

# Carbohydrate Report

District: Garden Grove Unified School District

School: Bell Intermediate

Menu: 2019-2020 Intermediate Lunch Menu



Wed - 08/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000

Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		665.109	96.856
% of Calories			58.25%

Thu - 08/29/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Intermediate Lunch Menu			
Recipe	Total		
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
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000

Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Nectarine, (Fresh)	1.00 each	56.760	13.610
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000

Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		619.088	92.147
% of Calories			59.54%

Fri - 08/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Northern Beans, 1/2 cup	1/2 cup	149.994	27.989
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Applesauce, 1/2 cup (canned)	1/2 cup	51.000	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		679.958	100.174
% of Calories			58.93%

Mon - 09/02/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Intermediate 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 Intermediate Lunch Menu			
Recipe	Total		
Chicken Teriyaki & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	360.356	60.024
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000

Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Apple, Fresh	1.00 each	52.520	13.948
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		668.596	98.033
% of Calories			58.65%

Wed - 09/04/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000

Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000



Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		665.109	96.856
% of Calories			58.25%

Thu - 09/05/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Intermediate Lunch Menu			
Recipe	Total		
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
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545

Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		613.900	91.003
% of Calories			59.29%

Fri - 09/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000

Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Black Beans, 1/2 cup	0.50 cup	108.996	19.872
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000

Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		665.658	96.562
% of Calories			58.03%

Mon - 09/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 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	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	7.500	1.500

Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Apple, Fresh	1.00 each	52.520	13.948
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		720.416	113.791
% of Calories			63.18%

<b>Tue - 09/10/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2019-2020 Intermediate Lunch Menu</b>			
Recipe	Total		
Chicken Teriyaki & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	360.356	60.024
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000

Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Peach Cup (frozen)	1.00 serving	80.000	19.000
Banana (fresh)	1.00 each	105.020	26.951
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000

Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		678.899	100.684
% of Calories			59.32%

Wed - 09/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		665.109	96.856
% of Calories			58.25%

Thu - 09/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Intermediate Lunch Menu			
Recipe	Total		



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
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Plum, (Fresh)	1.00 each	30.360	7.537
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	3.500	0.300

Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		613.808	90.932
% of Calories			59.26%

<b>Fri - 09/13/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2019-2020 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421

Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		665.259	96.274
% of Calories			57.89%

Mon - 09/16/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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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	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Apple, Fresh	1.00 each	52.520	13.948
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		630.409	91.433
% of Calories			58.02%

<b>Tue - 09/17/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2019-2020 Intermediate Lunch Menu</b>			
Recipe	Total		
Chicken Teriyaki & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	360.356	60.024
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535

Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Peach Cup (frozen)	1.00 serving	80.000	19.000
Banana (fresh)	1.00 each	105.020	26.951
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		678.899	100.684
% of Calories			59.32%

Wed - 09/18/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		665.109	96.856
% of Calories			58.25%

Thu - 09/19/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Intermediate Lunch Menu			
Recipe	Total		
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
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300



Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		613.900	91.003
% of Calories			59.29%

Fri - 09/20/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Pinto Beans, 1/2 cup, (canned)	0.50 cup	97.997	17.995
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575

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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		664.558	96.375
% of Calories			58.01%

Mon - 09/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 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	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300

Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Apple, Fresh	1.00 each	52.520	13.948
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		630.409	91.433
% of Calories			58.02%

Tue - 09/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Intermediate Lunch Menu			
Recipe	Total		
Chicken Teriyaki & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	360.356	60.024
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000

Peach Cup (frozen)	1.00 serving	80.000	19.000
Banana (fresh)	1.00 each	105.020	26.951
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		678.899	100.684
% of Calories			59.32%

Wed - 09/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600

Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701

Weighted Daily Average	665.109	96.856
% of Calories		58.25%

Thu - 09/26/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Intermediate Lunch Menu			
Recipe	Total		
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
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545



Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		613.900	91.003
% of Calories			59.29%

<b>Fri - 09/27/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2019-2020 Intermediate Lunch Menu</b>			
<b>Recipe</b>	<b>Total</b>		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000

Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Pinto Beans, 1/2 cup, (canned)	0.50 cup	97.997	17.995
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000

Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		664.558	96.375
% of Calories			58.01%

Mon - 09/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 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	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545

Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Apple, Fresh	1.00 each	52.520	13.948
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		630.409	91.433
% of Calories			58.02%

\* = Indicates missing Nutrient Information.

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