

# Carbohydrate Report

District: Garden Grove Unified School District

School: Bell Intermediate

Menu: 2018-2019 Intermediate Lunch Menu



Fri - 02/01/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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

Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		667.689	96.122
% of Calories			57.58%

Mon - 02/04/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000

Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Apple, Fresh	1.00 each	52.520	13.948
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000

Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		625.557	91.234
% of Calories			58.34%

<b>Tue - 02/05/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Teriyaki Chicken w/ Vegetable Fried Rice (1 cup)	1.00 serving	360.356	60.024
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Banana (fresh)	1.00 each	105.020	26.951
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		678.965*	99.994*
% of Calories			58.91%

Wed - 02/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000

Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
Fresh Apple Slices, IW	1.00 each	30.159	7.037
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000

Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Mayonnaise	1.00 packet	90.000	0.000
Weighted Daily Average		667.539	97.103
% of Calories			58.19%

Thu - 02/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960

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
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Applesauce, 1/2 cup (canned)	1/2 cup	51.000	14.000
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		588.045*	87.078*
% of Calories			59.23%

Fri - 02/08/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		



Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Northern Beans, 1/2 cup	1/2 cup	149.994	27.989
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000

Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		672.188	97.222
% of Calories			57.85%

Tue - 02/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Teriyaki Chicken w/ Vegetable Fried Rice (1 cup)	1.00 serving	360.356	60.024
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000

Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Apple, Fresh	1.00 each	52.520	13.948
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		672.664*	98.343*
% of Calories			58.48%

Wed - 02/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		

Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Celery Sticks, 1/2 cup	0.50 cup	9.600	1.782
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
Fresh Apple Slices, IW	1.00 each	30.159	7.037
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Mayonnaise	1.00 packet	90.000	0.000
Weighted Daily Average		667.719	97.092
% of Calories			58.16%

Thu - 02/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535

Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Applesauce, 1/2 cup (canned)	1/2 cup	51.000	14.000
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		588.045*	87.078*
% of Calories			59.23%

Fri - 02/15/2019

Portion Size

Calories (kcal)

Carbohydrates (g)

2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Pinto Beans, 1/2 cup, (canned)	0.50 cup	97.997	17.995
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000

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
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		666.988	96.222
% of Calories			57.71%

Mon - 02/18/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate 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 Intermediate Lunch Menu				
Recipe	Total			
Teriyaki Chicken w/ Vegetable Fried Rice (1 cup)		1.00 serving	360.356	60.024
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll		1.00 serving	460.000	52.000



Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Apple, Fresh	1.00 each	52.520	13.948
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000

Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		672.664*	98.343*
% of Calories			58.48%

Wed - 02/20/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960

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
Celery Sticks, 1/2 cup	0.50 cup	9.600	1.782
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
Fresh Apple Slices, IW	1.00 each	30.159	7.037
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Mayonnaise	1.00 packet	90.000	0.000
Weighted Daily Average		667.719	97.092
% of Calories			58.16%

Thu - 02/21/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000

Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Applesauce, 1/2 cup (canned)	1/2 cup	51.000	14.000
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		588.045*	87.078*
% of Calories			59.23%

Fri - 02/22/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421

Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		667.689	96.122
% of Calories			57.58%

Mon - 02/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Apple, Fresh	1.00 each	52.520	13.948
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		625.557	91.234
% of Calories			58.34%

<b>Tue - 02/26/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2018-2019 Intermediate Lunch Menu</b>			
Recipe	Total		
Teriyaki Chicken w/ Vegetable Fried Rice (1 cup)	1.00 serving	360.356	60.024
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535



Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Banana (fresh)	1.00 each	105.020	26.951
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		678.965*	99.994*
% of Calories			58.91%

<b>Wed - 02/27/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
Fresh Apple Slices, IW	1.00 each	30.159	7.037
1% Low-fat Milk	8.00 oz	120.000	16.000

Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Mayonnaise	1.00 packet	90.000	0.000
Weighted Daily Average		667.539	97.103
% of Calories			58.19%

Thu - 02/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300

Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Applesauce, 1/2 cup (canned)	1/2 cup	51.000	14.000
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		588.045*	87.078*
% of Calories			59.23%

\* = Indicates missing Nutrient Information.

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