

# Carbohydrate Report

District: Mead School District

School: Highland Middle

Menu: 2022 Middle School Breakfast



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

<b>Fri - 06/03/2022</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	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 - 06/06/2022		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 - 06/07/2022		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 - 06/08/2022		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%

<b>Thu - 06/09/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Middle School Breakfast			
Recipe	Total		
Breakfast Burrito -Cheese, Egg & Sausage	1.00 Each	435.504	52.344
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		555.215	88.001
% of Calories			63.40%

<b>Fri - 06/10/2022</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	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 - 06/13/2022	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 - 06/14/2022		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 - 06/15/2022		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 - 06/16/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast			
Recipe	Total		
Breakfast Burrito -Cheese, Egg & Sausage	1.00 Each	435.504	52.344
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		555.215	88.001
% of Calories			63.40%

Fri - 06/17/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast				
Recipe	Total			
Cook's Choice	1.00 Each	N/A*	N/A*	
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		327.556*	62.708*	
% of Calories			76.58%	

Mon - 06/20/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
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## 2022 Middle School Breakfast

Recipe	Total		
Cook's Choice	1.00 Each	N/A*	N/A*
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		320.407*	62.212*
% of Calories			77.67%

\* = 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 - 06/01/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Spaghetti with Meat Sauce	1.00 Serving	356.675	45.181
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
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
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		673.904*	99.131*

% of Calories	58.84%
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Thu - 06/02/2022	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
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
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		715.330*	96.130*
% of Calories			53.75%

<b>Fri - 06/03/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Middle 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
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
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
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		707.129*	95.759*
% of Calories			54.17%

<b>Mon - 06/06/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2022 Middle School Main			
Recipe	Total		
Beef Teriyaki Dippers	6.00 Dippers	240.000	9.000
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
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
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
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		691.003*	96.787*
% of Calories			56.03%

Tue - 06/07/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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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
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Hummus Dip Lunch	1.00 Each	544.965	65.751
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*
Weighted Daily Average		694.251*	91.620*
% of Calories			52.79%

Wed - 06/08/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		

Mini Corn Dogs	6.00 Each	250.000	30.000
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
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
Hummus Dip Lunch	1.00 Each	544.965	65.751
Broccoli	0.50 Cup	18.038	3.523
Potato Baby Bakers	1.00 Serving	100.290	17.049
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	129.151	21.654
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		641.302*	93.722*
% of Calories			58.46%

Thu - 06/09/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Chicken Nuggets	6.00 Nuggets	312.000	18.000
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
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
Chewy Oat Bar with Yogurt and Cheese	1.00 Each	470.999	66.667
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
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		695.269*	93.694*
% of Calories			53.90%

Fri - 06/10/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Washington Raised Shaved Beef Fajita	1.00 Fajita	424.722	44.490
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		698.788*	98.170*
% of Calories			56.19%

Mon - 06/13/2022		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	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
Milk	1.00 Each	129.151	21.654
Condiments	1.00 Each	43.426*	5.922*
Weighted Daily Average		595.224*	84.509*
% of Calories			56.79%

<b>Tue - 06/14/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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
Broccoli	0.50 Cup	18.038	3.523
Potato Baby Bakers	1.00 Serving	100.290	17.049
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		753.509*	107.738*
% of Calories			57.19%

Wed - 06/15/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Cook's Choice	1.00 Each	N/A*	N/A*
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
Veggie Variety	1.00 Cup	86.588	12.297
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		522.833*	75.722*
% of Calories			57.93%

Thu - 06/16/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Cook's Choice	1.00 Each	N/A*	N/A*
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
Veggie Variety	1.00 Cup	86.588	12.297
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		438.626*	67.072*
% of Calories			61.17%

<b>Fri - 06/17/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Middle School Main			
Recipe	Total		
Cook's Choice	1.00 Each	N/A*	N/A*
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
Veggie Variety	1.00 Cup	86.588	12.297
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		459.216*	70.360*
% of Calories			61.29%

Mon - 06/20/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Weighted Daily Average	N/A		N/A
% of Calories			N/A

\* = Indicates missing Nutrient Information.

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# Carbohydrate Report

District: Mead School District

School: Mead High School

Menu: 2022 High School Main



Wed - 06/01/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main			
Recipe	Total		
General Tso's Chicken	3.60 ounces	219.111	29.644
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
Fruit & Yogurt Salad	1.00 Each	405.992	65.049
Hummus Dip Lunch	1.00 Each	544.965	65.751
Broccoli	0.50 Cup	18.038	3.523
Power Salad	1.00 Cup	10.962	1.980
Selection of Fruits	1.00 Cup	97.327	24.871
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		721.354*	119.217*
% of Calories			66.11%



<b>Thu - 06/02/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 High 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
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
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
Cucumbers	0.50 Cup	10.974	2.656
Potato Baby Bakers	1.00 Serving	100.290	17.049
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		803.382*	112.925*
% of Calories			56.22%

<b>Fri - 06/03/2022</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	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
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
Garbanzo Beans	0.50 Cup	159.545	15.955
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		625.611*	94.545*
% of Calories			60.45%

Mon - 06/06/2022	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	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
Power Salad	1.00 Cup	10.962	1.980
Carrots	0.50 Cup	29.058	6.790
Selection of Fruits	1.00 Cup	97.327	24.871
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		727.585*	105.915*
% of Calories			58.23%

Tue - 06/07/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main				
Recipe		Total		
Macho Nachos	1.00 Each	499.607	38.144	
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
Refried Beans	0.50 Cup	167.993	23.999
Peas	0.50 Cup	73.530	13.006
Red Bell Peppers	0.50 Cup	19.203	3.735
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		879.411*	112.666*
% of Calories			51.25%

Wed - 06/08/2022	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
Power Salad	1.00 Cup	10.962	1.980
Broccoli	0.50 Cup	18.038	3.523
Potato Baby Bakers	1.00 Serving	100.290	17.049
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		809.858*	116.803*
% of Calories			57.69%

Thu - 06/09/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main			
Recipe	Total		
Cougar Gold Mac and Cheese	1.00 #4 scoop	476.967	41.078
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
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
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		791.733*	105.862*
% of Calories			53.48%

<b>Fri - 06/10/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 High School Main			
Recipe	Total		
Washington Raised Shaved Beef Fajita	1.00 Fajita	424.722	44.490
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

Fruit & Yogurt Salad	1.00 Each	405.992	65.049
Hummus Dip Lunch	1.00 Each	544.965	65.751
Shredded Lettuce	0.50 Cup	6.048	1.283
Corn	0.50 Cup	50.909	11.636
Cucumbers	0.50 Cup	10.974	2.656
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		760.252*	110.531*
% of Calories			58.16%

Mon - 06/13/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main			
Recipe	Total		
Mandarin Chicken	3.60 ounces	193.333	24.489
Cook's Choice	1.00 Each	N/A*	N/A*
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
Selection of Fruits	1.00 Cup	97.327	24.871
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		701.063*	112.847*
% of Calories			64.39%

<b>Tue - 06/14/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 High School Main			
Recipe	Total		
Cook's Choice	1.00 Each	N/A*	N/A*
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
Veggie Variety	1.00 Cup	86.588	12.297
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		535.418*	83.748*
% of Calories			62.57%

<b>Wed - 06/15/2022</b>		<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 High School Main				
Recipe	Total			
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	
Veggie Variety	1.00 Cup	86.588	12.297	
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		541.832*	84.659*	
% of Calories			62.50%	

<b>Thu - 06/16/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2022 High School Main			
Recipe	Total		
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
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
Veggie Variety	1.00 Cup	86.588	12.297
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		472.687*	77.083*
% of Calories			65.23%

Fri - 06/17/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main			
Recipe	Total		
Chicken Patty	1.00 Each	380.000	43.000
Spicy Chicken Patty	1.00 Each	370.000	42.000

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
Veggie Variety	1.00 Cup	86.588	12.297
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		498.962*	80.134*
% of Calories			64.24%

Mon - 06/20/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

\* = Indicates missing Nutrient Information.

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