

Carbohydrate Report

District: Garden Grove Unified School District
 School: La Quinta High School
 Menu: 2019-2020 High School Lunch Menu



Tue - 10/01/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Lunch Menu			
Recipe	Total		
Kung Pao Chicken & Vegetable Fried Rice Bowl (HS)	1.00 serving	387.000	66.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	43.000
Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	397.660	45.447
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	387.721	33.698
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Bacon Western Cheeseburger Meal	1.00 serving	708.108	66.908
Black Beans, 1/4 cup	0.25 cup	54.498	9.936

Kidney Beans, 1/4 cup	0.25 cup	52.000	9.498
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	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
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 Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		825.501*	113.313*
% of Calories			54.91%

Wed - 10/02/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	43.000
Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	397.660	45.447
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	387.721	33.698
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	52.000	9.498
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089

Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	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
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		729.783*	108.989*
% of Calories			59.74%

Thu - 10/03/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 High School Lunch Menu

Recipe	Total		
Chicken Teriyaki & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	360.356	60.024
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	43.000
Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	397.660	45.447
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	387.721	33.698
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Philly Cheese Steak Sandwich	1.00 serving	366.572	35.351
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	52.000	9.498
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449

Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	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
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		674.562*	98.728*
% of Calories			58.54%

Fri - 10/04/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000

Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	43.000
Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	397.660	45.447
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	387.721	33.698
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spaghetti w/ Cheesy Breadstick (HS)	1.00 serving	418.045	51.341
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	52.000	9.498
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	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
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		699.842*	106.281*
% of Calories			60.75%

Mon - 10/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	43.000

Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	397.660	45.447
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	387.721	33.698
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
RiBBQ Sandwich with Spicy Potato Wedges	1.00 serving	547.216	86.127
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	52.000	9.498
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	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
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000

Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		755.385*	121.239*
% of Calories			64.20%

Tue - 10/08/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Lunch Menu			
Recipe	Total		
Kung Pao Chicken & Vegetable Fried Rice Bowl (HS)	1.00 serving	387.000	66.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	43.000
Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	397.660	45.447
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000

Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	387.721	33.698
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Tuscan Chicken with Rotini Pasta & Cheesy Breadstick	1.00 serving/#4 scoop pasta + breadstick	325.304	25.367
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	52.000	9.498
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	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
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 Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 tablespoon	27.101	0.850

Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		660.895*	95.451*
% of Calories			57.77%

Wed - 10/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	43.000
Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	397.660	45.447
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*

Turkey & Bacon Sub Sandwich	1.00 serving	387.721	33.698
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Chicken and Waffles	1.00 serving	516.409	72.235
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	52.000	9.498
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	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
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000

Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		743.288*	115.540*
% of Calories			62.18%

Thu - 10/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Lunch Menu			
Recipe	Total		
Chicken Teriyaki & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	360.356	60.024
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	43.000
Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	397.660	45.447
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	387.721	33.698
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000

Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
General Tso Chicken w/ Vegetable Fried Rice & Cookie	1.00 serving	335.000	50.000
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	52.000	9.498
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	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
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701

Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		660.986*	105.028*
% of Calories			63.56%

Fri - 10/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	43.000
Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	397.660	45.447
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	387.721	33.698
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000

Seasoned Popcorn Chicken w/ Waffle Fries & Sweet Chili Sauce	1.00 serving	488.522	56.140
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	52.000	9.498
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	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
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		730.147*	108.344*

% of Calories	59.35%
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Mon - 10/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	43.000
Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	397.660	45.447
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	387.721	33.698
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Spaghetti w/ Cheesy Breadstick (HS)	1.00 serving	418.045	51.341
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	52.000	9.498
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000

4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	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
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		699.842*	106.281*
% of Calories			60.75%

Tue - 10/15/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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2019-2020 High School Lunch Menu			
Recipe	Total		
Kung Pao Chicken & Vegetable Fried Rice Bowl (HS)	1.00 serving	387.000	66.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	43.000
Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	397.660	45.447
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	387.721	33.698
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Carnitas Tacos with Steamed Corn & Brownie Cup	1.00 serving/2 tacos	472.635	65.117
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	52.000	9.498
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998

Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	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
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 Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		724.248*	112.543*
% of Calories			62.16%

Wed - 10/16/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Lunch Menu			
Recipe	Total		

Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	43.000
Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	397.660	45.447
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	387.721	33.698
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	52.000	9.498
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	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
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		729.783*	108.989*
% of Calories			59.74%

Thu - 10/17/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Lunch Menu			
Recipe	Total		
Chicken Teriyaki & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	360.356	60.024
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000

Pizza, Domino's, Kick'n Chicken 16",Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	43.000
Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	397.660	45.447
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	387.721	33.698
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Beef Hot Dog w/ Spicy Potato Wedges	1.00 serving	520.000	48.000
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	52.000	9.498
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	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

1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		740.536*	104.168*
% of Calories			56.27%

Fri - 10/18/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	43.000
Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	397.660	45.447

Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	387.721	33.698
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Baked Macaroni & Cheese with Chicken Meal	1.00 serving	612.879	87.293
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	52.000	9.498
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	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
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000

Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		783.621*	121.740*
% of Calories			62.14%

Mon - 10/21/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	43.000
Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	397.660	45.447
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421

Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	387.721	33.698
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
RiBBQ Sandwich with Spicy Potato Wedges	1.00 serving	547.216	86.127
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	52.000	9.498
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	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
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000

Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		755.385*	121.239*
% of Calories			64.20%

Tue - 10/22/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Lunch Menu			
Recipe	Total		
Kung Pao Chicken & Vegetable Fried Rice Bowl (HS)	1.00 serving	387.000	66.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	43.000
Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	397.660	45.447
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	387.721	33.698
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000

Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Bacon Western Cheeseburger Meal	1.00 serving	708.108	66.908
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	52.000	9.498
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	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
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 Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000

Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		825.501*	113.313*
% of Calories			54.91%

Wed - 10/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	43.000
Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	397.660	45.447
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	387.721	33.698
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000

Chicken and Waffles	1.00 serving	516.409	72.235
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	52.000	9.498
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	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
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000

Weighted Daily Average	743.288*	115.540*
% of Calories		62.18%

Thu - 10/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Lunch Menu			
Recipe	Total		
Chicken Teriyaki & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	360.356	60.024
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	43.000
Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	397.660	45.447
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	387.721	33.698
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
General Tso Chicken w/ Vegetable Fried Rice & Cookie	1.00 serving	335.000	50.000
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	52.000	9.498

Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	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
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		660.986*	105.028*
% of Calories			63.56%

Fri - 10/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	43.000
Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	397.660	45.447
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	387.721	33.698
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Seasoned Popcorn Chicken w/ Waffle Fries & Sweet Chili Sauce	1.00 serving	488.522	56.140
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	52.000	9.498
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000

Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	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
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		730.147*	108.344*
% of Calories			59.35%

Mon - 10/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	43.000
Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	397.660	45.447
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	387.721	33.698
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Beef Hot Dog w/ Spicy Potato Wedges	1.00 serving	520.000	48.000
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	52.000	9.498
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	64.897	16.786

Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	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
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		743.683*	104.844*
% of Calories			56.39%

Tue - 10/29/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Lunch Menu			
Recipe	Total		
Kung Pao Chicken & Vegetable Fried Rice Bowl (HS)	1.00 serving	387.000	66.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000

Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	43.000
Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	397.660	45.447
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	387.721	33.698
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Tuscan Chicken with Rotini Pasta & Cheesy Breadstick	1.00 serving/#4 scoop pasta + breadstick	325.304	25.367
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	52.000	9.498
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	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

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 Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		660.895*	95.451*
% of Calories			57.77%

Wed - 10/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.000	75.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	43.000

Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	397.660	45.447
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	387.721	33.698
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	52.000	9.498
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	¹ / ₂ cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	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
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000

Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		729.783*	108.989*
% of Calories			59.74%

Thu - 10/31/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2019-2020 High School Lunch Menu			
Recipe	Total		
Chicken Teriyaki & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	360.356	60.024
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Kick'n Chicken 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	43.000
Pizza, Domino's, Valedictorian, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	397.660	45.447
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	583.999	51.600
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	50.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	506.000	66.000

Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.732	42.421
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	416.031*	57.218*
Turkey & Bacon Sub Sandwich	1.00 serving	387.721	33.698
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Philly Cheese Steak Sandwich	1.00 serving	366.572	35.351
Black Beans, 1/4 cup	0.25 cup	54.498	9.936
Kidney Beans, 1/4 cup	0.25 cup	52.000	9.498
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Assorted Fresh Fruit	1.00 each	64.897	16.786
Fruit, 1/2 cup, (assorted canned)	0.50 cup	59.991	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
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Dressing	1.00 tablespoon	27.101	0.850

Italian Dressing	1.00 tablespoon	45.135	0.834
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		674.562*	98.728*
% of Calories			58.54%

* = Indicates missing Nutrient Information.

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