

# Carbohydrate Report

District: Garden Grove Unified School District

School: Anthony Elementary

Menu: 2017-2018 Elementary Lunch Menu



Mon - 10/02/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Tres Beef Taco Delight	1.00 serving/3 triangles	250.000	30.000
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Bell Peppers, 1/2 cup, (sliced red)	0.50 cup	14.260	2.774
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Pear, (fresh)	1.00 each	84.360	22.540
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000

1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		523.631	78.480
% of Calories			59.95%

Tue - 10/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Breaded Chicken Patty w/ Hamburger Buns 3.5"	1.00 serving	360.000	39.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Potato Crinkle Cut Fries 1/2 cup	1/2 cup	110.000	17.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000

Banana (fresh)	1.00 each	105.020	26.951
Pineapple, 1/2 cup (tidbits, canned)	1/2 cup	70.000	17.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Pickles	1.00 serving	1.540	0.316
Weighted Daily Average		687.153	96.450
% of Calories			56.14%

Wed - 10/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 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	436.667	82.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545

Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Cauliflower, 1/2 cup (raw)	0.50 cup	12.500	2.485
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Pineapple Tidbits Fruit Cup	1.00 each	80.000	18.000
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		643.972	101.721
% of Calories			63.18%

Thu - 10/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			

Recipe	Total		
Breaded Chicken Drumstick	1.00 serving	190.000	5.000
Sandwich, Turkey Deli & Cheese (Rose & Shore)	1.00 each	270.000	25.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Kiwi, (Fresh)	0.50 cup	54.900	13.194
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
Blueberries, 1/2 cup, (frozen)	0.50 cup	39.525	9.432
Chocolate Chip Cookie (Michael's Cookies)	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	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503

Weighted Daily Average	673.861	92.460
% of Calories		54.88%

Fri - 10/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Kidney Beans, 1/2 cup	0.50 cup	104.000	18.995
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Appleberry Juice Carton, 4 oz	1.00 each	55.000	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000

Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Salsa	1.00 tablespoon	5.000	1.000
Weighted Daily Average		648.029	104.523
% of Calories			64.52%

Mon - 10/09/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Mini Cheese Calzones	1.00 serving/3 pieces	350.000	34.000
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Peas, 1/2 cup, (green)	0.50 cup	51.590	9.125
Carrot Coins, 1/2 cup, (raw)	1/2 cup	25.010	5.844
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000

Pear, (fresh)	1.00 each	84.360	22.540
Apricots, 1/2 cup (diced, canned)	1/2 cup	59.991	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		596.173	84.465
% of Calories			56.67%

Tue - 10/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Crunchy Beef Taco	1.00 serving	286.182	19.054
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Corn, 1/2 cup (thawed)		75.000	15.750



	1/2 cup		
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Banana (fresh)	1.00 each	105.020	26.951
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Whole Grain Brownie Bite	1.00 each	120.000	24.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Salsa	1.00 tablespoon	5.000	1.000
Weighted Daily Average		718.957	102.788
% of Calories			57.19%

Wed - 10/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			

Recipe	Total		
Orange Popcorn Chicken w/ Brown Rice (1/2 cup) Revised	1.00 serving	269.200	43.922
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Cauliflower, 1/2 cup (raw)	0.50 cup	12.500	2.485
Celery Sticks, 1/2 cup	0.50 cup	9.600	1.782
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		486.073	78.852

% of Calories	64.89%
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Thu - 10/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Chicken Double Dogs	1.00 each	260.000	31.500
Turkey Ham & Cheese Sandwich (Rose & Shore)	1.00 each	260.000	30.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993
Kiwi, (Fresh)	0.50 cup	54.900	13.194
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292

Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		528.975	83.294
% of Calories			62.99%

Fri - 10/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Macaroni and Cheese w/ Dinner Roll	1.00 serving	360.015	46.002
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Pinto Beans, 1/2 cup, (canned)	0.50 cup	97.997	17.995
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000

Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		592.491	91.225
% of Calories			61.59%

Mon - 10/16/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Mini Cheese Burger Sliders	1.00 serving	272.000	31.300
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	N/A	N/A
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Bell Peppers, 1/2 cup, (sliced red)	0.50 cup	14.260	2.774
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000

Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Apple, Fresh	1.00 each	52.520	13.948
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Pickles	1.00 serving	1.540	0.316
Weighted Daily Average		499.178	78.945
% of Calories			63.26%

Tue - 10/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Sausage Patties w/ Belgian 2M/2G	1.00 serving/ 2 sausage patties + 2 waffles	312.000	33.200
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545

Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Celery Sticks, 1/2 cup	0.50 cup	9.600	1.782
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Mandarin Oranges Fruit Cup	1.00 each	70.000	17.000
Banana (fresh)	1.00 each	105.020	26.951
Pineapple, 1/2 cup (tidbits, canned)	1/2 cup	70.000	17.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Syrup Cup	1.00 each	120.000	31.000
Weighted Daily Average		705.156	116.683
% of Calories			66.19%

Wed - 10/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			

Recipe	Total		
Cheese French Bread Pizza	1.00 each	340.000	36.000
Pepperoni French Bread Pizza	1.00 serving	350.000	35.000
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Zucchini Coins, 1/2 cup	0.50 cup	9.605	1.757
Carrot Coins, 1/2 cup, (raw)	1/2 cup	25.010	5.844
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Applesauce Cup	1.00 serving	51.000	14.000
Kiwi, (Fresh)	0.50 cup	54.900	13.194
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701



Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		636.708	97.159
% of Calories			61.04%

Thu - 10/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Spaghetti w/ Cheesy Breadstick (Bosco)	1.00 serving	284.495	34.271
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Carrot Coins, 1/2 cup, (raw)	1/2 cup	25.010	5.844
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Pear, (fresh)	1.00 each	84.360	22.540
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000

1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		628.191	102.547
% of Calories			65.30%

Fri - 10/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Chicken Nuggets	1.00 serving/5 pieces	260.000	16.000
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000

Appleberry Juice Carton, 4 oz	1.00 each	55.000	14.000
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Apricots, 1/2 cup (diced, canned)	1/2 cup	59.991	14.000
Sun Chips Cheddar Chips	1.00 each	140.000	18.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		707.208	98.503
% of Calories			55.71%

Mon - 10/23/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Chicken Corn Dog	1.00 each	239.846	22.780
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545

Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Peas, 1/2 cup, (green)	0.50 cup	51.590	9.125
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Apple, Fresh	1.00 each	52.520	13.948
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
Brown Rice Krispies Treat	1.00 each	50.000	9.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		578.711	86.615
% of Calories			59.87%

Tue - 10/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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Recipe	Total		
Hamburger w/ Whole Wheat Bun	1.00 serving	238.000	24.500
Cheeseburger w/ Whole Wheat Bun	1.00 serving	293.686	25.512
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tater Tots, 1/2 cup	0.50 cup	134.000	18.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Banana (fresh)	1.00 each	105.020	26.951
Apricots, 1/2 cup (diced, canned)	1/2 cup	59.991	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701

Italian Dressing	1.00 oz	135.404	2.503
Pickles	1.00 serving	1.540	0.316
Weighted Daily Average		675.984	95.968
% of Calories			56.79%

Wed - 10/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Teriyaki Chicken w/ Steamed Brown Rice (1/2 cup)	1.00 serving	199.556	28.946
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Celery Sticks, 1/2 cup	0.50 cup	9.600	1.782
Carrot Coins, 1/2 cup, (raw)	1/2 cup	25.010	5.844
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Peaches, 1/2 cup (sliced, canned)		59.991	14.000

	1/2 cup		
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		467.159	73.429
% of Calories			62.87%

Thu - 10/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Turkey Taco Pocket	1.00 each	310.000	40.000
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	N/A	N/A
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Zucchini Coins, 1/2 cup	0.50 cup	9.605	1.757

Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Cool Tropics Fruit Slush (Dragon Punch Flavor)	1.00 each	60.000	16.000
Kiwi, (Fresh)	0.50 cup	54.900	13.194
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Salsa	1.00 tablespoon	5.000	1.000
Weighted Daily Average		526.709	86.239
% of Calories			65.49%

Fri - 10/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Three Cheese Calzone	1.00 serving	350.000	42.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000



Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Kidney Beans, 1/2 cup	0.50 cup	104.000	18.995
Bell Peppers, 1/2 cup, (sliced red)	0.50 cup	14.260	2.774
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Apple Juice Carton, 4 oz	1.00 each	55.000	14.000
Apple, Fresh	1.00 each	52.520	13.948
Pineapple, 1/2 cup (tidbits, canned)	1/2 cup	70.000	17.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		661.798	109.407
% of Calories			66.13%

Mon - 10/30/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Tres Beef Taco Delight	1.00 serving/3 triangles	250.000	30.000
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
Apple, Fresh	1.00 each	52.520	13.948
Peaches, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701

Italian Dressing	1.00 oz	135.404	2.503
Salsa	1.00 tablespoon	5.000	1.000
Weighted Daily Average		545.040	85.202
% of Calories			62.53%

Tue - 10/31/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Elementary Lunch Menu			
Recipe	Total		
Halloween Shaped Chicken Nuggets w/ Dinner Roll	1.00 serving	320.000	29.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Potato Crinkle Cut Fries 1/2 cup	1/2 cup	110.000	17.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Broccoli, 1/2 cup, (raw)	0.50 cup	24.500	5.026
Raisin Box	0.25 cup	108.388	28.703
Assorted Flavored Craisins	1.00 each	110.000	28.000
Banana (fresh)	1.00 each	105.020	26.951

Pineapple, 1/2 cup (tidbits, canned)	1/2 cup	70.000	17.000
Pumpkin Shaped Cookie	1.00 each	130.000	22.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Weighted Daily Average		786.301	110.685
% of Calories			56.31%

\* = Indicates missing Nutrient Information.

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