

# Carbohydrate Report

District: Garden Grove Unified School District

School: Newhope Elementary

Menu: 2017 Summer Menu: Elementary Schools



Mon - 06/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
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
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		575.918	93.246
% of Calories			64.76%

Tue - 06/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
Recipe	Total		
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Peanut Butter & Jelly Sandwich w/ Sunflower Seeds	1.00 serving	490.000	38.000
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Cool Tropics Fruit Slush (Blue Raspberry Flavor)	1.00 1 each	60.000	15.000
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
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		869.970	132.086
% of Calories			60.73%

Wed - 06/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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2017 Summer Menu: Elementary Schools			
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
Power Pack (Turkey Stick, Cheese Cubes & Goldfish Crackers)	1.00 serving	N/A	N/A
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		516.084	84.307
% of Calories			65.34%

Thu - 06/29/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			

Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Peanut Butter & Jelly Sandwich w/ Sunflower Seeds	1.00 serving	490.000	38.000
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		561.584	78.996
% of Calories			56.27%

Fri - 06/30/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
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
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
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
Ranch Packet	1.00 packet	70.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Weighted Daily Average		691.838	99.553
% of Calories			57.56%

Mon - 07/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
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
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
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

Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		575.918	93.246
% of Calories			64.76%

Wed - 07/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
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
Power Pack (Turkey Stick, Cheese Cubes & Goldfish Crackers)	1.00 serving	N/A	N/A
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410

Assorted Dried Fruit	1.00 each	109.597	28.176
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		516.084	84.307
% of Calories			65.34%

Thu - 07/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Peanut Butter & Jelly Sandwich w/ Sunflower Seeds	1.00 serving	490.000	38.000
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000

Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		561.584	78.996
% of Calories			56.27%

Fri - 07/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
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
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
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
Ranch Packet	1.00 packet	70.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Weighted Daily Average		691.838	99.553



% of Calories		57.56%

Mon - 07/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
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
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		575.918	93.246
% of Calories			64.76%

Tue - 07/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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2017 Summer Menu: Elementary Schools			
Recipe	Total		
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Peanut Butter & Jelly Sandwich w/ Sunflower Seeds	1.00 serving	490.000	38.000
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Cool Tropics Fruit Slush (Blue Raspberry Flavor)	1.00 1 each	60.000	15.000
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
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		869.970	132.086
% of Calories			60.73%

Wed - 07/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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## 2017 Summer Menu: Elementary Schools

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
Power Pack (Turkey Stick, Cheese Cubes & Goldfish Crackers)	1.00 serving	N/A	N/A
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		516.084	84.307
% of Calories			65.34%

Thu - 07/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
Recipe	Total		

House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Peanut Butter & Jelly Sandwich w/ Sunflower Seeds	1.00 serving	490.000	38.000
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		561.584	78.996
% of Calories			56.27%

Fri - 07/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
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
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

Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
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
Ranch Packet	1.00 packet	70.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Weighted Daily Average		691.838	99.553
% of Calories			57.56%

Mon - 07/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
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
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
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

Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		575.918	93.246
% of Calories			64.76%

Tue - 07/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
Recipe	Total		
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Peanut Butter & Jelly Sandwich w/ Sunflower Seeds	1.00 serving	490.000	38.000
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787

Cool Tropics Fruit Slush (Blue Raspberry Flavor)	1.00 1 each	60.000	15.000
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
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		869.970	132.086
% of Calories			60.73%

Wed - 07/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
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
Power Pack (Turkey Stick, Cheese Cubes & Goldfish Crackers)	1.00 serving	N/A	N/A
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787

1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		516.084	84.307
% of Calories			65.34%

Thu - 07/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Peanut Butter & Jelly Sandwich w/ Sunflower Seeds	1.00 serving	490.000	38.000
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		561.584	78.996



% of Calories	56.27%

Fri - 07/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
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
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
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
Ranch Packet	1.00 packet	70.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Weighted Daily Average		691.838	99.553
% of Calories			57.56%

Mon - 07/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
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
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
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1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		575.918	93.246
% of Calories			64.76%

Tue - 07/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
Recipe	Total		

Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Peanut Butter & Jelly Sandwich w/ Sunflower Seeds	1.00 serving	490.000	38.000
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
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Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Cool Tropics Fruit Slush (Blue Raspberry Flavor)	1.00 1 each	60.000	15.000
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
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		869.970	132.086
% of Calories			60.73%

Wed - 07/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
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
Power Pack (Turkey Stick, Cheese Cubes & Goldfish Crackers)	1.00 serving	N/A	N/A
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		516.084	84.307
% of Calories			65.34%

Thu - 07/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Peanut Butter & Jelly Sandwich w/ Sunflower Seeds	1.00 serving	490.000	38.000

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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		561.584	78.996
% of Calories			56.27%

Fri - 07/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
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
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410

Assorted Dried Fruit	1.00 each	109.597	28.176
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
Ranch Packet	1.00 packet	70.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Weighted Daily Average		691.838	99.553
% of Calories			57.56%

Mon - 07/31/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
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
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410

Assorted Dried Fruit	1.00 each	109.597	28.176
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		575.918	93.246
% of Calories			64.76%

Tue - 08/01/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
Recipe	Total		
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Peanut Butter & Jelly Sandwich w/ Sunflower Seeds	1.00 serving	490.000	38.000
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Cool Tropics Fruit Slush (Blue Raspberry Flavor)	1.00 1 each	60.000	15.000
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
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		869.970	132.086
% of Calories			60.73%

Wed - 08/02/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
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
Power Pack (Turkey Stick, Cheese Cubes & Goldfish Crackers)	1.00 serving	N/A	N/A
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000



Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		516.084	84.307
% of Calories			65.34%

Thu - 08/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Peanut Butter & Jelly Sandwich w/ Sunflower Seeds	1.00 serving	490.000	38.000
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		561.584	78.996
% of Calories			56.27%

Fri - 08/04/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
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
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
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
Ranch Packet	1.00 packet	70.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Weighted Daily Average		691.838	99.553
% of Calories			57.56%

Mon - 08/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			

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
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		575.918	93.246
% of Calories			64.76%

Tue - 08/08/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
Recipe	Total		
Sandwich, Grilled Cheese	1.00 each	280.310	30.959

Peanut Butter & Jelly Sandwich w/ Sunflower Seeds	1.00 serving	490.000	38.000
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Cool Tropics Fruit Slush (Blue Raspberry Flavor)	1.00 1 each	60.000	15.000
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
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		869.970	132.086
% of Calories			60.73%

Wed - 08/09/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
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

Power Pack (Turkey Stick, Cheese Cubes & Goldfish Crackers)	1.00 serving	N/A	N/A
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		516.084	84.307
% of Calories			65.34%

Thu - 08/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Peanut Butter & Jelly Sandwich w/ Sunflower Seeds	1.00 serving	490.000	38.000
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

Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		561.584	78.996
% of Calories			56.27%

Fri - 08/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
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
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176

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
Ranch Packet	1.00 packet	70.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Weighted Daily Average		691.838	99.553
% of Calories			57.56%

Mon - 08/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
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
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
1% Low-fat Milk	8.00 oz	120.000	16.000

Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		575.918	93.246
% of Calories			64.76%

Tue - 08/15/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
Recipe	Total		
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Peanut Butter & Jelly Sandwich w/ Sunflower Seeds	1.00 serving	490.000	38.000
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Cool Tropics Fruit Slush (Blue Raspberry Flavor)	1.00 1 each	60.000	15.000
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



Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		869.970	132.086
% of Calories			60.73%

Wed - 08/16/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
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
Power Pack (Turkey Stick, Cheese Cubes & Goldfish Crackers)	1.00 serving	N/A	N/A
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000

Weighted Daily Average	516.084	84.307
% of Calories		65.34%

Thu - 08/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Peanut Butter & Jelly Sandwich w/ Sunflower Seeds	1.00 serving	490.000	38.000
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		561.584	78.996
% of Calories			56.27%

Fri - 08/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			

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
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
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
Ranch Packet	1.00 packet	70.000	1.000
Ketchup Packet	1.00 packet	10.000	0.000
Weighted Daily Average		691.838	99.553
% of Calories			57.56%

Mon - 08/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
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
Assorted Yami Yogurt w/ Granola	1.00 serving	436.667	82.000
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		575.918	93.246
% of Calories			64.76%

Tue - 08/22/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
Recipe	Total		
Sandwich, Grilled Cheese	1.00 each	280.310	30.959
Peanut Butter & Jelly Sandwich w/ Sunflower Seeds	1.00 serving	490.000	38.000
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Cool Tropics Fruit Slush (Blue Raspberry Flavor)	1.00 1 each	60.000	15.000
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
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		869.970	132.086
% of Calories			60.73%

Wed - 08/23/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
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
Power Pack (Turkey Stick, Cheese Cubes & Goldfish Crackers)	1.00 serving	N/A	N/A
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000

Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788
Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		516.084	84.307
% of Calories			65.34%

Thu - 08/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Elementary Schools			
Recipe	Total		
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
Peanut Butter & Jelly Sandwich w/ Sunflower Seeds	1.00 serving	490.000	38.000
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
Fruit, Assorted, (fresh)	1.00 each	65.155	16.788

Orange Juice, Carton	1.00 each	56.005	13.410
Assorted Dried Fruit	1.00 each	109.597	28.176
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		561.584	78.996
% of Calories			56.27%

\* = Indicates missing Nutrient Information.

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