

Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: Summer 2022 Intermediate and High School Lunch Menu



Mon - 06/13/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2022 Intermediate and High School Lunch Menu			
Recipe	Total		
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Nacho Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds (INT/HS)	1.00 serving	630.000	53.000
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, Hollandia	1.00 each	56.667	14.000
Assorted Dried Fruit	1.00 each	112.500	28.250
Assorted Fruit Cups	0.50 cup	84.199	19.997
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		651.265	103.326
% of Calories			63.46%

Tue - 06/14/2022	Portion Size	Calories (kcal)	Carbohydrates (g)

Summer 2022 Intermediate and High School Lunch Menu			
Recipe	Total		
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Nacho Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds (INT/HS)	1.00 serving	630.000	53.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
4 Way Salad, 1 cup	1.00 cup	15.000	3.000
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Dried Fruit	1.00 each	112.500	28.250
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		621.249	94.947
% of Calories			61.13%

Wed - 06/15/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2022 Intermediate and High School Lunch Menu			
Recipe	Total		
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000

Nacho Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds (INT/HS)	1.00 serving	630.000	53.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Celery Sticks, 1/2 cup	0.50 cup	8.400	1.782
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Dried Fruit	1.00 each	112.500	28.250
Assorted Fruit Cups	0.50 cup	84.199	19.997
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ranch Packet	1.00 packet	70.000	1.000
Weighted Daily Average		644.969	100.818
% of Calories			62.53%

Thu - 06/16/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2022 Intermediate and High School Lunch Menu			
Recipe	Total		
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
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, Hollandia	1.00 each	56.667	14.000
Assorted Dried Fruit	1.00 each	112.500	28.250
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000

Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Weighted Daily Average		589.439	91.006
% of Calories			61.76%

Fri - 06/17/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
Summer 2022 Intermediate and High School Lunch Menu			
Recipe	Total		
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Sub Sandwich, Turkey Deli & Cheese	1.00 each	272.520	25.535
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Nacho Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds (INT/HS)	1.00 serving	630.000	53.000
Grab-it Carrots, 1/2 cup	0.50 cup	30.000	7.000
Assorted Beans, 1/2 cup	1/2 cup	116.999	20.215
Juice, Assorted, 4 oz, Hollandia	1.00 each	56.667	14.000
Assorted Dried Fruit	1.00 each	112.500	28.250
Assorted Fruit Cups	0.50 cup	84.199	19.997
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Weighted Daily Average		676.518	105.081

% of Calories

62.13%

* = Indicates missing Nutrient Information.

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