

Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2017-2018 High School Lunch Menu



Mon - 04/09/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School 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
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
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000

Chicken Taquitos w/ Refried Beans	1.00 serving	227.000	27.000
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		656.356*	98.018*
% of Calories			59.73%

Tue - 04/10/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Kung Pao Chicken & Vegetable Rice Bowl (HS)	1.00 serving	335.400	57.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Chili Dog w/ Spicy Wedges (HS)	1.00 serving	556.553	63.860
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280

Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		739.326*	106.520*
% of Calories			57.63%

Wed - 04/11/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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2017-2018 High School 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
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
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Chicken and Waffles	1.00 serving	516.409	72.235
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545

Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		731.849*	108.978*
% of Calories			59.56%

Thu - 04/12/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		

Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	348.726	60.634
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
General Tso Chicken w/ Steamed Brown Rice & Mixed Vegetables + Cookie	1.00 serving	496.700	81.172
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	65.155	16.788

Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		725.639*	110.810*
% of Calories			61.08%

Fri - 04/13/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School 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
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
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Pork & Cheese Tamale with Steamed Corn	1.00 serving	416.002	61.826
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250

Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		707.771*	106.482*
% of Calories			60.18%

Mon - 04/16/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School 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
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
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600

Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Carnitas Tacos with Steamed Corn & Rice Krispy Treat	1.00 serving/2 tacos	362.080	46.826
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000

Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		688.748*	102.772*
% of Calories			59.69%

Tue - 04/17/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Kung Pao Chicken & Vegetable Rice Bowl (HS)	1.00 serving	335.400	57.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094

Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Bacon Western Cheeseburger Meal	1.00 serving	708.795	66.921
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701

Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		775.833*	107.254*
% of Calories			55.30%

Wed - 04/18/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School 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
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
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723

Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	¹ / ₂ cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891

Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		729.513*	103.446*
% of Calories			56.72%

Thu - 04/19/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	348.726	60.634
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960

Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
RiBBQ Sandwich with Spicy Potato Wedges	1.00 serving	557.216	88.027
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316

Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		740.151*	112.454*
% of Calories			60.77%

Fri - 04/20/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School 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
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
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A

Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Baked Macaroni & Cheese with Chicken Meal	1.00 serving	612.879	86.293
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		754.983*	112.349*

% of Calories

59.52%

Mon - 04/23/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School 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
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
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pork & Cheese Tamale with Steamed Corn	1.00 serving	416.002	61.826
Black Beans, 1/4 cup	0.25 cup	54.498	9.936

Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		701.678*	106.369*
% of Calories			60.64%

Tue - 04/24/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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2017-2018 High School Lunch Menu			
Recipe	Total		
Kung Pao Chicken & Vegetable Rice Bowl (HS)	1.00 serving	335.400	57.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Chili Dog w/ Spicy Wedges (HS)	1.00 serving	556.553	63.860
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000

4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		739.326*	106.520*
% of Calories			57.63%

Wed - 04/25/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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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
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
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Chicken and Waffles	1.00 serving	516.409	72.235
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750

Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		731.849*	108.978*
% of Calories			59.56%

Thu - 04/26/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	348.726	60.634
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167

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
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
General Tso Chicken w/ Steamed Brown Rice & Mixed Vegetables + Cookie	1.00 serving	496.700	81.172
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197

Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		725.639*	110.810*
% of Calories			61.08%

Fri - 04/27/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School 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
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

Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000

Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		608.014*	91.656*
% of Calories			60.30%

Mon - 04/30/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
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Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Bacon Western Cheeseburger Meal	1.00 serving	708.795	66.921
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
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Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		771.890*	107.591*
% of Calories			55.75%

* = 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.