

Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2016-2017 High School Lunch Menu

Thu - 06/01/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Lunch Menu			
Recipe	Total		
Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	349.023	55.892
Bowl: Eggrolls w/ Chow Mein	1.00 serving	660.000	110.000
Chicken Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
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
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chicken Caesar Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	599.595	36.796*
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723

Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Spicy Chicken Wrap	1.00 serving	683.050	68.480
Yogurt Parfait w/ Granola & Mini Muffin	1.00 serving	493.024	94.684
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
General Tso Chicken w/ Steamed Brown Rice & Mixed Vegetables	1.00 serving	471.500	78.928
Black Beans, 1/4 cup	0.25 cup	56.760	10.195
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, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	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
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		755.098*	115.764*
% of Calories			61.32%

Fri - 06/02/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl	1.00 serving	378.400	66.845

(HS/INT)			
Bowl: Spicy Buffalo Chicken with Chow Mein Noodles and Broccoli/Carrots	1.00 serving	482.230	86.990
Chicken Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
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
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chicken Caesar Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	599.595	36.796*
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Spicy Chicken Wrap	1.00 serving	683.050	68.480
Yogurt Parfait w/ Granola & Mini Muffin	1.00 serving	493.024	94.684
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chicken Box w/ Spicy Wedges and 2			

oz Dinner Roll	1.00 serving	506.667	49.167
Glazed Chicken Drumstick w/ Potatoes, Green Beans & Dinner Roll 2M/2G	1.00 serving	285.993	51.995
Black Beans, 1/4 cup	0.25 cup	56.760	10.195
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, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	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
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000

Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		695.755*	107.622*
% of Calories			61.87%

Mon - 06/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Bowl: Spicy Buffalo Chicken with Chow Mein Noodles and Broccoli/Carrots	1.00 serving	482.230	86.990
Chicken Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
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
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012

Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chicken Caesar Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	599.595	36.796*
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Spicy Chicken Wrap	1.00 serving	683.050	68.480
Yogurt Parfait w/ Granola & Mini Muffin	1.00 serving	493.024	94.684
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Bacon Western Cheeseburger Meal	1.00 serving	708.795	66.921
Black Beans, 1/4 cup	0.25 cup	56.760	10.195
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, 1/2 cup, (Raw)	0.50 cup	3.450	0.545

Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	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
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Ketchup Packet	1.00 packet	10.000	0.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245
Jalapenos	1.00 serving	0.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000

Weighted Daily Average	814.098*	111.800*
% of Calories		54.93%

Tue - 06/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Lunch Menu			
Recipe	Total		
Kung Pao Chicken & Vegetable Rice Bowl (HS)	1.00 serving	335.400	57.845
Bowl: Eggrolls w/ Chow Mein	1.00 serving	660.000	110.000
Chicken Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
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
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chicken Caesar Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	599.595	36.796*
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777

Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Spicy Chicken Wrap	1.00 serving	683.050	68.480
Yogurt Parfait w/ Granola & Mini Muffin	1.00 serving	493.024	94.684
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spaghetti w/ Cheesy Breadstick (HS)	1.00 serving	340.529	39.638
Black Beans, 1/4 cup	0.25 cup	56.760	10.195
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, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	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
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		717.758*	104.864*
% of Calories			58.44%

Wed - 06/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Bowl: Spicy Buffalo Chicken with Chow Mein Noodles and	1.00 serving	482.230	86.990

Broccoli/Carrots			
Chicken Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chicken Caesar Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	599.595	36.796*
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Spicy Chicken Wrap	1.00 serving	683.050	68.480
Yogurt Parfait w/ Granola & Mini Muffin	1.00 serving	493.024	94.684
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Black Beans, 1/4 cup	0.25 cup	56.760	10.195

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, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	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
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Ketchup Packet	1.00 packet	10.000	0.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Pickles	1.00 serving	1.540	0.316

Sriracha Packet	1.00 each	6.045	1.245
Jalapenos	1.00 serving	0.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		615.506*	93.069*
% of Calories			60.48%

Thu - 06/08/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Lunch Menu			
Recipe	Total		
Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	349.023	55.892
Bowl: Eggrolls w/ Chow Mein	1.00 serving	660.000	110.000
Chicken Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
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
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094

Chicken Caesar Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	599.595	36.796*
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Spicy Chicken Wrap	1.00 serving	683.050	68.480
Yogurt Parfait w/ Granola & Mini Muffin	1.00 serving	493.024	94.684
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
RiBBQ Sandwich with Spicy Potato Wedges	1.00 serving	421.000	53.000
Black Beans, 1/4 cup	0.25 cup	56.760	10.195
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, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	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
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		740.963*	108.506*
% of Calories			58.58%

Fri - 06/09/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Bowl: Spicy Buffalo Chicken with Chow Mein Noodles and Broccoli/Carrots	1.00 serving	482.230	86.990
Chicken Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
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
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chicken Caesar Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	599.595	36.796*
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Spicy Chicken Wrap	1.00 serving	683.050	68.480
Yogurt Parfait w/ Granola & Mini			

Muffin	1.00 serving	493.024	94.684
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Chicken Taquitos w/ Refried Beans	1.00 serving	387.000	57.000
Black Beans, 1/4 cup	0.25 cup	56.760	10.195
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, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	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
Ranch Dressing	1.00 oz	54.202	1.701

Italian Dressing	1.00 oz	135.404	2.503
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		724.027*	109.023*
% of Calories			60.23%

Mon - 06/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Bowl: Spicy Buffalo Chicken with Chow Mein Noodles and Broccoli/Carrots	1.00 serving	482.230	86.990
Chicken Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
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
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chicken Caesar Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	599.595	36.796*
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Spicy Chicken Wrap	1.00 serving	683.050	68.480
Yogurt Parfait w/ Granola & Mini Muffin	1.00 serving	493.024	94.684
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Carnitas Tacos with Steamed Corn & Rice Krispy Treat	1.00 serving/2 tacos	392.080	52.826
Black Beans, 1/4 cup	0.25 cup	56.760	10.195
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, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	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
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Ketchup Packet	1.00 packet	10.000	0.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245

Jalapenos	1.00 serving	0.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		725.449*	107.855*
% of Calories			59.47%

Tue - 06/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Lunch Menu			
Recipe	Total		
Kung Pao Chicken & Vegetable Rice Bowl (HS)	1.00 serving	335.400	57.845
Bowl: Eggrolls w/ Chow Mein	1.00 serving	660.000	110.000
Chicken Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
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
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chicken Caesar Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	599.595	36.796*

Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Spicy Chicken Wrap	1.00 serving	683.050	68.480
Yogurt Parfait w/ Granola & Mini Muffin	1.00 serving	493.024	94.684
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Chili Dog w/ Spicy Wedges (HS)	1.00 serving	556.553	63.860
Black Beans, 1/4 cup	0.25 cup	56.760	10.195
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, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	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
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		778.224*	111.644*
% of Calories			57.38%

Wed - 06/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Bowl: Spicy Buffalo Chicken with Chow Mein Noodles and Broccoli/Carrots	1.00 serving	482.230	86.990
Chicken Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chicken Caesar Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	599.595	36.796*
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Spicy Chicken Wrap	1.00 serving	683.050	68.480
Yogurt Parfait w/ Granola & Mini Muffin	1.00 serving	493.024	94.684

Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chicken and Waffles	1.00 serving	415.000	43.000
Black Beans, 1/4 cup	0.25 cup	56.760	10.195
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, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	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
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Ketchup Packet	1.00 packet	10.000	0.000

Mayonnaise Packet	1.00 packet	60.000	1.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245
Jalapenos	1.00 serving	0.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		731.664*	105.105*
% of Calories			57.46%

Thu - 06/15/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Lunch Menu			
Recipe	Total		
Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	349.023	55.892
Bowl: Eggrolls w/ Chow Mein	1.00 serving	660.000	110.000
Chicken Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
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
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000

Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chicken Caesar Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	599.595	36.796*
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Spicy Chicken Wrap	1.00 serving	683.050	68.480
Yogurt Parfait w/ Granola & Mini Muffin	1.00 serving	493.024	94.684
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
General Tso Chicken w/ Steamed Brown Rice & Mixed Vegetables	1.00 serving	471.500	78.928
Black Beans, 1/4 cup	0.25 cup	56.760	10.195
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, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	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
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245

Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		755.098*	115.764*
% of Calories			61.32%

Fri - 06/16/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Bowl: Spicy Buffalo Chicken with Chow Mein Noodles and Broccoli/Carrots	1.00 serving	482.230	86.990
Chicken Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
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
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chicken Caesar Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	599.595	36.796*
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*

Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Spicy Chicken Wrap	1.00 serving	683.050	68.480
Yogurt Parfait w/ Granola & Mini Muffin	1.00 serving	493.024	94.684
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pork & Cheese Tamale with Steamed Corn	1.00 serving	416.002	61.826
Black Beans, 1/4 cup	0.25 cup	56.760	10.195
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, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	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
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		732.145*	110.374*
% of Calories			60.30%

Mon - 06/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Lunch Menu			
Recipe	Total		

Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Bowl: Spicy Buffalo Chicken with Chow Mein Noodles and Broccoli/Carrots	1.00 serving	482.230	86.990
Chicken Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chicken Caesar Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	599.595	36.796*
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Spicy Chicken Wrap	1.00 serving	683.050	68.480
Yogurt Parfait w/ Granola & Mini Muffin	1.00 serving	493.024	94.684
Sandwich, Grilled Cheese	1.00 each	280.310	30.959

Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Black Beans, 1/4 cup	0.25 cup	56.760	10.195
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, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	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
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000

Mayonnaise Packet	1.00 packet	60.000	1.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		615.706*	93.069*
% of Calories			60.46%

Tue - 06/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Lunch Menu			
Recipe	Total		
Kung Pao Chicken & Vegetable Rice Bowl (HS)	1.00 serving	335.400	57.845
Bowl: Eggrolls w/ Chow Mein	1.00 serving	660.000	110.000
Chicken Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012

Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chicken Caesar Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	599.595	36.796*
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Spicy Chicken Wrap	1.00 serving	683.050	68.480
Yogurt Parfait w/ Granola & Mini Muffin	1.00 serving	493.024	94.684
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Black Beans, 1/4 cup	0.25 cup	56.760	10.195
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, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069

Fruit, Assorted, (fresh)	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
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245
Jalapenos	1.00 serving	0.000	0.000
Weighted Daily Average		622.444*	93.769*
% of Calories			60.26%

5/31/2017

* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.