

# Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2017-2018 High School Lunch Menu



Fri - 06/01/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School 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
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	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A

Turkey & Gravy Meal (HS)	1.00 serving	410.629	60.107
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 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
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		706.483*	106.070*
% of Calories			60.06%

Mon - 06/04/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School 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
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
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Chicken Taquitos w/ Refried Beans	1.00 serving	227.000	27.000
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280

Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 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
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		656.356*	98.018*
% of Calories			59.73%

Tue - 06/05/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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2017-2018 High School Lunch Menu			
Recipe	Total		
Kung Pao Chicken & Vegetable Rice Bowl (HS)	1.00 serving	335.400	57.845
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	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pork & Cheese Tamale with Steamed Corn	1.00 serving	416.002	61.826
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 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
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		705.621*	106.032*
% of Calories			60.11%

Wed - 06/06/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School 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
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	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 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
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197

Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		608.014*	91.656*
% of Calories			60.30%

Thu - 06/07/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	348.726	60.634
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, 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	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
General Tso Chicken w/ Steamed Brown Rice & Mixed Vegetables + Cookie	1.00 serving	496.700	81.172
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 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
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703

1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		725.639*	110.810*
% of Calories			61.08%

Fri - 06/08/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School 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
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	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600

Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Mesquite Roasted Chicken Drumstick w/ Baked Beans, Corn and Dinner Roll	1.00 serving	628.021	76.853
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 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
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000

Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		758.614*	110.085*
% of Calories			58.05%

Mon - 06/11/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School 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
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
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723

Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Carnitas Tacos with Steamed Corn & Rice Krispy Treat	1.00 serving/2 tacos	362.080	46.826
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 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
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503

Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		688.748*	102.772*
% of Calories			59.69%

Tue - 06/12/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu				
Recipe	Total			
Kung Pao Chicken & Vegetable Rice Bowl (HS)	1.00 serving	335.400	57.845	
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	584.686	52.612	
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600	
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000	
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094	
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*	
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723	
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380	

Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 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
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000

Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		605.864*	91.206*
% of Calories			60.22%

Wed - 06/13/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School 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
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	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000



Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 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
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		608.014*	91.656*

% of Calories	60.30%
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Thu - 06/14/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	348.726	60.634
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, 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	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Black Beans, 1/4 cup	0.25 cup	54.498	9.936

Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 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
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		606.530*	91.345*
% of Calories			60.24%

Fri - 06/15/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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2017-2018 High School 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
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	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	67.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	406.031*	54.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.706	30.380
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spicy Grilled Bean, Cheese, and Rice Burrito	1.00 each	400.000	53.000
Pizza, Domino's, Kick'n Chicken 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Pizza, Domino's, Valedictorian 16", WG, 1 Slice/8 Cut	1.00 slice	N/A	N/A
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 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
Assorted Fresh Fruit	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		608.014*	91.656*
% of Calories			60.30%

\* = Indicates missing Nutrient Information.

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