

Carbohydrate Report

District: Garden Grove Unified School District

School: Bell Intermediate

Menu: 2022-2023 Intermediate Lunch Menu



Mon - 10/03/2022	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	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 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		595.164	93.572
% of Calories			62.89%

Tue - 10/04/2022	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	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 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		586.128	86.614
% of Calories			59.11%

Wed - 10/05/2022	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	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 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		589.355	92.181

% of Calories

62.56%

Thu - 10/06/2022	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
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 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	493.301	79.764
% of Calories		64.68%

Fri - 10/07/2022	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	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 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		582.865	91.532
% of Calories			62.82%

Mon - 10/10/2022	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	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 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		595.164	93.572
% of Calories			62.89%

Tue - 10/11/2022	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	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 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		586.128	86.614
% of Calories			59.11%

Wed - 10/12/2022	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	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 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		589.355	92.181
% of Calories			62.56%

Thu - 10/13/2022	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
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 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		493.301	79.764
% of Calories			64.68%

Fri - 10/14/2022	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	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 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		578.365	90.731
% of Calories			62.75%

Mon - 10/17/2022	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	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 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		595.164	93.572
% of Calories			62.89%

Tue - 10/18/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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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	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 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		586.128	86.614
% of Calories			59.11%

Wed - 10/19/2022	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	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 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		589.355	92.181
% of Calories			62.56%

Thu - 10/20/2022	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
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 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		493.301	79.764
% of Calories			64.68%

Fri - 10/21/2022	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	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 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		582.865	91.532
% of Calories			62.82%

Mon - 10/24/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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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	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 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		595.164	93.572
% of Calories			62.89%

Tue - 10/25/2022	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	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 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		586.128	86.614
% of Calories			59.11%

Wed - 10/26/2022	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	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 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		589.355	92.181
% of Calories			62.56%

Thu - 10/27/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
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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
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 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		493.301	79.764
% of Calories			64.68%

Fri - 10/28/2022	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	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 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		578.365	90.731
% of Calories			62.75%

Mon - 10/31/2022	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	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 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		595.164	93.572
% of Calories			62.89%

* = Indicates missing Nutrient Information.

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