

Carbohydrate Report

District: Garden Grove Unified School District

School: Allen Elementary

Menu: 2019-2020 Elementary Lunch Menu



Wed - 08/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu			
Recipe	Total		
Chicken Nuggets	1.00 serving/5 pieces	260.000	16.000
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
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Rainbow Goldfish Cheese Crackers	1.00 package	100.000	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		593.493	77.953

% of Calories	52.54%
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Thu - 08/29/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu			
Recipe	Total		
Pepperoni French Bread Pizza	1.00 serving	350.000	35.000
Cheese French Bread Pizza	1.00 each	340.000	35.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
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
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Nectarine, (Fresh)	1.00 each	56.760	13.610
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		588.024	88.698
% of Calories			60.34%

Fri - 08/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu			
Recipe	Total		
Macaroni & Cheese (#6 SCOOP)	1.00 serving	290.015	32.002
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000
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
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Applesauce, 1/2 cup (canned)	1/2 cup	51.000	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Iced Oatmeal Cookie	1.00 serving	141.860	19.150
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		675.198	98.303
% of Calories			58.24%

Mon - 09/02/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Elementary 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 Elementary Lunch Menu			
Recipe	Total		
Chicken Corn Dog	1.00 each	238.000	27.800
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	300.000	31.000
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
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Apple, Fresh	1.00 each	52.520	13.948
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 tablespoon	45.135	0.834

Weighted Daily Average	456.696	68.035
% of Calories		59.59%

Wed - 09/04/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu			
Recipe	Total		
Animal Shaped Chicken Nuggets	1.00 serving/3 nuggets	220.000	12.000
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
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Chocolate Bear Grahams	1.00 each	221.373	42.262
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		654.533	96.015
% of Calories			58.68%

Thu - 09/05/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu			
Recipe	Total		
Cheese Quesadilla	1.00 serving	330.000	29.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
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
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
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
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 tablespoon	45.135	0.834
Salsa	1.00 tablespoon	3.750	0.750
Weighted Daily Average		540.143	75.655
% of Calories			56.03%

Fri - 09/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)

2019-2020 Elementary Lunch Menu			
Recipe	Total		
Breaded Chicken Patty w/ Hamburger Buns 3.5"	1.00 serving	352.069	37.414
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
Potato Crinkle Cut Fries 1/2 cup	1/2 cup	110.000	17.000
Black Beans, 1/2 cup	0.50 cup	108.996	19.872
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Apple Juice Carton, 4 oz	1.00 each	55.000	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 tablespoon	45.135	0.834
Pickles	1.00 serving	1.667	0.000
Weighted Daily Average		656.079	92.868
% of Calories			56.62%

Mon - 09/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu			

Recipe	Total		
Breaded Chicken Drumstick	1.00 serving	190.000	5.000
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	300.000	31.000
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
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Apple, Fresh	1.00 each	52.520	13.948
Chocolate Chip Cookie (Bonzer)	1.00 each	165.000	27.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		586.545	77.544
% of Calories			52.88%

Tue - 09/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu			
Recipe	Total		
Crunchy Beef Taco	1.00 serving	286.182	19.054

Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000
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
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Peach Cup (frozen)	1.00 serving	80.000	19.000
Banana (fresh)	1.00 each	105.020	26.951
Chocolate Brown Rice Krispies Treat	1.00 each	45.000	8.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 tablespoon	45.135	0.834
Salsa	1.00 tablespoon	3.750	0.750
Weighted Daily Average		563.706	74.051
% of Calories			52.55%

Wed - 09/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu			
Recipe	Total		
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	300.000	31.000

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
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 tablespoon	45.135	0.834
Pickles	1.00 serving	1.667	0.000
Weighted Daily Average		479.113	69.201
% of Calories			57.77%

Thu - 09/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken w/ Vegetable Fried Rice (1/2 cup)	1.00 serving	295.000	48.000
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
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
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
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 tablespoon	45.135	0.834
Salsa	1.00 tablespoon	3.750	0.750
Weighted Daily Average		494.207	83.181
% of Calories			67.32%

Fri - 09/13/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu				
Recipe	Total			
Personal Pepperoni Pizza (Tony's)	1.00 each		330.000	38.000
Personal Cheese Pizza (Tony's)	1.00 each		330.000	38.000
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

Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Appleberry Juice Carton, 4 oz	1.00 each	55.000	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		527.807	76.193
% of Calories			57.74%

Mon - 09/16/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu			
Recipe	Total		
Sausage Patties w/ Belgian 2M/2G	1.00 serving/ 2 sausage patties + 1 waffle	312.000	33.200
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	300.000	31.000
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
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Apple, Fresh	1.00 each	52.520	13.948

Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 tablespoon	45.135	0.834
Syrup Cup	1.00 each	120.000	30.000
Weighted Daily Average		615.145	97.104
% of Calories			63.14%

Tue - 09/17/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu				
Recipe	Total			
Chicken Double Dogs	1.00 each	260.000	31.500	
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333	
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	
Raisin Box	0.25 cup	120.000	29.000	
Assorted Flavored Craisins	1.00 each	110.000	28.000	
Peach Cup (frozen)	1.00 serving	80.000	19.000	
Banana (fresh)	1.00 each	105.020	26.951	
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000	
1% Low-fat Milk	8.00 oz	120.000	16.000	

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
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		507.573	83.437
% of Calories			65.75%

Wed - 09/18/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu			
Recipe	Total		
Spaghetti w/ Cheesy Breadstick (Bosco)	1.00 serving	284.495	34.271
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000
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
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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

Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		492.692	71.778
% of Calories			58.27%

Thu - 09/19/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu			
Recipe	Total		
Turkey Taco Pocket	1.00 each	310.000	40.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
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
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
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
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 tablespoon	45.135	0.834
Salsa	1.00 tablespoon	3.750	0.750
Weighted Daily Average		524.143	84.455
% of Calories			64.45%

Fri - 09/20/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu			
Recipe	Total		
Chicken Tenders (3 pieces)	1.00 serving/3 pieces	225.000	15.000
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
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Apple Juice Carton, 4 oz	1.00 each	55.000	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Happy Birthday Cookie (Bonzer)	1.00 each	175.000	27.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		618.457	84.843
% of Calories			54.87%

Mon - 09/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Elementary Lunch Menu			
Recipe	Total		
Hamburger w/ Whole Wheat Bun	1.00 serving	230.069	22.914
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
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
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Apple, Fresh	1.00 each	52.520	13.948
Sun Chips Cheddar Chips	1.00 each	140.000	19.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 tablespoon	45.135	0.834
Cheese Slice	1.00 slice	55.686	1.012
Pickles	1.00 serving	1.667	0.000
Weighted Daily Average		646.664	92.251
% of Calories			57.06%

Tue - 09/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Elementary Lunch Menu			
Recipe	Total		
Pepperoni French Bread Pizza	1.00 serving	350.000	35.000
Cheese French Bread Pizza	1.00 each	340.000	35.000
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	300.000	31.000
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
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Peach Cup (frozen)	1.00 serving	80.000	19.000
Banana (fresh)	1.00 each	105.020	26.951
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		563.573	78.571
% of Calories			55.77%

Wed - 09/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Elementary Lunch Menu

Recipe	Total		
Teriyaki Beef Dippers w/ Vegetable Fried Rice (1/2 cup)	1.00 serving	293.997	38.700
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000
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
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		528.627	82.321
% of Calories			62.29%

Thu - 09/26/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu			
Recipe	Total		
Chicken Nuggets	1.00 serving/5 pieces	260.000	16.000

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
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
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
Rainbow Goldfish Cheese Crackers	1.00 package	100.000	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		593.603	78.393
% of Calories			52.83%

Fri - 09/27/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu			
Recipe	Total		
Macaroni & Cheese (#6 SCOOP)	1.00 serving	290.015	32.002
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
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
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Appleberry Juice Carton, 4 oz	1.00 each	55.000	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Iced Oatmeal Cookie	1.00 serving	141.860	19.150
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		686.198	105.769
% of Calories			61.66%

Mon - 09/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu			
Recipe	Total		
Chicken Corn Dog	1.00 each	238.000	27.800
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	300.000	31.000
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
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Apple, Fresh	1.00 each	52.520	13.948
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		459.945	68.784
% of Calories			59.82%

* = Indicates missing Nutrient Information.

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