

Carbohydrate Report

District: Garden Grove Unified School District
 School: Bolsa High School
 Menu: 2022-2023 High School Lunch Menu



Wed - 02/01/2023	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	10.000	2.000
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		780.995	113.038
% of Calories			57.89%

Thu - 02/02/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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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
Tuscan Chicken with Rotini Pasta & Cheesy Breadstick	1.00 serving/#4 scoop pasta + breadstick	472.304	42.065
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
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		726.335	106.820
% of Calories			58.83%
Fri - 02/03/2023		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
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut		1.00 slice	320.000
			75.085
			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	10.000	2.000
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		725.752	108.659

% of Calories			59.89%
Mon - 02/06/2023	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	10.000	2.000
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		721.238	107.208
% of Calories			59.46%

Tue - 02/07/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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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

Teriyaki Chicken with Garlic Noodles	1.00 serving./#8 scoop chix + #4 scoop noodles	444.822	47.295
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
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		721.528	107.974
% of Calories			59.86%

Wed - 02/08/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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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	10.000	2.000
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		758.113	108.849

% of Calories			57.43%
Thu - 02/09/2023	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	10.000	2.000
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		725.874	113.807
% of Calories			62.71%

Fri - 02/10/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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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	10.000	2.000
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		723.874	108.807
% of Calories			60.12%
Mon - 02/13/2023	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 - 02/14/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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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 Hot Dog w/ Spicy Potato Wedges	1.00 serving	520.000	48.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
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		736.564	108.115
% of Calories			58.71%

Wed - 02/15/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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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	10.000	2.000
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		780.995	113.038
% of Calories			57.89%
Thu - 02/16/2023	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
Spaghetti w/ Cheesy Breadstick (HS)	1.00 serving	418.045	51.341
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
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		715.483	108.675
% of Calories			60.76%

Fri - 02/17/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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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	10.000	2.000
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		725.752	108.659
% of Calories			59.89%

Mon - 02/20/2023	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 - 02/21/2023	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
D/C 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	10.000	2.000
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		787.463	113.163
% of Calories			57.48%

Wed - 02/22/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 High School Lunch Menu

Recipe	Total
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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
Macaroni & Cheese (1 CUP) with Cookie	1.00 serving	575.000	72.700
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
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		754.374	114.197
% of Calories			60.55%

Thu - 02/23/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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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
Tuscan Chicken with Rotini Pasta & Cheesy Breadstick	1.00 serving/#4 scoop pasta + breadstick	472.304	42.065
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
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		726.335	106.820
% of Calories			58.83%

Fri - 02/24/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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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	10.000	2.000
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		723.874	108.807
% of Calories			60.12%
Mon - 02/27/2023	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	10.000	2.000
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		721.238	107.208
% of Calories			59.46%
Tue - 02/28/2023	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
Teriyaki Chicken with Garlic Noodles	1.00 serving./#8 scoop chix + #4 scoop noodles	444.822	47.295
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
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		721.528	107.974
% of Calories			59.86%

* = Indicates missing Nutrient Information.

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