

Carbohydrate Report

District: Bellevue School District



Menu: High School Lunch 2018-19

Mon - 10/01/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Mandarin Orange Chicken w/ Brown Rice, Spicy Green Beans	3.60 oz	378.620	67.788
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Veggie Burger & Fries	1.00 each	410.000	56.000
Fish Burger & Fries	1.00 each	440.000	61.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	515.627	82.676
Romaine w/ Baby Greens	1.00 cup	7.911	1.499
Broccoli	1/4 cup	9.352	1.690
Baby Carrots	1/4 cup	12.721	2.995
Cherry Tomatoes	1/4 cup	6.787	1.467
Edamame	1/4 cup	46.888	3.453
Cucumber Slices	1/4 cup	4.390	0.790
Orange		42.550	10.675

	1/2 cup		
Fresh Apple	1.00 each	63.748	16.930
Apple Slices	1.00 each	28.644	7.734
Chilled Fruit	1.00 serving	62.999	15.763
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		676.984	97.392
% of Calories			57.54%

Tue - 10/02/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			

Recipe	Total		
Swedish Meatballs w/ Penne Pasta, Garlic Bread	1.00 serving	533.675	67.626
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Fish Burger & Fries	1.00 each	440.000	61.000
Veggie Burger & Fries	1.00 each	410.000	56.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	515.627	82.676
Asian Chicken Salad	1.00 salad	486.801	63.293
Romaine w/ Baby Greens	1.00 cup	7.911	1.499
Broccoli	1/4 cup	9.352	1.690
Baby Carrots	1/4 cup	12.721	2.995
Red Pepper	1/4 cup	9.579	1.863
Garbanzo Beans	1/4 cup	72.304	13.724
Green Peas	1/4 cup	26.104	4.617
Blueberries	0.50 cup	40.000	9.000
Fresh Apple	1.00 each	63.748	16.930
Apple Slices	1.00 each	28.644	7.734
Chilled Fruit	1.00 serving	62.999	15.763
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000

Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		739.547	98.650
% of Calories			53.36%

Wed - 10/03/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Deli Turkey Sub Sandwich w/ Sun Chips	1.00 serving	529.198	56.068
Spicy Chicken Burger	1.00 each	562.928	63.184
Cheeseburger	1.00 each	334.010	28.990
Hamburger	1.00 each	399.010	48.990
Fish Burger	1.00 each	320.000	41.000
Veggie Burger	1.00 each	290.000	36.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964

Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	515.627	82.676
Romaine w/ Baby Greens	1.00 cup	7.911	1.499
Broccoli	1/4 cup	9.352	1.690
Baby Carrots	1/4 cup	12.721	2.995
Cherry Tomatoes	1/4 cup	6.787	1.467
Garbanzo Beans	1/4 cup	72.304	13.724
Green/Yellow Pepper Strips	1/4 cup	6.510	1.519
Pears	1/2 c	63.021	16.839
Fresh Apple	1.00 each	63.748	16.930
Apple Slices	1.00 each	28.644	7.734
Chilled Fruit	1.00 serving	62.999	15.763
SunChips	1.00 each	139.198	19.068
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000

Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		881.202	112.476
% of Calories			51.06%

Thu - 10/04/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Chili & Cheese Stuffed Baked Potato w/ Cornbread	1.00 serving	551.810	87.550
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Fish Burger & Fries	1.00 each	440.000	61.000
Veggie Burger & Fries	1.00 each	410.000	56.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	515.627	82.676
Asian Chicken Salad	1.00 salad	486.801	63.293
Romaine with Spinach	1/2 cup	7.445	1.318
Broccoli		9.352	1.690

	1/4 cup		
Baby Carrots	1/4 cup	12.721	2.995
Red Pepper	1/4 cup	9.579	1.863
Black Beans	1/4 cup	54.498	9.996
Green Pepper	1/4 cup	6.180	1.434
Cauliflower Florets	1/4 cup	9.234	1.836
Nectarines	1.00 each	56.760	13.610
Fresh Apple	1.00 each	63.748	16.930
Apple Slices	1/2 cup	28.340	7.526
Chilled Fruit	1.00 serving	62.999	15.763
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		740.851	107.050

% of Calories	57.80%
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Fri - 10/05/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
All-Beef 'Hawk' Dog & Curly Fries	1.00 each	470.000	44.000
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Fish Burger & Fries	1.00 each	440.000	61.000
Veggie Burger & Fries	1.00 each	410.000	56.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	515.627	82.676
Romaine with Spinach	1/2 cup	7.445	1.318
Broccoli	1/4 cup	9.352	1.690
Baby Carrots	1/4 cup	12.721	2.995
Cook's Choice Beans	1/4 cup	57.897	9.058
Crunchy Veggies	1/4 cup	4.817	1.071
Corn Salad	1/4 cup	36.982	7.318
Coleslaw	1/4 cup	27.708	2.348
Fresh Fruit Variety	1.00 each	71.069	18.481

Fresh Apple	1.00 each	63.748	16.930
Apple Slices	1.00 each	28.644	7.734
Chilled Fruit	1.00 serving	62.999	15.763
Seahawk 'Blue Pride' Frozen Treat	1.00 each	80.000	20.000
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		789.383	105.940
% of Calories			53.68%

Mon - 10/08/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		

Fish & Chips: Fish Sticks, Thick-cut Baked Fries, Lemon Wedge, Wheat Roll	1.00 serving	537.030	63.652
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Veggie Burger & Fries	1.00 each	410.000	56.000
Fish Burger & Fries	1.00 each	440.000	61.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	515.627	82.676
Romaine w/ Baby Greens	1.00 cup	7.911	1.499
Baby Carrots	1/4 cup	12.721	2.995
Cherry Tomatoes	1/4 cup	6.787	1.467
Edamame	1/4 cup	46.888	3.453
Cucumber Slices	1/4 cup	4.390	0.790
Orange	1/2 cup	42.550	10.675
Fresh Apple	1.00 each	63.748	16.930
Apple Slices	1.00 each	28.644	7.734
Chilled Fruit	1.00 serving	62.999	15.763
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780

Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		743.408	95.066
% of Calories			51.15%

Tue - 10/09/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19				
Recipe	Total			
Chicken Alfredo w/ Spaghetti & Whole Wheat Roll	1.00 serving	402.500	59.500	
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184	
Cheeseburger & Fries	1.00 each	454.010	48.990	
Hamburger & Fries	1.00 each	399.010	48.990	
Fish Burger & Fries	1.00 each	440.000	61.000	
Veggie Burger & Fries	1.00 each	410.000	56.000	
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964	
Pepperoni Pizza	1.00 slice	360.000	36.000	
Pizza Specialty	1.00 slice	409.558	36.660	

Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	515.627	82.676
Asian Chicken Salad	1.00 salad	486.801	63.293
Romaine w/ Baby Greens	1.00 cup	7.911	1.499
Baby Carrots	$\frac{1}{4}$ cup	12.721	2.995
Red Pepper	$\frac{1}{4}$ cup	9.579	1.863
Garbanzo Beans	$\frac{1}{4}$ cup	72.304	13.724
Green Peas	$\frac{1}{4}$ cup	26.104	4.617
Blueberries	0.50 cup	40.000	9.000
Fresh Apple	1.00 each	63.748	16.930
Apple Slices	$\frac{1}{2}$ cup	28.340	7.526
Chilled Fruit	1.00 serving	62.999	15.763
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	$\frac{1}{4}$ cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876

Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		673.034	93.247
% of Calories			55.42%

Wed - 10/10/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Deli Turkey Sub Sandwich w/ Sun Chips	1.00 serving	529.198	56.068
Spicy Chicken Burger	1.00 each	562.928	63.184
Cheeseburger	1.00 each	334.010	28.990
Hamburger	1.00 each	399.010	48.990
Fish Burger	1.00 each	320.000	41.000
Veggie Burger	1.00 each	290.000	36.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	515.627	82.676
Romaine w/ Baby Greens	1.00 cup	7.911	1.499
Baby Carrots	1/4 cup	12.721	2.995
Cherry Tomatoes	1/4 cup	6.787	1.467
Garbanzo Beans	1/4 cup	72.304	13.724
Green/Yellow Pepper Strips	1/4 cup	6.510	1.519
Pears		63.021	16.839

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Fresh Apple	1.00 each	63.748	16.930
Apple Slices	1.00 each	28.644	7.734
Chilled Fruit	1.00 serving	62.999	15.763
SunChips	1.00 each	139.198	19.068
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	¹ / ₄ cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		918.730	116.381
% of Calories			50.67%

Thu - 10/11/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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High School Lunch 2018-19

Recipe	Total		
Smothered Turkey & Gravy over Biscuit, Mashed Potatoes & Steamed Vegetables	1.00 serving	460.000	53.333
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Fish Burger & Fries	1.00 each	440.000	61.000
Veggie Burger & Fries	1.00 each	410.000	56.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	515.627	82.676
Asian Chicken Salad	1.00 salad	486.801	63.293
Romaine with Spinach	1/2 cup	7.445	1.318
Baby Carrots	1/4 cup	12.721	2.995
Crunchy Veggies	1/4 cup	4.817	1.071
Cook's Choice Beans	1/4 cup	57.897	9.058
Corn Salad	1/4 cup	36.982	7.318
Grapes	1/2 cup	30.820	7.889
Fresh Apple	1.00 each	63.748	16.930
Apple Slices	1/2 cup	28.340	7.526
Chilled Fruit	1.00 serving	62.999	15.763
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000

Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		695.094	90.342
% of Calories			51.99%

Fri - 10/12/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19				
Recipe	Total			
Weighted Daily Average			N/A	N/A
% of Calories			N/A	

Mon - 10/15/2018		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19				

Recipe	Total		
Chow Mein Noodles w/ Beef & Broccoli	1.00 serving	337.724	40.621
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Fish Burger & Fries	1.00 each	440.000	61.000
Veggie Burger & Fries	1.00 each	410.000	56.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	515.627	82.676
Romaine w/ Baby Greens	1.00 cup	7.911	1.499
Baby Carrots	$\frac{1}{4}$ cup	12.721	2.995
Cherry Tomatoes	$\frac{1}{4}$ cup	6.787	1.467
Edamame	$\frac{1}{4}$ cup	46.888	3.453
Cucumber Slices	$\frac{1}{4}$ cup	4.390	0.790
Orange	$\frac{1}{2}$ cup	42.550	10.675
Fresh Apple	1.00 each	63.748	16.930
Apple Slices	$\frac{1}{2}$ cup	28.340	7.526
Chilled Fruit	1.00 serving	62.999	15.763
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000

Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		642.638	83.328
% of Calories			51.87%

Tue - 10/16/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Chicken & Waffles w/ Maple-flavored Syrup	1.00 serving	552.172	65.703
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Fish Burger & Fries	1.00 each	440.000	61.000
Veggie Burger & Fries	1.00 each	410.000	56.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000

Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	515.627	82.676
Asian Chicken Salad	1.00 salad	486.801	63.293
Romaine w/ Baby Greens	1.00 cup	7.911	1.499
Baby Carrots	¹ / ₄ cup	12.721	2.995
Red Pepper	¹ / ₄ cup	9.579	1.863
Garbanzo Beans	¹ / ₄ cup	72.304	13.724
Green Peas	¹ / ₄ cup	26.104	4.617
Blueberries	0.50 cup	40.000	9.000
Fresh Apple	1.00 each	63.748	16.930
Apple Slices	¹ / ₂ cup	28.340	7.526
Chilled Fruit	1.00 serving	62.999	15.763
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce		2.541	0.539

	1/4 cup		
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		751.514	97.617
% of Calories			51.96%

Wed - 10/17/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Deli Turkey Sub Sandwich w/ Sun Chips	1.00 serving	529.198	56.068
Spicy Chicken Burger	1.00 each	562.928	63.184
Cheeseburger	1.00 each	334.010	28.990
Hamburger	1.00 each	399.010	48.990
Fish Burger	1.00 each	320.000	41.000
Veggie Burger	1.00 each	290.000	36.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	515.627	82.676
Romaine w/ Baby Greens	1.00 cup	7.911	1.499
Baby Carrots	1/4 cup	12.721	2.995
Cherry Tomatoes	1/4 cup	6.787	1.467
Garbanzo Beans	1/4 cup	72.304	13.724

Green/Yellow Pepper Strips	1/4 cup	6.510	1.519
Pears	1/2 c	63.021	16.839
Fresh Apple	1.00 each	63.748	16.930
Apple Slices	1/2 cup	28.340	7.526
Chilled Fruit	1.00 serving	62.999	15.763
SunChips	1.00 each	139.198	19.068
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		931.176	115.240
% of Calories			49.50%

Thu - 10/18/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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High School Lunch 2018-19			
Recipe	Total		
BBQ Pulled Pork Sandwich on Pretzel Roll w/ Thick-cut Baked Fries	1.00 serving	535.000	75.000
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Fish Burger & Fries	1.00 each	440.000	61.000
Veggie Burger & Fries	1.00 each	410.000	56.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	515.627	82.676
Asian Chicken Salad	1.00 salad	486.801	63.293
Romaine with Spinach	$\frac{1}{2}$ cup	7.445	1.318
Baby Carrots	$\frac{1}{4}$ cup	12.721	2.995
Red Pepper	$\frac{1}{4}$ cup	9.579	1.863
Black Beans	$\frac{1}{4}$ cup	54.498	9.996
Corn	$\frac{1}{4}$ cup	36.755	8.658
Coleslaw	$\frac{1}{4}$ cup	27.708	2.348
Grapes	$\frac{1}{2}$ cup	30.820	7.889
Fresh Apple	1.00 each	63.748	16.930
Apple Slices	$\frac{1}{2}$ cup	28.340	7.526
Chilled Fruit	1.00 serving	62.999	15.763
1% Milk	1.00 carton	110.000	13.000

Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		737.994	100.539
% of Calories			54.49%

Fri - 10/19/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Soft Tacos w/ Beef, Refried Beans &/or Cheese	1.00 each	463.542	48.066
Soft Tacos (Vegetarian) w/ Refried Beans &/or Cheese	1.00 each	383.478	45.852
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990

Fish Burger & Fries	1.00 each	440.000	61.000
Veggie Burger & Fries	1.00 each	410.000	56.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	515.627	82.676
Romaine with Spinach	$\frac{1}{2}$ cup	7.445	1.318
Baby Carrots	$\frac{1}{4}$ cup	12.721	2.995
Red Pepper	$\frac{1}{4}$ cup	9.579	1.863
Cook's Choice Beans	$\frac{1}{4}$ cup	57.897	9.058
Crunchy Veggies	$\frac{1}{4}$ cup	4.817	1.071
Corn Salad	$\frac{1}{4}$ cup	36.982	7.318
Fresh Fruit Variety	1.00 each	71.069	18.481
Fresh Apple	1.00 each	63.748	16.930
Apple Slices	1.00 each	28.644	7.734
Chilled Fruit	1.00 serving	62.999	15.763
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000

Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Taco Sides	1.00 serving	48.235	8.621
Weighted Daily Average		744.886	98.046
% of Calories			52.65%

Mon - 10/22/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
General Tso's Chicken w/ Brown Rice, Steamed Broccoli	1.00 serving	500.420	66.888
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Veggie Burger & Fries	1.00 each	410.000	56.000
Fish Burger & Fries	1.00 each	440.000	61.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794

Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	515.627	82.676
Romaine w/ Baby Greens	1.00 cup	7.911	1.499
Baby Carrots	1/4 cup	12.721	2.995
Cherry Tomatoes	1/4 cup	6.787	1.467
Edamame	1/4 cup	46.888	3.453
Cucumber Slices	1/4 cup	4.390	0.790
Orange	1/2 cup	42.550	10.675
Fresh Apple	1.00 each	63.748	16.930
Apple Slices	1.00 each	28.644	7.734
Chilled Fruit	1.00 serving	62.999	15.763
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		726.682	96.847
% of Calories			53.31%

Tue - 10/23/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Five Cheese Lasagna & Garlic Toast	1.00 each	415.871	47.728
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Fish Burger & Fries	1.00 each	440.000	61.000
Veggie Burger & Fries	1.00 each	410.000	56.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	515.627	82.676
Asian Chicken Salad	1.00 salad	486.801	63.293
Romaine w/ Baby Greens	1.00 cup	7.911	1.499
Red Pepper	1/4 cup	9.579	1.863
Garbanzo Beans	1/4 cup	72.304	13.724
Green Peas	1/4 cup	26.104	4.617
WA-grown Carrots	1/4 cup	12.505	2.922
Blueberries	0.50 cup	40.000	9.000
Fresh Apple	1.00 each	63.748	16.930
Apple Slices	1.00 each	28.644	7.734

Chilled Fruit	1.00 serving	62.999	15.763
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		682.648	88.964
% of Calories			52.13%

Wed - 10/24/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Deli Turkey Sub Sandwich w/ Sun Chips	1.00 serving	529.198	56.068
Spicy Chicken Burger	1.00 each	562.928	63.184

Cheeseburger	1.00 each	334.010	28.990
Hamburger	1.00 each	399.010	48.990
Fish Burger	1.00 each	320.000	41.000
Veggie Burger	1.00 each	290.000	36.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	515.627	82.676
Romaine w/ Baby Greens	1.00 cup	7.911	1.499
Broccoli	¹ / ₄ cup	9.352	1.690
Baby Carrots	¹ / ₄ cup	12.721	2.995
Cherry Tomatoes	¹ / ₄ cup	6.787	1.467
Garbanzo Beans	¹ / ₄ cup	72.304	13.724
Snap Peas	¹ / ₄ cup	6.615	1.189
Apricot	2.00 each	33.600	7.784
Fresh Apple	1.00 each	63.748	16.930
Apple Slices	1.00 each	28.644	7.734
Chilled Fruit	1.00 serving	62.999	15.763
SunChips	1.00 each	139.198	19.068
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780

Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		912.876	109.289
% of Calories			47.89%

Thu - 10/25/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Banh Mi / Vietnamese SW - Beef	1.00 serving	475.192	63.468
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Fish Burger & Fries	1.00 each	440.000	61.000
Veggie Burger & Fries	1.00 each	410.000	56.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	320.173	35.089

Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	515.627	82.676
Asian Chicken Salad	1.00 salad	486.801	63.293
Romaine with Spinach	1/2 cup	7.445	1.318
Baby Carrots	1/4 cup	12.721	2.995
Red Pepper	1/4 cup	9.579	1.863
Corn	1/4 cup	36.755	8.658
Edamame	1/4 cup	46.888	3.453
Grapes	1/2 cup	30.820	7.889
Fresh Apple	1.00 each	63.748	16.930
Apple Slices	1.00 each	28.644	7.734
Chilled Fruit	1.00 serving	62.999	15.763
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876

Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		703.486	93.544
% of Calories			53.19%

Fri - 10/26/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Chicken Enchilada w/ Seasoned Black Beans	1.00 serving	435.142	62.433
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Fish Burger & Fries	1.00 each	440.000	61.000
Veggie Burger & Fries	1.00 each	410.000	56.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	515.627	82.676
Romaine with Spinach	1/2 cup	7.445	1.318
Baby Carrots	1/4 cup	12.721	2.995
Red Pepper	1/4 cup	9.579	1.863
Cook's Choice Beans	1/4 cup	57.897	9.058
Crunchy Veggies	1/4 cup	4.817	1.071
Corn Salad	1/4 cup	36.982	7.318

Fresh Fruit Variety	1.00 each	71.069	18.481
Fresh Apple	1.00 each	63.748	16.930
Apple Slices	1.00 each	28.644	7.734
Chilled Fruit	1.00 serving	62.999	15.763
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Taco Sides	1.00 serving	48.235	8.621
Weighted Daily Average		753.259	105.128
% of Calories			55.83%

Mon - 10/29/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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High School Lunch 2018-19			
Recipe	Total		
Chicken Basket: Chicken Tenders & Thick-cut Fries w/ Honey-Mustard Sauce, Wheat Roll	1.00 serving	631.898	53.934
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Veggie Burger & Fries	1.00 each	410.000	56.000
Fish Burger & Fries	1.00 each	440.000	61.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	515.627	82.676
Romaine w/ Baby Greens	1.00 cup	7.911	1.499
Baby Carrots	1/4 cup	12.721	2.995
Cherry Tomatoes	1/4 cup	6.787	1.467
Edamame	1/4 cup	46.888	3.453
Cucumber Slices	1/4 cup	4.390	0.790
Orange	1/2 cup	42.550	10.675
Fresh Apple	1.00 each	63.748	16.930
Apple Slices	1.00 each	28.644	7.734
Chilled Fruit	1.00 serving	62.999	15.763
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000

Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		790.519	91.135
% of Calories			46.11%

Tue - 10/30/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Spooky Spaghetti & Meatballs with Garlic Toast	1.00 serving	472.000	65.000
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Fish Burger & Fries	1.00 each	440.000	61.000
Veggie Burger & Fries	1.00 each	410.000	56.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000

Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	515.627	82.676
Asian Chicken Salad	1.00 salad	486.801	63.293
Romaine w/ Baby Greens	1.00 cup	7.911	1.499
Baby Carrots	1/4 cup	12.721	2.995
Red Pepper	1/4 cup	9.579	1.863
Garbanzo Beans	1/4 cup	72.304	13.724
Green Peas	1/4 cup	26.104	4.617
Blueberries	0.50 cup	40.000	9.000
Fresh Apple	1.00 each	63.748	16.930
Apple Slices	1/2 cup	28.340	7.526
Chilled Fruit	1.00 serving	62.999	15.763
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012

Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		704.743	95.906
% of Calories			54.43%

Wed - 10/31/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Deli Turkey Sub Sandwich w/ Sun Chips	1.00 serving	469.198	50.068
Spicy Chicken Burger	1.00 each	562.928	63.184
Cheeseburger	1.00 each	334.010	28.990
Hamburger	1.00 each	399.010	48.990
Veggie Burger	1.00 each	290.000	36.000
Cheese Pizza	1.00 slice	420.000	34.000
Pepperoni Pizza	1.00 Slice	440.000	34.000
Chicken Caesar Salad	1.00 salad	320.173	35.089
Power Pack Lunch	1.00 clamshell	648.576	54.765
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	515.627	82.676
Romaine and Kale	1/2 cup	7.952	1.510
Baby Carrots	1/4 cup	12.721	2.995
Cherry Tomatoes	1/4 cup	6.787	1.467
Garbanzo Beans	1/4 cup	72.304	13.724
Cucumber Slices	1/4 cup	4.390	0.790
Banana	1.00 ea	105.020	26.951

Fresh Apple	1.00 each	63.748	16.930
Apple Slices	1.00 each	28.644	7.734
Chilled Fruit	1.00 serving	62.999	15.763
SunChips	1.00 each	139.198	19.068
1% Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Soy Milk	1.00 carton	140.000	12.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		958.602	118.697
% of Calories			49.53%

* = Indicates missing Nutrient Information.

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