

# Carbohydrate Report

District: Garden Grove Unified School District  
 School: Allen Elementary  
 Menu: 2019-2020 Elementary Lunch Menu

Mon - 03/02/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu			
Recipe	Total		
Hamburger w/ Whole Wheat Bun	1.00 serving	230.069	22.914
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
4 Way Salad, (1/2 cup)	0.50 cup	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Apple, Fresh	1.00 each	52.520	13.948
Sun Chips Cheddar Chips	1.00 each	140.000	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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Cheese Slice	1.00 slice	55.686	1.012
Pickles	1.00 serving	1.667	0.000

Weighted Daily Average	664.194	99.048
% of Calories		59.65%

Tue - 03/03/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Elementary Lunch Menu

Recipe	Total		
Chicken Corn Dog	1.00 each	238.000	27.800
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	300.000	31.000
4 Way Salad, (1/2 cup)	0.50 cup	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Apricot Cup, (frozen)	1.00 serving	110.000	25.000
Banana (fresh)	1.00 each	105.020	26.951
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		511.807	81.311
% of Calories			63.55%

Wed - 03/04/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		493.493	63.953
% of Calories			51.84%

Thu - 03/05/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu			
Recipe	Total		

Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
4 Way Salad, (1/2 cup)	0.50 cup	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Applesauce, 1/2 cup (canned)	1/2 cup	51.000	14.000
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		565.292	89.419
% of Calories			63.27%

Fri - 03/06/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Elementary Lunch Menu			
Recipe	Total		
Macaroni & Cheese (#6 SCOOP)	1.00 serving	290.015	32.002
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000
4 Way Salad, (1/2 cup)	0.50 cup	7.500	1.500

Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Black Beans, 1/2 cup	0.50 cup	108.996	19.872
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Happy Birthday Cookie (Bonzer)	1.00 each	175.000	27.000
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		708.536	105.995
% of Calories			59.84%

Mon - 03/09/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Elementary Lunch Menu

Recipe	Total		
Orange Popcorn Chicken w/ Vegetable Fried Rice (1/2 cup)	1.00 serving	295.000	48.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, (1/2 cup)	0.50 cup	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998

Assorted Flavored Craisins	1.00 each	110.000	28.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Apple, Fresh	1.00 each	52.520	13.948
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		529.943	91.936
% of Calories			69.39%

Tue - 03/10/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Apricot Cup, (frozen)	1.00 serving	110.000	25.000

Knott's Raspberry Shortbread Cookies	1.00 each	80.000	11.000
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Salsa	1.00 tablespoon	3.750	0.750
Weighted Daily Average		635.290	85.701
% of Calories			53.96%

Wed - 03/11/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Elementary Lunch Menu

Recipe	Total		
Chicken Double Dogs	1.00 each	260.000	31.500
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
4 Way Salad, (1/2 cup)	0.50 cup	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		511.429	84.028
% of Calories			65.72%

Thu - 03/12/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Elementary Lunch Menu

Recipe	Total		
Breaded Chicken Drumstick	1.00 serving	190.000	5.000
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	300.000	31.000
4 Way Salad, (1/2 cup)	0.50 cup	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Applesauce, 1/2 cup (canned)	1/2 cup	51.000	14.000
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Chocolate Chip Cookie (Bonzer)	1.00 each	165.000	27.000
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850



Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		604.292	82.353
% of Calories			54.51%

Fri - 03/13/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Elementary Lunch Menu

Recipe	Total		
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
4 Way Salad, (1/2 cup)	0.50 cup	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Salsa	1.00 tablespoon	3.750	0.750
Weighted Daily Average		621.262	100.302
% of Calories			64.58%

Mon - 03/16/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu			
Recipe	Total		
Sausage Patties w/ French Toast	1.00 serving/2 patties + 1 french toast	332.000	29.200
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	300.000	31.000
4 Way Salad, (1/2 cup)	0.50 cup	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Apple, Fresh	1.00 each	52.520	13.948
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Syrup Cup	1.00 each	120.000	30.000
Weighted Daily Average		659.479	100.904
% of Calories			61.20%

Tue - 03/17/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Elementary Lunch Menu			
Recipe	Total		
Shamrock Shaped Chicken Nuggets	1.00 serving/ 3 nuggets	220.000	12.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, (1/2 cup)	0.50 cup	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Apricot Cup, (frozen)	1.00 serving	110.000	25.000
Banana (fresh)	1.00 each	105.020	26.951
Shamrock Cookie with Sprinkles	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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		578.911	81.133
% of Calories			56.06%

Wed - 03/18/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Elementary Lunch Menu

Recipe	Total		
French Fry, Baked	1.00 serving	210.000	40.000

Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
4 Way Salad, (1/2 cup)	0.50 cup	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Salsa	1.00 tablespoon	3.750	0.750
Weighted Daily Average		552.367	91.016
% of Calories			65.91%

Thu - 03/19/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu			
Recipe	Total		
Teriyaki Beef Dippers w/ Vegetable Fried Rice (1/2 cup)	1.00 serving	293.997	38.700
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000
4 Way Salad, (1/2 cup)	0.50 cup	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545

Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Applesauce, 1/2 cup (canned)	1/2 cup	51.000	14.000
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		526.490	82.513
% of Calories			62.69%

Fri - 03/20/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 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	35.000	
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333	
4 Way Salad, (1/2 cup)	0.50 cup	7.500	1.500	
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545	
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000	
Pinto Beans, 1/2 cup, (canned)	0.50 cup	97.997	17.995	
Raisin Box	0.25 cup	120.000	29.000	

Assorted Flavored Craisins	1.00 each	110.000	28.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		588.974	88.766
% of Calories			60.29%

Mon - 03/23/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 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	300.000	31.000
4 Way Salad, (1/2 cup)	0.50 cup	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Apple Fresh	1.00 each	52.520	13.948

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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Pickles	1.00 serving	1.667	0.000
Weighted Daily Average		515.895	78.584
% of Calories			60.93%

Tue - 03/24/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 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	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Apricot Cup, (frozen)	1.00 serving	110.000	25.000
Banana (fresh)	1.00 each	105.020	26.951
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		553.003	86.687
% of Calories			62.70%

Wed - 03/25/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 Elementary Lunch Menu

Recipe	Total		
Sicilian Cheese Pizza Calzone	1.00 serving	310.000	34.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
4 Way Salad, (1/2 cup)	0.50 cup	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		551.429	86.028



Thu - 03/26/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu			
Recipe	Total		
Breaded Chicken Patty w/ Hamburger Buns 3.5"	1.00 serving	352.069	37.414
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, (1/2 cup)	0.50 cup	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Potato Crinkle Cut Fries 1/2 cup	1/2 cup	110.000	17.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Applesauce, 1/2 cup (canned)	1/2 cup	51.000	14.000
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Pickles	1.00 serving	1.667	0.000
Weighted Daily Average		675.428	98.276
% of Calories			58.20%

2019-2020 Elementary Lunch Menu			
Recipe	Total		
Cheese Quesadilla	1.00 serving	330.000	29.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
4 Way Salad, (1/2 cup)	0.50 cup	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Kidney Beans, 1/2 cup	0.50 cup	104.000	18.995
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Salsa	1.00 tablespoon	3.750	0.750
Weighted Daily Average		576.212	84.204
% of Calories			58.45%

Mon - 03/30/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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Recipe	Total		
Hamburger w/ Whole Wheat Bun	1.00 serving	230.069	22.914
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
4 Way Salad, (1/2 cup)	0.50 cup	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Apple, Fresh	1.00 each	52.520	13.948
Garden Salsa Sun Chips	1.00 each	140.000	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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Cheese Slice	1.00 slice	55.686	1.012
Pickles	1.00 serving	1.667	0.000
Weighted Daily Average		669.762	99.149
% of Calories			59.21%

Tue - 03/31/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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Chicken Corn Dog	1.00 each	238.000	27.800
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	300.000	31.000
4 Way Salad, (1/2 cup)	0.50 cup	7.500	1.500
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Apricot Cup, (frozen)	1.00 serving	110.000	25.000
Banana (fresh)	1.00 each	105.020	26.951
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		511.807	81.311
% of Calories			63.55%

\* = Indicates missing Nutrient Information.

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