

Carbohydrate Report

District: Garden Grove Unified School District

School: Allen Elementary

Menu: 2022-2023 Elementary Lunch Menu



Mon - 10/03/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Chicken Corn Dog	1.00 each	238.000	27.800
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		561.030	85.477
% of Calories			60.94%

Tue - 10/04/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Breaded Chicken Drumstick with Emoji Waffle	1.00 serving	280.000	19.500
Nacho Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Banana (fresh)	1.00 each	89.890	23.068
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Syrup Cup	1.00 each	120.000	30.000
Weighted Daily Average		695.181	102.557
% of Calories			59.01%

Wed - 10/05/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			

Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Spaghetti w/ Cheesy Breadstick (Bosco)	1.00 serving	282.825	33.899
Wowbutter & Grape Jelly Sandwich	1.00 serving	540.000	53.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Spinach, 1 cup, (Fresh)	1.00 cup	6.900	1.089
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		583.463	86.828
% of Calories			59.53%

Thu - 10/06/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Breaded Chicken Patty w/ Hamburger Buns 4" 2M/3G	1.00 serving	400.000	47.000
Nacho Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000

Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fruit Cups	0.50 cup	84.199	19.997
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		701.073	101.667
% of Calories			58.01%

Fri - 10/07/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Turkey Taco Pocket	1.00 each	310.000	40.000
Wowbutter & Grape Jelly Sandwich	1.00 serving	540.000	53.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Pinto Beans, 1/2 cup, (canned)	0.50 cup	150.001	25.000
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000

Fresh Apple Slices, IW	1.00 each	30.159	7.037
Cool Tropic Fruit Slush (Tropical TrioFlavor)	1.00 each	60.000	15.000
Brownie Cup	1.00 each	147.633	26.291
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		774.991	122.945
% of Calories			63.46%

Mon - 10/10/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu				
Recipe	Total			
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000	
Macaroni & Cheese (#6 SCOOP)	1.00 serving	290.015	32.002	
Nacho Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000	
4 Way Salad, 1 cup	1.00 cup	15.000	3.000	
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077	
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998	
Assorted Dried Fruit	1.00 each	112.500	28.250	
Juice, Assorted, 4 oz	1.00 each	60.000	14.000	
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999	
Chocolate Chip Cookie	1.00 each	148.000	23.800	

Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		763.576	113.746
% of Calories			59.59%

Tue - 10/11/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Mini Cheeseburger Sliders	1.00 serving	272.000	31.300
Nacho Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Banana (fresh)	1.00 each	89.890	23.068
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000

Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		592.781	87.997
% of Calories			59.38%

Wed - 10/12/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Chicken Nuggets	1.00 serving/5 pieces	260.000	16.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Potato Smiles	1.00 serving/4 pieces	130.000	20.000
Spinach, 1 cup, (Fresh)	1.00 cup	6.900	1.089
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		669.235	90.305
% of Calories			53.97%

Thu - 10/13/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Orange Popcorn Chicken w/ Vegetable Fried Rice (1/2 cup)	1.00 serving	295.212	48.042
Wowbutter & Grape Jelly Sandwich	1.00 serving	540.000	53.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fruit Cups	0.50 cup	84.199	19.997
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		614.242	103.300
% of Calories			67.27%

Fri - 10/14/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			

Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Personal Cheese Pizza (Tony's)	1.00 each	310.000	31.000
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000
Nacho Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Cool Tropic Fruit Slush (Tropical TrioFlavor)	1.00 each	60.000	15.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		628.108	88.254
% of Calories			56.20%

Mon - 10/17/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Sicilian Cheese Pizza Calzone	1.00 serving	310.000	34.000

Nacho Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		631.564	91.793
% of Calories			58.14%

Tue - 10/18/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Seasoned Chicken w/ Buttered Noodles #2A (FINAL)	1.00 serving/1 CUP	399.548	32.115*
Wowbutter & Grape Jelly Sandwich	1.00 serving	540.000	53.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888

Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Banana (fresh)	1.00 each	89.890	23.068
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		693.379	89.826*
% of Calories			51.82%

Wed - 10/19/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Cheesy Pull Apart Bread	1.00 serving	260.000	29.000
Nacho Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Spinach, 1 cup, (Fresh)	1.00 cup	6.900	1.089
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000

1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Marinara Sauce Cup	1.00 each	15.000	3.000
Weighted Daily Average		581.583	84.727
% of Calories			58.27%

Thu - 10/20/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Chicken Tenders (3 pcs/Brakebush)	1.00 serving/3 pieces	225.000	15.000
Wowbutter & Grape Jelly Sandwich	1.00 serving	540.000	53.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Seasoned Potato Crinkle Cut Fries (1/2 cup)	1/2 cup	90.000	15.000
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fruit Cups	0.50 cup	84.199	19.997
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000

Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		648.073	91.867
% of Calories			56.70%

Fri - 10/21/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu				
Recipe		Total		
Assorted Yami Yogurt w/ Granola		1.00 serving	440.000	82.000
Chicken Double Dogs		1.00 each	260.000	31.500
Nacho Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds		1.00 serving	570.000	45.000
4 Way Salad, 1 cup		1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup		0.50 cup	34.615	8.077
Pinto Beans, 1/2 cup, (canned)		0.50 cup	150.001	25.000
Assorted Dried Fruit		1.00 each	112.500	28.250
Juice, Assorted, 4 oz		1.00 each	60.000	14.000
Fresh Apple Slices, IW		1.00 each	30.159	7.037
Assorted Fruit Cups		0.50 cup	84.199	19.997
Chocolate Milk, Fat-free		8.00 fl oz	120.000	23.000
1% Low Fat Milk		1.00 each	120.000	16.000
Ketchup Packet		1.00 packet	10.000	0.000
Ranch Dressing Cup		1.00 each	130.000	1.000
Mustard Packet		1.00 packet	5.000	0.000
Lunch Pal		1.00 bag	214.615	45.077
Weighted Daily Average			596.408	90.304

% of Calories	60.57%
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Mon - 10/24/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Wowbutter & Grape Jelly Sandwich	1.00 serving	540.000	53.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Pumpkin Shaped Cookie	1.00 each	130.000	22.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
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
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		775.339	124.356
% of Calories			64.16%

Tue - 10/25/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Breaded Popcorn Chicken	10.00 pieces	240.000	16.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Banana (fresh)	1.00 each	89.890	23.068
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
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
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		514.988	75.315
% of Calories			58.50%

Wed - 10/26/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000

Hamburger (2.25 oz) w/ 4" Knot Bun	1.00 serving	278.000	32.500
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Spinach, 1 cup, (Fresh)	1.00 cup	6.900	1.089
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Baked Doritos (Nacho Cheese Flavor)	1.00 package	130.000	20.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
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
Lunch Pal	1.00 bag	214.615	45.077
Cheese Slice	1.00 slice	55.686	1.012
Weighted Daily Average		676.927	102.181
% of Calories			60.38%

Thu - 10/27/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Meatballs (5 pcs) with Marinara Sauce & Garlic Knot Roll	1.00 serving/5 meatballs + garlic knot	333.202	32.496
Wowbutter & Grape Jelly Sandwich	1.00 serving	540.000	53.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000

Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fruit Cups	0.50 cup	84.199	19.997
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
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
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		621.410	91.826
% of Calories			59.11%

Fri - 10/28/2022		Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu				
Recipe	Total			
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000	
Cheese French Bread Pizza	1.00 each	340.000	35.000	
Pepperoni French Bread Pizza	1.00 serving	350.000	35.000	
Nacho Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000	
4 Way Salad, 1 cup	1.00 cup	15.000	3.000	
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077	
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992	
Assorted Dried Fruit	1.00 each	112.500	28.250	
Juice, Assorted, 4 oz	1.00 each	60.000	14.000	

Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Assorted Fruit Cups	0.50 cup	84.199	19.997
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
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
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		643.968	94.550
% of Calories			58.73%

Mon - 10/31/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Chicken Corn Dog	1.00 each	238.000	27.800
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Mixed Fruit, 1/2 cup (canned)	1/2 cup	59.989	14.994
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000

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
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		521.771	86.392
% of Calories			66.23%

* = 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.