

# Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2022-2023 High School Lunch Menu



Thu - 12/01/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Spicy Chicken Wrap	1.00 serving	707.654	69.620
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
General Tso Chicken w/ Vegetable Fried Rice & Cookie	1.00 serving	470.000	77.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250

1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		726.374	113.907
% of Calories			62.73%

<b>Fri - 12/02/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2022-2023 High School Lunch Menu</b>			
<b>Recipe</b>	<b>Total</b>		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Spicy Chicken Wrap	1.00 serving	707.654	69.620

Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		724.374	108.907
% of Calories			60.14%

Mon - 12/05/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000

Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Spicy Chicken Wrap	1.00 serving	707.654	69.620
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Marinara Meatball Sandwich	1.00 serving	414.326	36.508
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701

Weighted Daily Average	721.738	107.308
% of Calories		59.47%

Tue - 12/06/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Spicy Chicken Wrap	1.00 serving	707.654	69.620
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Chicken Alfredo w/ Penne Pasta & Garlic Knot Roll	1.00 serving/#4 scoop + garlic knot roll	774.497	73.238
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Spinach, 1 cup, (Fresh)	1.00 cup	6.900	1.089
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997

Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		787.963	113.263
% of Calories			57.50%

Wed - 12/07/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Spicy Chicken Wrap	1.00 serving	707.654	69.620

Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Bacon Western Cheeseburger Meal	1.00 serving	708.108	66.908
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Pinto Beans, 1/2 cup, (canned)	0.50 cup	150.001	25.000
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		781.495	113.138
% of Calories			57.91%

Thu - 12/08/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		

Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Spicy Chicken Wrap	1.00 serving	707.654	69.620
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Turkey & Gravy Meal (HS2)	1.00 serving	369.994	69.995
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701



Weighted Daily Average	706.373	112.506
% of Calories		63.71%

<b>Fri - 12/09/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Spicy Chicken Wrap	1.00 serving	707.654	69.620
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Seasoned Popcorn Chicken w/ Waffle Fries & Sweet Chili Sauce + Chocolate Chip Cookie	1.00 serving	469.391	51.260
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250

1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		726.252	108.759
% of Calories			59.90%

Mon - 12/12/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Spicy Chicken Wrap	1.00 serving	707.654	69.620
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000

Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Beef Hotdog w/ Bun (INT/HS)	1.00 serving	390.000	29.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		716.873	105.806
% of Calories			59.04%

<b>Tue - 12/13/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085

Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Spicy Chicken Wrap	1.00 serving	707.654	69.620
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Spaghetti (1 cup) w/ Cheesy Breadstick (Bosco)	1.00 serving	415.650	50.799
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Spinach, 1 cup, (Fresh)	1.00 cup	6.900	1.089
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000

Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		716.194	108.775
% of Calories			60.75%

Wed - 12/14/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Spicy Chicken Wrap	1.00 serving	707.654	69.620
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Nacho Chips with Cheese Cup & Taco Meat (HS)	1.00 serving/ 1 pkg+ 1 cup + #12 scoop	593.695	45.960
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Pinto Beans, 1/2 cup, (canned)	0.50 cup	150.001	25.000
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997

Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		758.613	108.949
% of Calories			57.45%

Thu - 12/15/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368

Spicy Chicken Wrap	1.00 serving	707.654	69.620
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
General Tso Chicken w/ Vegetable Fried Rice & Cookie	1.00 serving	470.000	77.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		726.374	113.907
% of Calories			62.73%

Fri - 12/16/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085

Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Spicy Chicken Wrap	1.00 serving	707.654	69.620
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701



Weighted Daily Average	724.374	108.907
% of Calories		60.14%

Mon - 12/19/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 12/20/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Wed - 12/21/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Thu - 12/22/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 High School Lunch Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

<b>Fri - 12/23/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022-2023 High School Lunch Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

\* = 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.