

Carbohydrate Report

District: Garden Grove Unified School District

School: Bell Intermediate

Menu: 2021-2022 Intermediate Lunch Menu



Mon - 01/03/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Personal Cheese Pizza (Tony's)	1.00 each	310.000	31.000
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
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 Deli Sandwich, Homemade	1.00 serving	252.520	29.535
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
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
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		647.284	94.599
% of Calories			58.46%

Tue - 01/04/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Personal Cheese Pizza (Tony's)	1.00 each	310.000	31.000
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
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 Deli Sandwich, Homemade	1.00 serving	252.520	29.535
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
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
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		683.380	97.729
% of Calories			57.20%

Wed - 01/05/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Personal Cheese Pizza (Tony's)	1.00 each	310.000	31.000
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000

Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
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 Deli Sandwich, Homemade	1.00 serving	252.520	29.535
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
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
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		647.284	94.599
% of Calories			58.46%

Thu - 01/06/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Personal Cheese Pizza (Tony's)	1.00 each	310.000	31.000
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
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 Deli Sandwich, Homemade	1.00 serving	252.520	29.535
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
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
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		672.184	97.749
% of Calories			58.17%

Fri - 01/07/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Personal Cheese Pizza (Tony's)	1.00 each	310.000	31.000
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
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 Deli Sandwich, Homemade	1.00 serving	252.520	29.535
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
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
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		647.284	94.599
% of Calories			58.46%

Mon - 01/10/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Personal Cheese Pizza (Tony's)	1.00 each	310.000	31.000
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
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
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1% Low-fat Milk	8.00 oz	120.000	16.000
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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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		647.284	94.599
% of Calories			58.46%

Tue - 01/11/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021-2022 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Personal Cheese Pizza (Tony's)	1.00 each	310.000	31.000
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000
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Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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

Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		683.380	97.729
% of Calories			57.20%

Wed - 01/12/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Personal Cheese Pizza (Tony's)	1.00 each	310.000	31.000
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Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250

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Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		647.284	94.599
% of Calories			58.46%

Thu - 01/13/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Personal Cheese Pizza (Tony's)	1.00 each	310.000	31.000
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000
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Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
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Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		672.184	97.749
% of Calories			58.17%

Tue - 01/18/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Lunch Menu			

Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Personal Cheese Pizza (Tony's)	1.00 each	310.000	31.000
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
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Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000

Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		683.380	97.729
% of Calories			57.20%

Wed - 01/19/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Personal Cheese Pizza (Tony's)	1.00 each	310.000	31.000
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000
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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 Deli Sandwich, Homemade	1.00 serving	252.520	29.535
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
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
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000

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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		647.284	94.599
% of Calories			58.46%

Thu - 01/20/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Personal Cheese Pizza (Tony's)	1.00 each	310.000	31.000
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
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 Deli Sandwich, Homemade	1.00 serving	252.520	29.535
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
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
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		672.184	97.749
% of Calories			58.17%

Fri - 01/21/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085

Personal Cheese Pizza (Tony's)	1.00 each	310.000	31.000
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
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 Deli Sandwich, Homemade	1.00 serving	252.520	29.535
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
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
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		647.284	94.599

% of Calories	58.46%
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Mon - 01/24/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Personal Cheese Pizza (Tony's)	1.00 each	310.000	31.000
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
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 Deli Sandwich, Homemade	1.00 serving	252.520	29.535
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
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
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		647.284	94.599
% of Calories			58.46%

Tue - 01/25/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Personal Cheese Pizza (Tony's)	1.00 each	310.000	31.000
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
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 Deli Sandwich, Homemade	1.00 serving	252.520	29.535
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
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
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		683.380	97.729
% of Calories			57.20%

Wed - 01/26/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Personal Cheese Pizza (Tony's)	1.00 each	310.000	31.000
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
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 Deli Sandwich, Homemade	1.00 serving	252.520	29.535
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
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
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		647.284	94.599
% of Calories			58.46%

Thu - 01/27/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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2021-2022 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Personal Cheese Pizza (Tony's)	1.00 each	310.000	31.000
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
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 Deli Sandwich, Homemade	1.00 serving	252.520	29.535
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
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
Pizza, Domino's, Pepperoni, 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	360.000	45.000
Pizza, Domino's, Cheese 16", Regular Crust, 1 Slice/8 Cut	1.00 slice	350.000	45.000
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		672.184	97.749
% of Calories			58.17%

Fri - 01/28/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Personal Cheese Pizza (Tony's)	1.00 each	310.000	31.000
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
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 Deli Sandwich, Homemade	1.00 serving	252.520	29.535
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
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
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		647.284	94.599
% of Calories			58.46%

Mon - 01/31/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2021-2022 Intermediate Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Personal Cheese Pizza (Tony's)	1.00 each	310.000	31.000
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
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 Deli Sandwich, Homemade	1.00 serving	252.520	29.535
Turkey Deli & Cheese Sandwich (Homemade)	1.00 serving	289.186	30.368
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
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
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
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
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
Tapatio Hot Sauce	1.00 each	0.000	0.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		647.284	94.599
% of Calories			58.46%

* = 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.