

# Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2021-2022 High School Lunch Menu



Mon - 01/03/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 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, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
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	352.732	42.421
Turkey & Bacon Sub Sandwich	1.00 serving	146.444	12.846
Peanut Butter & Jelly 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 Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Turkey Deli Sandwich, Homemade	1.00 serving	252.520	29.535
Beef Hot Dog w/ Spicy Potato Wedges	1.00 serving	520.000	48.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fresh Fruit	1.00 each	64.897	16.786
Assorted Fruit Cups	0.50 cup	84.199	19.997

Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		693.268	101.958
% of Calories			58.83%

<b>Tue - 01/04/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021-2022 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, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
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	352.732	42.421
Turkey & Bacon Sub Sandwich	1.00 serving	146.444	12.846

Peanut Butter & Jelly 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 Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Turkey Deli Sandwich, Homemade	1.00 serving	252.520	29.535
Teriyaki Chicken with Garlic Noodles	1.00 serving./#8 scoop chix + #4 scoop noodles	442.875	46.873
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fresh Fruit	1.00 each	64.897	16.786
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		685.571	101.845
% of Calories			59.42%

Wed - 01/05/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 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, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
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	352.732	42.421
Turkey & Bacon Sub Sandwich	1.00 serving	146.444	12.846
Peanut Butter & Jelly 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 Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Turkey Deli Sandwich, Homemade	1.00 serving	252.520	29.535
Nacho Chips with Cheese Cup & Taco Meat	1.00 serving/ 1 pkg+ 1 cup + #16 scoop	515.644	44.723
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fresh Fruit	1.00 each	64.897	16.786
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000

Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		692.834	101.631
% of Calories			58.68%

Thu - 01/06/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 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, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
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	352.732	42.421
Turkey & Bacon Sub Sandwich	1.00 serving	146.444	12.846
Peanut Butter & Jelly 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 Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Turkey Deli Sandwich, Homemade	1.00 serving	252.520	29.535
Spaghetti (1 cup) w/ Cheesy Breadstick (Bosco)	1.00 serving	416.788	51.044
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000

Assorted Fresh Fruit	1.00 each	64.897	16.786
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		682.968	102.261
% of Calories			59.89%

<b>Fri - 01/07/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2021-2022 High School Lunch Menu</b>			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
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	352.732	42.421

Turkey & Bacon Sub Sandwich	1.00 serving	146.444	12.846
Peanut Butter & Jelly 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 Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Turkey Deli Sandwich, Homemade	1.00 serving	252.520	29.535
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	30.000	7.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fresh Fruit	1.00 each	64.897	16.786
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		678.298	104.153
% of Calories			61.42%

Mon - 01/10/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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## 2021-2022 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, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
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	352.732	42.421
Turkey & Bacon Sub Sandwich	1.00 serving	146.444	12.846
Peanut Butter & Jelly 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 Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Turkey Deli Sandwich, Homemade	1.00 serving	252.520	29.535
Seasoned Popcorn Chicken w/ Waffle Fries & Sweet Chili Sauce	1.00 serving	488.522	56.140
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fresh Fruit	1.00 each	64.897	16.786
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		690.127	102.770
% of Calories			59.57%

Tue - 01/11/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 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, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
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	352.732	42.421
Turkey & Bacon Sub Sandwich	1.00 serving	146.444	12.846
Peanut Butter & Jelly 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 Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Turkey Deli Sandwich, Homemade	1.00 serving	252.520	29.535
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	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000

Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fresh Fruit	1.00 each	64.897	16.786
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		688.508	101.365
% of Calories			58.89%

<b>Wed - 01/12/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021-2022 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, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
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	352.732	42.421
Turkey & Bacon Sub Sandwich	1.00 serving	146.444	12.846
Peanut Butter & Jelly 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 Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Turkey Deli Sandwich, Homemade	1.00 serving	252.520	29.535
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	30.000	7.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fresh Fruit	1.00 each	64.897	16.786
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		712.042	103.845
% of Calories			58.34%

Thu - 01/13/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021-2022 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, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
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	352.732	42.421
Turkey & Bacon Sub Sandwich	1.00 serving	146.444	12.846
Peanut Butter & Jelly 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 Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Turkey Deli Sandwich, Homemade	1.00 serving	252.520	29.535
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	30.000	7.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fresh Fruit	1.00 each	64.897	16.786
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000

Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		688.278	104.852
% of Calories			60.94%

Tue - 01/18/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 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, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice		350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice		360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving		485.000	57.000
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		352.732	42.421
Turkey & Bacon Sub Sandwich	1.00 serving		146.444	12.846
Peanut Butter & Jelly 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 Deli & Cheese Sandwich (Homemade)	1.00 serving		289.186	30.368
Turkey Deli Sandwich, Homemade	1.00 serving		252.520	29.535
Teriyaki Chicken with Garlic Noodles	1.00 serving./#8 scoop chix + #4 scoop noodles		442.875	46.873
4 Way Salad, 1 cup	1.00 cup		15.000	3.000

Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fresh Fruit	1.00 each	64.897	16.786
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		685.571	101.845
% of Calories			59.42%

Wed - 01/19/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 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, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
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	352.732	42.421
Turkey & Bacon Sub Sandwich	1.00 serving	146.444	12.846
Peanut Butter & Jelly 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 Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Turkey Deli Sandwich, Homemade	1.00 serving	252.520	29.535
Nacho Chips with Cheese Cup & Taco Meat	1.00 serving/ 1 pkg+ 1 cup + #16 scoop	515.644	44.723
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fresh Fruit	1.00 each	64.897	16.786
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		692.834	101.631
% of Calories			58.68%

Thu - 01/20/2022

Portion Size

Calories (kcal)

Carbohydrates (g)

2021-2022 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, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
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	352.732	42.421
Turkey & Bacon Sub Sandwich	1.00 serving	146.444	12.846
Peanut Butter & Jelly 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 Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Turkey Deli Sandwich, Homemade	1.00 serving	252.520	29.535
Spaghetti (1 cup) w/ Cheesy Breadstick (Bosco)	1.00 serving	416.788	51.044
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fresh Fruit	1.00 each	64.897	16.786
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000



Mustard Packet	1.00 packet	5.000	0.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		682.968	102.261
% of Calories			59.89%

<b>Fri - 01/21/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2021-2022 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, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
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	352.732	42.421
Turkey & Bacon Sub Sandwich	1.00 serving	146.444	12.846
Peanut Butter & Jelly 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 Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Turkey Deli Sandwich, Homemade	1.00 serving	252.520	29.535

Seasoned Popcorn Chicken w/ Waffle Fries & Sweet Chili Sauce	1.00 serving	488.522	56.140
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fresh Fruit	1.00 each	64.897	16.786
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		690.127	102.770
% of Calories			59.57%

Mon - 01/24/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 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, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000

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	352.732	42.421
Turkey & Bacon Sub Sandwich	1.00 serving	146.444	12.846
Peanut Butter & Jelly 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 Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Turkey Deli Sandwich, Homemade	1.00 serving	252.520	29.535
Macaroni & Cheese (1 CUP) with Cookie	1.00 serving	575.000	72.700
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fresh Fruit	1.00 each	64.897	16.786
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		698.757	104.423
% of Calories			59.78%

Tue - 01/25/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 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, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
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	352.732	42.421
Turkey & Bacon Sub Sandwich	1.00 serving	146.444	12.846
Peanut Butter & Jelly 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 Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Turkey Deli Sandwich, Homemade	1.00 serving	252.520	29.535
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	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fresh Fruit	1.00 each	64.897	16.786
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000

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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		688.508	101.365
% of Calories			58.89%

Wed - 01/26/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 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, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
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	352.732	42.421
Turkey & Bacon Sub Sandwich	1.00 serving	146.444	12.846
Peanut Butter & Jelly 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 Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Turkey Deli Sandwich, Homemade	1.00 serving	252.520	29.535

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	30.000	7.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fresh Fruit	1.00 each	64.897	16.786
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		712.042	103.845
% of Calories			58.34%

Thu - 01/27/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 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, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000

Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
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	352.732	42.421
Turkey & Bacon Sub Sandwich	1.00 serving	146.444	12.846
Peanut Butter & Jelly 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 Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Turkey Deli Sandwich, Homemade	1.00 serving	252.520	29.535
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	30.000	7.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fresh Fruit	1.00 each	64.897	16.786
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Ranch Packet	1.00 packet	70.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		688.278	104.852

% of Calories

60.94%

Fri - 01/28/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 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, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
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	352.732	42.421
Turkey & Bacon Sub Sandwich	1.00 serving	146.444	12.846
Peanut Butter & Jelly 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 Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Turkey Deli Sandwich, Homemade	1.00 serving	252.520	29.535
Chicken and Vegetable Pot Stickers/Dumplings (6 pcs) with Dipping Sauce & Fried Rice	1.00 serving/6 pcs + 1/2 c fried rice + sauce	495.212	73.542
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fresh Fruit	1.00 each	64.897	16.786
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000



Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		690.795	104.507
% of Calories			60.51%

Mon - 01/31/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 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, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Chicken Box (Gold Kist) w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	485.000	57.000
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	352.732	42.421
Turkey & Bacon Sub Sandwich	1.00 serving	146.444	12.846
Peanut Butter & Jelly 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 Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
Turkey Deli Sandwich, Homemade	1.00 serving	252.520	29.535
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	30.000	7.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Fresh Fruit	1.00 each	64.897	16.786
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low-fat Milk	8.00 oz	120.000	16.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		682.722	100.811
% of Calories			59.06%

\* = Indicates missing Nutrient Information.

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