

Carbohydrate Report

District: Garden Grove Unified School District

School: Alamitos Intermediate

Menu: 2017 Summer Menu: Intermediate Schools



Mon - 07/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Intermediate 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
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	614.302	92.096
% of Calories		59.97%

Wed - 07/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Intermediate 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
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		600.682	89.164

% of Calories	59.38%
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Thu - 07/06/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Intermediate 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
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
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		601.302	89.346
% of Calories			59.44%

Fri - 07/07/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Intermediate 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
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		601.222	89.303
% of Calories			59.41%

Mon - 07/10/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Intermediate 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
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		614.302	92.096
% of Calories			59.97%

Tue - 07/11/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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2017 Summer Menu: Intermediate 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
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
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		620.102	92.745
% of Calories			59.83%

Wed - 07/12/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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2017 Summer Menu: Intermediate 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
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		600.682	89.164
% of Calories			59.38%

Thu - 07/13/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Intermediate 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
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
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		601.302	89.346
% of Calories			59.44%

Fri - 07/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Intermediate 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
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		601.222	89.303
% of Calories			59.41%

Mon - 07/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Intermediate 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
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		614.302	92.096
% of Calories			59.97%

Tue - 07/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Intermediate 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
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
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		620.102	92.745
% of Calories			59.83%

Wed - 07/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Intermediate 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

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		600.682	89.164
% of Calories			59.38%

Thu - 07/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Intermediate 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

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
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		601.302	89.346
% of Calories			59.44%

Fri - 07/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Intermediate 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
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		601.222	89.303
% of Calories			59.41%

Mon - 07/24/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Intermediate 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
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	280.000	34.000
Pizza, Domino's, Pepperoni 16", WG,	1.00 slice	320.000	39.000

1 Slice/8 Cut			
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		614.302	92.096
% of Calories			59.97%

Tue - 07/25/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Intermediate 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
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
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		620.102	92.745
% of Calories			59.83%

Wed - 07/26/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Intermediate 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
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		600.682	89.164
% of Calories			59.38%

Thu - 07/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Intermediate 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
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
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		601.302	89.346
% of Calories			59.44%

Fri - 07/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
2017 Summer Menu: Intermediate 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
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		601.222	89.303
% of Calories			59.41%

* = 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 IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.