

Carbohydrate Report

District: Garden Grove Unified School District

School: Bell Intermediate

Menu: 2017-2018 Intermediate Lunch Menu



Mon - 10/02/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			
Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000

Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Chocolate Chip Cookie (Michael's Cookies)	1.00 each	165.000	27.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		660.591	92.929
% of Calories			56.27%

Tue - 10/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate 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
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		650.536*	92.644*
% of Calories			56.97%

Wed - 10/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate 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

Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000

Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		649.555	91.251
% of Calories			56.19%

Thu - 10/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			
Recipe	Total		
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
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000

Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000

Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		633.540*	89.136*
% of Calories			56.28%

Fri - 10/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate 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
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese	1.00 serving	286.623	30.389

Sandwich			
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316

Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		649.555	91.251
% of Calories			56.19%

Mon - 10/09/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			
Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3	1.00 each	630.000	64.000

oz, Assorted			
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Chocolate Chip Cookie (Michael's Cookies)	1.00 each	165.000	27.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		660.591	92.929
% of Calories			56.27%

Tue - 10/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate 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
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		650.536*	92.644*
% of Calories			56.97%

Wed - 10/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate 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
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000

Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		649.555	91.251
% of Calories			56.19%

Thu - 10/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			
Recipe	Total		
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
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500

Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701

Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		633.540*	89.136*
% of Calories			56.28%

Fri - 10/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate 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
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato	1.00 serving	584.686	52.612

Wedges			
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000

Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		649.555	91.251
% of Calories			56.19%

Mon - 10/16/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			
Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yoqurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020

Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Chocolate Chip Cookie (Michael's Cookies)	1.00 each	165.000	27.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		660.591	92.929

% of Calories	56.27%
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Tue - 10/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate 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
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000

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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		650.536*	92.644*
% of Calories			56.97%

Wed - 10/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate 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
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000

Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		649.555	91.251
% of Calories			56.19%

Thu - 10/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			
Recipe	Total		
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
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000

Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292

Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		633.540*	89.136*
% of Calories			56.28%

Fri - 10/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate 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
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato	1.00 serving	529.000	51.600

Wedges			
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891

Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		649.555	91.251
% of Calories			56.19%

Mon - 10/23/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			
Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094

Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Chocolate Chip Cookie (Michael's Cookies)	1.00 each	165.000	27.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701

Weighted Daily Average	660.591	92.929
% of Calories		56.27%

Tue - 10/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate 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
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000

Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		650.536*	92.644*
% of Calories			56.97%

Wed - 10/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate 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
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250

1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		649.555	91.251
% of Calories			56.19%

Thu - 10/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			
Recipe	Total		
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
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167

Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000

Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		633.540*	89.136*
% of Calories			56.28%

Fri - 10/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate 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
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000

Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000

Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		649.555	91.251
% of Calories			56.19%

Mon - 10/30/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate Lunch Menu			
Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	506.667	49.167
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535

Chef Salad w/ 2 oz Dinner Roll	1.00 serving	325.206	37.094
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
Chocolate Chip Cookie (Michael's Cookies)	1.00 each	165.000	27.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Mayonnaise	1.00 packet	90.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316

Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		660.591	92.929
% of Calories			56.27%

Tue - 10/31/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017-2018 Intermediate 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
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	560.000	68.000
Chicken Pretzel Hotdog	1.00 serving	300.000	40.500
Personal Pepperoni Pizza IW	1.00 serving	340.000	31.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Hamburger Box w/ Spicy Potato Wedges	1.00 serving	529.000	51.600
Cheeseburger Box w/ Spicy Potato Wedges	1.00 serving	584.686	52.612
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	286.623	30.389
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	446.031*	63.218*
Yogurt Parfait w/ Muffin 2M/2G	1.00 serving	484.626	91.020
Peanut Butter & Jelly Sandwich, 5.3	1.00 each	630.000	64.000

oz, Assorted			
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.250	14.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Soy Sauce Packet	1.00 packet	9.084	0.891
Jalapenos	1.00 serving	5.000	1.000
Pickles	1.00 serving	1.540	0.316
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		650.536*	92.644*
% of Calories			56.97%

* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY

9/29/2017

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