

Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2018-2019 High School Lunch Menu



Mon - 01/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken w/ Vegetable Fried Rice (1 cup)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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	280.000	34.000
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	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	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
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
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	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		626.781*	101.897*
% of Calories			65.03%

Tue - 01/08/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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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 w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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	280.000	34.000
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	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	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	575.790	113.017
Bacon Western Cheeseburger Meal	1.00 serving	708.795	66.921
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	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
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	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		815.137*	110.883*
% of Calories			54.41%

Wed - 01/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Lunch Menu			
Recipe	Total		

Orange Popcorn Chicken w/ Vegetable Fried Rice (1 cup)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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	280.000	34.000
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	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	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
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
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	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703

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 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		728.548*	103.259*
% of Calories			56.69%

Thu - 01/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School 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
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	280.000	34.000
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	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	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
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
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	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701

Italian Dressing	1.00 oz	108.323	2.003
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		650.668*	102.899*
% of Calories			63.26%

Fri - 01/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken w/ Vegetable Fried Rice (1 cup)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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	280.000	34.000
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	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*

Turkey & Bacon Sub Sandwich	1.00 serving	419.094	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
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
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	628.021	76.853
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	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
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	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891

Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		780.731*	115.164*
% of Calories			59.00%

Mon - 01/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken w/ Vegetable Fried Rice (1 cup)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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	280.000	34.000
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	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	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
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Sandwich, Grilled Cheese	1.00 each	280.320	30.960

Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spaghetti w/ Cheesy Breadstick (HS)	1.00 serving	418.045	51.341
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	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
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	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		690.441*	104.194*

% of Calories	60.36%
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Tue - 01/15/2019	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 w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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	280.000	34.000
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	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	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	575.790	113.017
RiBBQ Sandwich with Spicy Potato Wedges	1.00 serving	557.216	88.127
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	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
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	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		749.958*	120.002*
% of Calories			64.00%

Wed - 01/16/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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2018-2019 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken w/ Vegetable Fried Rice (1 cup)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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	280.000	34.000
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	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	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
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
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	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		732.737*	113.178*
% of Calories			61.78%

Thu - 01/17/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School 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
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	280.000	34.000
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	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	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
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Philly Cheese Steak Sandwich	1.00 serving	376.572	37.351
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	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
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	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		668.544*	97.460*
% of Calories			58.31%

Fri - 01/18/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken w/ Vegetable Fried Rice (1 cup)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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	280.000	34.000
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	584.686	52.612

Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	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
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
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	324.994	69.995
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	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
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	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003

Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		650.429*	112.215*
% of Calories			69.01%

Tue - 01/22/2019	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 w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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	280.000	34.000
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	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	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	575.790	113.017
Bacon Western Cheeseburger Meal	1.00 serving	708.795	66.921
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	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
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	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701

Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		815.137*	110.883*
% of Calories			54.41%

Wed - 01/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken w/ Vegetable Fried Rice (1 cup)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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	280.000	34.000
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	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	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
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000

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	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
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	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		728.548*	103.259*
% of Calories			56.69%

Thu - 01/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School 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
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	280.000	34.000
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	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	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
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
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	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		650.668*	102.899*
% of Calories			63.26%

Fri - 01/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Lunch Menu			
Recipe	Total		

Orange Popcorn Chicken w/ Vegetable Fried Rice (1 cup)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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	280.000	34.000
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	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	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
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Baked Macaroni & Cheese with Chicken Meal	1.00 serving	602.879	84.293
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	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
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	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197

Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		769.919*	118.363*
% of Calories			61.49%

Tue - 01/29/2019	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 w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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	280.000	34.000
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	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	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	575.790	113.017
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	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
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	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		626.455*	101.887*
% of Calories			65.06%

Wed - 01/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken w/ Vegetable Fried Rice (1 cup)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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	280.000	34.000
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	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094

Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	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
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
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	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000

Soy Sauce Packet	1.00 packet	9.084	0.891
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		732.737*	113.178*
% of Calories			61.78%

Thu - 01/31/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 High School 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
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	280.000	34.000
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	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	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

Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
RiBBQ Sandwich with Spicy Potato Wedges	1.00 serving	557.216	88.127
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	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
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	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000

Weighted Daily Average	746.221*	119.294*
% of Calories		63.95%

* = Indicates missing Nutrient Information.

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