

Carbohydrate Report

District: Garden Grove Unified School District

School: Bell Intermediate

Menu: 2018-2019 Intermediate Lunch Menu



Mon - 01/07/2019	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	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
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	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
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	325.206	37.094
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	575.790	113.017
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

Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
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
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
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		659.082	95.036
% of Calories			57.68%

Tue - 01/08/2019	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	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000

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	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
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	406.031*	54.218*
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	575.790	113.017
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
Apricot Cup, (frozen)	1.00 serving	118.000	30.370
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
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		717.595*	104.702*
% of Calories			58.36%

Wed - 01/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
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
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
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	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
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
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017

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
Pears, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.992
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Tapatio Hot Sauce	1.00 each	0.000	0.000
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
Mayonnaise	1.00 packet	90.000	0.000
Weighted Daily Average		694.041	98.267
% of Calories			56.63%

Thu - 01/10/2019	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	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	506.000	67.000
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	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
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	406.031*	54.218*
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	575.790	113.017
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
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701

Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
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		598.763*	87.585*
% of Calories			58.51%

Fri - 01/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate 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
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
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	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
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	325.206	37.094
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	575.790	113.017
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
Northern Beans, 1/2 cup	1/2 cup	149.994	27.989
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
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		698.691	98.586
% of Calories			56.44%

Mon - 01/14/2019	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	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
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	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
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	325.206	37.094
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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
Tapatio Hot Sauce	1.00 each	0.000	0.000

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		617.381	85.306
% of Calories			55.27%

Tue - 01/15/2019	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	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
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	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
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	406.031*	54.218*
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
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		670.691*	92.688*
% of Calories			55.28%

Wed - 01/16/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate 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
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
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	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
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	325.206	37.094
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
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	675.231	93.672
% of Calories		55.49%

Thu - 01/17/2019	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	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	506.000	67.000
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	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
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	406.031*	54.218*
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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
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

Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
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		581.729*	83.064*
% of Calories			57.12%

Fri - 01/18/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate 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
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
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	51.600

Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
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	325.206	37.094
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
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		675.231	93.672
% of Calories			55.49%

Tue - 01/22/2019	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	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
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	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
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	406.031*	54.218*
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
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		670.691*	92.688*
% of Calories			55.28%

Wed - 01/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate 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
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
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	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
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	325.206	37.094
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
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		675.231	93.672
% of Calories			55.49%

Thu - 01/24/2019	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	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	506.000	67.000
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	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
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	406.031*	54.218*
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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

Tapatio Hot Sauce	1.00 each	0.000	0.000
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		581.729*	83.064*
% of Calories			57.12%

Fri - 01/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate 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
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
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	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
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	325.206	37.094
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
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		675.231	93.672
% of Calories			55.49%

Tue - 01/29/2019	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	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000

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	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
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	406.031*	54.218*
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
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		670.691*	92.688*
% of Calories			55.28%

Wed - 01/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate 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
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
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	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
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	325.206	37.094
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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
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

Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
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		675.231	93.672
% of Calories			55.49%

Thu - 01/31/2019	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	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	506.000	67.000
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	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
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	406.031*	54.218*
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
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		581.729*	83.064*
% of Calories			57.12%

12/31/2018

* = Indicates missing Nutrient Information.

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