

Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2019-2020 High School Lunch Menu



| Wed - 08/28/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|--------------|-----------------|-------------------|
| 2019-2020 High School Lunch Menu | | | |
| Recipe | Total | | |
| Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT) | 1.00 serving | 430.000 | 75.000 |
| Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll | 1.00 serving | 485.000 | 57.000 |
| Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 350.000 | 45.000 |
| Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 45.000 |
| Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 43.000 |
| Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 397.660 | 45.447 |
| Cheeseburger Box w/ Spicy Potato Wedges | 1.00 serving | 583.999 | 51.600 |
| Hamburger Box w/ Spicy Potato Wedges | 1.00 serving | 529.000 | 50.600 |
| Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges | 1.00 serving | 506.000 | 66.000 |
| Chef Salad w/ 2 oz Dinner Roll | 1.00 serving | 352.732 | 42.421 |
| Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS) | 1.00 serving | 416.031* | 57.218* |
| Turkey & Bacon Sub Sandwich | 1.00 serving | 387.721 | 33.698 |
| Turkey Deli & Cheese Sandwich (Homemade) | 1.00 serving | 289.186 | 30.368 |
| Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted | 1.00 each | 630.000 | 64.000 |
| Yogurt Parfait w/ Granola 2M/2G | 1.00 serving | 421.058 | 79.617 |
| Sandwich, Grilled Cheese | 1.00 each | 280.320 | 30.960 |
| Grilled Bean & Cheese Burrito | 1.00 serving | 360.000 | 45.000 |
| Chicken and Waffles | 1.00 serving | 516.409 | 72.235 |
| Black Beans, 1/4 cup | 0.25 cup | 54.498 | 9.936 |

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|-----------------------------------|-----------------|----------|----------|
| Kidney Beans, 1/4 cup | 0.25 cup | 52.000 | 9.498 |
| Grab-it Carrots, 1/2 cup | 0.50 cup | 30.000 | 7.000 |
| 4 Way Salad, 1 cup | 1.00 cup | 15.000 | 3.000 |
| Spinach, 1 cup, (Raw) | 1.00 cup | 6.900 | 1.089 |
| Yellow Corn, 1/2 cup (canned) | 1/2 cup | 64.993 | 14.998 |
| Lettuce, 1/2 cup, shredded | 0.50 cup | 5.040 | 1.069 |
| Jicama Sticks, 1/2 cup | 0.50 cup | 23.000 | 5.500 |
| Assorted Fresh Fruit | 1.00 each | 64.897 | 16.786 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Raisin Box | 0.25 cup | 120.000 | 29.000 |
| Assorted Flavored Craisins | 1.00 each | 110.000 | 28.000 |
| 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 tablespoon | 27.101 | 0.850 |
| Italian Dressing | 1.00 tablespoon | 45.135 | 0.834 |
| Mayonnaise Packet | 1.00 packet | 60.000 | 1.000 |
| Ranch Packet | 1.00 packet | 70.000 | 1.000 |
| Soy Sauce Packet | 1.00 packet | 0.000 | 0.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Sriracha Packet | 1.00 each | 9.000 | 1.701 |
| Pickles | 1.00 serving | 1.667 | 0.000 |
| Jalapenos | 1.00 serving | 5.000 | 1.000 |
| Weighted Daily Average | | 743.288* | 115.540* |
| % of Calories | | | 62.18% |

| Thu - 08/29/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|--------------|-----------------|-------------------|
| 2019-2020 High School Lunch Menu | | | |
| Recipe | Total | | |
| Chicken Teriyaki & Vegetable Fried Rice Bowl (HS/INT) | 1.00 serving | 360.356 | 60.024 |
| Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll | 1.00 serving | 485.000 | 57.000 |
| Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 350.000 | 45.000 |
| Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 45.000 |
| Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 43.000 |
| Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 397.660 | 45.447 |
| Cheeseburger Box w/ Spicy Potato Wedges | 1.00 serving | 583.999 | 51.600 |
| Hamburger Box w/ Spicy Potato Wedges | 1.00 serving | 529.000 | 50.600 |
| Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges | 1.00 serving | 506.000 | 66.000 |
| Chef Salad w/ 2 oz Dinner Roll | 1.00 serving | 352.732 | 42.421 |
| Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS) | 1.00 serving | 416.031* | 57.218* |
| Turkey & Bacon Sub Sandwich | 1.00 serving | 387.721 | 33.698 |
| Turkey Deli & Cheese Sandwich (Homemade) | 1.00 serving | 289.186 | 30.368 |
| Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted | 1.00 each | 630.000 | 64.000 |
| Yogurt Parfait w/ Granola 2M/2G | 1.00 serving | 421.058 | 79.617 |
| Sandwich, Grilled Cheese | 1.00 each | 280.320 | 30.960 |
| Grilled Bean & Cheese Burrito | 1.00 serving | 360.000 | 45.000 |
| General Tso Chicken w/ Vegetable Fried Rice & Cookie | 1.00 serving | 335.000 | 50.000 |
| Black Beans, 1/4 cup | 0.25 cup | 54.498 | 9.936 |
| Kidney Beans, 1/4 cup | 0.25 cup | 52.000 | 9.498 |
| Grab-it Carrots, 1/2 cup | 0.50 cup | 30.000 | 7.000 |
| 4 Way Salad, 1 cup | 1.00 cup | 15.000 | 3.000 |

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|--------------------------------------|-----------------|----------|----------|
| Spinach, 1 cup, (Raw) | 1.00 cup | 6.900 | 1.089 |
| Yellow Corn, 1/2 cup (canned) | 1/2 cup | 64.993 | 14.998 |
| Lettuce, 1/2 cup, shredded | 0.50 cup | 5.040 | 1.069 |
| Tomatoes, 1/4 cup, (Cherry or Grape) | 0.25 cup | 6.705 | 1.449 |
| Assorted Fresh Fruit | 1.00 each | 64.897 | 16.786 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Raisin Box | 0.25 cup | 120.000 | 29.000 |
| Assorted Flavored Craisins | 1.00 each | 110.000 | 28.000 |
| 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 tablespoon | 27.101 | 0.850 |
| Italian Dressing | 1.00 tablespoon | 45.135 | 0.834 |
| Mayonnaise Packet | 1.00 packet | 60.000 | 1.000 |
| Ranch Packet | 1.00 packet | 70.000 | 1.000 |
| Soy Sauce Packet | 1.00 packet | 0.000 | 0.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Sriracha Packet | 1.00 each | 9.000 | 1.701 |
| Pickles | 1.00 serving | 1.667 | 0.000 |
| Jalapenos | 1.00 serving | 5.000 | 1.000 |
| Weighted Daily Average | | 660.986* | 105.028* |
| % of Calories | | | 63.56% |

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|-------------------------|---------------------|------------------------|--------------------------|
| Fri - 08/30/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------|---------------------|------------------------|--------------------------|

| 2019-2020 High School Lunch Menu | | | |
|---|--------------|----------|---------|
| Recipe | Total | | |
| Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT) | 1.00 serving | 430.000 | 75.000 |
| Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll | 1.00 serving | 485.000 | 57.000 |
| Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 350.000 | 45.000 |
| Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 45.000 |
| Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 43.000 |
| Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 397.660 | 45.447 |
| Cheeseburger Box w/ Spicy Potato Wedges | 1.00 serving | 583.999 | 51.600 |
| Hamburger Box w/ Spicy Potato Wedges | 1.00 serving | 529.000 | 50.600 |
| Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges | 1.00 serving | 506.000 | 66.000 |
| Chef Salad w/ 2 oz Dinner Roll | 1.00 serving | 352.732 | 42.421 |
| Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS) | 1.00 serving | 416.031* | 57.218* |
| Turkey & Bacon Sub Sandwich | 1.00 serving | 387.721 | 33.698 |
| Turkey Deli & Cheese Sandwich (Homemade) | 1.00 serving | 289.186 | 30.368 |
| Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted | 1.00 each | 630.000 | 64.000 |
| Yogurt Parfait w/ Granola 2M/2G | 1.00 serving | 421.058 | 79.617 |
| Sandwich, Grilled Cheese | 1.00 each | 280.320 | 30.960 |
| Grilled Bean & Cheese Burrito | 1.00 serving | 360.000 | 45.000 |
| Seasoned Popcorn Chicken w/ Waffle Fries & Sweet Chili Sauce | 1.00 serving | 488.522 | 56.140 |
| Black Beans, 1/4 cup | 0.25 cup | 54.498 | 9.936 |
| Kidney Beans, 1/4 cup | 0.25 cup | 52.000 | 9.498 |
| Grab-it Carrots, 1/2 cup | 0.50 cup | 30.000 | 7.000 |
| 4 Way Salad, 1 cup | 1.00 cup | 15.000 | 3.000 |
| Spinach, 1 cup, (Raw) | 1.00 cup | 6.900 | 1.089 |
| Yellow Corn, 1/2 cup (canned) | 1/2 cup | 64.993 | 14.998 |
| Lettuce, 1/2 cup, shredded | 0.50 cup | 5.040 | 1.069 |

| | | | |
|-----------------------------------|-----------------|----------|----------|
| Assorted Fresh Fruit | 1.00 each | 64.897 | 16.786 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Raisin Box | 0.25 cup | 120.000 | 29.000 |
| Assorted Flavored Craisins | 1.00 each | 110.000 | 28.000 |
| 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 tablespoon | 27.101 | 0.850 |
| Italian Dressing | 1.00 tablespoon | 45.135 | 0.834 |
| Mayonnaise Packet | 1.00 packet | 60.000 | 1.000 |
| Ranch Packet | 1.00 packet | 70.000 | 1.000 |
| Soy Sauce Packet | 1.00 packet | 0.000 | 0.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Sriracha Packet | 1.00 each | 9.000 | 1.701 |
| Pickles | 1.00 serving | 1.667 | 0.000 |
| Jalapenos | 1.00 serving | 5.000 | 1.000 |
| Weighted Daily Average | | 730.147* | 108.344* |
| % of Calories | | | 59.35% |

| Mon - 09/02/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|----------------------------------|--------------|-----------------|-------------------|
| 2019-2020 High School Lunch Menu | | | |
| Recipe | Total | | |
| Weighted Daily Average | | N/A | N/A |

% of Calories

N/A

| Tue - 09/03/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|--------------|-----------------|-------------------|
| 2019-2020 High School Lunch Menu | | | |
| Recipe | Total | | |
| Kung Pao Chicken & Vegetable Fried Rice Bowl (HS) | 1.00 serving | 387.000 | 66.000 |
| Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll | 1.00 serving | 485.000 | 57.000 |
| Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 350.000 | 45.000 |
| Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 45.000 |
| Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 43.000 |
| Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 397.660 | 45.447 |
| Cheeseburger Box w/ Spicy Potato Wedges | 1.00 serving | 583.999 | 51.600 |
| Hamburger Box w/ Spicy Potato Wedges | 1.00 serving | 529.000 | 50.600 |
| Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges | 1.00 serving | 506.000 | 66.000 |
| Chef Salad w/ 2 oz Dinner Roll | 1.00 serving | 352.732 | 42.421 |
| Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS) | 1.00 serving | 416.031* | 57.218* |
| Turkey & Bacon Sub Sandwich | 1.00 serving | 387.721 | 33.698 |
| Turkey Deli & Cheese Sandwich (Homemade) | 1.00 serving | 289.186 | 30.368 |
| Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted | 1.00 each | 630.000 | 64.000 |
| Yogurt Parfait w/ Granola 2M/2G | 1.00 serving | 421.058 | 79.617 |
| Sandwich, Grilled Cheese | 1.00 each | 280.320 | 30.960 |
| Grilled Bean & Cheese Burrito | 1.00 serving | 360.000 | 45.000 |
| Bacon Western Cheeseburger Meal | 1.00 serving | 708.108 | 66.908 |
| Black Beans, 1/4 cup | 0.25 cup | 54.498 | 9.936 |
| Kidney Beans, 1/4 cup | 0.25 cup | 52.000 | 9.498 |
| Grab-it Carrots, 1/2 cup | 0.50 cup | 30.000 | 7.000 |

| | | | |
|-----------------------------------|-----------------|----------|----------|
| 4 Way Salad, 1 cup | 1.00 cup | 15.000 | 3.000 |
| Spinach, 1 cup, (Raw) | 1.00 cup | 6.900 | 1.089 |
| Yellow Corn, 1/2 cup (canned) | 1/2 cup | 64.993 | 14.998 |
| Lettuce, 1/2 cup, shredded | 0.50 cup | 5.040 | 1.069 |
| Assorted Fresh Fruit | 1.00 each | 64.897 | 16.786 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Raisin Box | 0.25 cup | 120.000 | 29.000 |
| Assorted Flavored Craisins | 1.00 each | 110.000 | 28.000 |
| 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 Packet | 1.00 packet | 10.000 | 0.000 |
| Mustard Packet | 1.00 packet | 5.000 | 0.000 |
| Ranch Dressing | 1.00 tablespoon | 27.101 | 0.850 |
| Italian Dressing | 1.00 tablespoon | 45.135 | 0.834 |
| Mayonnaise Packet | 1.00 packet | 60.000 | 1.000 |
| Ranch Packet | 1.00 packet | 70.000 | 1.000 |
| Soy Sauce Packet | 1.00 packet | 0.000 | 0.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Sriracha Packet | 1.00 each | 9.000 | 1.701 |
| Pickles | 1.00 serving | 1.667 | 0.000 |
| Jalapenos | 1.00 serving | 5.000 | 1.000 |
| Weighted Daily Average | | 825.501* | 113.313* |
| % of Calories | | | 54.91% |

| | | | |
|-------------------------|---------------------|------------------------|--------------------------|
| Wed - 09/04/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------|---------------------|------------------------|--------------------------|

| 2019-2020 High School Lunch Menu | | | |
|---|--------------|----------|---------|
| Recipe | Total | | |
| Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT) | 1.00 serving | 430.000 | 75.000 |
| Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll | 1.00 serving | 485.000 | 57.000 |
| Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 350.000 | 45.000 |
| Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 45.000 |
| Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 43.000 |
| Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 397.660 | 45.447 |
| Cheeseburger Box w/ Spicy Potato Wedges | 1.00 serving | 583.999 | 51.600 |
| Hamburger Box w/ Spicy Potato Wedges | 1.00 serving | 529.000 | 50.600 |
| Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges | 1.00 serving | 506.000 | 66.000 |
| Chef Salad w/ 2 oz Dinner Roll | 1.00 serving | 352.732 | 42.421 |
| Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS) | 1.00 serving | 416.031* | 57.218* |
| Turkey & Bacon Sub Sandwich | 1.00 serving | 387.721 | 33.698 |
| Turkey Deli & Cheese Sandwich (Homemade) | 1.00 serving | 289.186 | 30.368 |
| Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted | 1.00 each | 630.000 | 64.000 |
| Yogurt Parfait w/ Granola 2M/2G | 1.00 serving | 421.058 | 79.617 |
| Sandwich, Grilled Cheese | 1.00 each | 280.320 | 30.960 |
| Grilled Bean & Cheese Burrito | 1.00 serving | 360.000 | 45.000 |
| Black Beans, 1/4 cup | 0.25 cup | 54.498 | 9.936 |
| Kidney Beans, 1/4 cup | 0.25 cup | 52.000 | 9.498 |
| Grab-it Carrots, 1/2 cup | 0.50 cup | 30.000 | 7.000 |
| 4 Way Salad, 1 cup | 1.00 cup | 15.000 | 3.000 |
| Spinach, 1 cup, (Raw) | 1.00 cup | 6.900 | 1.089 |
| Yellow Corn, 1/2 cup (canned) | 1/2 cup | 64.993 | 14.998 |

| | | | |
|-----------------------------------|-----------------|----------|----------|
| Lettuce, 1/2 cup, shredded | 0.50 cup | 5.040 | 1.069 |
| Jicama Sticks, 1/2 cup | 0.50 cup | 23.000 | 5.500 |
| Assorted Fresh Fruit | 1.00 each | 64.897 | 16.786 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Raisin Box | 0.25 cup | 120.000 | 29.000 |
| Assorted Flavored Craisins | 1.00 each | 110.000 | 28.000 |
| 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 tablespoon | 27.101 | 0.850 |
| Italian Dressing | 1.00 tablespoon | 45.135 | 0.834 |
| Mayonnaise Packet | 1.00 packet | 60.000 | 1.000 |
| Ranch Packet | 1.00 packet | 70.000 | 1.000 |
| Soy Sauce Packet | 1.00 packet | 0.000 | 0.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Sriracha Packet | 1.00 each | 9.000 | 1.701 |
| Pickles | 1.00 serving | 1.667 | 0.000 |
| Jalapenos | 1.00 serving | 5.000 | 1.000 |
| Weighted Daily Average | | 729.783* | 108.989* |
| % of Calories | | | 59.74% |

| Thu - 09/05/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|----------------------------------|--------------|-----------------|-------------------|
| 2019-2020 High School Lunch Menu | | | |
| Recipe | Total | | |

| | | | |
|---|--------------|----------|---------|
| Chicken Teriyaki & Vegetable Fried Rice Bowl (HS/INT) | 1.00 serving | 360.356 | 60.024 |
| Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll | 1.00 serving | 485.000 | 57.000 |
| Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 350.000 | 45.000 |
| Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 45.000 |
| Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 43.000 |
| Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 397.660 | 45.447 |
| Cheeseburger Box w/ Spicy Potato Wedges | 1.00 serving | 583.999 | 51.600 |
| Hamburger Box w/ Spicy Potato Wedges | 1.00 serving | 529.000 | 50.600 |
| Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges | 1.00 serving | 506.000 | 66.000 |
| Chef Salad w/ 2 oz Dinner Roll | 1.00 serving | 352.732 | 42.421 |
| Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS) | 1.00 serving | 416.031* | 57.218* |
| Turkey & Bacon Sub Sandwich | 1.00 serving | 387.721 | 33.698 |
| Turkey Deli & Cheese Sandwich (Homemade) | 1.00 serving | 289.186 | 30.368 |
| Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted | 1.00 each | 630.000 | 64.000 |
| Yogurt Parfait w/ Granola 2M/2G | 1.00 serving | 421.058 | 79.617 |
| Sandwich, Grilled Cheese | 1.00 each | 280.320 | 30.960 |
| Grilled Bean & Cheese Burrito | 1.00 serving | 360.000 | 45.000 |
| Philly Cheese Steak Sandwich | 1.00 serving | 366.572 | 35.351 |
| Black Beans, 1/4 cup | 0.25 cup | 54.498 | 9.936 |
| Kidney Beans, 1/4 cup | 0.25 cup | 52.000 | 9.498 |
| Grab-it Carrots, 1/2 cup | 0.50 cup | 30.000 | 7.000 |
| 4 Way Salad, 1 cup | 1.00 cup | 15.000 | 3.000 |
| Spinach, 1 cup, (Raw) | 1.00 cup | 6.900 | 1.089 |
| Yellow Corn, 1/2 cup (canned) | 1/2 cup | 64.993 | 14.998 |
| Lettuce, 1/2 cup, shredded | 0.50 cup | 5.040 | 1.069 |
| Tomatoes, 1/4 cup, (Cherry or Grape) | 0.25 cup | 6.705 | 1.449 |
| Assorted Fresh Fruit | 1.00 each | 64.897 | 16.786 |

| | | | |
|-----------------------------------|-----------------|----------|---------|
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Raisin Box | 0.25 cup | 120.000 | 29.000 |
| Assorted Flavored Craisins | 1.00 each | 110.000 | 28.000 |
| 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 tablespoon | 27.101 | 0.850 |
| Italian Dressing | 1.00 tablespoon | 45.135 | 0.834 |
| Mayonnaise Packet | 1.00 packet | 60.000 | 1.000 |
| Ranch Packet | 1.00 packet | 70.000 | 1.000 |
| Soy Sauce Packet | 1.00 packet | 0.000 | 0.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Sriracha Packet | 1.00 each | 9.000 | 1.701 |
| Pickles | 1.00 serving | 1.667 | 0.000 |
| Jalapenos | 1.00 serving | 5.000 | 1.000 |
| Weighted Daily Average | | 674.562* | 98.728* |
| % of Calories | | | 58.54% |

| Fri - 09/06/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|---------------------|------------------------|--------------------------|
| 2019-2020 High School Lunch Menu | | | |
| Recipe | Total | | |
| Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT) | 1.00 serving | 430.000 | 75.000 |
| Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll | 1.00 serving | 485.000 | 57.000 |
| Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 350.000 | 45.000 |

| | | | |
|---|--------------|----------|---------|
| Pizza, Domino's, Pepperoni,16", Regular Crust,1 Slice/8 Cut | 1.00 slice | 360.000 | 45.000 |
| Pizza, Domino's, Kick'n Chicken 16",Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 43.000 |
| Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 397.660 | 45.447 |
| Cheeseburger Box w/ Spicy Potato Wedges | 1.00 serving | 583.999 | 51.600 |
| Hamburger Box w/ Spicy Potato Wedges | 1.00 serving | 529.000 | 50.600 |
| Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges | 1.00 serving | 506.000 | 66.000 |
| Chef Salad w/ 2 oz Dinner Roll | 1.00 serving | 352.732 | 42.421 |
| Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS) | 1.00 serving | 416.031* | 57.218* |
| Turkey & Bacon Sub Sandwich | 1.00 serving | 387.721 | 33.698 |
| Turkey Deli & Cheese Sandwich (Homemade) | 1.00 serving | 289.186 | 30.368 |
| Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted | 1.00 each | 630.000 | 64.000 |
| Yogurt Parfait w/ Granola 2M/2G | 1.00 serving | 421.058 | 79.617 |
| Sandwich, Grilled Cheese | 1.00 each | 280.320 | 30.960 |
| Grilled Bean & Cheese Burrito | 1.00 serving | 360.000 | 45.000 |
| Spaghetti w/ Cheesy Breadstick (HS) | 1.00 serving | 418.045 | 51.341 |
| Black Beans, 1/4 cup | 0.25 cup | 54.498 | 9.936 |
| Kidney Beans, 1/4 cup | 0.25 cup | 52.000 | 9.498 |
| Grab-it Carrots, 1/2 cup | 0.50 cup | 30.000 | 7.000 |
| 4 Way Salad, 1 cup | 1.00 cup | 15.000 | 3.000 |
| Spinach, 1 cup, (Raw) | 1.00 cup | 6.900 | 1.089 |
| Yellow Corn, 1/2 cup (canned) | 1/2 cup | 64.993 | 14.998 |
| Lettuce, 1/2 cup, shredded | 0.50 cup | 5.040 | 1.069 |
| Assorted Fresh Fruit | 1.00 each | 64.897 | 16.786 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Raisin Box | 0.25 cup | 120.000 | 29.000 |
| Assorted Flavored Craisins | 1.00 each | 110.000 | 28.000 |

| | | | |
|--------------------------|-----------------|----------|----------|
| 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 tablespoon | 27.101 | 0.850 |
| Italian Dressing | 1.00 tablespoon | 45.135 | 0.834 |
| Mayonnaise Packet | 1.00 packet | 60.000 | 1.000 |
| Ranch Packet | 1.00 packet | 70.000 | 1.000 |
| Soy Sauce Packet | 1.00 packet | 0.000 | 0.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Sriracha Packet | 1.00 each | 9.000 | 1.701 |
| Pickles | 1.00 serving | 1.667 | 0.000 |
| Jalapenos | 1.00 serving | 5.000 | 1.000 |
| Weighted Daily Average | | 699.842* | 106.281* |
| % of Calories | | | 60.75% |

| Mon - 09/09/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|--------------|-----------------|-------------------|
| 2019-2020 High School Lunch Menu | | | |
| Recipe | Total | | |
| Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT) | 1.00 serving | 430.000 | 75.000 |
| Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll | 1.00 serving | 485.000 | 57.000 |
| Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 350.000 | 45.000 |
| Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 45.000 |
| Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 43.000 |
| Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 397.660 | 45.447 |

| | | | |
|---|--------------|----------|---------|
| Cheeseburger Box w/ Spicy Potato Wedges | 1.00 serving | 583.999 | 51.600 |
| Hamburger Box w/ Spicy Potato Wedges | 1.00 serving | 529.000 | 50.600 |
| Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges | 1.00 serving | 506.000 | 66.000 |
| Chef Salad w/ 2 oz Dinner Roll | 1.00 serving | 352.732 | 42.421 |
| Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS) | 1.00 serving | 416.031* | 57.218* |
| Turkey & Bacon Sub Sandwich | 1.00 serving | 387.721 | 33.698 |
| Turkey Deli & Cheese Sandwich (Homemade) | 1.00 serving | 289.186 | 30.368 |
| Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted | 1.00 each | 630.000 | 64.000 |
| Yogurt Parfait w/ Granola 2M/2G | 1.00 serving | 421.058 | 79.617 |
| Sandwich, Grilled Cheese | 1.00 each | 280.320 | 30.960 |
| Grilled Bean & Cheese Burrito | 1.00 serving | 360.000 | 45.000 |
| Beef Hot Dog w/ Spicy Potato Wedges | 1.00 serving | 520.000 | 48.000 |
| Black Beans, 1/4 cup | 0.25 cup | 54.498 | 9.936 |
| Kidney Beans, 1/4 cup | 0.25 cup | 52.000 | 9.498 |
| Grab-it Carrots, 1/2 cup | 0.50 cup | 30.000 | 7.000 |
| 4 Way Salad, 1 cup | 1.00 cup | 15.000 | 3.000 |
| Spinach, 1 cup, (Raw) | 1.00 cup | 6.900 | 1.089 |
| Yellow Corn, 1/2 cup (canned) | 1/2 cup | 64.993 | 14.998 |
| Lettuce, 1/2 cup, shredded | 0.50 cup | 5.040 | 1.069 |
| Assorted Fresh Fruit | 1.00 each | 64.897 | 16.786 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Raisin Box | 0.25 cup | 120.000 | 29.000 |
| Assorted Flavored Craisins | 1.00 each | 110.000 | 28.000 |
| 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 tablespoon | 27.101 | 0.850 |
| Italian Dressing | 1.00 tablespoon | 45.135 | 0.834 |
| Mayonnaise Packet | 1.00 packet | 60.000 | 1.000 |
| Ranch Packet | 1.00 packet | 70.000 | 1.000 |
| Soy Sauce Packet | 1.00 packet | 0.000 | 0.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Sriracha Packet | 1.00 each | 9.000 | 1.701 |
| Pickles | 1.00 serving | 1.667 | 0.000 |
| Jalapenos | 1.00 serving | 5.000 | 1.000 |
| Weighted Daily Average | | 743.683* | 104.844* |
| % of Calories | | | 56.39% |

| Tue - 09/10/2019 | | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|--------------|--------------|-----------------|-------------------|
| 2019-2020 High School Lunch Menu | | | | |
| Recipe | Total | | | |
| Kung Pao Chicken & Vegetable Fried Rice Bowl (HS) | 1.00 serving | | 387.000 | 66.000 |
| Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll | 1.00 serving | | 485.000 | 57.000 |
| Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | | 350.000 | 45.000 |
| Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | | 360.000 | 45.000 |
| Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | | 360.000 | 43.000 |
| Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | | 397.660 | 45.447 |
| Cheeseburger Box w/ Spicy Potato Wedges | 1.00 serving | | 583.999 | 51.600 |
| Hamburger Box w/ Spicy Potato Wedges | 1.00 serving | | 529.000 | 50.600 |
| Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges | 1.00 serving | | 506.000 | 66.000 |
| Chef Salad w/ 2 oz Dinner Roll | 1.00 serving | | 352.732 | 42.421 |

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|--|--|----------|---------|
| Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS) | 1.00 serving | 416.031* | 57.218* |
| Turkey & Bacon Sub Sandwich | 1.00 serving | 387.721 | 33.698 |
| Turkey Deli & Cheese Sandwich (Homemade) | 1.00 serving | 289.186 | 30.368 |
| Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted | 1.00 each | 630.000 | 64.000 |
| Yogurt Parfait w/ Granola 2M/2G | 1.00 serving | 421.058 | 79.617 |
| Sandwich, Grilled Cheese | 1.00 each | 280.320 | 30.960 |
| Grilled Bean & Cheese Burrito | 1.00 serving | 360.000 | 45.000 |
| Tuscan Chicken with Rotini Pasta & Cheesy Breadstick | 1.00 serving/#4 scoop pasta + breadstick | 325.304 | 25.367 |
| Black Beans, 1/4 cup | 0.25 cup | 54.498 | 9.936 |
| Kidney Beans, 1/4 cup | 0.25 cup | 52.000 | 9.498 |
| Grab-it Carrots, 1/2 cup | 0.50 cup | 30.000 | 7.000 |
| 4 Way Salad, 1 cup | 1.00 cup | 15.000 | 3.000 |
| Spinach, 1 cup, (Raw) | 1.00 cup | 6.900 | 1.089 |
| Yellow Corn, 1/2 cup (canned) | 1/2 cup | 64.993 | 14.998 |
| Lettuce, 1/2 cup, shredded | 0.50 cup | 5.040 | 1.069 |
| Assorted Fresh Fruit | 1.00 each | 64.897 | 16.786 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Raisin Box | 0.25 cup | 120.000 | 29.000 |
| Assorted Flavored Craisins | 1.00 each | 110.000 | 28.000 |
| 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 Packet | 1.00 packet | 10.000 | 0.000 |
| Mustard Packet | 1.00 packet | 5.000 | 0.000 |
| Ranch Dressing | 1.00 tablespoon | 27.101 | 0.850 |
| Italian Dressing | 1.00 tablespoon | 45.135 | 0.834 |
| Mayonnaise Packet | 1.00 packet | 60.000 | 1.000 |

| | | | |
|------------------------|--------------|----------|---------|
| Ranch Packet | 1.00 packet | 70.000 | 1.000 |
| Soy Sauce Packet | 1.00 packet | 0.000 | 0.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Sriracha Packet | 1.00 each | 9.000 | 1.701 |
| Pickles | 1.00 serving | 1.667 | 0.000 |
| Jalapenos | 1.00 serving | 5.000 | 1.000 |
| Weighted Daily Average | | 660.895* | 95.451* |
| % of Calories | | | 57.77% |

| Wed - 09/11/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|--------------|-----------------|-------------------|
| 2019-2020 High School Lunch Menu | | | |
| Recipe | Total | | |
| Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT) | 1.00 serving | 430.000 | 75.000 |
| Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll | 1.00 serving | 485.000 | 57.000 |
| Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 350.000 | 45.000 |
| Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 45.000 |
| Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 43.000 |
| Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 397.660 | 45.447 |
| Cheeseburger Box w/ Spicy Potato Wedges | 1.00 serving | 583.999 | 51.600 |
| Hamburger Box w/ Spicy Potato Wedges | 1.00 serving | 529.000 | 50.600 |
| Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges | 1.00 serving | 506.000 | 66.000 |
| Chef Salad w/ 2 oz Dinner Roll | 1.00 serving | 352.732 | 42.421 |
| Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS) | 1.00 serving | 416.031* | 57.218* |
| Turkey & Bacon Sub Sandwich | 1.00 serving | 387.721 | 33.698 |
| Turkey Deli & Cheese Sandwich (Homemade) | 1.00 serving | 289.186 | 30.368 |

| | | | |
|--|-----------------|---------|--------|
| Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted | 1.00 each | 630.000 | 64.000 |
| Yogurt Parfait w/ Granola 2M/2G | 1.00 serving | 421.058 | 79.617 |
| Sandwich, Grilled Cheese | 1.00 each | 280.320 | 30.960 |
| Grilled Bean & Cheese Burrito | 1.00 serving | 360.000 | 45.000 |
| 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 | 52.000 | 9.498 |
| Grab-it Carrots, 1/2 cup | 0.50 cup | 30.000 | 7.000 |
| 4 Way Salad, 1 cup | 1.00 cup | 15.000 | 3.000 |
| Spinach, 1 cup, (Raw) | 1.00 cup | 6.900 | 1.089 |
| Yellow Corn, 1/2 cup (canned) | 1/2 cup | 64.993 | 14.998 |
| Lettuce, 1/2 cup, shredded | 0.50 cup | 5.040 | 1.069 |
| Jicama Sticks, 1/2 cup | 0.50 cup | 23.000 | 5.500 |
| Assorted Fresh Fruit | 1.00 each | 64.897 | 16.786 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Raisin Box | 0.25 cup | 120.000 | 29.000 |
| Assorted Flavored Craisins | 1.00 each | 110.000 | 28.000 |
| 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 tablespoon | 27.101 | 0.850 |
| Italian Dressing | 1.00 tablespoon | 45.135 | 0.834 |
| Mayonnaise Packet | 1.00 packet | 60.000 | 1.000 |
| Ranch Packet | 1.00 packet | 70.000 | 1.000 |
| Soy Sauce Packet | 1.00 packet | 0.000 | 0.000 |

| | | | |
|------------------------|--------------|----------|----------|
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Sriracha Packet | 1.00 each | 9.000 | 1.701 |
| Pickles | 1.00 serving | 1.667 | 0.000 |
| Jalapenos | 1.00 serving | 5.000 | 1.000 |
| Weighted Daily Average | | 743.288* | 115.540* |
| % of Calories | | | 62.18% |

| Thu - 09/12/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|--------------|-----------------|-------------------|
| 2019-2020 High School Lunch Menu | | | |
| Recipe | Total | | |
| Chicken Teriyaki & Vegetable Fried Rice Bowl (HS/INT) | 1.00 serving | 360.356 | 60.024 |
| Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll | 1.00 serving | 485.000 | 57.000 |
| Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 350.000 | 45.000 |
| Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 45.000 |
| Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 43.000 |
| Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 397.660 | 45.447 |
| Cheeseburger Box w/ Spicy Potato Wedges | 1.00 serving | 583.999 | 51.600 |
| Hamburger Box w/ Spicy Potato Wedges | 1.00 serving | 529.000 | 50.600 |
| Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges | 1.00 serving | 506.000 | 66.000 |
| Chef Salad w/ 2 oz Dinner Roll | 1.00 serving | 352.732 | 42.421 |
| Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS) | 1.00 serving | 416.031* | 57.218* |
| Turkey & Bacon Sub Sandwich | 1.00 serving | 387.721 | 33.698 |
| Turkey Deli & Cheese Sandwich (Homemade) | 1.00 serving | 289.186 | 30.368 |
| Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted | 1.00 each | 630.000 | 64.000 |
| Yogurt Parfait w/ Granola 2M/2G | 1.00 serving | 421.058 | 79.617 |
| Sandwich, Grilled Cheese | 1.00 each | 280.320 | 30.960 |

| | | | |
|--|---------------------------------|---------|--------|
| Grilled Bean & Cheese Burrito | 1.00 serving | 360.000 | 45.000 |
| General Tso Chicken w/ Vegetable Fried Rice & Cookie | 1.00 serving | 335.000 | 50.000 |
| Black Beans, 1/4 cup | 0.25 cup | 54.498 | 9.936 |
| Kidney Beans, 1/4 cup | 0.25 cup | 52.000 | 9.498 |
| Grab-it Carrots, 1/2 cup | 0.50 cup | 30.000 | 7.000 |
| 4 Way Salad, 1 cup | 1.00 cup | 15.000 | 3.000 |
| Spinach, 1 cup, (Raw) | 1.00 cup | 6.900 | 1.089 |
| Yellow Corn, 1/2 cup (canned) | ¹ / ₂ cup | 64.993 | 14.998 |
| Lettuce, 1/2 cup, shredded | 0.50 cup | 5.040 | 1.069 |
| Tomatoes, 1/4 cup, (Cherry or Grape) | 0.25 cup | 6.705 | 1.449 |
| Assorted Fresh Fruit | 1.00 each | 64.897 | 16.786 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Raisin Box | 0.25 cup | 120.000 | 29.000 |
| Assorted Flavored Craisins | 1.00 each | 110.000 | 28.000 |
| 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 tablespoon | 27.101 | 0.850 |
| Italian Dressing | 1.00 tablespoon | 45.135 | 0.834 |
| Mayonnaise Packet | 1.00 packet | 60.000 | 1.000 |
| Ranch Packet | 1.00 packet | 70.000 | 1.000 |
| Soy Sauce Packet | 1.00 packet | 0.000 | 0.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Sriracha Packet | 1.00 each | 9.000 | 1.701 |
| Pickles | 1.00 serving | 1.667 | 0.000 |

| | | | |
|------------------------|--------------|----------|----------|
| Jalapenos | 1.00 serving | 5.000 | 1.000 |
| Weighted Daily Average | | 660.986* | 105.028* |
| % of Calories | | | 63.56% |

| Fri - 09/13/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|---------------------|------------------------|--------------------------|
| 2019-2020 High School Lunch Menu | | | |
| Recipe | Total | | |
| Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT) | 1.00 serving | 430.000 | 75.000 |
| Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll | 1.00 serving | 485.000 | 57.000 |
| Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 350.000 | 45.000 |
| Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 45.000 |
| Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 43.000 |
| Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 397.660 | 45.447 |
| Cheeseburger Box w/ Spicy Potato Wedges | 1.00 serving | 583.999 | 51.600 |
| Hamburger Box w/ Spicy Potato Wedges | 1.00 serving | 529.000 | 50.600 |
| Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges | 1.00 serving | 506.000 | 66.000 |
| Chef Salad w/ 2 oz Dinner Roll | 1.00 serving | 352.732 | 42.421 |
| Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS) | 1.00 serving | 416.031* | 57.218* |
| Turkey & Bacon Sub Sandwich | 1.00 serving | 387.721 | 33.698 |
| Turkey Deli & Cheese Sandwich (Homemade) | 1.00 serving | 289.186 | 30.368 |
| Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted | 1.00 each | 630.000 | 64.000 |
| Yogurt Parfait w/ Granola 2M/2G | 1.00 serving | 421.058 | 79.617 |
| Sandwich, Grilled Cheese | 1.00 each | 280.320 | 30.960 |
| Grilled Bean & Cheese Burrito | 1.00 serving | 360.000 | 45.000 |
| Seasoned Popcorn Chicken w/ Waffle Fries & Sweet Chili Sauce | 1.00 serving | 488.522 | 56.140 |

| | | | |
|-----------------------------------|-----------------|----------|----------|
| Black Beans, 1/4 cup | 0.25 cup | 54.498 | 9.936 |
| Kidney Beans, 1/4 cup | 0.25 cup | 52.000 | 9.498 |
| Grab-it Carrots, 1/2 cup | 0.50 cup | 30.000 | 7.000 |
| 4 Way Salad, 1 cup | 1.00 cup | 15.000 | 3.000 |
| Spinach, 1 cup, (Raw) | 1.00 cup | 6.900 | 1.089 |
| Yellow Corn, 1/2 cup (canned) | 1/2 cup | 64.993 | 14.998 |
| Lettuce, 1/2 cup, shredded | 0.50 cup | 5.040 | 1.069 |
| Assorted Fresh Fruit | 1.00 each | 64.897 | 16.786 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Raisin Box | 0.25 cup | 120.000 | 29.000 |
| Assorted Flavored Craisins | 1.00 each | 110.000 | 28.000 |
| 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 tablespoon | 27.101 | 0.850 |
| Italian Dressing | 1.00 tablespoon | 45.135 | 0.834 |
| Mayonnaise Packet | 1.00 packet | 60.000 | 1.000 |
| Ranch Packet | 1.00 packet | 70.000 | 1.000 |
| Soy Sauce Packet | 1.00 packet | 0.000 | 0.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Sriracha Packet | 1.00 each | 9.000 | 1.701 |
| Pickles | 1.00 serving | 1.667 | 0.000 |
| Jalapenos | 1.00 serving | 5.000 | 1.000 |
| Weighted Daily Average | | 730.147* | 108.344* |
| % of Calories | | | 59.35% |

| Mon - 09/16/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|--------------|-----------------|-------------------|
| 2019-2020 High School Lunch Menu | | | |
| Recipe | Total | | |
| Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT) | 1.00 serving | 430.000 | 75.000 |
| Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll | 1.00 serving | 485.000 | 57.000 |
| Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 350.000 | 45.000 |
| Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 45.000 |
| Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 43.000 |
| Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 397.660 | 45.447 |
| Cheeseburger Box w/ Spicy Potato Wedges | 1.00 serving | 583.999 | 51.600 |
| Hamburger Box w/ Spicy Potato Wedges | 1.00 serving | 529.000 | 50.600 |
| Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges | 1.00 serving | 506.000 | 66.000 |
| Chef Salad w/ 2 oz Dinner Roll | 1.00 serving | 352.732 | 42.421 |
| Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS) | 1.00 serving | 416.031* | 57.218* |
| Turkey & Bacon Sub Sandwich | 1.00 serving | 387.721 | 33.698 |
| Turkey Deli & Cheese Sandwich (Homemade) | 1.00 serving | 289.186 | 30.368 |
| Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted | 1.00 each | 630.000 | 64.000 |
| Yogurt Parfait w/ Granola 2M/2G | 1.00 serving | 421.058 | 79.617 |
| Sandwich, Grilled Cheese | 1.00 each | 280.320 | 30.960 |
| Grilled Bean & Cheese Burrito | 1.00 serving | 360.000 | 45.000 |
| RiBBQ Sandwich with Spicy Potato Wedges | 1.00 serving | 547.216 | 86.127 |
| Black Beans, 1/4 cup | 0.25 cup | 54.498 | 9.936 |
| Kidney Beans, 1/4 cup | 0.25 cup | 52.000 | 9.498 |
| Grab-it Carrots, 1/2 cup | 0.50 cup | 30.000 | 7.000 |
| 4 Way Salad, 1 cup | 1.00 cup | 15.000 | 3.000 |

| | | | |
|-----------------------------------|-----------------|----------|----------|
| Spinach, 1 cup, (Raw) | 1.00 cup | 6.900 | 1.089 |
| Yellow Corn, 1/2 cup (canned) | 1/2 cup | 64.993 | 14.998 |
| Lettuce, 1/2 cup, shredded | 0.50 cup | 5.040 | 1.069 |
| Assorted Fresh Fruit | 1.00 each | 64.897 | 16.786 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Raisin Box | 0.25 cup | 120.000 | 29.000 |
| Assorted Flavored Craisins | 1.00 each | 110.000 | 28.000 |
| 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 tablespoon | 27.101 | 0.850 |
| Italian Dressing | 1.00 tablespoon | 45.135 | 0.834 |
| Mayonnaise Packet | 1.00 packet | 60.000 | 1.000 |
| Ranch Packet | 1.00 packet | 70.000 | 1.000 |
| Soy Sauce Packet | 1.00 packet | 0.000 | 0.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Sriracha Packet | 1.00 each | 9.000 | 1.701 |
| Pickles | 1.00 serving | 1.667 | 0.000 |
| Jalapenos | 1.00 serving | 5.000 | 1.000 |
| Weighted Daily Average | | 755.385* | 121.239* |
| % of Calories | | | 64.20% |

| Tue - 09/17/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------|--------------|-----------------|-------------------|
|------------------|--------------|-----------------|-------------------|

| Recipe | Total | | |
|---|----------------------|----------|---------|
| Kung Pao Chicken & Vegetable Fried Rice Bowl (HS) | 1.00 serving | 387.000 | 66.000 |
| Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll | 1.00 serving | 485.000 | 57.000 |
| Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 350.000 | 45.000 |
| Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 45.000 |
| Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 43.000 |
| Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 397.660 | 45.447 |
| Cheeseburger Box w/ Spicy Potato Wedges | 1.00 serving | 583.999 | 51.600 |
| Hamburger Box w/ Spicy Potato Wedges | 1.00 serving | 529.000 | 50.600 |
| Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges | 1.00 serving | 506.000 | 66.000 |
| Chef Salad w/ 2 oz Dinner Roll | 1.00 serving | 352.732 | 42.421 |
| Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS) | 1.00 serving | 416.031* | 57.218* |
| Turkey & Bacon Sub Sandwich | 1.00 serving | 387.721 | 33.698 |
| Turkey Deli & Cheese Sandwich (Homemade) | 1.00 serving | 289.186 | 30.368 |
| Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted | 1.00 each | 630.000 | 64.000 |
| Yogurt Parfait w/ Granola 2M/2G | 1.00 serving | 421.058 | 79.617 |
| Sandwich, Grilled Cheese | 1.00 each | 280.320 | 30.960 |
| Grilled Bean & Cheese Burrito | 1.00 serving | 360.000 | 45.000 |
| Carnitas Tacos with Steamed Corn & Brownie Cup | 1.00 serving/2 tacos | 472.635 | 65.117 |
| Black Beans, 1/4 cup | 0.25 cup | 54.498 | 9.936 |
| Kidney Beans, 1/4 cup | 0.25 cup | 52.000 | 9.498 |
| Grab-it Carrots, 1/2 cup | 0.50 cup | 30.000 | 7.000 |
| 4 Way Salad, 1 cup | 1.00 cup | 15.000 | 3.000 |
| Spinach, 1 cup, (Raw) | 1.00 cup | 6.900 | 1.089 |
| Yellow Corn, 1/2 cup (canned) | 1/2 cup | 64.993 | 14.998 |
| Lettuce, 1/2 cup, shredded | 0.50 cup | 5.040 | 1.069 |
| Assorted Fresh Fruit | 1.00 each | 64.897 | 16.786 |

| | | | |
|-----------------------------------|-----------------|----------|----------|
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Raisin Box | 0.25 cup | 120.000 | 29.000 |
| Assorted Flavored Craisins | 1.00 each | 110.000 | 28.000 |
| 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 Packet | 1.00 packet | 10.000 | 0.000 |
| Mustard Packet | 1.00 packet | 5.000 | 0.000 |
| Ranch Dressing | 1.00 tablespoon | 27.101 | 0.850 |
| Italian Dressing | 1.00 tablespoon | 45.135 | 0.834 |
| Mayonnaise Packet | 1.00 packet | 60.000 | 1.000 |
| Ranch Packet | 1.00 packet | 70.000 | 1.000 |
| Soy Sauce Packet | 1.00 packet | 0.000 | 0.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Sriracha Packet | 1.00 each | 9.000 | 1.701 |
| Pickles | 1.00 serving | 1.667 | 0.000 |
| Jalapenos | 1.00 serving | 5.000 | 1.000 |
| Weighted Daily Average | | 724.248* | 112.543* |
| % of Calories | | | 62.16% |

| Wed - 09/18/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|--------------|-----------------|-------------------|
| 2019-2020 High School Lunch Menu | | | |
| Recipe | Total | | |
| Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT) | 1.00 serving | 430.000 | 75.000 |

| | | | |
|---|--------------|----------|---------|
| Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll | 1.00 serving | 485.000 | 57.000 |
| Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 350.000 | 45.000 |
| Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 45.000 |
| Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 43.000 |
| Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 397.660 | 45.447 |
| Cheeseburger Box w/ Spicy Potato Wedges | 1.00 serving | 583.999 | 51.600 |
| Hamburger Box w/ Spicy Potato Wedges | 1.00 serving | 529.000 | 50.600 |
| Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges | 1.00 serving | 506.000 | 66.000 |
| Chef Salad w/ 2 oz Dinner Roll | 1.00 serving | 352.732 | 42.421 |
| Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS) | 1.00 serving | 416.031* | 57.218* |
| Turkey & Bacon Sub Sandwich | 1.00 serving | 387.721 | 33.698 |
| Turkey Deli & Cheese Sandwich (Homemade) | 1.00 serving | 289.186 | 30.368 |
| Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted | 1.00 each | 630.000 | 64.000 |
| Yogurt Parfait w/ Granola 2M/2G | 1.00 serving | 421.058 | 79.617 |
| Sandwich, Grilled Cheese | 1.00 each | 280.320 | 30.960 |
| Grilled Bean & Cheese Burrito | 1.00 serving | 360.000 | 45.000 |
| Black Beans, 1/4 cup | 0.25 cup | 54.498 | 9.936 |
| Kidney Beans, 1/4 cup | 0.25 cup | 52.000 | 9.498 |
| Grab-it Carrots, 1/2 cup | 0.50 cup | 30.000 | 7.000 |
| 4 Way Salad, 1 cup | 1.00 cup | 15.000 | 3.000 |
| Spinach, 1 cup, (Raw) | 1.00 cup | 6.900 | 1.089 |
| Yellow Corn, 1/2 cup (canned) | 1/2 cup | 64.993 | 14.998 |
| Lettuce, 1/2 cup, shredded | 0.50 cup | 5.040 | 1.069 |
| Jicama Sticks, 1/2 cup | 0.50 cup | 23.000 | 5.500 |
| Assorted Fresh Fruit | 1.00 each | 64.897 | 16.786 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Raisin Box | 0.25 cup | 120.000 | 29.000 |

| | | | |
|----------------------------|-----------------|----------|----------|
| Assorted Flavored Craisins | 1.00 each | 110.000 | 28.000 |
| 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 tablespoon | 27.101 | 0.850 |
| Italian Dressing | 1.00 tablespoon | 45.135 | 0.834 |
| Mayonnaise Packet | 1.00 packet | 60.000 | 1.000 |
| Ranch Packet | 1.00 packet | 70.000 | 1.000 |
| Soy Sauce Packet | 1.00 packet | 0.000 | 0.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Sriracha Packet | 1.00 each | 9.000 | 1.701 |
| Pickles | 1.00 serving | 1.667 | 0.000 |
| Jalapenos | 1.00 serving | 5.000 | 1.000 |
| Weighted Daily Average | | 729.783* | 108.989* |
| % of Calories | | | 59.74% |

| Thu - 09/19/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|--------------|-----------------|-------------------|
| 2019-2020 High School Lunch Menu | | | |
| Recipe | Total | | |
| Chicken Teriyaki & Vegetable Fried Rice Bowl (HS/INT) | 1.00 serving | 360.356 | 60.024 |
| Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll | 1.00 serving | 485.000 | 57.000 |
| Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 350.000 | 45.000 |
| Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 45.000 |
| Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 43.000 |

| | | | |
|---|--------------|----------|---------|
| Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 397.660 | 45.447 |
| Cheeseburger Box w/ Spicy Potato Wedges | 1.00 serving | 583.999 | 51.600 |
| Hamburger Box w/ Spicy Potato Wedges | 1.00 serving | 529.000 | 50.600 |
| Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges | 1.00 serving | 506.000 | 66.000 |
| Chef Salad w/ 2 oz Dinner Roll | 1.00 serving | 352.732 | 42.421 |
| Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS) | 1.00 serving | 416.031* | 57.218* |
| Turkey & Bacon Sub Sandwich | 1.00 serving | 387.721 | 33.698 |
| Turkey Deli & Cheese Sandwich (Homemade) | 1.00 serving | 289.186 | 30.368 |
| Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted | 1.00 each | 630.000 | 64.000 |
| Yogurt Parfait w/ Granola 2M/2G | 1.00 serving | 421.058 | 79.617 |
| Sandwich, Grilled Cheese | 1.00 each | 280.320 | 30.960 |
| Grilled Bean & Cheese Burrito | 1.00 serving | 360.000 | 45.000 |
| Beef Hot Dog w/ Spicy Potato Wedges | 1.00 serving | 520.000 | 48.000 |
| Black Beans, 1/4 cup | 0.25 cup | 54.498 | 9.936 |
| Kidney Beans, 1/4 cup | 0.25 cup | 52.000 | 9.498 |
| Grab-it Carrots, 1/2 cup | 0.50 cup | 30.000 | 7.000 |
| 4 Way Salad, 1 cup | 1.00 cup | 15.000 | 3.000 |
| Spinach, 1 cup, (Raw) | 1.00 cup | 6.900 | 1.089 |
| Yellow Corn, 1/2 cup (canned) | 1/2 cup | 64.993 | 14.998 |
| Lettuce, 1/2 cup, shredded | 0.50 cup | 5.040 | 1.069 |
| Tomatoes, 1/4 cup, (Cherry or Grape) | 0.25 cup | 6.705 | 1.449 |
| Assorted Fresh Fruit | 1.00 each | 64.897 | 16.786 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Raisin Box | 0.25 cup | 120.000 | 29.000 |
| Assorted Flavored Craisins | 1.00 each | 110.000 | 28.000 |
| 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 tablespoon | 27.101 | 0.850 |
| Italian Dressing | 1.00 tablespoon | 45.135 | 0.834 |
| Mayonnaise Packet | 1.00 packet | 60.000 | 1.000 |
| Ranch Packet | 1.00 packet | 70.000 | 1.000 |
| Soy Sauce Packet | 1.00 packet | 0.000 | 0.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Sriracha Packet | 1.00 each | 9.000 | 1.701 |
| Pickles | 1.00 serving | 1.667 | 0.000 |
| Jalapenos | 1.00 serving | 5.000 | 1.000 |
| Weighted Daily Average | | 740.536* | 104.168* |
| % of Calories | | | 56.27% |

| Fri - 09/20/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|---------------------|------------------------|--------------------------|
| 2019-2020 High School Lunch Menu | | | |
| Recipe | Total | | |
| Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT) | 1.00 serving | 430.000 | 75.000 |
| Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll | 1.00 serving | 485.000 | 57.000 |
| Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 350.000 | 45.000 |
| Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 45.000 |
| Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 43.000 |
| Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 397.660 | 45.447 |
| Cheeseburger Box w/ Spicy Potato Wedges | 1.00 serving | 583.999 | 51.600 |
| Hamburger Box w/ Spicy Potato Wedges | 1.00 serving | 529.000 | 50.600 |

| | | | |
|---|-----------------|----------|---------|
| Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges | 1.00 serving | 506.000 | 66.000 |
| Chef Salad w/ 2 oz Dinner Roll | 1.00 serving | 352.732 | 42.421 |
| Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS) | 1.00 serving | 416.031* | 57.218* |
| Turkey & Bacon Sub Sandwich | 1.00 serving | 387.721 | 33.698 |
| Turkey Deli & Cheese Sandwich (Homemade) | 1.00 serving | 289.186 | 30.368 |
| Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted | 1.00 each | 630.000 | 64.000 |
| Yogurt Parfait w/ Granola 2M/2G | 1.00 serving | 421.058 | 79.617 |
| Sandwich, Grilled Cheese | 1.00 each | 280.320 | 30.960 |
| Grilled Bean & Cheese Burrito | 1.00 serving | 360.000 | 45.000 |
| Buffalo Chicken Wings (4 pcs) with Dinner Roll | 1.00 serving | 636.400 | 35.760 |
| Black Beans, 1/4 cup | 0.25 cup | 54.498 | 9.936 |
| Kidney Beans, 1/4 cup | 0.25 cup | 52.000 | 9.498 |
| Grab-it Carrots, 1/2 cup | 0.50 cup | 30.000 | 7.000 |
| 4 Way Salad, 1 cup | 1.00 cup | 15.000 | 3.000 |
| Spinach, 1 cup, (Raw) | 1.00 cup | 6.900 | 1.089 |
| Yellow Corn, 1/2 cup (canned) | 1/2 cup | 64.993 | 14.998 |
| Lettuce, 1/2 cup, shredded | 0.50 cup | 5.040 | 1.069 |
| Assorted Fresh Fruit | 1.00 each | 64.897 | 16.786 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Raisin Box | 0.25 cup | 120.000 | 29.000 |
| Assorted Flavored Craisins | 1.00 each | 110.000 | 28.000 |
| 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 tablespoon | 27.101 | 0.850 |

| | | | |
|------------------------|-----------------|----------|---------|
| Italian Dressing | 1.00 tablespoon | 45.135 | 0.834 |
| Mayonnaise Packet | 1.00 packet | 60.000 | 1.000 |
| Ranch Packet | 1.00 packet | 70.000 | 1.000 |
| Soy Sauce Packet | 1.00 packet | 0.000 | 0.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Sriracha Packet | 1.00 each | 9.000 | 1.701 |
| Pickles | 1.00 serving | 1.667 | 0.000 |
| Jalapenos | 1.00 serving | 5.000 | 1.000 |
| Weighted Daily Average | | 793.735* | 99.581* |
| % of Calories | | | 50.18% |

| Mon - 09/23/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|--------------|-----------------|-------------------|
| 2019-2020 High School Lunch Menu | | | |
| Recipe | Total | | |
| Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT) | 1.00 serving | 430.000 | 75.000 |
| Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll | 1.00 serving | 485.000 | 57.000 |
| Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 350.000 | 45.000 |
| Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 45.000 |
| Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 43.000 |
| Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 397.660 | 45.447 |
| Cheeseburger Box w/ Spicy Potato Wedges | 1.00 serving | 583.999 | 51.600 |
| Hamburger Box w/ Spicy Potato Wedges | 1.00 serving | 529.000 | 50.600 |
| Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges | 1.00 serving | 506.000 | 66.000 |
| Chef Salad w/ 2 oz Dinner Roll | 1.00 serving | 352.732 | 42.421 |
| Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS) | 1.00 serving | 416.031* | 57.218* |
| Turkey & Bacon Sub Sandwich | 1.00 serving | 387.721 | 33.698 |

| | | | |
|--|-----------------|---------|--------|
| Turkey Deli & Cheese Sandwich (Homemade) | 1.00 serving | 289.186 | 30.368 |
| Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted | 1.00 each | 630.000 | 64.000 |
| Yogurt Parfait w/ Granola 2M/2G | 1.00 serving | 421.058 | 79.617 |
| Sandwich, Grilled Cheese | 1.00 each | 280.320 | 30.960 |
| Grilled Bean & Cheese Burrito | 1.00 serving | 360.000 | 45.000 |
| Bacon Western Cheeseburger Meal | 1.00 serving | 708.108 | 66.908 |
| Black Beans, 1/4 cup | 0.25 cup | 54.498 | 9.936 |
| Kidney Beans, 1/4 cup | 0.25 cup | 52.000 | 9.498 |
| Grab-it Carrots, 1/2 cup | 0.50 cup | 30.000 | 7.000 |
| 4 Way Salad, 1 cup | 1.00 cup | 15.000 | 3.000 |
| Spinach, 1 cup, (Raw) | 1.00 cup | 6.900 | 1.089 |
| Yellow Corn, 1/2 cup (canned) | 1/2 cup | 64.993 | 14.998 |
| Lettuce, 1/2 cup, shredded | 0.50 cup | 5.040 | 1.069 |
| Assorted Fresh Fruit | 1.00 each | 64.897 | 16.786 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Raisin Box | 0.25 cup | 120.000 | 29.000 |
| Assorted Flavored Craisins | 1.00 each | 110.000 | 28.000 |
| 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 tablespoon | 27.101 | 0.850 |
| Italian Dressing | 1.00 tablespoon | 45.135 | 0.834 |
| Mayonnaise Packet | 1.00 packet | 60.000 | 1.000 |
| Ranch Packet | 1.00 packet | 70.000 | 1.000 |
| Soy Sauce Packet | 1.00 packet | 0.000 | 0.000 |

| | | | |
|------------------------|--------------|----------|----------|
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Sriracha Packet | 1.00 each | 9.000 | 1.701 |
| Pickles | 1.00 serving | 1.667 | 0.000 |
| Jalapenos | 1.00 serving | 5.000 | 1.000 |
| Weighted Daily Average | | 824.569* | 112.974* |
| % of Calories | | | 54.80% |

| Tue - 09/24/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|---------------------|------------------------|--------------------------|
| 2019-2020 High School Lunch Menu | | | |
| Recipe | Total | | |
| Kung Pao Chicken & Vegetable Fried Rice Bowl (HS) | 1.00 serving | 387.000 | 66.000 |
| Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll | 1.00 serving | 485.000 | 57.000 |
| Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 350.000 | 45.000 |
| Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 45.000 |
| Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 43.000 |
| Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 397.660 | 45.447 |
| Cheeseburger Box w/ Spicy Potato Wedges | 1.00 serving | 583.999 | 51.600 |
| Hamburger Box w/ Spicy Potato Wedges | 1.00 serving | 529.000 | 50.600 |
| Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges | 1.00 serving | 506.000 | 66.000 |
| Chef Salad w/ 2 oz Dinner Roll | 1.00 serving | 352.732 | 42.421 |
| Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS) | 1.00 serving | 416.031* | 57.218* |
| Turkey & Bacon Sub Sandwich | 1.00 serving | 387.721 | 33.698 |
| Turkey Deli & Cheese Sandwich (Homemade) | 1.00 serving | 289.186 | 30.368 |
| Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted | 1.00 each | 630.000 | 64.000 |
| Yogurt Parfait w/ Granola 2M/2G | 1.00 serving | 421.058 | 79.617 |

| | | | |
|--|--|---------|--------|
| Sandwich, Grilled Cheese | 1.00 each | 280.320 | 30.960 |
| Grilled Bean & Cheese Burrito | 1.00 serving | 360.000 | 45.000 |
| Tuscan Chicken with Rotini Pasta & Cheesy Breadstick | 1.00 serving/#4 scoop pasta + breadstick | 325.304 | 25.367 |
| Black Beans, 1/4 cup | 0.25 cup | 54.498 | 9.936 |
| Kidney Beans, 1/4 cup | 0.25 cup | 52.000 | 9.498 |
| Grab-it Carrots, 1/2 cup | 0.50 cup | 30.000 | 7.000 |
| 4 Way Salad, 1 cup | 1.00 cup | 15.000 | 3.000 |
| Spinach, 1 cup, (Raw) | 1.00 cup | 6.900 | 1.089 |
| Yellow Corn, 1/2 cup (canned) | 1/2 cup | 64.993 | 14.998 |
| Lettuce, 1/2 cup, shredded | 0.50 cup | 5.040 | 1.069 |
| Assorted Fresh Fruit | 1.00 each | 64.897 | 16.786 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Raisin Box | 0.25 cup | 120.000 | 29.000 |
| Assorted Flavored Craisins | 1.00 each | 110.000 | 28.000 |
| 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 Packet | 1.00 packet | 10.000 | 0.000 |
| Mustard Packet | 1.00 packet | 5.000 | 0.000 |
| Ranch Dressing | 1.00 tablespoon | 27.101 | 0.850 |
| Italian Dressing | 1.00 tablespoon | 45.135 | 0.834 |
| Mayonnaise Packet | 1.00 packet | 60.000 | 1.000 |
| Ranch Packet | 1.00 packet | 70.000 | 1.000 |
| Soy Sauce Packet | 1.00 packet | 0.000 | 0.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Sriracha Packet | 1.00 each | 9.000 | 1.701 |
| Pickles | 1.00 serving | 1.667 | 0.000 |

| | | | |
|------------------------|--------------|----------|---------|
| Jalapenos | 1.00 serving | 5.000 | 1.000 |
| Weighted Daily Average | | 660.895* | 95.451* |
| % of Calories | | | 57.77% |

| Wed - 09/25/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|--------------|-----------------|-------------------|
| 2019-2020 High School Lunch Menu | | | |
| Recipe | Total | | |
| Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT) | 1.00 serving | 430.000 | 75.000 |
| Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll | 1.00 serving | 485.000 | 57.000 |
| Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 350.000 | 45.000 |
| Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 45.000 |
| Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 43.000 |
| Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 397.660 | 45.447 |
| Cheeseburger Box w/ Spicy Potato Wedges | 1.00 serving | 583.999 | 51.600 |
| Hamburger Box w/ Spicy Potato Wedges | 1.00 serving | 529.000 | 50.600 |
| Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges | 1.00 serving | 506.000 | 66.000 |
| Chef Salad w/ 2 oz Dinner Roll | 1.00 serving | 352.732 | 42.421 |
| Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS) | 1.00 serving | 416.031* | 57.218* |
| Turkey & Bacon Sub Sandwich | 1.00 serving | 387.721 | 33.698 |
| Turkey Deli & Cheese Sandwich (Homemade) | 1.00 serving | 289.186 | 30.368 |
| Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted | 1.00 each | 630.000 | 64.000 |
| Yogurt Parfait w/ Granola 2M/2G | 1.00 serving | 421.058 | 79.617 |
| Sandwich, Grilled Cheese | 1.00 each | 280.320 | 30.960 |
| Grilled Bean & Cheese Burrito | 1.00 serving | 360.000 | 45.000 |
| Chicken and Waffles | 1.00 serving | 516.409 | 72.235 |

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|-----------------------------------|-----------------|----------|----------|
| Black Beans, 1/4 cup | 0.25 cup | 54.498 | 9.936 |
| Kidney Beans, 1/4 cup | 0.25 cup | 52.000 | 9.498 |
| Grab-it Carrots, 1/2 cup | 0.50 cup | 30.000 | 7.000 |
| 4 Way Salad, 1 cup | 1.00 cup | 15.000 | 3.000 |
| Spinach, 1 cup, (Raw) | 1.00 cup | 6.900 | 1.089 |
| Yellow Corn, 1/2 cup (canned) | 1/2 cup | 64.993 | 14.998 |
| Lettuce, 1/2 cup, shredded | 0.50 cup | 5.040 | 1.069 |
| Jicama Sticks, 1/2 cup | 0.50 cup | 23.000 | 5.500 |
| Assorted Fresh Fruit | 1.00 each | 64.897 | 16.786 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Raisin Box | 0.25 cup | 120.000 | 29.000 |
| Assorted Flavored Craisins | 1.00 each | 110.000 | 28.000 |
| 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 tablespoon | 27.101 | 0.850 |
| Italian Dressing | 1.00 tablespoon | 45.135 | 0.834 |
| Mayonnaise Packet | 1.00 packet | 60.000 | 1.000 |
| Ranch Packet | 1.00 packet | 70.000 | 1.000 |
| Soy Sauce Packet | 1.00 packet | 0.000 | 0.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Sriracha Packet | 1.00 each | 9.000 | 1.701 |
| Pickles | 1.00 serving | 1.667 | 0.000 |
| Jalapenos | 1.00 serving | 5.000 | 1.000 |
| Weighted Daily Average | | 743.288* | 115.540* |
| % of Calories | | | 62.18% |

| Thu - 09/26/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|--------------|-----------------|-------------------|
| 2019-2020 High School Lunch Menu | | | |
| Recipe | Total | | |
| Chicken Teriyaki & Vegetable Fried Rice Bowl (HS/INT) | 1.00 serving | 360.356 | 60.024 |
| Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll | 1.00 serving | 485.000 | 57.000 |
| Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 350.000 | 45.000 |
| Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 45.000 |
| Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 43.000 |
| Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 397.660 | 45.447 |
| Cheeseburger Box w/ Spicy Potato Wedges | 1.00 serving | 583.999 | 51.600 |
| Hamburger Box w/ Spicy Potato Wedges | 1.00 serving | 529.000 | 50.600 |
| Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges | 1.00 serving | 506.000 | 66.000 |
| Chef Salad w/ 2 oz Dinner Roll | 1.00 serving | 352.732 | 42.421 |
| Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS) | 1.00 serving | 416.031* | 57.218* |
| Turkey & Bacon Sub Sandwich | 1.00 serving | 387.721 | 33.698 |
| Turkey Deli & Cheese Sandwich (Homemade) | 1.00 serving | 289.186 | 30.368 |
| Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted | 1.00 each | 630.000 | 64.000 |
| Yogurt Parfait w/ Granola 2M/2G | 1.00 serving | 421.058 | 79.617 |
| Sandwich, Grilled Cheese | 1.00 each | 280.320 | 30.960 |
| Grilled Bean & Cheese Burrito | 1.00 serving | 360.000 | 45.000 |
| General Tso Chicken w/ Vegetable Fried Rice & Cookie | 1.00 serving | 335.000 | 50.000 |
| Black Beans, 1/4 cup | 0.25 cup | 54.498 | 9.936 |
| Kidney Beans, 1/4 cup | 0.25 cup | 52.000 | 9.498 |
| Grab-it Carrots, 1/2 cup | 0.50 cup | 30.000 | 7.000 |

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|--------------------------------------|-----------------|----------|----------|
| 4 Way Salad, 1 cup | 1.00 cup | 15.000 | 3.000 |
| Spinach, 1 cup, (Raw) | 1.00 cup | 6.900 | 1.089 |
| Yellow Corn, 1/2 cup (canned) | 1/2 cup | 64.993 | 14.998 |
| Lettuce, 1/2 cup, shredded | 0.50 cup | 5.040 | 1.069 |
| Tomatoes, 1/4 cup, (Cherry or Grape) | 0.25 cup | 6.705 | 1.449 |
| Assorted Fresh Fruit | 1.00 each | 64.897 | 16.786 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Raisin Box | 0.25 cup | 120.000 | 29.000 |
| Assorted Flavored Craisins | 1.00 each | 110.000 | 28.000 |
| 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 tablespoon | 27.101 | 0.850 |
| Italian Dressing | 1.00 tablespoon | 45.135 | 0.834 |
| Mayonnaise Packet | 1.00 packet | 60.000 | 1.000 |
| Ranch Packet | 1.00 packet | 70.000 | 1.000 |
| Soy Sauce Packet | 1.00 packet | 0.000 | 0.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Sriracha Packet | 1.00 each | 9.000 | 1.701 |
| Pickles | 1.00 serving | 1.667 | 0.000 |
| Jalapenos | 1.00 serving | 5.000 | 1.000 |
| Weighted Daily Average | | 660.986* | 105.028* |
| % of Calories | | | 63.56% |

| | | | |
|-------------------------|---------------------|------------------------|--------------------------|
| Fri - 09/27/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-------------------------|---------------------|------------------------|--------------------------|

| 2019-2020 High School Lunch Menu | | | |
|---|--------------|----------|---------|
| Recipe | Total | | |
| Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT) | 1.00 serving | 430.000 | 75.000 |
| Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll | 1.00 serving | 485.000 | 57.000 |
| Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 350.000 | 45.000 |
| Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 45.000 |
| Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 43.000 |
| Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 397.660 | 45.447 |
| Cheeseburger Box w/ Spicy Potato Wedges | 1.00 serving | 583.999 | 51.600 |
| Hamburger Box w/ Spicy Potato Wedges | 1.00 serving | 529.000 | 50.600 |
| Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges | 1.00 serving | 506.000 | 66.000 |
| Chef Salad w/ 2 oz Dinner Roll | 1.00 serving | 352.732 | 42.421 |
| Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS) | 1.00 serving | 416.031* | 57.218* |
| Turkey & Bacon Sub Sandwich | 1.00 serving | 387.721 | 33.698 |
| Turkey Deli & Cheese Sandwich (Homemade) | 1.00 serving | 289.186 | 30.368 |
| Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted | 1.00 each | 630.000 | 64.000 |
| Yogurt Parfait w/ Granola 2M/2G | 1.00 serving | 421.058 | 79.617 |
| Sandwich, Grilled Cheese | 1.00 each | 280.320 | 30.960 |
| Grilled Bean & Cheese Burrito | 1.00 serving | 360.000 | 45.000 |
| Baked Macaroni & Cheese with Chicken Meal | 1.00 serving | 612.879 | 87.293 |
| Black Beans, 1/4 cup | 0.25 cup | 54.498 | 9.936 |
| Kidney Beans, 1/4 cup | 0.25 cup | 52.000 | 9.498 |
| Grab-it Carrots, 1/2 cup | 0.50 cup | 30.000 | 7.000 |
| 4 Way Salad, 1 cup | 1.00 cup | 15.000 | 3.000 |
| Spinach, 1 cup, (Raw) | 1.00 cup | 6.900 | 1.089 |
| Yellow Corn, 1/2 cup (canned) | | 64.993 | 14.998 |

| | 1/2 cup | | |
|-----------------------------------|-----------------|----------|----------|
| Lettuce, 1/2 cup, shredded | 0.50 cup | 5.040 | 1.069 |
| Assorted Fresh Fruit | 1.00 each | 64.897 | 16.786 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |
| Raisin Box | 0.25 cup | 120.000 | 29.000 |
| Assorted Flavored Craisins | 1.00 each | 110.000 | 28.000 |
| 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 tablespoon | 27.101 | 0.850 |
| Italian Dressing | 1.00 tablespoon | 45.135 | 0.834 |
| Mayonnaise Packet | 1.00 packet | 60.000 | 1.000 |
| Ranch Packet | 1.00 packet | 70.000 | 1.000 |
| Soy Sauce Packet | 1.00 packet | 0.000 | 0.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Sriracha Packet | 1.00 each | 9.000 | 1.701 |
| Pickles | 1.00 serving | 1.667 | 0.000 |
| Jalapenos | 1.00 serving | 5.000 | 1.000 |
| Weighted Daily Average | | 783.621* | 121.740* |
| % of Calories | | | 62.14% |

| Mon - 09/30/2019 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|----------------------------------|--------------|-----------------|-------------------|
| 2019-2020 High School Lunch Menu | | | |

| Recipe | Total | | |
|---|--------------|----------|---------|
| Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT) | 1.00 serving | 430.000 | 75.000 |
| Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll | 1.00 serving | 485.000 | 57.000 |
| Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 350.000 | 45.000 |
| Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 45.000 |
| Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 360.000 | 43.000 |
| Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut | 1.00 slice | 397.660 | 45.447 |
| Cheeseburger Box w/ Spicy Potato Wedges | 1.00 serving | 583.999 | 51.600 |
| Hamburger Box w/ Spicy Potato Wedges | 1.00 serving | 529.000 | 50.600 |
| Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges | 1.00 serving | 506.000 | 66.000 |
| Chef Salad w/ 2 oz Dinner Roll | 1.00 serving | 352.732 | 42.421 |
| Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS) | 1.00 serving | 416.031* | 57.218* |
| Turkey & Bacon Sub Sandwich | 1.00 serving | 387.721 | 33.698 |
| Turkey Deli & Cheese Sandwich (Homemade) | 1.00 serving | 289.186 | 30.368 |
| Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted | 1.00 each | 630.000 | 64.000 |
| Yogurt Parfait w/ Granola 2M/2G | 1.00 serving | 421.058 | 79.617 |
| Sandwich, Grilled Cheese | 1.00 each | 280.320 | 30.960 |
| Grilled Bean & Cheese Burrito | 1.00 serving | 360.000 | 45.000 |
| Black Beans, 1/4 cup | 0.25 cup | 54.498 | 9.936 |
| Kidney Beans, 1/4 cup | 0.25 cup | 52.000 | 9.498 |
| Grab-it Carrots, 1/2 cup | 0.50 cup | 30.000 | 7.000 |
| 4 Way Salad, 1 cup | 1.00 cup | 15.000 | 3.000 |
| Spinach, 1 cup, (Raw) | 1.00 cup | 6.900 | 1.089 |
| Yellow Corn, 1/2 cup (canned) | 1/2 cup | 64.993 | 14.998 |
| Lettuce, 1/2 cup, shredded | 0.50 cup | 5.040 | 1.069 |
| Assorted Fresh Fruit | 1.00 each | 64.897 | 16.786 |
| Fruit, 1/2 cup, (assorted canned) | 0.50 cup | 59.991 | 14.998 |
| Juice, Assorted, 4 oz, Hollandia | 1.00 each | 56.667 | 14.000 |

| | | | |
|----------------------------|-----------------|----------|---------|
| Raisin Box | 0.25 cup | 120.000 | 29.000 |
| Assorted Flavored Craisins | 1.00 each | 110.000 | 28.000 |
| 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 tablespoon | 27.101 | 0.850 |
| Italian Dressing | 1.00 tablespoon | 45.135 | 0.834 |
| Mayonnaise Packet | 1.00 packet | 60.000 | 1.000 |
| Ranch Packet | 1.00 packet | 70.000 | 1.000 |
| Soy Sauce Packet | 1.00 packet | 0.000 | 0.000 |
| Tapatio Hot Sauce | 1.00 each | 0.000 | 0.000 |
| Sriracha Packet | 1.00 each | 9.000 | 1.701 |
| Pickles | 1.00 serving | 1.667 | 0.000 |
| Jalapenos | 1.00 serving | 5.000 | 1.000 |
| Weighted Daily Average | | 520.083* | 84.204* |
| % of Calories | | | 64.76% |

* = Indicates missing Nutrient Information.

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