

Carbohydrate Report

District: Garden Grove Unified School District

School: Anthony Elementary

Menu: 2017-2018 Elementary Lunch Menu



Thu - 03/01/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Sausage Patties w/ French Toast	1.00 serving/2 patties + 1 french toast	325.116	28.282
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
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
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Kiwi, (Fresh)	0.50 cup	54.900	13.194
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		572.946	78.637
% of Calories			54.90%

Fri - 03/02/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Chicken Nuggets	1.00 serving/5 pieces	260.000	16.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Kidney Beans, 1/2 cup	0.50 cup	104.000	18.995
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Appleberry Juice Carton, 4 oz	1.00 each	55.000	14.000
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
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		518.308	64.615
% of Calories			49.87%

Mon - 03/05/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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2017-2018 Elementary Lunch Menu			
Recipe	Total		
Hamburger w/ Whole Wheat Bun	1.00 serving	238.000	24.500
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
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
Green Peas, 1/2 cup (canned)	1/2 cup	62.000	11.408
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Apple, Fresh	1.00 each	52.520	13.948
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Baked Cheese Fries	1.00 package	110.000	19.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 oz	135.404	2.503
Cheese Slice	1.00 slice	55.686	1.012
Pickles	1.00 serving	1.540	0.316
Weighted Daily Average		647.191	94.316
% of Calories			58.29%

Tue - 03/06/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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2017-2018 Elementary Lunch Menu			
Recipe	Total		
Chicken Corn Dog	1.00 each	238.000	27.800
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Banana (fresh)	1.00 each	105.020	26.951
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		482.265	71.481
% of Calories			59.29%

Wed - 03/07/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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2017-2018 Elementary Lunch Menu			
Recipe	Total		
Spaghetti w/ Cheesy Breadstick (Bosco)	1.00 serving	284.495	34.271
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000
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
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Apricot Cup, (frozen)	1.00 serving	118.000	30.370
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		533.200	78.201
% of Calories			58.67%

Thu - 03/08/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		

Turkey Taco Pocket	1.00 each	310.000	40.000
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	310.000	31.000
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
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Kiwi, (Fresh)	0.50 cup	54.900	13.194
Apricots, 1/2 cup (diced, canned)	1/2 cup	59.991	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 oz	135.404	2.503
Salsa	1.00 tablespoon	5.000	1.000
Weighted Daily Average		531.479	76.852
% of Calories			57.84%

Fri - 03/09/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu				
Recipe	Total			
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000	
Three Cheese Calzone	1.00 serving	350.000	42.000	

Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
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
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Apple Juice Carton, 4 oz	1.00 each	55.000	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		612.529	97.173
% of Calories			63.46%

Mon - 03/12/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Teriyaki Chicken w/ Steamed Brown Rice (1/2 cup)	1.00 serving	199.556	28.946
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000
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
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Apple, Fresh	1.00 each	52.520	13.948
Pears, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.992
Brown Rice Krispies Treat	1.00 each	50.000	9.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		493.944	77.523
% of Calories			62.78%

Tue - 03/13/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
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
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Banana (fresh)	1.00 each	105.020	26.951
Pineapple, 1/2 cup (tidbits, canned)	1/2 cup	70.000	17.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		591.940	90.623
% of Calories			61.24%

Wed - 03/14/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Breaded Chicken Drumstick w/ Funnel Cake	1.00 serving	490.000	48.000
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	310.000	31.000
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
Raisin Box	0.25 cup	108.388	28.703

Assorted Flavored Craisins	1.00 each	110.000	28.000
Assorted Nuhealth Fruit Cup	1.00 each	77.500	17.750
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		685.334	85.812
% of Calories			50.08%

Thu - 03/15/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Chicken Double Dogs	1.00 each	260.000	31.500
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
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
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999

Kiwi, (Fresh)	0.50 cup	54.900	13.194
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		526.876	83.153
% of Calories			63.13%

Fri - 03/16/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Shamrock Shaped Chicken Nuggets	1.00 serving/ 3 nuggets	250.000	15.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Kidney Beans, 1/2 cup	0.50 cup	104.000	18.995
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Appleberry Juice Carton, 4 oz	1.00 each	55.000	14.000
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
Shamrock Cookie	1.00 each	85.440	12.470

Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		574.948	72.486
% of Calories			50.43%

Mon - 03/19/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Three Cheese Calzone	1.00 serving	350.000	42.000
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
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
Green Peas, 1/2 cup (canned)	1/2 cup	62.000	11.408
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Apple, Fresh	1.00 each	52.520	13.948
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000

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
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		601.482	94.139
% of Calories			62.60%

Tue - 03/20/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Crunchy Beef Taco	1.00 serving	286.182	19.054
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000
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
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Banana (fresh)	1.00 each	105.020	26.951
Pineapple, 1/2 cup (tidbits, canned)	1/2 cup	70.000	17.000
Whole Grain Brownie Bite	1.00 each	120.000	24.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000

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
Italian Dressing	1.00 oz	135.404	2.503
Salsa	1.00 tablespoon	5.000	1.000
Weighted Daily Average		649.709	88.538
% of Calories			54.51%

Wed - 03/21/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	310.000	31.000
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
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 oz	135.404	2.503
Pickles	1.00 serving	1.540	0.316
Weighted Daily Average		504.440	71.801
% of Calories			56.94%

Thu - 03/22/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Breaded Chicken Patty w/ Hamburger Buns 3.5"	1.00 serving	360.000	39.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tater Tots, 1/2 cup	0.50 cup	134.000	18.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Kiwi, (Fresh)	0.50 cup	54.900	13.194
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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

Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		696.044	93.245
% of Calories			53.59%

Fri - 03/23/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Macaroni & Cheese (#6 SCOOP)	1.00 serving	290.015	32.002
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
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
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Apple Juice Carton, 4 oz	1.00 each	55.000	14.000
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
Rainbow Goldfish Cheese Crackers	1.00 package	100.000	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 oz	135.404	2.503

Weighted Daily Average	652.839	97.725
% of Calories		59.88%

Mon - 03/26/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Chicken Double Dogs	1.00 each	260.000	31.500
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	310.000	31.000
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
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Apple, Fresh	1.00 each	52.520	13.948
Pears, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.992
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		505.296	73.866
% of Calories			58.47%

Tue - 03/27/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken w/ Brown Rice (1/2 cup) Revised	1.00 serving	269.200	43.922
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000
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
Bell Peppers, 1/2 cup, (sliced red)	0.50 cup	14.260	2.774
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Banana (fresh)	1.00 each	105.020	26.951
Pineapple, 1/2 cup (tidbits, canned)	1/2 cup	70.000	17.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		512.750	83.646
% of Calories			65.25%

Wed - 03/28/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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2017-2018 Elementary Lunch Menu

Recipe	Total		
Pepperoni French Bread Pizza	1.00 serving	350.000	35.000
Cheese French Bread Pizza	1.00 each	340.000	36.000
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	310.000	31.000
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
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Assorted Nuhealth Fruit Cup	1.00 each	77.500	17.750
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		573.149	75.715
% of Calories			52.84%

Thu - 03/29/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			

Recipe	Total		
Sausage Patties w/ French Toast	1.00 serving/2 patties + 1 french toast	325.116	28.282
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Applesauce Cup	1.00 serving	51.000	14.000
Kiwi, (Fresh)	0.50 cup	54.900	13.194
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 oz	135.404	2.503
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		642.886	94.970
% of Calories			59.09%

Fri - 03/30/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu				
Recipe	Total			
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000	

Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
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
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Appleberry Juice Carton, 4 oz	1.00 each	55.000	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
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
Italian Dressing	1.00 oz	135.404	2.503
Salsa	1.00 tablespoon	5.000	1.000
Weighted Daily Average		606.779	94.023
% of Calories			61.98%

* = Indicates missing Nutrient Information.

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