

Carbohydrate Report

District: Garden Grove Unified School District

School: Bell Intermediate

Menu: 2017-2018 Intermediate Lunch Menu



Mon - 01/08/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 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	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
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
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Green Peas, 1/2 cup (canned)	1/2 cup	62.000	11.408
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Apple, Fresh	1.00 each	52.520	13.948
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Chocolate Chip Cookie (Michael's Cookies)	1.00 each	165.000	27.000
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701

Weighted Daily Average	689.293	99.659
% of Calories		57.83%

Tue - 01/09/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			
Recipe	Total		
Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	348.726	60.634
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
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
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Banana (fresh)	1.00 each	105.020	26.951
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		681.408*	100.548*

% of Calories	59.02%
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Wed - 01/10/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
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
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000

Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Celery Sticks, 1/2 cup	0.50 cup	9.600	1.782
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		668.678	96.206
% of Calories			57.55%

Thu - 01/11/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			
Recipe	Total		
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
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
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000

Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Apricots, 1/2 cup (diced, canned)	1/2 cup	59.991	14.000
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		646.270*	92.256*
% of Calories			57.10%

Fri - 01/12/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
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
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545

Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Kidney Beans, 1/2 cup	0.50 cup	104.000	18.995
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Kiwi, (Fresh)	0.50 cup	54.900	13.194
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		681.135	98.587
% of Calories			57.90%

Tue - 01/16/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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2017-2018 Intermediate Lunch Menu			
Recipe	Total		
Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	348.726	60.634
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
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
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000

Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Apple, Fresh	1.00 each	52.520	13.948
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		677.408*	99.648*
% of Calories			58.84%

Wed - 01/17/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			

Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
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
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888

Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Banana (fresh)	1.00 each	105.020	26.951
Pineapple, 1/2 cup (tidbits, canned)	1/2 cup	70.000	17.000
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		678.339	98.530
% of Calories			58.10%

Thu - 01/18/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			
Recipe	Total		

Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
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
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449

Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Kiwi, (Fresh)	0.50 cup	54.900	13.194
Apricots, 1/2 cup (diced, canned)	1/2 cup	59.991	14.000
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		654.789*	94.180*
% of Calories			57.53%

Fri - 01/19/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			

Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
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
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Pinto Beans, 1/2 cup, (canned)	0.50 cup	97.997	17.995
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250

Orange, Fresh	1.00 each	53.550	13.175
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		682.063	98.684
% of Calories			57.87%

Mon - 01/22/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 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	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
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
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Green Peas, 1/2 cup (canned)	1/2 cup	62.000	11.408
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Apple, Fresh	1.00 each	52.520	13.948

Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Chocolate Chip Cookie (Michael's Cookies)	1.00 each	165.000	27.000
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		689.293	99.858
% of Calories			57.95%

Tue - 01/23/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			
Recipe	Total		

Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	348.726	60.634
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
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
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250

Kiwi, (Fresh)	0.50 cup	54.900	13.194
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		671.385*	97.598*
% of Calories			58.15%

Wed - 01/24/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167

Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
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
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Banana (fresh)	1.00 each	105.020	26.951
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993

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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		683.059	99.989
% of Calories			58.55%

Thu - 01/25/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			
Recipe	Total		
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167

Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
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
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Cauliflower, 1/2 cup (raw)	0.50 cup	12.500	2.485
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Apricots, 1/2 cup (diced, canned)	1/2 cup	59.991	14.000

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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		652.849*	93.760*
% of Calories			57.45%

Fri - 01/26/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/	1.00 serving	560.000	68.000

Spicy Potato Wedges			
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
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
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		678.218	97.727
% of Calories			57.64%

Tue - 01/30/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			
Recipe	Total		
Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	348.726	60.634
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500

Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
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
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Banana (fresh)	1.00 each	105.020	26.951
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		687.908*	102.249*
% of Calories			59.45%

Wed - 01/31/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500

Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
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
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Cauliflower, 1/2 cup (raw)	0.50 cup	12.500	2.485
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Pineapple, 1/2 cup (tidbits, canned)	1/2 cup	70.000	17.000
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		670.969	96.477
% of Calories			57.51%

* = Indicates missing Nutrient Information.

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