

Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2018-2019 High School Lunch Menu



Fri - 02/01/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	300.000	37.000
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	370.000	40.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	389.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Turkey & Gravy Meal (HS2)	1.00 serving	369.994	66.995
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Raisin Box	0.25 cup	120.000	29.000
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 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		666.730*	110.574*
% of Calories			66.34%

Mon - 02/04/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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2018-2019 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	300.000	37.000
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	370.000	40.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	389.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Tuscan Chicken with Rotini Pasta & Cheesy Breadstick	1.00 serving/#4 scoop pasta + breadstick	325.304	25.367
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	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)		64.993	14.998

	1/2 cup		
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Raisin Box	0.25 cup	120.000	29.000
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 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		647.513*	92.673*
% of Calories			57.25%

Tue - 02/05/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Lunch Menu			
Recipe	Total		

Kung Pao Chicken & Vegetable Fried Rice Bowl (HS)	1.00 serving	387.000	66.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	300.000	37.000
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	370.000	40.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	389.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Bacon Western Cheeseburger Meal	1.00 serving	708.108	66.908
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	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Broccoli Salad (HS)	0.50 cup	76.801	9.460
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998

Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Raisin Box	0.25 cup	120.000	29.000
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 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		813.809*	110.559*
% of Calories			54.34%

Wed - 02/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000

Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	300.000	37.000
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	370.000	40.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	389.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Raisin Box	0.25 cup	120.000	29.000
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 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		717.333*	106.551*
% of Calories			59.41%

Thu - 02/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Lunch Menu			
Recipe	Total		
Chicken Teriyaki & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	360.356	60.024
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	300.000	37.000
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	370.000	40.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000

Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	389.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
General Tso Chicken w/ Vegetable Fried Rice & Cookie	1.00 serving	335.000	50.000
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	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Raisin Box	0.25 cup	120.000	29.000
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 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834

Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		648.536*	102.589*
% of Calories			63.27%

Fri - 02/08/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	300.000	37.000
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	370.000	40.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	389.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380

Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Mesquite Roasted Chicken Drumstick w/ Baked Beans, Corn and Dinner Roll	1.00 serving	638.021	79.853
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Raisin Box	0.25 cup	120.000	29.000
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 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701

Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		781.982*	116.102*
% of Calories			59.39%

Tue - 02/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Lunch Menu			
Recipe	Total		
Kung Pao Chicken & Vegetable Fried Rice Bowl (HS)	1.00 serving	387.000	66.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	300.000	37.000
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	370.000	40.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	389.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000

Beef Hot Dog w/ Spicy Potato Wedges	1.00 serving	270.000	46.000
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	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Coleslaw, 1/2 cup	0.50 cup	128.327	10.810
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Raisin Box	0.25 cup	120.000	29.000
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 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		627.999*	101.636*
% of Calories			64.74%

Wed - 02/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	300.000	37.000
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	370.000	40.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	389.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	30.000	7.000

4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Raisin Box	0.25 cup	120.000	29.000
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 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		730.838*	113.102*
% of Calories			61.90%

Thu - 02/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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2018-2019 High School Lunch Menu			
Recipe	Total		
Chicken Teriyaki & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	360.356	60.024
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	300.000	37.000
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	370.000	40.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	389.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
RiBBQ Sandwich with Spicy Potato Wedges	1.00 serving	547.216	86.127
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	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069

Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Raisin Box	0.25 cup	120.000	29.000
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 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		739.788*	118.124*
% of Calories			63.87%

Fri - 02/15/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000

Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	300.000	37.000
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	370.000	40.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	389.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Turkey & Gravy Meal (HS)	1.00 serving	420.630	63.107
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	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Raisin Box	0.25 cup	120.000	29.000

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 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		688.503*	108.902*
% of Calories			63.27%

Tue - 02/19/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Lunch Menu			
Recipe	Total		
Kung Pao Chicken & Vegetable Fried Rice Bowl (HS)	1.00 serving	387.000	66.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	300.000	37.000
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	370.000	40.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600

Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	389.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Philly Cheese Steak Sandwich	1.00 serving	366.572	35.351
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	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Broccoli Salad (HS)	0.50 cup	76.801	9.460
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Raisin Box	0.25 cup	120.000	29.000
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 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		666.949*	96.990*
% of Calories			58.17%

Wed - 02/20/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	300.000	37.000
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	370.000	40.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*

Turkey & Bacon Sub Sandwich	1.00 serving	389.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Raisin Box	0.25 cup	120.000	29.000
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 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000

Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		717.333*	106.551*
% of Calories			59.41%

Thu - 02/21/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Lunch Menu			
Recipe	Total		
Chicken Teriyaki & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	360.356	60.024
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	300.000	37.000
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	370.000	40.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	389.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000

Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
General Tso Chicken w/ Vegetable Fried Rice & Cookie	1.00 serving	335.000	50.000
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	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Raisin Box	0.25 cup	120.000	29.000
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 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000

Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		648.536*	102.589*
% of Calories			63.27%

Fri - 02/22/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	300.000	37.000
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	370.000	40.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	389.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Baked Macaroni & Cheese with Chicken Meal	1.00 serving	612.879	87.293

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	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Raisin Box	0.25 cup	120.000	29.000
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 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		771.171*	119.302*
% of Calories			61.88%

Mon - 02/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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2018-2019 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	300.000	37.000
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	370.000	40.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	389.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Spaghetti (1 cup) w/ Cheesy Breadstick (Bosco)	1.00 serving	418.990	51.542
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	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089

Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Raisin Box	0.25 cup	120.000	29.000
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 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		687.798*	103.929*
% of Calories			60.44%

Tue - 02/26/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Lunch Menu			
Recipe	Total		

Kung Pao Chicken & Vegetable Fried Rice Bowl (HS)	1.00 serving	387.000	66.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	300.000	37.000
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	370.000	40.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	389.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Bacon Western Cheeseburger Meal	1.00 serving	708.108	66.908
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	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Coleslaw, 1/2 cup	0.50 cup	128.327	10.810
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998

Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Raisin Box	0.25 cup	120.000	29.000
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 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		816.385*	110.627*
% of Calories			54.20%

Wed - 02/27/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	300.000	37.000

Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	370.000	40.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	389.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Raisin Box	0.25 cup	120.000	29.000
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 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		730.838*	113.102*
% of Calories			61.90%

Thu - 02/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Lunch Menu			
Recipe	Total		
Chicken Teriyaki & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	360.356	60.024
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	300.000	37.000
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	370.000	40.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000

Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	389.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
RiBBQ Sandwich with Spicy Potato Wedges	1.00 serving	547.216	86.127
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	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Raisin Box	0.25 cup	120.000	29.000
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 tablespoon	27.101	0.850

Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		739.788*	118.124*
% of Calories			63.87%

* = Indicates missing Nutrient Information.

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