

Carbohydrate Report

District: Garden Grove Unified School District

School: Bell Intermediate

Menu: 2017-2018 Intermediate Lunch Menu



Mon - 04/09/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			
Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	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	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
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
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998

Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Apple, Fresh	1.00 each	52.520	13.948
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
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	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		686.353	99.964
% of Calories			58.26%

Tue - 04/10/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate 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
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500

Personal Pepperoni Pizza IW	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	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
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
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Bell Peppers, 1/2 cup, (sliced red)	0.50 cup	14.260	2.774
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
Tangerine, (Fresh)	1.00 each	63.600	16.008
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
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	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701

Weighted Daily Average	660.595*	96.013*
% of Calories		58.14%

Wed - 04/11/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 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 Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	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	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
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
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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

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
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	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		655.191	93.492
% of Calories			57.08%

Thu - 04/12/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 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 Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500

Personal Pepperoni Pizza IW	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	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
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
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
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	5.000	1.000
Pickles	1.00 serving	1.540	0.316

Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		640.332*	91.514*
% of Calories			57.17%

Fri - 04/13/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 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 Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	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	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
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
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Peaches, 1/2 cup (sliced, 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
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	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		676.626	98.001
% of Calories			57.93%

Mon - 04/16/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			
Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	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	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
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
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Apple, Fresh	1.00 each	52.520	13.948
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	5.000	1.000

Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		686.353	100.363
% of Calories			58.49%

Tue - 04/17/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate 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
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	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	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
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
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Tangerine, (Fresh)	1.00 each	63.600	16.008
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
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	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		667.538*	98.095*
% of Calories			58.78%

Wed - 04/18/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 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 Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	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	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
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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
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Celery Sticks, 1/2 cup	0.50 cup	9.600	1.782
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
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	5.000	1.000
Pickles	1.00 serving	1.540	0.316

Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		653.671	93.131
% of Calories			56.99%

Thu - 04/19/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 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 Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	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	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
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
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Peaches, 1/2 cup (sliced, 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
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	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		645.551*	92.726*
% of Calories			57.46%

Fri - 04/20/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 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 Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500

Personal Pepperoni Pizza IW	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	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
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
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
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	5.000	1.000

Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		674.927	97.799
% of Calories			57.96%

Mon - 04/23/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			
Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	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	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
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
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Apple, 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
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	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		686.353	100.163
% of Calories			58.37%

Tue - 04/24/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate 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
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000

Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	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	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
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
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Tangerine, (Fresh)	1.00 each	63.600	16.008
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
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	5.000	1.000

Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		659.839*	95.881*
% of Calories			58.12%

Wed - 04/25/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 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 Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	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	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
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
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
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	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		659.211	94.453
% of Calories			57.31%

Thu - 04/26/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 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 Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000

Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	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	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
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
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Kiwi, (Fresh)	0.50 cup	54.900	13.194
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	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		641.852*	91.876*
% of Calories			57.26%

Fri - 04/27/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 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 Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	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	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
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
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
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
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		674.226	97.899
% of Calories			58.08%

Mon - 04/30/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			
Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000

Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	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	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
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
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Apple, Fresh	1.00 each	52.520	13.948
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	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		686.353	99.964
% of Calories			58.26%

* = Indicates missing Nutrient Information.

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