

# Carbohydrate Report

District: Mead School District

School: Highland Middle

Menu: 2022 Middle School Breakfast



Mon - 11/01/2021		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	1.00 Each	109.569	23.164	
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		467.200	87.061	
% of Calories			74.54%	

Tue - 11/02/2021		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	1.00 Each	109.569	23.164	
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		511.773	98.099
% of Calories			76.67%

Wed - 11/03/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	354.455	25.105
Breakfast Bar Variety	1.00 Each	285.000	47.500
Assortment of Cold Cereal	1.00 Each	109.569	23.164
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		517.430	69.784
% of Calories			53.95%

Thu - 11/04/2021	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	1.00 Each	109.569	23.164
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		514.968	101.862
% of Calories			79.12%

Fri - 11/05/2021		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	1.00 Each	109.569	23.164	
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		426.731	71.574	
% of Calories				67.09%

Mon - 11/08/2021		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	1.00 Each	109.569	23.164	
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		481.820	89.089
% of Calories			73.96%

Tue - 11/09/2021		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		1.00 Each	109.569	23.164
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			517.314	99.547
% of Calories				76.97%

Wed - 11/10/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast				
Recipe		Total		
Sausage, Egg, Cheese English Muffin		1.00 Sandwich	354.455	25.105
Breakfast Bar Variety		1.00 Each	285.000	47.500
Assortment of Cold Cereal		1.00 Each	109.569	23.164

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		517.430	69.784
% of Calories			53.95%

Thu - 11/11/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Fri - 11/12/2021	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	1.00 Each	109.569	23.164
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		426.731	71.574
% of Calories			67.09%

<b>Mon - 11/15/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2022 Middle School Breakfast</b>			
<b>Recipe</b>	<b>Total</b>		
Chocolate Chip Muffin	1.00 Each	310.177	52.030
Breakfast Bar Variety	1.00 Each	285.000	47.500
Assortment of Cold Cereal	1.00 Each	109.569	23.164
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
<b>Weighted Daily Average</b>		<b>481.820</b>	<b>89.089</b>
<b>% of Calories</b>			<b>73.96%</b>

<b>Tue - 11/16/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2022 Middle School Breakfast</b>			
<b>Recipe</b>	<b>Total</b>		
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	1.00 Each	109.569	23.164
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
<b>Weighted Daily Average</b>		<b>445.674</b>	<b>81.228</b>
<b>% of Calories</b>			<b>72.90%</b>

<b>Wed - 11/17/2021</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
Breakfast Bar Variety	1.00 Each	285.000	47.500
Assortment of Cold Cereal	1.00 Each	109.569	23.164
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		517.430	69.784
% of Calories			53.95%

<b>Thu - 11/18/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Middle School Breakfast			
Recipe	Total		
Mini Bagel Bar with Strawberry Cream Cheese	1.00 bar	239.615	40.934
Breakfast Bar Variety	1.00 Each	285.000	47.500
Assortment of Cold Cereal	1.00 Each	109.569	23.164
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		438.974	82.446
% of Calories			75.13%

<b>Fri - 11/19/2021</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	1.00 Each	109.569	23.164
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		426.731	71.574
% of Calories			67.09%

<b>Mon - 11/22/2021</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	1.00 Each	109.569	23.164
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		481.820	89.089
% of Calories			73.96%



<b>Tue - 11/23/2021</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		1.00 Each	109.569	23.164
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			517.314	99.547
% of Calories				76.97%

<b>Wed - 11/24/2021</b>		<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Middle School Breakfast				
Recipe		Total		
Weighted Daily Average			N/A	N/A
% of Calories				N/A

<b>Thu - 11/25/2021</b>		<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Middle School Breakfast				
Recipe		Total		

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

Fri - 11/26/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Breakfast			
Recipe	Total		
Weighted Daily Average	N/A	N/A	
% of Calories			N/A

Mon - 11/29/2021	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	1.00 Each	109.569	23.164
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		481.820	89.089
% of Calories			73.96%

Tue - 11/30/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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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	1.00 Each	109.569	23.164
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		445.279	81.111
% of Calories			72.86%

\* = Indicates missing Nutrient Information.

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# Carbohydrate Report

District: Mead School District

School: Highland Middle

Menu: 2022 Middle School Main



Mon - 11/01/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Beef Teriyaki Dippers	6.00 Dippers	240.000	9.000
Corn Dog	1.00 Corn Dog	240.000	30.000
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
Selection of Fruits	0.50 Cup	61.660	15.716
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		639.442*	92.054*
% of Calories			57.58%

<b>Tue - 11/02/2021</b>		<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Middle School Main				
<b>Recipe</b>	<b>Total</b>			
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	
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	43.593*	5.955*	
<b>Weighted Daily Average</b>		<b>726.298*</b>	<b>102.451*</b>	
<b>% of Calories</b>			<b>56.42%</b>	

<b>Wed - 11/03/2021</b>		<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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
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	43.593*	5.955*
Weighted Daily Average		633.876*	84.682*
% of Calories			53.44%

Thu - 11/04/2021	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
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	43.593*	5.955*
Weighted Daily Average		697.248*	83.536*
% of Calories			47.92%

<b>Fri - 11/05/2021</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
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	43.593*	5.955*
Weighted Daily Average		692.605*	90.982*
% of Calories			52.55%

Mon - 11/08/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Ham & Cheese Rippers	1.00 Serving	270.000	28.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	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
Tater Tots	1.00 Cup	241.490	28.174
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	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		693.631*	95.476*
% of Calories			55.06%

Tue - 11/09/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main				
Recipe	Total			
French Toast Sticks & Sausage	3.00 Each	438.140	57.000	
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	
Potato Baby Bakers	1.00 Serving	100.290	17.049	
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	
Milk	1.00 Each	137.476	23.964	
Condiments	1.00 Each	43.593*	5.955*	
French Toast Sticks	3.00 Each	360.000	57.000	

Sausage Patty	1.00 Patty	78.140	0.000
Weighted Daily Average		789.398*	117.199*
% of Calories			59.39%

Wed - 11/10/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Grilled Cheese Sandwich	1.00 Each	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
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	43.593*	5.955*
Tomato Soup	1.00 Cup	85.048	18.900
Weighted Daily Average		687.763*	97.676*
% of Calories			56.81%

Thu - 11/11/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Fri - 11/12/2021	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	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
Cucumbers	0.50 Cup	10.974	2.656
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Teriyaki Chicken	240.00 Entrees	115.000	6.000

Whole Grain Rice	0.50 Cup	112.000	22.400
Weighted Daily Average		629.894*	97.119*
% of Calories			61.67%

Mon - 11/15/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Chicken Nuggets	6.00 Pieces	221.776	15.669
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	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
Selection of Fruits	0.50 Cup	61.660	15.716
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		698.087*	103.415*
% of Calories			59.26%

<b>Tue - 11/16/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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
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	43.593*	5.955*
French Toast Sticks	3.00 Each	360.000	57.000
Sausage Patty	1.00 Patty	78.140	0.000
Weighted Daily Average		680.804*	91.500*
% of Calories			53.76%

<b>Wed - 11/17/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2022 Middle School Main			
Recipe	Total		
Macho Nachos	1.00 Each	432.583	29.639
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	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
Selection of Fruits	0.50 Cup	61.660	15.716
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		680.322*	81.221*
% of Calories			47.75%

Thu - 11/18/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Mashed Potatoes	0.67 cup	61.000	11.590
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
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		760.377*	110.509*
% of Calories			58.13%

Fri - 11/19/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main				
Recipe	Total			
Cheeseburger	1.00 Each	372.000	29.000	
Hamburger	1.00 Each	174.458	30.239	
Veggie Burger	1.00 Each	320.097	36.935	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	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
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	43.593*	5.955*
Weighted Daily Average		703.166*	92.359*
% of Calories			52.54%

Mon - 11/22/2021	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	335.624	39.115
Spicy Chicken Patty	1.00 Each	380.000	41.000
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	383.358	33.010



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	43.593*	5.955*
Weighted Daily Average		557.671*	83.359*
% of Calories			59.79%

Tue - 11/23/2021		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	335.624	39.115	
Spicy Chicken Patty	1.00 Each	380.000	41.000	
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	383.358	33.010	
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	137.476	23.964	

Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		688.881*	107.849*
% of Calories			62.62%

Wed - 11/24/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Thu - 11/25/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Fri - 11/26/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 Middle School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

<b>Mon - 11/29/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 Middle School Main			
Recipe	Total		
Chicken Nuggets	6.00 Pieces	221.776	15.669
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	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
Selection of Fruits	0.50 Cup	61.660	15.716
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		649.465*	93.716*
% of Calories			57.72%

<b>Tue - 11/30/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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
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	43.593*	5.955*
Weighted Daily Average		677.477*	91.619*
% of Calories			54.09%

\* = Indicates missing Nutrient Information.

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# Carbohydrate Report

District: Mead School District

School: Mead High School

Menu: 2022 High School Breakfast



Mon - 11/01/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	354.455	25.105
Pop Tarts	1.00 Pkg	354.167	76.042
Breakfast Bar Variety	1.00 Each	285.000	47.500
Whole Fruit Selection	1.00 Each	88.654	23.164
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		589.004	104.511
% of Calories			70.97%

Tue - 11/02/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Breakfast			
Recipe	Total		
Sausage, Egg, Cheese English Muffin	1.00 Sandwich	354.455	25.105
Cinnamon Toast Crunch Filled Bar	1.00 Bar	260.000	41.000
Pop Tarts	1.00 Pkg	354.167	76.042
Breakfast Bar Variety	1.00 Each	285.000	47.500
Juice Variety	1.00 Each	63.333	15.667

Whole Fruit Selection	1.00 Each	88.654	23.164
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		597.004	113.393
% of Calories			75.97%

<b>Wed - 11/03/2021</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	
Pop Tarts	1.00 Pkg	354.167	76.042	
Breakfast Bar Variety	1.00 Each	285.000	47.500	
Whole Fruit Selection	1.00 Each	88.654	23.164	
Juice Variety	1.00 Each	63.333	15.667	
Milk	1.00 Each	137.476	23.964	
Weighted Daily Average		589.004	104.511	
% of Calories			70.97%	

<b>Thu - 11/04/2021</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	
Mini Bagel Bar with Strawberry Cream Cheese	1.00 bar	239.615	40.934	
Pop Tarts	1.00 Pkg	354.167	76.042	

Breakfast Bar Variety	1.00 Each	285.000	47.500
Juice Variety	1.00 Each	63.333	15.667
Whole Fruit Selection	1.00 Each	88.654	23.164
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		601.530	114.982
% of Calories			76.46%

<b>Fri - 11/05/2021</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
Pop Tarts	1.00 Pkg	354.167	76.042
Breakfast Bar Variety	1.00 Each	285.000	47.500
Whole Fruit Selection	1.00 Each	88.654	23.164
Juice Variety	1.00 Each	63.333	15.667
Milk	1.00 Each	137.476	23.964
Weighted Daily Average		589.004	104.511
% of Calories			70.97%

\* = Indicates missing Nutrient Information.

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# Carbohydrate Report

District: Mead School District

School: Mead High School

Menu: 2022 High School Main



Mon - 11/01/2021	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
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	43.593*	5.955*
Weighted Daily Average		738.013*	110.361*
% of Calories			59.82%

Tue - 11/02/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022 High School Main			
Recipe	Total		
Beef Teriyaki Dippers	6.00 Dippers	240.000	9.000
Corn Dog	1.00 Corn Dog	240.000	30.000
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
Garbanzo Beans	0.50 Cup	159.545	15.955
Selection of Fruits	1.00 Cup	97.327	24.871
Rice	1.00 Cup	224.000	44.800
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		681.325*	104.244*
% of Calories			61.20%

Wed - 11/03/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main			

Recipe	Total		
Pepperoni Pizza	1.00 Each	370.000	34.000
Cheese Pizza	1.00 Slice	360.000	34.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	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
Selection of Fruits	1.00 Cup	97.327	24.871
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		663.649*	93.020*
% of Calories			56.07%

Thu - 11/04/2021		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
Selection of Fruits	1.00 Cup	97.327	24.871
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		900.782*	115.303*
% of Calories			51.20%

<b>Fri - 11/05/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2022 High School Main</b>			
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
Selection of Fruits	1.00 Cup	97.327	24.871
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		735.712*	101.046*
% of Calories			54.94%

Mon - 11/08/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main			
Recipe	Total		
Cheesy Beef Quesadilla	1.00 each	408.827	31.351
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	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
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
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		747.667*	101.206*
% of Calories			54.14%

Tue - 11/09/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main				
Recipe	Total			
French Toast Sticks & Sausage	3.00 Each	438.140	57.000	
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	
Potato Baby Bakers	1.00 Serving	100.290	17.049	
Red Bell Peppers	0.50 Cup	19.203	3.735	
Peas	0.50 Cup	73.530	13.006	
Selection of Fruits	1.00 Cup	97.327	24.871	
Milk	1.00 Each	137.476	23.964	
Condiments	1.00 Each	43.593*	5.955*	

French Toast Sticks	3.00 Each	360.000	57.000
Sausage Patty	1.00 Patty	78.140	0.000
Weighted Daily Average		808.652*	126.506*
% of Calories			62.58%

Wed - 11/10/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main			
Recipe	Total		
Grilled Cheese Sandwich	1.00 Each	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
Oven Baked Fries	1.00 Cup	200.000	30.000
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
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		811.241*	116.266*
% of Calories			57.33%

<b>Thu - 11/11/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 High School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

<b>Fri - 11/12/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 High School Main			
Recipe	Total		
Teriyaki Chicken with Brown Rice	240.00 Entrees	339.000	50.800
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
Selection of Fruits	1.00 Cup	97.327	24.871
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*

Teriyaki Chicken	240.00 Entrees	115.000	6.000
Whole Grain Rice	0.50 Cup	112.000	22.400
Weighted Daily Average		704.368*	112.138*
% of Calories			63.68%

Mon - 11/15/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main			
Recipe	Total		
Chicken Nuggets	7.00 Pieces	259.398	18.327
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	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
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	43.593*	5.955*
Weighted Daily Average		718.187*	106.212*
% of Calories			59.16%



<b>Tue - 11/16/2021</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
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	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		856.507*	112.712*
% of Calories			52.64%

<b>Wed - 11/17/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2022 High School Main			
Recipe	Total		
Macho Nachos	1.00 Each	500.622	38.144
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	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
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
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		876.625*	112.527*
% of Calories			51.35%

Thu - 11/18/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main			
Recipe	Total		
Turkey Gravy	4.00 ounce	130.000	2.000
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
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
Dinner Roll	1.00 Each	160.000	30.000
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		671.615*	102.495*
% of Calories			61.04%

<b>Fri - 11/19/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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
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	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		701.156*	99.367*
% of Calories			56.69%

Mon - 11/22/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main			
Recipe	Total		
Mini Corn Dogs	6.00 Each	250.000	30.000
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	380.000	41.000
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	383.358	33.010

Tater Tots	1.00 Cup	241.490	28.174
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	43.593*	5.955*
Weighted Daily Average		756.386*	111.124*
% of Calories			58.77%

Tue - 11/23/2021		Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main				
Recipe	Total			
Homemade Chili	1.00 Cup	236.862	19.919	
Chicken Patty	1.00 Each	335.624	39.115	
Spicy Chicken Patty	1.00 Each	380.000	41.000	
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	383.358	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	

Homebaked Cinnamon Roll	1.00 Roll	220.279	39.276
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		763.203*	116.312*
% of Calories			60.96%

<b>Wed - 11/24/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 High School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

<b>Thu - 11/25/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 High School Main			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

<b>Fri - 11/26/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 High School Main			
Recipe	Total		

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

Mon - 11/29/2021	Portion Size	Calories (kcal)	Carbohydrates (g)
2022 High School Main			
Recipe	Total		
Cheeseburger	1.00 Each	372.000	29.000
Hamburger	1.00 Each	174.458	30.239
Veggie Burger	1.00 Each	320.097	36.935
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	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	1.00 Cup	200.000	30.000
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
Milk	1.00 Each	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		802.551*	110.597*
% of Calories			55.12%

<b>Tue - 11/30/2021</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022 High School Main			
Recipe	Total		
Macho Nachos	1.00 Each	500.622	38.144
Chicken Patty	1.00 Each	335.624	39.115
Spicy Chicken Patty	1.00 Each	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
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	137.476	23.964
Condiments	1.00 Each	43.593*	5.955*
Weighted Daily Average		909.775*	115.954*
% of Calories			50.98%

\* = Indicates missing Nutrient Information.

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