

Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2017-2018 High School Lunch Menu



Wed - 08/30/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000

Yogurt Parfait w/ Granola 2M/2G	1.00 serving	594.959	117.672
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701

Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		735.118*	104.149*
% of Calories			56.67%

Thu - 08/31/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	348.726	60.634
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato	1.00 serving	584.686	52.612

Wedges			
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	594.959	117.672
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
RiBBQ Sandwich with Spicy Potato Wedges	1.00 serving	421.000	53.000
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788

Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		713.074*	104.759*
% of Calories			58.76%

Fri - 09/01/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	594.959	117.672
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chicken Taquitos w/ Refried Beans	1.00 serving	387.000	57.000

Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000

Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		706.398*	106.029*
% of Calories			60.04%

Tue - 09/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Kung Pao Chicken & Vegetable Rice Bowl (HS)	1.00 serving	335.400	57.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000

Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	594.959	117.672
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chili Dog w/ Spicy Wedges (HS)	1.00 serving	556.553	63.860
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703

1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		744.941*	107.226*
% of Calories			57.58%

Wed - 09/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		

Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	594.959	117.672
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
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	53.760	9.280

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

Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		737.456*	109.686*
% of Calories			59.49%

Thu - 09/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	348.726	60.634
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723

Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	594.959	117.672
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
General Tso Chicken w/ Steamed Brown Rice & Mixed Vegetables	1.00 serving	471.500	78.928
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000

Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		725.194*	110.981*
% of Calories			61.21%

Fri - 09/08/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000

Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	594.959	117.672
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Pork & Cheese Tamale with Steamed Corn	1.00 serving	416.002	61.826
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545

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

Weighted Daily Average	713.358*	107.187*
% of Calories		60.10%

Mon - 09/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	594.959	117.672

Sandwich, Grilled Cheese	1.00 each	280.310	30.959
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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503

Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		607.425*	92.236*
% of Calories			60.74%

Tue - 09/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Kung Pao Chicken & Vegetable Rice Bowl (HS)	1.00 serving	335.400	57.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600

Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	594.959	117.672
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spaghetti w/ Cheesy Breadstick (HS)	1.00 serving	340.529	39.638
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197

Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		693.095*	101.412*
% of Calories			58.53%

Wed - 09/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
------------------	--------------	-----------------	-------------------

Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	594.959	117.672
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
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	53.760	9.280

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

Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		735.118*	104.149*
% of Calories			56.67%

Thu - 09/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	348.726	60.634
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723

Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	594.959	117.672
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
RiBBQ Sandwich with Spicy Potato Wedges	1.00 serving	421.000	53.000
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000

Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		713.074*	104.759*
% of Calories			58.76%

Fri - 09/15/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1	1.00 slice	280.000	34.000

Slice/8 Cut			
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	594.959	117.672
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chicken Taquitos w/ Refried Beans	1.00 serving	387.000	57.000
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545

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

Weighted Daily Average	706.398*	106.029*
% of Calories		60.04%

Mon - 09/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Mini Cheese Calzones	1.00 serving/3 pieces	350.000	34.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3	1.00 each	630.000	64.000

oz, Assorted			
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	594.959	117.672
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Turkey & Gravy Meal (HS)	1.00 serving	462.640	73.764
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000

Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		735.958*	111.640*
% of Calories			60.68%

Tue - 09/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Kung Pao Chicken & Vegetable Rice Bowl (HS)	1.00 serving	335.400	57.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000

Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	594.959	117.672
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Baked Macaroni & Cheese with Chicken Meal	1.00 serving	602.879	84.293*
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750

Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		756.059*	112.129*

% of Calories	59.32%
---------------	--------

Wed - 09/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	594.959	117.672
Sandwich, Grilled Cheese	1.00 each	280.310	30.959

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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503

Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		737.456*	109.686*
% of Calories			59.49%

Thu - 09/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	348.726	60.634
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600

Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	594.959	117.672
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
General Tso Chicken w/ Steamed Brown Rice & Mixed Vegetables	1.00 serving	471.500	78.928
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197

Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		725.194*	110.981*
% of Calories			61.21%

Fri - 09/22/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
-------------------------	---------------------	------------------------	--------------------------

Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	594.959	117.672
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Pork & Cheese Tamale with Steamed Corn	1.00 serving	416.002	61.826
Black Beans, 1/4 cup	0.25 cup	54.498	9.936

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

Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		713.358*	107.187*
% of Calories			60.10%

Mon - 09/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Mini Cheese Calzones	1.00 serving/3 pieces	350.000	34.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094

Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	594.959	117.672
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Carnitas Tacos with Steamed Corn & Rice Krispy Treat	1.00 serving/2 tacos	362.080	46.826
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703

1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		711.824*	105.175*
% of Calories			59.10%

Tue - 09/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Kung Pao Chicken & Vegetable Rice	1.00 serving	335.400	57.845

Bowl (HS)			
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	594.959	117.672
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chili Dog w/ Spicy Wedges (HS)	1.00 serving	556.553	63.860
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000

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

Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		744.941*	107.226*
% of Calories			57.58%

Wed - 09/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese	1.00 serving	286.623	30.389

Sandwich			
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	594.959	117.672
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000

Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		735.118*	104.149*
% of Calories			56.67%

Thu - 09/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	348.726	60.634
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000

Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	594.959	117.672
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
RiBBQ Sandwich with Spicy Potato Wedges	1.00 serving	421.000	53.000
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750

Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		713.074*	104.759*

% of Calories			58.76%
Fri - 09/29/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	594.959	117.672
Sandwich, Grilled Cheese	1.00 each	280.310	30.959

Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chicken Taquitos w/ Refried Beans	1.00 serving	387.000	57.000
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503

Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		706.398*	106.029*
% of Calories			60.04%

* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.