

Carbohydrate Report

District: Garden Grove Unified School District

School: Alamitos Intermediate

Menu: Summer 2018 Menu: Intermediate Schools



Mon - 06/25/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 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	
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	
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	
Ranch Packet	1.00 packet	70.000	1.000	
Weighted Daily Average		660.622	101.591	
% of Calories				61.51%

Tue - 06/26/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
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Summer 2018 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
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
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
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		668.423	102.391
% of Calories			61.27%

Wed - 06/27/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 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
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
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
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		649.003	98.810
% of Calories			60.90%

Thu - 06/28/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 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
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
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
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		649.623	98.992
% of Calories			60.95%

Fri - 06/29/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 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
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
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
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		649.543	98.948
% of Calories			60.93%

Mon - 07/02/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 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
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
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
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		660.622	101.591
% of Calories			61.51%

Tue - 07/03/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 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
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
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
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		668.423	102.391
% of Calories			61.27%

Thu - 07/05/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 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
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
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
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		649.623	98.992
% of Calories			60.95%

Fri - 07/06/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 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
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
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
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		649.543	98.948
% of Calories			60.93%

Mon - 07/09/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 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
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
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
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		660.622	101.591
% of Calories			61.51%

Tue - 07/10/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 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
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
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
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		668.423	102.391
% of Calories			61.27%

Wed - 07/11/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 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
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
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
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		649.003	98.810
% of Calories			60.90%

Thu - 07/12/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 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
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
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
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		649.623	98.992
% of Calories			60.95%

Fri - 07/13/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 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
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
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
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		649.543	98.948
% of Calories			60.93%

Mon - 07/16/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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Summer 2018 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
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
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
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		660.622	101.591
% of Calories			61.51%

Tue - 07/17/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 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	
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
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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
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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		668.423	102.391
% of Calories			61.27%

Wed - 07/18/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 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
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

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
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		649.003	98.810
% of Calories			60.90%

Thu - 07/19/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 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
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
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

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		649.623	98.992
% of Calories			60.95%

Fri - 07/20/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2018 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
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
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
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		649.543	98.948

% of Calories	60.93%
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* = 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.