

# Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2017-2018 High School Lunch Menu



Mon - 10/02/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000

Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503

Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		606.467*	92.004*
% of Calories			60.68%

Tue - 10/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Kung Pao Chicken & Vegetable Rice Bowl (HS)	1.00 serving	335.400	57.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612

Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197

Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		610.410*	91.666*
% of Calories			60.07%

Wed - 10/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			

Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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	53.760	9.280

Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000

Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		612.560*	92.116*
% of Calories			60.15%

Thu - 10/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	348.726	60.634
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723



Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		611.076*	91.806*
% of Calories			60.09%

Fri - 10/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000

Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069

Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		612.560*	92.116*
% of Calories			60.15%

Mon - 10/09/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
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Mayonnaise Packet	1.00 packet	60.000	1.000
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Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		606.467*	92.004*
% of Calories			60.68%

Tue - 10/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Kung Pao Chicken & Vegetable Rice Bowl (HS)	1.00 serving	335.400	57.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
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Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094

Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
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Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
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Soy Sauce Packet	1.00 packet	9.084	0.891
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Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		610.410*	91.666*
% of Calories			60.07%

Wed - 10/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167

Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
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Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
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Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545

Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000

Weighted Daily Average	612.560*	92.116*
% of Calories		60.15%

Thu - 10/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	348.726	60.634
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017

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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503

Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		611.076*	91.806*
% of Calories			60.09%

Fri - 10/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600

Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250

Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		612.560*	92.116*
% of Calories			60.15%

Mon - 10/16/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		



Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000

4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701

Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		606.467*	92.004*
% of Calories			60.68%

Tue - 10/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Kung Pao Chicken & Vegetable Rice Bowl (HS)	1.00 serving	335.400	57.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese	1.00 serving	286.623	30.389

Sandwich			
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		610.410*	91.666*
% of Calories			60.07%

Wed - 10/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000

Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788

Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		612.560*	92.116*
% of Calories			60.15%

Thu - 10/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	348.726	60.634
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891

Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		611.076*	91.806*
% of Calories			60.09%

Fri - 10/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094

Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		612.560*	92.116*
% of Calories			60.15%

Mon - 10/23/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167

Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545

Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		606.467*	92.004*

% of Calories	60.68%

Tue - 10/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Kung Pao Chicken & Vegetable Rice Bowl (HS)	1.00 serving	335.400	57.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017

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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503



Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		610.410*	91.666*
% of Calories			60.07%

Wed - 10/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600

Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250

Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		612.560*	92.116*
% of Calories			60.15%

Thu - 10/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		

Chicken Teriyaki Rice Bowl (HS/INT)	1.00 serving	348.726	60.634
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000

4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701

Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		611.076*	91.806*
% of Calories			60.09%

Fri - 10/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389

Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		612.560*	92.116*
% of Calories			60.15%

Mon - 10/30/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken Bowl (HS/INT)	1.00 serving	378.400	66.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000



Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788

Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		606.467*	92.004*
% of Calories			60.68%

Tue - 10/31/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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2017-2018 High School Lunch Menu			
Recipe	Total		
Kung Pao Chicken & Vegetable Rice Bowl (HS)	1.00 serving	335.400	57.845
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Calzone, Pepperoni	1.00 serving	370.000	50.000
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Turkey & Bacon Sub Sandwich	1.00 serving	419.094	33.723
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	575.790	113.017
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	53.760	9.280
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Corn, 1/2 cup (thawed)	1/2 cup	75.000	15.750
Lettuce, 1/2 cup, shredded	0.50 cup	5.040	1.069
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Fruit, 1/2 cup, (assorted canned)	0.50 cup	60.193	15.197
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Raisin Box	0.25 cup	108.388	28.703
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 oz	54.202	1.701
Italian Dressing	1.00 oz	135.404	2.503
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891

Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.540	0.316
Jalapenos	1.00 serving	5.000	1.000
Weighted Daily Average		610.410*	91.666*
% of Calories			60.07%

\* = Indicates missing Nutrient Information.

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