

# Carbohydrate Report

District: Garden Grove Unified School District

School: Garden Grove High School

Menu: Summer 2018 Menu: High Schools



Mon - 06/18/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: High Schools				
Recipe	Total			
Chef Salad w/ Muffin	1.00 serving	375.206	46.094	
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000	
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	
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998	
Fresh Apple Slices, IW	1.00 each	30.159	7.037	
Assorted Fruit Cups	0.50 cup	95.999	23.787	
Raisin Box	0.25 cup	108.388	28.703	
Strawberry Flavored Craisins	1.00 each	110.000	28.000	
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	
Weighted Daily Average		590.913	87.975	
% of Calories			59.55%	

Tue - 06/19/2018		Portion Size	Calories (kcal)	Carbohydrates (g)

Summer 2018 Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
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
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
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
Weighted Daily Average		641.111	91.617
% of Calories			57.16%

Wed - 06/20/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
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
Weighted Daily Average		573.485	83.803
% of Calories			58.45%

Thu - 06/21/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
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
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703

Strawberry Flavored Craisins	1.00 each	110.000	28.000
Orange Juice, Carton	1.00 each	56.005	13.410
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
Weighted Daily Average		654.915	96.576
% of Calories			58.99%

<b>Fri - 06/22/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Summer 2018 Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
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

Weighted Daily Average	574.295	84.011
% of Calories		58.51%

<b>Mon - 06/25/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Summer 2018 Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
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
Weighted Daily Average		590.913	87.975
% of Calories			59.55%

<b>Tue - 06/26/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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Summer 2018 Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
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
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
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
Weighted Daily Average		641.111	91.617
% of Calories			57.16%

Wed - 06/27/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
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
Weighted Daily Average		573.485	83.803
% of Calories			58.45%

Thu - 06/28/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
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
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703

Strawberry Flavored Craisins	1.00 each	110.000	28.000
Orange Juice, Carton	1.00 each	56.005	13.410
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
Weighted Daily Average		654.915	96.576
% of Calories			58.99%

<b>Fri - 06/29/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Summer 2018 Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
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
Weighted Daily Average		574.295	84.011



% of Calories			58.51%
<b>Mon - 07/02/2018</b>			
		<b>Portion Size</b>	<b>Calories (kcal)</b>
<b>Carbohydrates (g)</b>			
Summer 2018 Menu: High Schools			
Recipe		Total	
Chef Salad w/ Muffin		1.00 serving	375.206
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted		1.00 each	630.000
Sub Sandwich, Turkey Deli & Cheese		1.00 each	272.520
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut		1.00 slice	280.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut		1.00 slice	320.000
Grab-it Carrots, 1/2 cup		0.50 cup	35.000
Yellow Corn, 1/2 cup (canned)		1/2 cup	64.993
Fresh Apple Slices, IW		1.00 each	30.159
Assorted Fruit Cups		0.50 cup	95.999
Raisin Box		0.25 cup	108.388
Strawberry Flavored Craisins		1.00 each	110.000
Orange Juice, Carton		1.00 each	56.005
1% Low-fat Milk		8.00 oz	120.000
Chocolate Milk, Fat-free		8.00 oz	110.000
Weighted Daily Average			590.913
% of Calories			59.55%

<b>Tue - 07/03/2018</b>		<b>Portion Size</b>	<b>Calories (kcal)</b>
<b>Carbohydrates (g)</b>			

## Summer 2018 Menu: High Schools

Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
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
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
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
Weighted Daily Average		641.111	91.617
% of Calories			57.16%

Thu - 07/05/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
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
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Orange Juice, Carton	1.00 each	56.005	13.410
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
Weighted Daily Average		654.915	96.576
% of Calories			58.99%

<b>Fri - 07/06/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Summer 2018 Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703

Strawberry Flavored Craisins	1.00 each	110.000	28.000
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
Weighted Daily Average		574.295	84.011
% of Calories			58.51%

Mon - 07/09/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
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
Weighted Daily Average		590.913	87.975

% of Calories

59.55%

<b>Tue - 07/10/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Summer 2018 Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
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
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
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
Weighted Daily Average		641.111	91.617
% of Calories			57.16%

<b>Wed - 07/11/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Summer 2018 Menu: High Schools			
Recipe	Total		

Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
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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
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
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
Weighted Daily Average		573.485	83.803
% of Calories			58.45%

Thu - 07/12/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
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
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Orange Juice, Carton	1.00 each	56.005	13.410
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
Weighted Daily Average		654.915	96.576
% of Calories			58.99%

<b>Fri - 07/13/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Summer 2018 Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000

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
Weighted Daily Average		574.295	84.011
% of Calories			58.51%

Mon - 07/16/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
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
Weighted Daily Average		590.913	87.975
% of Calories			59.55%



<b>Tue - 07/17/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Summer 2018 Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
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
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
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
Weighted Daily Average		641.111	91.617
% of Calories			57.16%

<b>Wed - 07/18/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Summer 2018 Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094

Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
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
Weighted Daily Average		573.485	83.803
% of Calories			58.45%

Thu - 07/19/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
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
Fresh Apple Slices, IW	1.00 each	30.159	7.037

Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Orange Juice, Carton	1.00 each	56.005	13.410
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
Weighted Daily Average		654.915	96.576
% of Calories			58.99%

<b>Fri - 07/20/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Summer 2018 Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
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
Weighted Daily Average		574.295	84.011
% of Calories			58.51%

Mon - 07/23/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
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
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
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
Weighted Daily Average		590.913	87.975
% of Calories			59.55%

<b>Tue - 07/24/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Summer 2018 Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
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
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
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
Weighted Daily Average		641.111	91.617
% of Calories			57.16%

<b>Wed - 07/25/2018</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Summer 2018 Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000

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
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
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
Weighted Daily Average		573.485	83.803
% of Calories			58.45%

Thu - 07/26/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 Menu: High Schools			
Recipe	Total		
Chef Salad w/ Muffin	1.00 serving	375.206	46.094
Peanut Butter & Jelly Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
House Chicken with Steamed Brown Rice (Pick Up Stix)	1.00 serving	300.000	35.000
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
Fresh Apple Slices, IW	1.00 each	30.159	7.037

Assorted Fruit Cups	0.50 cup	95.999	23.787
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Orange Juice, Carton	1.00 each	56.005	13.410
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
Weighted Daily Average		654.915	96.576
% of Calories			58.99%

\* = Indicates missing Nutrient Information.

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