

# Carbohydrate Report

**District: Garden Grove Unified School District**

**School: Bell Intermediate**

**Menu: 2016-2017 Intermediate Lunch Menu**

Thu - 06/01/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 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 Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760

Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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
Peas, 1/2 cup, (green)	0.50 cup	51.590	9.125
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Kiwi, (Fresh)	0.50 cup	54.900	13.194
Blueberries, 1/2 cup, (frozen)	0.50 cup	39.525	9.432
Chocolate Chip Cookie (Michael's Cookies)	1.00 each	165.000	27.000
1% Low-fat Milk	8.00 oz	120.000	16.000

Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245
Weighted Daily Average		683.220*	98.633*
% of Calories			57.75%

<b>Fri - 06/02/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2016-2017 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300

Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000

Kidney Beans, 1/2 cup	0.50 cup	104.000	18.995
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245
Weighted Daily Average		684.235	97.976
% of Calories			57.28%

Mon - 06/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
------------------	--------------	-----------------	-------------------

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 Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000

Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Chicken Caesar Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	599.595	36.796*
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
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
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Peas, 1/2 cup, (green)	0.50 cup	51.590	9.125
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Apple, (whole fresh)	1.00 each	52.520	13.948
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Chocolate Chip Cookie (Michael's Cookies)	1.00 each	165.000	27.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701

Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245
Weighted Daily Average		686.264	99.548*
% of Calories			58.02%

<b>Tue - 06/06/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2016-2017 Intermediate Lunch Menu			
Recipe	Total		
Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	349.023	55.892
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000



Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Carrot Coins, 1/2 cup, (raw)	1/2 cup	25.010	5.844
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Banana (fresh)	1.00 each	105.020	26.951

Pineapple, 1/2 cup (tidbits, canned)	1/2 cup	70.000	17.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245
Weighted Daily Average		687.521*	99.769*
% of Calories			58.05%

Wed - 06/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2			

oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000

4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Celery Sticks, 1/2 cup	0.50 cup	9.600	1.782
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Peach, (Fresh)	1.00 each	50.700	12.402
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245
Weighted Daily Average		675.979	96.497

% of Calories			57.10%
<b>Thu - 06/08/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2016-2017 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 Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915

Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Chocolate Chip Cookie (Michael's Cookies)	1.00 each	165.000	27.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000

Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245
Weighted Daily Average		678.119*	97.762*
% of Calories			57.67%

<b>Fri - 06/09/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2016-2017 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000

Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250



Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245
Weighted Daily Average		682.537	97.576
% of Calories			57.18%

Mon - 06/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 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 Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012

Chicken Caesar Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	599.595	36.796*
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
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
Peas, 1/2 cup, (green)	0.50 cup	51.590	9.125
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Apple, (whole fresh)	1.00 each	52.520	13.948
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Chocolate Chip Cookie (Michael's Cookies)	1.00 each	165.000	27.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891

Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245
Weighted Daily Average		678.765	97.774*
% of Calories			57.62%

<b>Tue - 06/13/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2016-2017 Intermediate Lunch Menu			
Recipe	Total		
Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	349.023	55.892
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato	1.00 serving	456.686	53.012

Wedges			
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Carrot Coins, 1/2 cup, (raw)	1/2 cup	25.010	5.844
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Banana (fresh)	1.00 each	105.020	26.951
Pineapple, 1/2 cup (tidbits, canned)	1/2 cup	70.000	17.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000

Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245
Weighted Daily Average		687.521*	99.769*
% of Calories			58.05%

<b>Wed - 06/14/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2016-2017 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300

Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Cauliflower, 1/2 cup (raw)	0.50 cup	12.500	2.485

Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Nectarine, (Fresh)	1.00 each	56.760	13.610
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245
Weighted Daily Average		677.481	96.809
% of Calories			57.16%

Thu - 06/15/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 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 Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000

Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
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
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Plum, (Fresh)	1.00 each	30.360	7.537
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Chocolate Chip Cookie (Michael's Cookies)	1.00 each	165.000	27.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000

Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245
Weighted Daily Average		678.026*	97.890*
% of Calories			57.75%

<b>Fri - 06/16/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2016-2017 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000

Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Kidney Beans, 1/2 cup	0.50 cup	104.000	18.995
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993
1% Low-fat Milk	8.00 oz	120.000	16.000

Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245
Weighted Daily Average		682.437	97.776
% of Calories			57.31%

Mon - 06/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 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 Tenders w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	520.000	59.000
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500

Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760
Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Chicken Caesar Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	599.595	36.796*
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

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, 1/2 cup (Cherry or Grape)	0.50 cup	13.410	2.898
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Apple, (whole fresh)	1.00 each	52.520	13.948
Pineapple, 1/2 cup (tidbits, canned)	1/2 cup	70.000	17.000
Chocolate Chip Cookie (Michael's Cookies)	1.00 each	165.000	27.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245

Weighted Daily Average	676.948	97.751*
% of Calories		57.76%

<b>Tue - 06/20/2017</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2016-2017 Intermediate Lunch Menu			
Recipe	Total		
Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	349.023	55.892
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Nuggets w/ Spicy Potato Wedges & 2 oz Dinner Roll	1.00 serving	522.500	60.500
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Breaded Chicken Patty Sandwich Box	1.00 serving	530.000	66.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Personal Pepperoni Pizza	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	391.000	49.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	456.686	53.012
Nacho & Jalapeno Cheese w/ Honey Roasted Sunflower Seeds	1.00 serving	640.000	61.000
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.986	29.777
Homemade Turkey Ham & Cheese Sandwich	1.00 serving	279.819	29.760



Turkey Deli Sandwich, Homemade	1.00 serving	250.800	28.915
Turkey Ham Sandwich, Homemade	1.00 serving	240.800	28.915
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000

Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	0.000	0.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	6.045	1.245
Weighted Daily Average		675.195*	96.836*
% of Calories			57.37%

\* = 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.