

# Carbohydrate Report

District: Garden Grove Unified School District

School: Allen Elementary

Menu: 2019-2020 Elementary Lunch Menu



Tue - 10/01/2019	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 Smiles	1.00 serving/4 pieces	130.000	20.000
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
Peach Cup (frozen)	1.00 serving	80.000	19.000
Banana (fresh)	1.00 each	105.020	26.951
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	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	3.500	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	722.459	107.494
% of Calories		59.52%

Wed - 10/02/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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
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
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	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	3.500	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		507.863	76.201

% of Calories	60.02%
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Thu - 10/03/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu			
Recipe	Total		
Teriyaki Chicken w/ Vegetable Fried Rice (1/2 cup)	1.00 serving	250.000	33.000
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
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		493.539	78.201
% of Calories			63.38%

Fri - 10/04/2019	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
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
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	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	3.500	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		585.464	93.299
% of Calories			63.74%

Mon - 10/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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## 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
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Apple, Fresh	1.00 each	52.520	13.948
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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		675.748	99.251
% of Calories			58.75%

Tue - 10/08/2019

Portion Size

Calories (kcal)

Carbohydrates (g)

2019-2020 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	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
Apricot Cup, (frozen)	1.00 serving	110.000	25.000
Banana (fresh)	1.00 each	105.020	26.951
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		529.407	84.271
% of Calories			63.67%

Wed - 10/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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
Weighted Daily Average		573.493	74.953
% of Calories			52.28%

Thu - 10/10/2019	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
Tomatoes, 1/2 cup (Cherry or Grape)	0.50 cup	13.410	2.898
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Plum, (Fresh)	1.00 each	30.360	7.537
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	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	3.500	0.300
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Weighted Daily Average		581.760	87.252
% of Calories			59.99%

Fri - 10/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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



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
Applesauce, 1/2 cup (canned)	1/2 cup	51.000	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Chocolate Sports Bites Crackers	1.00 package	110.000	20.000
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		641.089	98.603
% of Calories			61.52%

<b>Mon - 10/14/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2019-2020 Elementary Lunch Menu</b>			
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
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
Fresh Apple Pear	1.00 each	51.000	13.000
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		614.499	84.307
% of Calories			54.88%

<b>Tue - 10/15/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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
Strawberry Cup (frozen)	1.00 serving	89.997	21.990
Banana (fresh)	1.00 each	105.020	26.951
Chocolate Brown Rice Krispies Treat	1.00 each	45.000	8.000
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		595.289	81.949
% of Calories			55.06%

Wed - 10/16/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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
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
Pickles	1.00 serving	1.667	0.000
Weighted Daily Average		507.863	76.201
% of Calories			60.02%

Thu - 10/17/2019	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
Bell Peppers, 1/2 cup, (sliced red)	0.50 cup	14.260	2.774
Seasoned Potato Crinkle Cut Fries (1/2 cup)	1/2 cup	90.000	15.000

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
Fresh Persimmon	1.00 each	117.600	31.231
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		680.165	102.426
% of Calories			60.24%

<b>Fri - 10/18/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2019-2020 Elementary Lunch Menu</b>			
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
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
Applesauce, 1/2 cup (canned)	1/2 cup	51.000	14.000
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
Salsa	1.00 tablespoon	3.750	0.750
Weighted Daily Average		748.664	110.905
% of Calories			59.26%

Mon - 10/21/2019	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 - 10/22/2019		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	
Personal Pepperoni 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	
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
Peach Cup (frozen)	1.00 serving	80.000	19.000
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		591.907	95.637
% of Calories			64.63%

Wed - 10/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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
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		521.025	78.778
% of Calories			60.48%

Thu - 10/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu			
Recipe	Total		
Turkey Taco Pocket	1.00 each	310.000	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
Tomatoes, 1/2 cup (Cherry or Grape)	0.50 cup	13.410	2.898
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
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
Salsa	1.00 tablespoon	3.750	0.750
Weighted Daily Average		552.812	91.528
% of Calories			66.23%

<b>Fri - 10/25/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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
Northern Beans, 1/2 cup	1/2 cup	149.994	27.989
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
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		529.390	91.743
% of Calories			69.32%

Mon - 10/28/2019	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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Raisin Box	0.25 cup	120.000	29.000
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
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		535.748	80.251
% of Calories			59.92%

Tue - 10/29/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
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	
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000	
Raisin Box	0.25 cup	120.000	29.000	
Assorted Flavored Craisins	1.00 each	110.000	28.000	
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 - 10/30/2019	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
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
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		528.627	82.321
% of Calories			62.29%

Thu - 10/31/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 Elementary Lunch Menu			
Recipe	Total		
Halloween Shaped Chicken Nuggets	1.00 serving/3 pieces	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
Tomatoes, 1/2 cup (Cherry or Grape)	0.50 cup	13.410	2.898
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Raisin Box	0.25 cup	120.000	29.000
Assorted Flavored Craisins	1.00 each	110.000	28.000
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Pumpkin Cookie with Sprinkles	1.00 each	85.630	12.490
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		547.569	73.755
% of Calories			53.88%

\* = Indicates missing Nutrient Information.

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