

Carbohydrate Report

District: Garden Grove Unified School District

School: Bell Intermediate

Menu: 2016-2017 Intermediate Lunch Menu



Mon - 04/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Lunch Menu			
Recipe	Total		
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Chicken Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777

Mon - 04/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Chicken Caesar Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	599.595	36.796*
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
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
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Apple, (whole fresh)	1.00 each	52.520	13.948
Apricots, 1/2 cup (diced, canned)	1/2 cup	59.991	14.000

Mon - 04/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Chocolate Chip Cookie (Michael's Cookies)	1.00 each	165.000	27.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Ketchup Packet	1.00 each	10.000	2.000
Weighted Daily Average		682.013	98.626*
% of Calories			57.84%

Tue - 04/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Lunch Menu			
Recipe	Total		

Tue - 04/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	349.023	55.892
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020

Tue - 04/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Banana (fresh)	1.00 each	105.020	26.951
Pineapple, 1/2 cup (tidbits, canned)	1/2 cup	70.000	17.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891

Tue - 04/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Ketchup Packet	1.00 each	10.000	2.000
Weighted Daily Average		687.758*	99.815*
% of Calories			58.05%

Wed - 04/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000

Wed - 04/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Celery Sticks, 1/2 cup	0.50 cup	9.600	1.782
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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

Wed - 04/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Ketchup Packet	1.00 each	10.000	2.000
Weighted Daily Average		674.536	96.177
% of Calories			57.03%

Thu - 04/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Lunch Menu			
Recipe	Total		
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000

Thu - 04/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Chicken Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000

Thu - 04/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Kiwi, (Fresh)	0.50 cup	54.900	13.194
Blueberries, 1/2 cup, (frozen)	0.50 cup	39.525	9.432
Chocolate Chip Cookie (Michael's Cookies)	1.00 each	165.000	27.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000

Thu - 04/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Ketchup Packet	1.00 each	10.000	2.000
Weighted Daily Average		679.079*	97.954*
% of Calories			57.70%

Fri - 04/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000

Fri - 04/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Kidney Beans, 1/2 cup	0.50 cup	104.000	18.995
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250

Fri - 04/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Ketchup Packet	1.00 each	10.000	2.000
Weighted Daily Average		684.473	98.021
% of Calories			57.28%

Mon - 04/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Lunch Menu			

Mon - 04/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Recipe	Total		
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Chicken Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020

Mon - 04/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Chicken Caesar Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	599.595	36.796*
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
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
Peas, 1/2 cup, (green)	0.50 cup	51.590	9.125
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Apple, (whole fresh)	1.00 each	52.520	13.948
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Chocolate Chip Cookie (Michael's Cookies)	1.00 each	165.000	27.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292

Mon - 04/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Ketchup Packet	1.00 each	10.000	2.000
Weighted Daily Average		679.001	98.018*
% of Calories			57.74%

Tue - 04/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Lunch Menu			
Recipe	Total		
Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	349.023	55.892
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500

Tue - 04/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
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Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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

Tue - 04/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Banana (fresh)	1.00 each	105.020	26.951
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Ketchup Packet	1.00 each	10.000	2.000
Weighted Daily Average		685.756*	99.413*
% of Calories			57.99%

Wed - 04/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915

Wed - 04/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000

Wed - 04/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Ketchup Packet	1.00 each	10.000	2.000
Weighted Daily Average		676.252	96.125
% of Calories			56.86%

Thu - 04/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Lunch Menu			
Recipe	Total		
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Chicken Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500

Thu - 04/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
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

Thu - 04/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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
Chocolate Chip Cookie (Michael's Cookies)	1.00 each	165.000	27.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Ketchup Packet	1.00 each	10.000	2.000
Weighted Daily Average		679.876*	98.567*

Thu - 04/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
% of Calories			57.99%

Fri - 04/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777

Fri - 04/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Ketchup Packet	1.00 each	10.000	2.000
Weighted Daily Average		682.774	97.621
% of Calories			57.19%

Mon - 04/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Lunch Menu			
Recipe	Total		
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Chicken Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500

Mon - 04/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Chicken Caesar Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	599.595	36.796*
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000

Mon - 04/24/2017	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
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Celery Sticks, 1/2 cup	0.50 cup	9.600	1.782
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Pear, (fresh)	1.00 each	84.360	22.540
Apricots, 1/2 cup (diced, canned)	1/2 cup	59.991	14.000
Chocolate Chip Cookie (Michael's Cookies)	1.00 each	165.000	27.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000

Mon - 04/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Pickles	1.00 serving	1.540	0.316
Sriracha Ketchup Packet	1.00 each	10.000	2.000
Weighted Daily Average		688.671	100.378*
% of Calories			58.30%

Tue - 04/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Lunch Menu			
Recipe	Total		
Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	349.023	55.892
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000

Tue - 04/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Banana (fresh)	1.00 each	105.020	26.951
Pineapple, 1/2 cup (tidbits, canned)	1/2 cup	70.000	17.000

Tue - 04/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Ketchup Packet	1.00 each	10.000	2.000
Weighted Daily Average		687.758*	99.815*
% of Calories			58.05%

Wed - 04/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845

Wed - 04/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000

Wed - 04/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Blueberries, 1/2 cup, (frozen)	0.50 cup	39.525	9.432
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000

Wed - 04/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Pickles	1.00 serving	1.540	0.316
Sriracha Ketchup Packet	1.00 each	10.000	2.000
Weighted Daily Average		671.689	95.152
% of Calories			56.66%

Thu - 04/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Lunch Menu			
Recipe	Total		
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Chicken Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000

Thu - 04/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Turkey Taco Pocket	1.00 each	310.000	40.000
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Kiwi, (Fresh)	0.50 cup	54.900	13.194

Thu - 04/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Chocolate Chip Cookie (Michael's Cookies)	1.00 each	165.000	27.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Ketchup Packet	1.00 each	10.000	2.000
Weighted Daily Average		682.392*	98.878*
% of Calories			57.96%

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

Fri - 04/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094

Fri - 04/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000

Fri - 04/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Ketchup Packet	1.00 each	10.000	2.000
Weighted Daily Average		683.034	97.899
% of Calories			57.33%

* = 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.