

# Carbohydrate Report

District: Garden Grove Unified School District

School: Anthony Elementary

Menu: 2017-2018 Elementary Lunch Menu



Thu - 02/01/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Sausage Patties w/ Belgian 2M/2G	1.00 serving/ 2 sausage patties + 1 waffle	312.000	33.200
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Kiwi, (Fresh)	0.50 cup	54.900	13.194
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		627.183	97.164
% of Calories			61.97%

Fri - 02/02/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Football Shaped Chicken Nuggets w/ Dinner Roll	1.00 serving	318.812	28.929
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Zucchini Coins, 1/2 cup	0.50 cup	9.605	1.757
Raisin Box	0.25 cup	108.388	28.703
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
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Garden Salsa Sun Chips	1.00 each	140.000	18.000
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		699.109	95.506
% of Calories			54.64%

Mon - 02/05/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Hamburger w/ Whole Wheat Bun	1.00 serving	238.000	24.500
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000

Potato Crinkle Cut Fries 1/2 cup	1/2 cup	110.000	17.000
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Cheese Slice	1.00 slice	55.686	1.012
Weighted Daily Average		672.443	99.518
% of Calories			59.20%

Tue - 02/06/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Chicken Corn Dog	1.00 each	239.846	22.780
Sandwich, Grilled Cheese	1.00 each	280.320	30.960

4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Banana (fresh)	1.00 each	105.020	26.951
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Brown Rice Krispies Treat	1.00 each	50.000	9.000
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		572.127	86.297
% of Calories			60.33%

Wed - 02/07/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 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	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Celery Sticks, 1/2 cup	0.50 cup	9.600	1.782
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		547.378	82.199
% of Calories			60.07%

Thu - 02/08/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Turkey Taco Pocket	1.00 each	310.000	40.000
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	310.000	31.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Apricots, 1/2 cup (diced, canned)	1/2 cup	59.991	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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503

Weighted Daily Average	568.507	86.738
% of Calories		61.03%

Fri - 02/09/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Three Cheese Calzone	1.00 serving	350.000	42.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Kidney Beans, 1/2 cup	0.50 cup	104.000	18.995
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Kiwi, (Fresh)	0.50 cup	54.900	13.194
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		645.607	105.669
% of Calories			65.47%

Mon - 02/12/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 02/13/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545

Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Apple, Fresh	1.00 each	52.520	13.948
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		571.968	86.090
% of Calories			60.21%

Wed - 02/14/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Heart Shaped Chicken Nuggets	1.00 serving/3 nuggets	250.000	15.000

Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Banana (fresh)	1.00 each	105.020	26.951
Pineapple, 1/2 cup (tidbits, canned)	1/2 cup	70.000	17.000
Valentine Heart Cookie	1.00 each	84.776	12.373
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		573.907	72.629
% of Calories			50.62%

Thu - 02/15/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Breaded Chicken Drumstick w/ Funnel Cake	1.00 serving	490.000	48.000
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	310.000	31.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Kiwi, (Fresh)	0.50 cup	54.900	13.194
Apricots, 1/2 cup (diced, canned)	1/2 cup	59.991	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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		671.980	82.453

% of Calories	49.08%

Fri - 02/16/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Pinto Beans, 1/2 cup, (canned)	0.50 cup	97.997	17.995
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
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	3.000	0.292

Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		594.727	90.674
% of Calories			60.99%

Mon - 02/19/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 02/20/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 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	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449

Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Kiwi, (Fresh)	0.50 cup	54.900	13.194
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Presidents Cookies	1.00 package	100.000	18.000
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		610.925	77.496
% of Calories			50.74%

Wed - 02/21/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 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	310.000	31.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000

Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Banana (fresh)	1.00 each	105.020	26.951
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		508.676	72.733
% of Calories			57.19%

Thu - 02/22/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Breaded Chicken Patty w/ Hamburger Buns 3.5"	1.00 serving	360.000	39.000



Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tater Tots, 1/2 cup	0.50 cup	134.000	18.000
Cauliflower, 1/2 cup (raw)	0.50 cup	12.500	2.485
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Apricots, 1/2 cup (diced, canned)	1/2 cup	59.991	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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		693.183	92.642
% of Calories			53.46%

Fri - 02/23/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Macaroni & Cheese (#6 SCOOP)	1.00 serving	290.015	32.002
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503

Weighted Daily Average	636.220	93.804
% of Calories		58.98%

Mon - 02/26/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Chicken Double Dogs	1.00 each	260.000	31.500
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	310.000	31.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Apple, Fresh	1.00 each	52.520	13.948
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		490.298	70.367
% of Calories			57.41%

Tue - 02/27/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Teriyaki Beef Dippers w/ Steamed Brown Rice (1/2 cup)	1.00 serving	268.197	34.622
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Banana (fresh)	1.00 each	105.020	26.951
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		532.401	85.888
% of Calories			64.53%

Wed - 02/28/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Cheese French Bread Pizza	1.00 each	340.000	36.000
Pepperoni French Bread Pizza	1.00 serving	350.000	35.000
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	310.000	31.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Cauliflower, 1/2 cup (raw)	0.50 cup	12.500	2.485
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000

Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Pineapple, 1/2 cup (tidbits, canned)	1/2 cup	70.000	17.000
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		554.752	71.728
% of Calories			51.72%

\* = 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.