

Carbohydrate Report

District: Garden Grove Unified School District

School: Alamitos Intermediate

Menu: 2018-2019 Intermediate Lunch Menu



Wed - 05/01/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
Fresh Apple Slices, IW	1.00 each	30.159	7.037
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Mayonnaise	1.00 packet	90.000	0.000
Weighted Daily Average		667.518	97.103
% of Calories			58.19%

Thu - 05/02/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000

Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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
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
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
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
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000

Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		589.836*	87.078*
% of Calories			59.05%

Fri - 05/03/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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
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
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		667.668	96.121
% of Calories			57.59%

Mon - 05/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
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	460.000	52.000

Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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
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
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
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000

Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		632.043	92.535
% of Calories			58.56%

Tue - 05/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Teriyaki Chicken w/ Vegetable Fried Rice (1 cup)	1.00 serving	385.000	60.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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

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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Apricots, 1/2 cup (halves, canned)	1/2 cup	60.996	14.992
Banana (fresh)	1.00 each	105.020	26.951
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		681.610*	100.190*
% of Calories			58.80%

Wed - 05/08/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		

Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Strawberry Cup (frozen)	1.00 serving	89.997	21.990
Fresh Apple Slices, IW	1.00 each	30.159	7.037
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850

Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Mayonnaise	1.00 packet	90.000	0.000
Weighted Daily Average		673.519	98.301
% of Calories			58.38%

Thu - 05/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*

Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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
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
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
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
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		589.836*	87.078*
% of Calories			59.05%

Fri - 05/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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
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
Northern Beans, 1/2 cup	1/2 cup	149.994	27.989
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		672.167	97.221
% of Calories			57.86%

Mon - 05/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
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	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535

Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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
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
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
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		620.291	89.640
% of Calories			57.81%

Tue - 05/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Teriyaki Chicken w/ Vegetable Fried Rice (1 cup)	1.00 serving	385.000	60.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Apricots, 1/2 cup (halves, canned)	1/2 cup	60.996	14.992
Banana (fresh)	1.00 each	105.020	26.951
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		681.610*	100.190*
% of Calories			58.80%

Wed - 05/15/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368

Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Strawberry Cup (frozen)	1.00 serving	89.997	21.990
Fresh Apple Slices, IW	1.00 each	30.159	7.037
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Mayonnaise	1.00 packet	90.000	0.000
Weighted Daily Average		673.519	98.301
% of Calories			58.38%

Thu - 05/16/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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
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
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
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
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		589.836*	87.078*
% of Calories			59.05%

Fri - 05/17/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000

Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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
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
Kidney Beans, 1/2 cup	0.50 cup	104.000	18.995
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		667.568	96.322

% of Calories	57.72%
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Mon - 05/20/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
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	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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
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

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
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		632.043	92.535
% of Calories			58.56%

Tue - 05/21/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Teriyaki Chicken w/ Vegetable Fried Rice (1 cup)	1.00 serving	385.000	60.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000

Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Apricots, 1/2 cup (halves, canned)	1/2 cup	60.996	14.992
Banana (fresh)	1.00 each	105.020	26.951
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000

Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		681.610*	100.190*
% of Calories			58.80%

Wed - 05/22/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Strawberry Cup (frozen)	1.00 serving	89.997	21.990
Fresh Apple Slices, IW	1.00 each	30.159	7.037
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Mayonnaise	1.00 packet	90.000	0.000
Weighted Daily Average		673.519	98.301
% of Calories			58.38%

Thu - 05/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000

Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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
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
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
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
Nectarine, (Fresh)	1.00 each	56.760	13.610
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000

Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		595.024*	88.223*
% of Calories			59.31%

Fri - 05/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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
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
Pinto Beans, 1/2 cup, (canned)	0.50 cup	97.997	17.995
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		666.968	96.222
% of Calories			57.71%

Tue - 05/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Teriyaki Chicken w/ Vegetable Fried Rice (1 cup)	1.00 serving	385.000	60.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000

Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Apricots, 1/2 cup (halves, canned)	1/2 cup	60.996	14.992
Apple, Fresh	1.00 each	52.520	13.948
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000

Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		675.310*	98.539*
% of Calories			58.37%

Wed - 05/29/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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

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
Celery Sticks, 1/2 cup	0.50 cup	9.600	1.782
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Strawberry Cup (frozen)	1.00 serving	89.997	21.990
Fresh Apple Slices, IW	1.00 each	30.159	7.037
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Mayonnaise	1.00 packet	90.000	0.000
Weighted Daily Average		673.699	98.291
% of Calories			58.36%

Thu - 05/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		

Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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
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
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
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
Nectarine, (Fresh)	1.00 each	56.760	13.610
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	3.500	0.300

Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		595.024*	88.223*
% of Calories			59.31%

Fri - 05/31/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chili Cheese Dog	1.00 serving	298.260	32.530
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421

Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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
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
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mayonnaise	1.00 packet	90.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.667	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		667.668	96.121
% of Calories			57.59%

* = Indicates missing Nutrient Information.

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