

# Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2022-2023 High School Lunch Menu



Thu - 09/01/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, 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
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
Spicy Chicken Wrap	1.00 serving	707.654	69.620
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	30.000	7.000
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
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
1% Low Fat Milk	1.00 each	120.000	16.000

Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		630.528	98.076
% of Calories			62.22%

<b>Fri - 09/02/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, 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
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
Spicy Chicken Wrap	1.00 serving	707.654	69.620
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	30.000	7.000
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
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
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		630.528	98.076
% of Calories			62.22%

<b>Tue - 09/06/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, 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
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
Spicy Chicken Wrap	1.00 serving	707.654	69.620
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
Spaghetti (1 cup) w/ Cheesy Breadstick (Bosco)	1.00 serving	415.650	50.799
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
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
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		714.348	108.344
% of Calories			60.67%

Wed - 09/07/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, 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
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
Spicy Chicken Wrap	1.00 serving	707.654	69.620
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
Nacho Chips with Cheese Cup & Taco Meat (HS)	1.00 serving/ 1 pkg+ 1 cup + #12 scoop	593.695	45.960
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Pinto Beans, 1/2 cup, (canned)	0.50 cup	150.001	25.000
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
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
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000

Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		756.767	108.518
% of Calories			57.36%

Thu - 09/08/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, 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
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
Spicy Chicken Wrap	1.00 serving	707.654	69.620
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
Tuscan Chicken with Rotini Pasta & Cheesy Breadstick	1.00 serving/#4 scoop pasta + breadstick	472.304	42.065

4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
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
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		724.989	106.489
% of Calories			58.75%

Fri - 09/09/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, 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
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
Spicy Chicken Wrap	1.00 serving	707.654	69.620
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
Seasoned Popcorn Chicken w/ Waffle Fries & Sweet Chili Sauce + Chocolate Chip Cookie	1.00 serving	469.391	51.260
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
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
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		724.406	108.328
% of Calories			59.82%



Mon - 09/12/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, 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
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
Spicy Chicken Wrap	1.00 serving	707.654	69.620
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
Beef Hot Dog w/ Spicy Potato Wedges	1.00 serving	520.000	48.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
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
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000

Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		741.027	109.176
% of Calories			58.93%

<b>Tue - 09/13/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, 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
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
Spicy Chicken Wrap	1.00 serving	707.654	69.620
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
Teriyaki Chicken with Garlic Noodles	1.00 serving. #8 scoop chix + #4 scoop noodles	444.822	47.295

4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
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
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		720.182	107.644
% of Calories			59.79%

Wed - 09/14/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, 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
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
Spicy Chicken Wrap	1.00 serving	707.654	69.620
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
Bacon Western Cheeseburger Meal	1.00 serving	708.108	66.908
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Pinto Beans, 1/2 cup, (canned)	0.50 cup	150.001	25.000
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
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
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		779.649	112.707
% of Calories			57.82%

Thu - 09/15/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, 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
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
Spicy Chicken Wrap	1.00 serving	707.654	69.620
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
General Tso Chicken w/ Vegetable Fried Rice & Cookie	1.00 serving	470.000	77.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
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
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000

Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		724.528	113.476
% of Calories			62.65%

<b>Fri - 09/16/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2022-2023 High School Lunch Menu</b>			
<b>Recipe</b>	<b>Total</b>		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
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
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
Spicy Chicken Wrap	1.00 serving	707.654	69.620
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
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000

4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
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
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		722.528	108.476
% of Calories			60.05%

<b>Mon - 09/19/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, 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
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
Spicy Chicken Wrap	1.00 serving	707.654	69.620
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
Marinara Meatball Sandwich	1.00 serving	414.326	36.508
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Yellow Corn, 1/2 cup (canned)	<sup>1</sup> / <sub>2</sub> cup	64.993	14.998
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
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
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		719.892	106.877
% of Calories			59.39%



Tue - 09/20/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, 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
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
Spicy Chicken Wrap	1.00 serving	707.654	69.620
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
Tuscan Chicken with Rotini Pasta & Cheesy Breadstick	1.00 serving/#4 scoop pasta + breadstick	472.304	42.065
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
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
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000

Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		725.679	106.598
% of Calories			58.76%

Wed - 09/21/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, 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
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
Spicy Chicken Wrap	1.00 serving	707.654	69.620
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
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	30.000	7.000
Pinto Beans, 1/2 cup, (canned)	0.50 cup	150.001	25.000
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
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
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		752.028	108.326
% of Calories			57.62%

Thu - 09/22/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, 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

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
Spicy Chicken Wrap	1.00 serving	707.654	69.620
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
Spaghetti (1 cup) w/ Cheesy Breadstick (Bosco)	1.00 serving	415.650	50.799
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
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
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		713.658	108.236
% of Calories			60.67%

Fri - 09/23/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, 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
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
Spicy Chicken Wrap	1.00 serving	707.654	69.620
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
Seasoned Popcorn Chicken w/ Waffle Fries & Sweet Chili Sauce + Chocolate Chip Cookie	1.00 serving	469.391	51.260
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
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
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000

Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		724.406	108.328
% of Calories			59.82%

Mon - 09/26/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, 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
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
Spicy Chicken Wrap	1.00 serving	707.654	69.620
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
Beef Hot Dog w/ Spicy Potato Wedges	1.00 serving	520.000	48.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000

Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
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
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		741.027	109.176
% of Calories			58.93%

<b>Tue - 09/27/2022</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2022-2023 High School Lunch Menu</b>			
<b>Recipe</b>	<b>Total</b>		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
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
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
Spicy Chicken Wrap	1.00 serving	707.654	69.620
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
Teriyaki Chicken with Garlic Noodles	1.00 serving./#8 scoop chix + #4 scoop noodles	444.822	47.295
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Spinach, 1 cup, (Raw)	1.00 cup	6.900	1.089
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
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
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		720.182	107.644
% of Calories			59.79%



Wed - 09/28/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, 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
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
Spicy Chicken Wrap	1.00 serving	707.654	69.620
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
Bacon Western Cheeseburger Meal	1.00 serving	708.108	66.908
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Pinto Beans, 1/2 cup, (canned)	0.50 cup	150.001	25.000
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
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
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000

Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		779.649	112.707
% of Calories			57.82%

Thu - 09/29/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, 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
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
Spicy Chicken Wrap	1.00 serving	707.654	69.620
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
General Tso Chicken w/ Vegetable Fried Rice & Cookie	1.00 serving	470.000	77.000

4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
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
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		724.528	113.476
% of Calories			62.65%

Fri - 09/30/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, 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
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
Spicy Chicken Wrap	1.00 serving	707.654	69.620
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
Chicken Box w/ Spicy Wedges and 2 oz Dinner Roll	1.00 serving	460.000	52.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
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
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		722.528	108.476
% of Calories			60.05%

\* = Indicates missing Nutrient Information.

8/31/22, 4:13 PM

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.