Tue - 05/10/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022 Middle School Main			
Recipe	Total		
Popcorn Chicken	10.00 Pieces	268.520	17.557
Chicken Patty	1.00 Each	380.000	43.000
Spicy Chicken Patty	1.00 Each	370.000	42.000
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	383.292	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
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
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	129.151	21.654
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		715.072*	98.715*
% of Calories			55.22%

Wed - 05/11/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			

Recipe	Total		
Pepperoni Pizza	1.00 Each	400.000	36.000
Cheese Pizza	1.00 Slice	397.452	36.764
Chicken Patty	1.00 Each	380.000	43.000
Spicy Chicken Patty	1.00 Each	370.000	42.000
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	383.292	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
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
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	129.151	21.654
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		651.524*	84.638*
% of Calories			51.96%

Thu - 05/12/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		

Macho Nachos	1.00 Each	431.569	29.639
Chicken Patty	1.00 Each	380.000	43.000
Spicy Chicken Patty	1.00 Each	370.000	42.000
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	383.292	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
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
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	129.151	21.654
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		766.066*	92.218*
% of Calories			48.15%

Fri - 05/13/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Cheeseburger	1.00 Each	355.000	29.000
Hamburger	1.00 Each	305.000	28.000

Veggie Burger	1.00 Each	310.097	37.935
Chicken Patty	1.00 Each	380.000	43.000
Spicy Chicken Patty	1.00 Each	370.000	42.000
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	383.292	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
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
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	129.151	21.654
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		681.621*	89.276*
% of Calories			52.39%

Mon - 05/16/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Chicken Alfredo	1.00 Serving	505.965	49.041

Chicken Patty	1.00 Each	380.000	43.000
Spicy Chicken Patty	1.00 Each	370.000	42.000
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	383.292	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
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
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
Garlic Toast	1.00 Toast	70.000	12.000
Milk	1.00 Each	129.151	21.654
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		773.084*	101.678*
% of Calories			52.61%

Tue - 05/17/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main				
Recipe	Total			
Teriyaki Chicken with Brown Rice	240.00 Entrees	339.000	50.800	
Chicken Patty	1.00 Each	380.000	43.000	
Spicy Chicken Patty	1.00 Each	370.000	42.000	

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	383.292	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
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
Cucumbers	0.50 Cup	10.974	2.656
Red Bell Peppers	0.50 Cup	19.203	3.735
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	129.151	21.654
Condiments	1.00 Each	43.426*	5.922*
Teriyaki Chicken	240.00 Entrees	115.000	6.000
Whole Grain Rice	0.50 Cup	112.000	22.400
Weighted Daily Average		625.208*	94.833*
% of Calories			60.67%

Wed - 05/18/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Cheeseburger	1.00 Each	355.000	29.000
Hamburger	1.00 Each	305.000	28.000
Veggie Burger	1.00 Each	310.097	37.935

Chicken Patty	1.00 Each	380.000	43.000
Spicy Chicken Patty	1.00 Each	370.000	42.000
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	383.292	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
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
Oven Baked Fries	0.50 Cup	100.000	15.000
Baked Beans	0.50 Cup	222.609	43.510
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	129.151	21.654
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		790.168*	110.174*
% of Calories			55.77%

Thu - 05/19/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Grilled Cheese Sandwich	1.00 Each	360.000	32.000
Chicken Patty	1.00 Each	380.000	43.000
Spicy Chicken Patty	1.00 Each	370.000	42.000
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	383.292	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
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
Power Salad	1.00 Cup	10.962	1.980
Carrots	0.50 Cup	29.058	6.790
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	129.151	21.654
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		629.965*	83.301*
% of Calories			52.89%

Fri - 05/20/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Washington Raised Shredded Beef Fajita	1.00 Fajita	422.319	43.706
Chicken Patty	1.00 Each	380.000	43.000
Spicy Chicken Patty	1.00 Each	370.000	42.000
Chef Salad	1.00 Each	389.533	41.448
Chicken Caesar Salad	1.00 Each	467.980	38.093
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	383.292	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
Red Bell Peppers	0.50 Cup	19.203	3.735
Corn	0.50 Cup	50.909	11.636
Shredded Lettuce	0.50 Cup	6.048	1.283
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	129.151	21.654
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		697.355*	97.703*
% of Calories			56.04%

Mon - 05/23/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Chicken Nuggets	6.00 Pieces	241.061	15.669
Chicken Patty	1.00 Each	380.000	43.000
Spicy Chicken Patty	1.00 Each	370.000	42.000
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	383.292	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
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	129.151	21.654
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		706.707*	101.806*
% of Calories			57.62%

Tue - 05/24/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main				
Recipe	Total			
Pepperoni Pizza	1.00 Each	400.000	36.000	
Cheese Pizza	1.00 Slice	397.452	36.764	
Chicken Patty	1.00 Each	380.000	43.000	
Spicy Chicken Patty	1.00 Each	370.000	42.000	
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	383.292	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	129.151	21.654
Condiments	1.00 Each	43.426*	5.922*
French Toast Sticks	3.00 Each	360.000	57.000
Sausage Patty	1.00 Patty	78.140	0.000
Weighted Daily Average		697.521*	91.361*
% of Calories			52.39%

Wed - 05/25/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Macho Nachos	1.00 Each	431.569	29.639
Chicken Patty	1.00 Each	380.000	43.000
Spicy Chicken Patty	1.00 Each	370.000	42.000
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	383.292	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
Refried Beans	0.50 Cup	167.993	23.999
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	129.151	21.654
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		756.695*	91.312*
% of Calories			48.27%

Thu - 05/26/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Cougar Gold Mac and Cheese	1.00 #6 scoop	313.009	26.958
Chicken Patty	1.00 Each	380.000	43.000
Spicy Chicken Patty	1.00 Each	370.000	42.000
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	383.292	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
Selection of Fruits	0.50 Cup	61.660	15.716
Garlic Toast	1.00 Toast	70.000	12.000
Milk	1.00 Each	129.151	21.654
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		657.429*	89.672*
% of Calories			54.56%

Fri - 05/27/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Cheeseburger	1.00 Each	355.000	29.000
Hamburger	1.00 Each	305.000	28.000
Veggie Burger	1.00 Each	310.097	37.935
Chicken Patty	1.00 Each	380.000	43.000
Spicy Chicken Patty	1.00 Each	370.000	42.000
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	383.292	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
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	129.151	21.654
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		691.902*	90.641*
% of Calories			52.40%

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

Tue - 05/31/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
General Tso's Chicken	3.60 ounces	170.000	23.000
Chicken Patty	1.00 Each	380.000	43.000

Spicy Chicken Patty	1.00 Each	370.000	42.000
Chef Salad	1.00 Each	389.533	41.448
Chicken Caesar Salad	1.00 Each	467.980	38.093
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	383.292	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
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	129.151	21.654
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		687.489*	106.721*
% of Calories			62.09%

* = Indicates missing Nutrient Information.

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Carbohydrate Report

District: Mead School District

School: Mead High School

Menu: 2022 High School Breakfast



Mon - 05/02/2022	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
Mini Bagel Bar with Cinnamon Cream Cheese	1.00 bar	230.000	42.000
Mini Bagel Bar with Strawberry Cream Cheese	1.00 bar	239.615	40.934
Smoothie & Snack Cracker	8.00 oz	285.833	54.833
Pumpkin Bread	1.00 Slice	260.000	44.000
Apple Frudel	1.00 Each	210.000	36.000
Bagel	1.00 Each	206.000	33.900
Yogurt Parfait	1.00 Each	268.067	54.927
Assortment of Cold Cereal	2.00 Each	193.500	41.150
Juice Variety	1.00 Each	63.333	15.667
Whole Fruit Selection	1.00 Each	88.654	23.164
Milk	1.00 Each	129.151	21.654
Weighted Daily Average		587.782	112.945
% of Calories			76.86%

Carbohydrate Report

District: Mead School District

School: Mead High School

Menu: 2022 High School Main



Mon - 05/02/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main			
Recipe	Total		
Pulled Pork Sandwich	1.00 each	416.000	37.400
Chicken Patty	1.00 Each	380.000	43.000
Spicy Chicken Patty	1.00 Each	370.000	42.000
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	383.292	33.010
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
Hummus Dip Lunch	1.00 Each	544.965	65.751
Carrots	0.50 Cup	29.058	6.790
Power Salad	1.00 Cup	10.962	1.980
Oven Baked Fries	1.00 Cup	200.000	30.000
Selection of Fruits	1.00 Cup	97.327	24.871
Milk	1.00 Each	129.151	21.654
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		797.760*	111.928*
% of Calories			56.12%