

# Carbohydrate Report

District: Garden Grove Unified School District

School: Bell Intermediate

Menu: 2022-2023 Intermediate Lunch Menu



| Wed - 03/01/2023                                              | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---------------------------------------------------------------|--------------|-----------------|-------------------|
| 2022-2023 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 | 352.591         | 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            |
| 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            |
| 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             |
| 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            |
| Juice, Assorted, 4 oz                                         | 1.00 each    | 60.000          | 14.000            |

|                                                               |                     |                        |                          |
|---------------------------------------------------------------|---------------------|------------------------|--------------------------|
| 1% Low Fat Milk                                               | 1.00 each           | 120.000                | 16.000                   |
| Chocolate Milk, Fat-free                                      | 8.00 fl oz          | 120.000                | 23.000                   |
| Ketchup                                                       | 1.00 tablespoon     | 20.000                 | 4.000                    |
| Ranch Dressing                                                | 1.00 tablespoon     | 27.101                 | 0.850                    |
| Mustard Packet                                                | 1.00 packet         | 5.000                  | 0.000                    |
| Mayonnaise Packet                                             | 1.00 packet         | 60.000                 | 1.000                    |
| Hot Sauce (Del Sol)                                           | 1.00 packet         | 5.000                  | 1.000                    |
| Sriracha Packet                                               | 1.00 each           | 9.000                  | 1.701                    |
| Soy Sauce Packet                                              | 1.00 packet         | 0.000                  | 0.000                    |
| Weighted Daily Average                                        |                     | 587.355                | 91.781                   |
| % of Calories                                                 |                     |                        | 62.50%                   |
| <b>Thu - 03/02/2023</b>                                       | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
| 2022-2023 Intermediate Lunch Menu                             |                     |                        |                          |
| Recipe                                                        | Total               |                        |                          |
| 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                   |
| 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                   |
| 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                   |
| 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                    |
| 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 |
| Juice, Assorted, 4 oz    | 1.00 each       | 60.000  | 14.000 |
| 1% Low Fat Milk          | 1.00 each       | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 fl oz      | 120.000 | 23.000 |
| Ketchup                  | 1.00 tablespoon | 20.000  | 4.000  |
| Ranch Dressing           | 1.00 tablespoon | 27.101  | 0.850  |
| Mustard Packet           | 1.00 packet     | 5.000   | 0.000  |
| Mayonnaise Packet        | 1.00 packet     | 60.000  | 1.000  |
| Hot Sauce (Del Sol)      | 1.00 packet     | 5.000   | 1.000  |
| Sriracha Packet          | 1.00 each       | 9.000   | 1.701  |
| Soy Sauce Packet         | 1.00 packet     | 0.000   | 0.000  |
| Weighted Daily Average   |                 | 575.354 | 89.745 |
| % of Calories            |                 |         | 62.39% |

| Fri - 03/03/2023 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------|--------------|-----------------|-------------------|
|------------------|--------------|-----------------|-------------------|

|                                                             |              |         |        |
|-------------------------------------------------------------|--------------|---------|--------|
| 2022-2023 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 Sandwich w/ Whole Wheat Bun 4"                | 1.00 serving | 380.000 | 49.000 |
| 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                   |
| 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                   |
| 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                    |
| 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                   |
| Juice, Assorted, 4 oz                                         | 1.00 each           | 60.000                 | 14.000                   |
| 1% Low Fat Milk                                               | 1.00 each           | 120.000                | 16.000                   |
| Chocolate Milk, Fat-free                                      | 8.00 fl oz          | 120.000                | 23.000                   |
| Ketchup                                                       | 1.00 tablespoon     | 20.000                 | 4.000                    |
| Ranch Dressing                                                | 1.00 tablespoon     | 27.101                 | 0.850                    |
| Mustard Packet                                                | 1.00 packet         | 5.000                  | 0.000                    |
| Mayonnaise Packet                                             | 1.00 packet         | 60.000                 | 1.000                    |
| Hot Sauce (Del Sol)                                           | 1.00 packet         | 5.000                  | 1.000                    |
| Sriracha Packet                                               | 1.00 each           | 9.000                  | 1.701                    |
| Soy Sauce Packet                                              | 1.00 packet         | 0.000                  | 0.000                    |
| Weighted Daily Average                                        |                     | 565.865                | 88.632                   |
| % of Calories                                                 |                     |                        | 62.65%                   |
| <b>Mon - 03/06/2023</b>                                       | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
| 2022-2023 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    | 352.591 | 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 |
| 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 |
| 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  |
| 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 |
| Juice, Assorted, 4 oz                                         | 1.00 each       | 60.000  | 14.000 |
| 1% Low Fat Milk                                               | 1.00 each       | 120.000 | 16.000 |
| Chocolate Milk, Fat-free                                      | 8.00 fl oz      | 120.000 | 23.000 |
| Ketchup                                                       | 1.00 tablespoon | 20.000  | 4.000  |
| Ranch Dressing                                                | 1.00 tablespoon | 27.101  | 0.850  |
| Mustard Packet                                                | 1.00 packet     | 5.000   | 0.000  |
| Mayonnaise Packet                                             | 1.00 packet     | 60.000  | 1.000  |
| Hot Sauce (Del Sol)                                           | 1.00 packet     | 5.000   | 1.000  |
| Sriracha Packet                                               | 1.00 each       | 9.000   | 1.701  |
| Soy Sauce Packet                                              | 1.00 packet     | 0.000   | 0.000  |
| Weighted Daily Average                                        |                 | 586.665 | 91.672 |
| % of Calories                                                 |                 |         | 62.50% |

| Tue - 03/07/2023                                              | Portion Size                           | Calories (kcal) | Carbohydrates (g) |
|---------------------------------------------------------------|----------------------------------------|-----------------|-------------------|
| 2022-2023 Intermediate Lunch Menu                             |                                        |                 |                   |
| Recipe                                                        | Total                                  |                 |                   |
| Nacho Chips with Cheese Cup & Taco Meat                       | 1.00 serving/ 1 pkg+ 1 cup + #16 scoop | 515.644         | 44.723            |
| 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                           | 352.591         | 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            |
| 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            |
| 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             |
| 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            |
| Juice, Assorted, 4 oz                                         | 1.00 each                              | 60.000          | 14.000            |
| 1% Low Fat Milk                                               | 1.00 each                              | 120.000         | 16.000            |
| Chocolate Milk, Fat-free                                      | 8.00 fl oz                             | 120.000         | 23.000            |
| Ketchup                                                       | 1.00 tablespoon                        | 20.000          | 4.000             |
| Ranch Dressing                                                | 1.00 tablespoon                        | 27.101          | 0.850             |

|                        |             |         |        |
|------------------------|-------------|---------|--------|
| Mustard Packet         | 1.00 packet | 5.000   | 0.000  |
| Mayonnaise Packet      | 1.00 packet | 60.000  | 1.000  |
| Hot Sauce (Del Sol)    | 1.00 packet | 5.000   | 1.000  |
| Sriracha Packet        | 1.00 each   | 9.000   | 1.701  |
| Soy Sauce Packet       | 1.00 packet | 0.000   | 0.000  |
| Weighted Daily Average |             | 583.348 | 86.026 |
| % of Calories          |             |         | 58.99% |

| Wed - 03/08/2023 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------|--------------|-----------------|-------------------|
|------------------|--------------|-----------------|-------------------|

|                                                               |              |         |        |
|---------------------------------------------------------------|--------------|---------|--------|
| 2022-2023 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 | 352.591 | 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 |
| 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 |
| 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  |
| 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 |
| Juice, Assorted, 4 oz    | 1.00 each       | 60.000  | 14.000 |
| 1% Low Fat Milk          | 1.00 each       | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 fl oz      | 120.000 | 23.000 |
| Ketchup                  | 1.00 tablespoon | 20.000  | 4.000  |
| Ranch Dressing           | 1.00 tablespoon | 27.101  | 0.850  |
| Mustard Packet           | 1.00 packet     | 5.000   | 0.000  |
| Mayonnaise Packet        | 1.00 packet     | 60.000  | 1.000  |
| Hot Sauce (Del Sol)      | 1.00 packet     | 5.000   | 1.000  |
| Sriracha Packet          | 1.00 each       | 9.000   | 1.701  |
| Soy Sauce Packet         | 1.00 packet     | 0.000   | 0.000  |
| Weighted Daily Average   |                 | 586.665 | 91.672 |
| % of Calories            |                 |         | 62.50% |

|                         |                     |                        |                          |
|-------------------------|---------------------|------------------------|--------------------------|
| <b>Thu - 03/09/2023</b> | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|-------------------------|---------------------|------------------------|--------------------------|

|                                                               |              |         |        |
|---------------------------------------------------------------|--------------|---------|--------|
| 2022-2023 Intermediate Lunch Menu                             |              |         |        |
| Recipe                                                        | Total        |         |        |
| 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 |
| 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 |
| 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 |
| 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  |
| 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 |
| Juice, Assorted, 4 oz    | 1.00 each       | 60.000  | 14.000 |
| 1% Low Fat Milk          | 1.00 each       | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 fl oz      | 120.000 | 23.000 |
| Ketchup                  | 1.00 tablespoon | 20.000  | 4.000  |
| Ranch Dressing           | 1.00 tablespoon | 27.101  | 0.850  |
| Mustard Packet           | 1.00 packet     | 5.000   | 0.000  |
| Mayonnaise Packet        | 1.00 packet     | 60.000  | 1.000  |
| Hot Sauce (Del Sol)      | 1.00 packet     | 5.000   | 1.000  |
| Sriracha Packet          | 1.00 each       | 9.000   | 1.701  |
| Soy Sauce Packet         | 1.00 packet     | 0.000   | 0.000  |
| Weighted Daily Average   |                 | 575.354 | 89.745 |
| % of Calories            |                 |         | 62.39% |

|                         |                     |                        |                          |
|-------------------------|---------------------|------------------------|--------------------------|
| <b>Fri - 03/10/2023</b> | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|-------------------------|---------------------|------------------------|--------------------------|

|                                                             |              |         |        |
|-------------------------------------------------------------|--------------|---------|--------|
| 2022-2023 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 Sandwich w/ Whole Wheat Bun 4"                  | 1.00 serving        | 380.000                | 49.000                   |
| 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                   |
| 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                   |
| 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                    |
| 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                   |
| Juice, Assorted, 4 oz                                         | 1.00 each           | 60.000                 | 14.000                   |
| 1% Low Fat Milk                                               | 1.00 each           | 120.000                | 16.000                   |
| Chocolate Milk, Fat-free                                      | 8.00 fl oz          | 120.000                | 23.000                   |
| Ketchup                                                       | 1.00 tablespoon     | 20.000                 | 4.000                    |
| Ranch Dressing                                                | 1.00 tablespoon     | 27.101                 | 0.850                    |
| Mustard Packet                                                | 1.00 packet         | 5.000                  | 0.000                    |
| Mayonnaise Packet                                             | 1.00 packet         | 60.000                 | 1.000                    |
| Hot Sauce (Del Sol)                                           | 1.00 packet         | 5.000                  | 1.000                    |
| Sriracha Packet                                               | 1.00 each           | 9.000                  | 1.701                    |
| Soy Sauce Packet                                              | 1.00 packet         | 0.000                  | 0.000                    |
| Weighted Daily Average                                        |                     | 565.865                | 88.632                   |
| % of Calories                                                 |                     |                        | 62.65%                   |
| <b>Mon - 03/13/2023</b>                                       | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
| 2022-2023 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    | 352.591 | 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 |
| 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 |
| 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  |
| 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 |
| Juice, Assorted, 4 oz                                         | 1.00 each       | 60.000  | 14.000 |
| 1% Low Fat Milk                                               | 1.00 each       | 120.000 | 16.000 |
| Chocolate Milk, Fat-free                                      | 8.00 fl oz      | 120.000 | 23.000 |
| Ketchup                                                       | 1.00 tablespoon | 20.000  | 4.000  |
| Ranch Dressing                                                | 1.00 tablespoon | 27.101  | 0.850  |
| Mustard Packet                                                | 1.00 packet     | 5.000   | 0.000  |
| Mayonnaise Packet                                             | 1.00 packet     | 60.000  | 1.000  |
| Hot Sauce (Del Sol)                                           | 1.00 packet     | 5.000   | 1.000  |
| Sriracha Packet                                               | 1.00 each       | 9.000   | 1.701  |

|                                                               |                                        |                        |                          |
|---------------------------------------------------------------|----------------------------------------|------------------------|--------------------------|
| Soy Sauce Packet                                              | 1.00 packet                            | 0.000                  | 0.000                    |
| Weighted Daily Average                                        |                                        | 586.665                | 91.672                   |
| % of Calories                                                 |                                        |                        | 62.50%                   |
| <b>Tue - 03/14/2023</b>                                       | <b>Portion Size</b>                    | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
| 2022-2023 Intermediate Lunch Menu                             |                                        |                        |                          |
| Recipe                                                        | Total                                  |                        |                          |
| Nacho Chips with Cheese Cup & Taco Meat                       | 1.00 serving/ 1 pkg+ 1 cup + #16 scoop | 515.644                | 44.723                   |
| 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                           | 352.591                | 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                   |
| 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                   |
| 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                    |
| 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                   |
| Juice, Assorted, 4 oz                                         | 1.00 each                              | 60.000                 | 14.000                   |
| 1% Low Fat Milk                                               | 1.00 each                              | 120.000                | 16.000                   |

|                          |                 |         |        |
|--------------------------|-----------------|---------|--------|
| Chocolate Milk, Fat-free | 8.00 fl oz      | 120.000 | 23.000 |
| Ketchup                  | 1.00 tablespoon | 20.000  | 4.000  |
| Ranch Dressing           | 1.00 tablespoon | 27.101  | 0.850  |
| Mustard Packet           | 1.00 packet     | 5.000   | 0.000  |
| Mayonnaise Packet        | 1.00 packet     | 60.000  | 1.000  |
| Hot Sauce (Del Sol)      | 1.00 packet     | 5.000   | 1.000  |
| Sriracha Packet          | 1.00 each       | 9.000   | 1.701  |
| Soy Sauce Packet         | 1.00 packet     | 0.000   | 0.000  |
| Weighted Daily Average   |                 | 583.348 | 86.026 |
| % of Calories            |                 |         | 58.99% |

| Wed - 03/15/2023 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------|--------------|-----------------|-------------------|
|------------------|--------------|-----------------|-------------------|

|                                                               |              |         |        |
|---------------------------------------------------------------|--------------|---------|--------|
| 2022-2023 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 | 352.591 | 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 |
| 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 |

|                                                   |                     |                        |                          |
|---------------------------------------------------|---------------------|------------------------|--------------------------|
| 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                    |
| 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                   |
| Juice, Assorted, 4 oz                             | 1.00 each           | 60.000                 | 14.000                   |
| 1% Low Fat Milk                                   | 1.00 each           | 120.000                | 16.000                   |
| Chocolate Milk, Fat-free                          | 8.00 fl oz          | 120.000                | 23.000                   |
| Ketchup                                           | 1.00 tablespoon     | 20.000                 | 4.000                    |
| Ranch Dressing                                    | 1.00 tablespoon     | 27.101                 | 0.850                    |
| Mustard Packet                                    | 1.00 packet         | 5.000                  | 0.000                    |
| Mayonnaise Packet                                 | 1.00 packet         | 60.000                 | 1.000                    |
| Hot Sauce (Del Sol)                               | 1.00 packet         | 5.000                  | 1.000                    |
| Sriracha Packet                                   | 1.00 each           | 9.000                  | 1.701                    |
| Soy Sauce Packet                                  | 1.00 packet         | 0.000                  | 0.000                    |
| Weighted Daily Average                            |                     | 586.665                | 91.672                   |
| % of Calories                                     |                     |                        | 62.50%                   |
| <b>Thu - 03/16/2023</b>                           | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
| 2022-2023 Intermediate Lunch Menu                 |                     |                        |                          |
| Recipe                                            | Total               |                        |                          |
| 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                   |
| 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                   |

|                                                               |                     |                        |                          |
|---------------------------------------------------------------|---------------------|------------------------|--------------------------|
| 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                   |
| 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                    |
| 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                   |
| Juice, Assorted, 4 oz                                         | 1.00 each           | 60.000                 | 14.000                   |
| 1% Low Fat Milk                                               | 1.00 each           | 120.000                | 16.000                   |
| Chocolate Milk, Fat-free                                      | 8.00 fl oz          | 120.000                | 23.000                   |
| Ketchup                                                       | 1.00 tablespoon     | 20.000                 | 4.000                    |
| Ranch Dressing                                                | 1.00 tablespoon     | 27.101                 | 0.850                    |
| Mustard Packet                                                | 1.00 packet         | 5.000                  | 0.000                    |
| Mayonnaise Packet                                             | 1.00 packet         | 60.000                 | 1.000                    |
| Hot Sauce (Del Sol)                                           | 1.00 packet         | 5.000                  | 1.000                    |
| Sriracha Packet                                               | 1.00 each           | 9.000                  | 1.701                    |
| Soy Sauce Packet                                              | 1.00 packet         | 0.000                  | 0.000                    |
| Weighted Daily Average                                        |                     | 575.354                | 89.745                   |
| % of Calories                                                 |                     |                        | 62.39%                   |
| <b>Fri - 03/17/2023</b>                                       | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
| 2022-2023 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 Sandwich w/ Whole Wheat Bun 4"                  | 1.00 serving    | 380.000         | 49.000            |
| 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            |
| 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            |
| 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             |
| 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            |
| Juice, Assorted, 4 oz                                         | 1.00 each       | 60.000          | 14.000            |
| 1% Low Fat Milk                                               | 1.00 each       | 120.000         | 16.000            |
| Chocolate Milk, Fat-free                                      | 8.00 fl oz      | 120.000         | 23.000            |
| Ketchup                                                       | 1.00 tablespoon | 20.000          | 4.000             |
| Ranch Dressing                                                | 1.00 tablespoon | 27.101          | 0.850             |
| Mustard Packet                                                | 1.00 packet     | 5.000           | 0.000             |
| Mayonnaise Packet                                             | 1.00 packet     | 60.000          | 1.000             |
| Hot Sauce (Del Sol)                                           | 1.00 packet     | 5.000           | 1.000             |
| Sriracha Packet                                               | 1.00 each       | 9.000           | 1.701             |
| Soy Sauce Packet                                              | 1.00 packet     | 0.000           | 0.000             |
| Weighted Daily Average                                        |                 | 565.865         | 88.632            |
| % of Calories                                                 |                 |                 | 62.65%            |
| Mon - 03/20/2023                                              | Portion Size    | Calories (kcal) | Carbohydrates (g) |



|                                                               |                 |         |        |
|---------------------------------------------------------------|-----------------|---------|--------|
|                                                               |                 |         |        |
| 2022-2023 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    | 352.591 | 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 |
| 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 |
| 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  |
| 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 |
| Juice, Assorted, 4 oz                                         | 1.00 each       | 60.000  | 14.000 |
| 1% Low Fat Milk                                               | 1.00 each       | 120.000 | 16.000 |
| Chocolate Milk, Fat-free                                      | 8.00 fl oz      | 120.000 | 23.000 |
| Ketchup                                                       | 1.00 tablespoon | 20.000  | 4.000  |
| Ranch Dressing                                                | 1.00 tablespoon | 27.101  | 0.850  |
| Mustard Packet                                                | 1.00 packet     | 5.000   | 0.000  |

|                        |             |         |        |
|------------------------|-------------|---------|--------|
| Mayonnaise Packet      | 1.00 packet | 60.000  | 1.000  |
| Hot Sauce (Del Sol)    | 1.00 packet | 5.000   | 1.000  |
| Sriracha Packet        | 1.00 each   | 9.000   | 1.701  |
| Soy Sauce Packet       | 1.00 packet | 0.000   | 0.000  |
| Weighted Daily Average |             | 586.665 | 91.672 |
| % of Calories          |             |         | 62.50% |

| Tue - 03/21/2023 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------|--------------|-----------------|-------------------|
|------------------|--------------|-----------------|-------------------|

|                                                               |                                        |         |        |
|---------------------------------------------------------------|----------------------------------------|---------|--------|
| 2022-2023 Intermediate Lunch Menu                             |                                        |         |        |
| Recipe                                                        | Total                                  |         |        |
| Nacho Chips with Cheese Cup & Taco Meat                       | 1.00 serving/ 1 pkg+ 1 cup + #16 scoop | 515.644 | 44.723 |
| 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                           | 352.591 | 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 |
| 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 |
| 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  |
| 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 |
| Juice, Assorted, 4 oz    | 1.00 each       | 60.000  | 14.000 |
| 1% Low Fat Milk          | 1.00 each       | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 fl oz      | 120.000 | 23.000 |
| Ketchup                  | 1.00 tablespoon | 20.000  | 4.000  |
| Ranch Dressing           | 1.00 tablespoon | 27.101  | 0.850  |
| Mustard Packet           | 1.00 packet     | 5.000   | 0.000  |
| Mayonnaise Packet        | 1.00 packet     | 60.000  | 1.000  |
| Hot Sauce (Del Sol)      | 1.00 packet     | 5.000   | 1.000  |
| Sriracha Packet          | 1.00 each       | 9.000   | 1.701  |
| Soy Sauce Packet         | 1.00 packet     | 0.000   | 0.000  |
| Weighted Daily Average   |                 | 583.348 | 86.026 |
| % of Calories            |                 |         | 58.99% |

|                         |                     |                        |                          |
|-------------------------|---------------------|------------------------|--------------------------|
| <b>Wed - 03/22/2023</b> | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|-------------------------|---------------------|------------------------|--------------------------|

|                                                             |              |         |        |
|-------------------------------------------------------------|--------------|---------|--------|
| 2022-2023 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 | 352.591 | 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            |
| 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            |
| 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             |
| 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            |
| Juice, Assorted, 4 oz                                         | 1.00 each       | 60.000          | 14.000            |
| 1% Low Fat Milk                                               | 1.00 each       | 120.000         | 16.000            |
| Chocolate Milk, Fat-free                                      | 8.00 fl oz      | 120.000         | 23.000            |
| Ketchup                                                       | 1.00 tablespoon | 20.000          | 4.000             |
| Ranch Dressing                                                | 1.00 tablespoon | 27.101          | 0.850             |
| Mustard Packet                                                | 1.00 packet     | 5.000           | 0.000             |
| Mayonnaise Packet                                             | 1.00 packet     | 60.000          | 1.000             |
| Hot Sauce (Del Sol)                                           | 1.00 packet     | 5.000           | 1.000             |
| Sriracha Packet                                               | 1.00 each       | 9.000           | 1.701             |
| Soy Sauce Packet                                              | 1.00 packet     | 0.000           | 0.000             |
| Weighted Daily Average                                        |                 | 586.665         | 91.672            |
| % of Calories                                                 |                 |                 | 62.50%            |
| Thu - 03/23/2023                                              | Portion Size    | Calories (kcal) | Carbohydrates (g) |
| 2022-2023 Intermediate Lunch Menu                             |                 |                 |                   |
| Recipe                                                        | Total           |                 |                   |
| 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            |

|                                                               |                     |                        |                          |
|---------------------------------------------------------------|---------------------|------------------------|--------------------------|
| 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                   |
| 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                   |
| 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                    |
| 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                   |
| Juice, Assorted, 4 oz                                         | 1.00 each           | 60.000                 | 14.000                   |
| 1% Low Fat Milk                                               | 1.00 each           | 120.000                | 16.000                   |
| Chocolate Milk, Fat-free                                      | 8.00 fl oz          | 120.000                | 23.000                   |
| Ketchup                                                       | 1.00 tablespoon     | 20.000                 | 4.000                    |
| Ranch Dressing                                                | 1.00 tablespoon     | 27.101                 | 0.850                    |
| Mustard Packet                                                | 1.00 packet         | 5.000                  | 0.000                    |
| Mayonnaise Packet                                             | 1.00 packet         | 60.000                 | 1.000                    |
| Hot Sauce (Del Sol)                                           | 1.00 packet         | 5.000                  | 1.000                    |
| Sriracha Packet                                               | 1.00 each           | 9.000                  | 1.701                    |
| Soy Sauce Packet                                              | 1.00 packet         | 0.000                  | 0.000                    |
| Weighted Daily Average                                        |                     | 575.354                | 89.745                   |
| % of Calories                                                 |                     |                        | 62.39%                   |
| <b>Fri - 03/24/2023</b>                                       | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
| 2022-2023 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 Sandwich w/ Whole Wheat Bun 4"                  | 1.00 serving    | 380.000 | 49.000 |
| 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 |
| 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 |
| 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  |
| 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 |
| Juice, Assorted, 4 oz                                         | 1.00 each       | 60.000  | 14.000 |
| 1% Low Fat Milk                                               | 1.00 each       | 120.000 | 16.000 |
| Chocolate Milk, Fat-free                                      | 8.00 fl oz      | 120.000 | 23.000 |
| Ketchup                                                       | 1.00 tablespoon | 20.000  | 4.000  |
| Ranch Dressing                                                | 1.00 tablespoon | 27.101  | 0.850  |
| Mustard Packet                                                | 1.00 packet     | 5.000   | 0.000  |
| Mayonnaise Packet                                             | 1.00 packet     | 60.000  | 1.000  |
| Hot Sauce (Del Sol)                                           | 1.00 packet     | 5.000   | 1.000  |
| Sriracha Packet                                               | 1.00 each       | 9.000   | 1.701  |
| Soy Sauce Packet                                              | 1.00 packet     | 0.000   | 0.000  |

|                        |         |        |
|------------------------|---------|--------|
| Weighted Daily Average | 565.865 | 88.632 |
| % of Calories          |         | 62.65% |

\* = 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.