

Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2017 Summer Menu: High Schools



Mon - 06/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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		768.602	125.247
% of Calories			65.18%

Tue - 06/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
House Chicken with Steamed Brown Rice & Cookie	1.00 serving	465.000	62.000
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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	890.952	144.045
% of Calories		64.67%

Wed - 06/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich,Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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	741.362	119.382
% of Calories		64.41%

Thu - 06/29/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
House Chicken with Steamed Brown Rice & Cookie	1.00 serving	465.000	62.000
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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	853.352	137.247
% of Calories		64.33%

Fri - 06/30/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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	742.442	119.660
% of Calories		64.47%

Mon - 07/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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	768.602	125.247
% of Calories		65.18%

Wed - 07/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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		741.362	119.382
% of Calories			64.41%

Thu - 07/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
House Chicken with Steamed Brown Rice & Cookie	1.00 serving	465.000	62.000
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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	853.352	137.247
% of Calories		64.33%

Fri - 07/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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	742.442	119.660
% of Calories		64.47%

Mon - 07/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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	768.602	125.247
% of Calories		65.18%

Tue - 07/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
House Chicken with Steamed Brown Rice & Cookie	1.00 serving	465.000	62.000
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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	890.952	144.045
% of Calories		64.67%

Wed - 07/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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	741.362	119.382
% of Calories		64.41%

Thu - 07/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
House Chicken with Steamed Brown Rice & Cookie	1.00 serving	465.000	62.000
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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		853.352	137.247

% of Calories	64.33%

Fri - 07/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich,Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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	742.442	119.660
% of Calories		64.47%

Mon - 07/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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	768.602	125.247
% of Calories		65.18%

Tue - 07/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
House Chicken with Steamed Brown Rice & Cookie	1.00 serving	465.000	62.000
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
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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		890.952	144.045

% of Calories	64.67%

Wed - 07/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000

Weighted Daily Average	741.362	119.382
% of Calories		64.41%

Thu - 07/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
House Chicken with Steamed Brown Rice & Cookie	1.00 serving	465.000	62.000
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
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Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		853.352	137.247

% of Calories	64.33%
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Fri - 07/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
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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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
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Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		742.442	119.660

% of Calories	64.47%
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Mon - 07/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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	768.602	125.247
% of Calories		65.18%

Tue - 07/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
House Chicken with Steamed Brown Rice & Cookie	1.00 serving	465.000	62.000
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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		890.952	144.045

% of Calories	64.67%
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Wed - 07/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich,Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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		741.362	119.382

% of Calories	64.41%
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Thu - 07/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
House Chicken with Steamed Brown Rice & Cookie	1.00 serving	465.000	62.000
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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		853.352	137.247

% of Calories	64.33%
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Fri - 07/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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		742.442	119.660

% of Calories	64.47%
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Mon - 07/31/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich,Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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		768.602	125.247

% of Calories	65.18%
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Tue - 08/01/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
House Chicken with Steamed Brown Rice & Cookie	1.00 serving	465.000	62.000
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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		890.952	144.045

% of Calories	64.67%
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Wed - 08/02/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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		741.362	119.382

% of Calories			64.41%
Thu - 08/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
House Chicken with Steamed Brown Rice & Cookie	1.00 serving	465.000	62.000
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
Fruit Cup, (Assorted)	0.50 cup	95.999	23.787
Assorted Dried Fruit	1.00 each	109.597	28.176
Orange Juice, Carton	1.00 each	56.005	13.410
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		853.352	137.247
% of Calories			64.33%

* = Indicates missing Nutrient Information.

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