

Carbohydrate Report

District: Garden Grove Unified School District

School: Anthony Elementary

Menu: 2016-2017 Elementary Lunch Menu



Mon - 04/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Sausage Patties w/ Waffles 2M/2G	1.00 serving/ 2 sausage patties + 2 waffles	322.000	33.200
Sandwich, Turkey Deli & Cheese (Rose & Shore)	1.00 each	270.000	25.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Apple and Eve Strawberry Kiwi Juice Box	1.00 box	76.000	17.640
Apple, (whole fresh)	1.00 each	52.520	13.948
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000

Mon - 04/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Maple Syrup Cup	1.00 each	120.000	31.000
Pickles	1.00 serving	1.540	0.316
Weighted Daily Average		721.143	118.971
% of Calories			65.99%

Tue - 04/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Chicken Corn Dog	1.00 each	239.846	22.780
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545

Tue - 04/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Carrot Coins, 1/2 cup, (raw)	1/2 cup	25.010	5.844
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Banana (fresh)	1.00 each	105.020	26.951
Pineapple, 1/2 cup (tidbits, canned)	1/2 cup	70.000	17.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		527.996	78.891
% of Calories			59.77%

Wed - 04/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Crunchy Beef Taco	1.00 serving	286.182	19.054
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Corn, 1/2 cup, (steamed)	0.50 cup	66.002	15.826
Celery Sticks, 1/2 cup	0.50 cup	9.600	1.782
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
Brown Rice Krispies Treat	1.00 each	50.000	9.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000

Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Salsa	1.00 tablespoon	5.000	1.000
Weighted Daily Average		636.091	89.286
% of Calories			56.15%

Thu - 04/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Animal Shaped Chicken Nuggets w/ Dinner Roll	1.00 serving	320.000	29.000
Turkey Ham & Cheese Sandwich (Rose & Shore)	1.00 each	260.000	30.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Raisin Box	0.25 cup	108.388	28.703

Thu - 04/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Assorted Flavored Craisins	1.00 each	110.000	28.000
Apricots, 1/2 cup (diced, canned)	1/2 cup	59.991	14.000
Kiwi, (Fresh)	0.50 cup	54.900	13.194
Blueberries, 1/2 cup, (frozen)	0.50 cup	39.525	9.432
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		598.911	85.205
% of Calories			56.91%

Fri - 04/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Macaroni & Cheese (#6 SCOOP)	1.00 serving	290.015	32.002

Fri - 04/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Chicken Garden Salad w/ Goldfish Crackers	1.00 serving	205.104	18.323
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Kidney Beans, 1/2 cup	0.50 cup	104.000	18.995
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Apple Juice Carton, 4 oz	1.00 each	55.000	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Egg Shaped Cookie	1.00 each	132.857	17.714
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		703.740	105.672

Fri - 04/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
% of Calories			60.06%

Mon - 04/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 04/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Wed - 04/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Thu - 04/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Mon - 04/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Hamburger w/ Whole Wheat Bun	1.00 serving	238.000	24.500
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Potato Crinkle Cut Fries 1/2 cup	1/2 cup	110.000	17.000
Peas, 1/2 cup, (green)	0.50 cup	51.590	9.125
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Apple, (whole fresh)	1.00 each	52.520	13.948

Mon - 04/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Pickles	1.00 serving	1.540	0.316
Cheese Slice	1.00 slice	55.686	1.012
Weighted Daily Average		637.689	86.850
% of Calories			54.48%

Tue - 04/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Cheese French Bread Pizza	1.00 each	340.000	36.000
Pepperoni French Bread Pizza	1.00 serving	350.000	35.000

Tue - 04/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Turkey Ham & Cheese Sandwich (Rose & Shore)	1.00 each	260.000	30.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Carrot Coins, 1/2 cup, (raw)	1/2 cup	25.010	5.844
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Mandarin Oranges Fruit Cup	1.00 each	70.000	17.000
Banana (fresh)	1.00 each	105.020	26.951
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		650.426	98.133

Tue - 04/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
% of Calories			60.35%

Wed - 04/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Breaded Chicken Drumstick	1.00 serving	190.000	5.000
Sandwich, Turkey Deli & Cheese (Rose & Shore)	1.00 each	270.000	25.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Corn, 1/2 cup, (steamed)	0.50 cup	66.002	15.826
Cauliflower, 1/2 cup (raw)	0.50 cup	12.500	2.485
Bell Peppers, 1/2 cup, (sliced red)	0.50 cup	14.260	2.774
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Apricots, 1/2 cup (diced, canned)	1/2 cup	59.991	14.000

Wed - 04/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Chocolate Chip Cookie (Michael's Cookies)	1.00 each	165.000	27.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		669.501	94.914
% of Calories			56.71%

Thu - 04/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Tres Beef Taco Delight	1.00 serving/3 triangles	250.000	30.000
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545

Thu - 04/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
Whole Grain Brownie Bite	1.00 each	120.000	24.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		634.966	103.633
% of Calories			65.28%

Fri - 04/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Chicken Tenders (3 pieces)	1.00 serving/3 pieces	225.000	15.000
Chicken Garden Salad w/ Goldfish Crackers	1.00 serving	205.104	18.323
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Appleberry Juice Carton, 4 oz	1.00 each	55.000	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292

Fri - 04/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		516.673	74.006
% of Calories			57.29%

Mon - 04/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Sandwich, Turkey Deli & Cheese (Rose & Shore)	1.00 each	270.000	25.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993

Mon - 04/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Pear, (fresh)	1.00 each	84.360	22.540
Apricots, 1/2 cup (diced, canned)	1/2 cup	59.991	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Pickles	1.00 serving	1.540	0.316
Weighted Daily Average		568.099	90.653
% of Calories			63.83%

Tue - 04/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Orange Popcorn Chicken w/ Brown Rice (1/2 cup) Revised	1.00 serving	269.200	43.922
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000

Tue - 04/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Carrot Coins, 1/2 cup, (raw)	1/2 cup	25.010	5.844
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Banana (fresh)	1.00 each	105.020	26.951
Pineapple, 1/2 cup (tidbits, canned)	1/2 cup	70.000	17.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		635.289	116.872
% of Calories			73.59%

Wed - 04/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Turkey Ham & Cheese Sandwich (Rose & Shore)	1.00 each	260.000	30.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Bell Peppers, 1/2 cup, (sliced red)	0.50 cup	14.260	2.774
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Blueberries, 1/2 cup, (frozen)	0.50 cup	39.525	9.432
Brown Rice Krispies Treat	1.00 each	50.000	9.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000

Wed - 04/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Salsa	1.00 tablespoon	5.000	1.000
Weighted Daily Average		638.387	103.460
% of Calories			64.83%

Thu - 04/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Breaded Chicken Patty w/ Hamburger Buns 3.5"	1.00 serving	360.000	39.000
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tater Tots, 1/2 cup	0.50 cup	134.000	18.000

Thu - 04/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Kiwi, (Fresh)	0.50 cup	54.900	13.194
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Pickles	1.00 serving	1.540	0.316
Weighted Daily Average		711.754	98.613
% of Calories			55.42%

Fri - 04/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Elementary Lunch Menu			
Recipe	Total		

Fri - 04/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chicken Garden Salad w/ Goldfish Crackers	1.00 serving	205.104	18.323
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Pinto Beans, 1/2 cup, (canned)	0.50 cup	97.997	17.995
Celery Sticks, 1/2 cup	0.50 cup	9.600	1.782
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Apple Juice Carton, 4 oz	1.00 each	55.000	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701

Fri - 04/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Italian Dressing	1.00 oz	135.404	2.503
Salsa	1.00 tablespoon	5.000	1.000
Weighted Daily Average		625.053	98.195
% of Calories			62.84%

* = Indicates missing Nutrient Information.

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