

Carbohydrate Report

District: Garden Grove Unified School District

School: Anthony Elementary

Menu: 2018-2019 Elementary Lunch Menu



Fri - 02/01/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 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
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
Raisin Box	0.25 cup	120.000	29.000
Strawberry 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
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		615.925	93.104
% of Calories			60.46%

Mon - 02/04/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Lunch Menu			
Recipe	Total		
Hamburger w/ Whole Wheat Bun	1.00 serving	230.069	22.914
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Apple, Fresh	1.00 each	52.520	13.948
Sun Chips Cheddar 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	3.500	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		664.947	93.692
% of Calories			56.36%

Tue - 02/05/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 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
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Raisin Box	0.25 cup	120.000	29.000
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
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		473.140	71.595
% of Calories			60.53%

Wed - 02/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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2018-2019 Elementary Lunch Menu

Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
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
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
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		603.329	104.687
% of Calories			69.41%

Thu - 02/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 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
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	120.000	29.000
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Applesauce, 1/2 cup (canned)	1/2 cup	51.000	14.000
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
Weighted Daily Average		492.724	72.004
% of Calories			58.45%

Fri - 02/08/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Lunch Menu			
Recipe	Total		
Chicken Nuggets	1.00 serving/5 pieces	260.000	16.000
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

Northern Beans, 1/2 cup	1/2 cup	149.994	27.989
Raisin Box	0.25 cup	120.000	29.000
Strawberry 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
Brownie Cup	1.00 each	147.633	26.291
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		683.045	103.643
% of Calories			60.69%

Mon - 02/11/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Lunch Menu				
Recipe	Total			
Weighted Daily Average	N/A		N/A	
% of Calories				N/A

Tue - 02/12/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 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
Tater Tots, 1/2 cup	0.50 cup	134.000	18.000
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Raisin Box	0.25 cup	120.000	29.000
Strawberry 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
Pickles	1.00 serving	1.667	0.000
Weighted Daily Average		683.850	94.502
% of Calories			55.28%

Wed - 02/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Lunch Menu			
Recipe	Total		
Cheese Pizza Wedge	1.00 each	328.000	35.000

Pepperoni Pizza Wedge	1.00 each	336.000	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
Celery Sticks, 1/2 cup	0.50 cup	9.600	1.782
Raisin Box	0.25 cup	120.000	29.000
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
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		544.555	80.356
% of Calories			59.03%

Thu - 02/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 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	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
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Applesauce, 1/2 cup (canned)	1/2 cup	51.000	14.000
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		541.968	68.752
% of Calories			50.74%

Fri - 02/15/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Lunch Menu				
Recipe	Total			
Grilled Bean & Cheese Burrito	1.00 serving		360.000	45.000
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

Pinto Beans, 1/2 cup, (canned)	0.50 cup	97.997	17.995
Raisin Box	0.25 cup	120.000	29.000
Strawberry 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
Salsa	1.00 tablespoon	3.750	0.750
Weighted Daily Average		572.500	89.740
% of Calories			62.70%

Mon - 02/18/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Lunch Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 02/19/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 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
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Raisin Box	0.25 cup	120.000	29.000
Strawberry 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		493.714	79.445
% of Calories			64.37%

Wed - 02/20/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Lunch Menu			
Recipe	Total		
Teriyaki Chicken w/ Vegetable Fried Rice (1/2 cup)	1.00 serving	225.356	33.024
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
Celery Sticks, 1/2 cup	0.50 cup	9.600	1.782
Raisin Box	0.25 cup	120.000	29.000
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
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		447.640	71.309
% of Calories			63.72%

Thu - 02/21/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 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

Strawberry Flavored Craisins	1.00 each	110.000	28.000
Applesauce, 1/2 cup (canned)	1/2 cup	51.000	14.000
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
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
Salsa	1.00 tablespoon	3.750	0.750
Weighted Daily Average		665.925	103.391
% of Calories			62.10%

Fri - 02/22/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 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
Kidney Beans, 1/2 cup	0.50 cup	104.000	18.995
Raisin Box	0.25 cup	120.000	29.000
Strawberry Flavored Craisins	1.00 each	110.000	28.000

Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Appleberry Juice Carton, 4 oz	1.00 each	55.000	14.000
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		736.550	111.490
% of Calories			60.55%

Mon - 02/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 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	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
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994

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		549.714	84.894
% of Calories			61.77%

Tue - 02/26/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 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
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
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		561.623	72.985
% of Calories			51.98%

Wed - 02/27/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Lunch Menu			
Recipe	Total		
Animal 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	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
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
Fresh Apple Slices, IW	1.00 each	30.159	7.037
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		624.329	83.687
% of Calories			53.62%

Thu - 02/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 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
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	120.000	29.000
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Applesauce, 1/2 cup (canned)	1/2 cup	51.000	14.000
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
Pickles	1.00 serving	1.667	0.000

Weighted Daily Average	479.145	69.427
% of Calories		57.96%

* = 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.