

Carbohydrate Report

District: Bellevue School District



Menu: Middle School Lunch 2018-19

Mon - 10/01/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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
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	409.579	37.068
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	1/2 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		620.304	89.488
% of Calories			57.71%

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

Recipe	Total		
Swedish Meatballs w/ Penne Pasta	1.00 serving	384.656	41.992
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	409.579	37.068
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	1/2 cup	28.340	7.526
Chilled Fruit	1.00 serving	62.999	15.763
Garlic Toast	1.00 each	100.000	15.000
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		671.125	83.681
% of Calories			49.88%

Wed - 10/03/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19			
Recipe	Total		
Dutch Waffle w/ Warm Cinnamon Apples, Turkey Sausage	1.00 serving	471.140	56.050
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	409.579	37.068
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	1/2 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		691.664	89.121
% of Calories			51.54%

Thu - 10/04/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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	409.579	37.068
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

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
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		735.476	105.032

% of Calories	57.12%
---------------	--------

Fri - 10/05/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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	409.579	37.068
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
Cook's Choice Beans	1/4 cup	57.897	9.058
Crunchy Veggies	1/4 cup	4.817	1.071
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	1/2 cup	28.340	7.526

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		735.287	92.969
% of Calories			50.58%

Mon - 10/08/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19			
Recipe	Total		
Fish & Chips: Fish Sticks, Thick-cut Baked Fries, Lemon Wedge	1.00 serving	467.030	50.652
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
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	409.579	37.068
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
Coleslaw	¹ / ₄ cup	27.708	2.348
Orange	¹ / ₂ cup	42.550	10.675
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
Wheat Roll	1.00 roll	70.000	13.000
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		701.071	85.543
% of Calories			48.81%

Tue - 10/09/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19			
Recipe	Total		
Chicken Alfredo or Veg. Alfredo w/ Spaghetti	1.00 serving	287.500	36.750
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	409.579	37.068
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	1/2 cup	28.340	7.526
Chilled Fruit	1.00 serving	62.999	15.763
Wheat Roll	1.00 roll	70.000	13.000
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		607.129	79.209
% of Calories			52.19%

Wed - 10/10/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19			
Recipe	Total		
Deli Turkey Sub Sandwich w/ Sun Chips	1.00 serving	529.198	56.068
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	409.579	37.068
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	1/2 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		727.604	89.925
% of Calories			49.44%

Thu - 10/11/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
-------------------------	---------------------	------------------------	--------------------------

Middle School Lunch 2018-19			
Recipe	Total		
Turkey & Gravy w/ Mashed Potatoes & Biscuit	1.00 serving	440.000	50.000
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	409.579	37.068
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
Broccoli	$\frac{1}{4}$ cup	9.352	1.690
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
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		654.665	81.726
% of Calories			49.93%

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

Mon - 10/15/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
------------------	--------------	-----------------	-------------------

Middle 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	409.579	37.068
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
Broccoli	1/4 cup	9.352	1.690
Orange	1/2 cup	42.550	10.675
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		611.963	76.522
% of Calories			50.02%

Tue - 10/16/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19			
Recipe	Total		
Macaroni & Cheese w/ Steamed Broccoli & Wheat Roll	1.00 serving	373.887	47.608
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	409.579	37.068
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
Broccoli	1/4 cup	9.352	1.690
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		634.822	81.488
% of Calories			51.35%

Wed - 10/17/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19			
Recipe	Total		
Chicken & Waffles w/ Maple-flavored Syrup	1.00 serving	392.725	44.789
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	409.579	37.068
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
Broccoli	1/4 cup	9.352	1.690
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
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		655.028	84.517

% of Calories	51.61%
---------------	--------

Thu - 10/18/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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	409.579	37.068
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
Black Beans	1/4 cup	54.498	9.996
Corn	1/4 cup	36.755	8.658
Coleslaw	1/4 cup	27.708	2.348
Broccoli	1/4 cup	9.352	1.690

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		727.227	97.076
% of Calories			53.40%

Fri - 10/19/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19			

Recipe	Total		
Soft Tacos w/ Beef, Refried Beans &/or Cheese	1.00 each	404.008	38.640
Soft Tacos [Vegetarian] w/ Refried Beans &/or Cheese	1.00 each	326.273	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	409.579	37.068
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
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	1/2 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
Taco Sides	1.00 serving	48.235	8.621
Weighted Daily Average		682.711	88.065
% of Calories			51.60%

Mon - 10/22/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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
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	409.579	37.068
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 and Kale	$\frac{1}{2}$ cup	7.952	1.510
Broccoli	$\frac{1}{4}$ cup	9.352	1.690
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	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		705.382	91.156
% of Calories			51.69%

Tue - 10/23/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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	409.579	37.068
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

WA-grown Carrots	1/4 cup	12.505	2.922
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		655.013	81.726
% of Calories			49.91%

Wed - 10/24/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19			
Recipe	Total		
NY-style Bagel Sandwich - Egg, Turkey Bacon & Cheese - w/ Hashbrown	1.00 each	515.000	55.000
NY-style Bagel Sandwich - Egg & Cheese - w/ Hashbrown	1.00 each	490.000	55.000
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	409.579	37.068
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	1/2 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		718.082	89.613
% of Calories			49.92%

Thu - 10/25/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19			
Recipe	Total		
Banh Mi / Vietnamese SW - Beef	1.00 serving	415.192	57.468
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	409.579	37.068
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	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
Corn	1/4 cup	36.755	8.658
Edamame	1/4 cup	46.888	3.453
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
Grapes	1/2 cup	30.820	7.889
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		646.618	84.335
% of Calories			52.17%

Fri - 10/26/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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	409.579	37.068
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
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
Fruit Basket	1.00 each	57.370	14.325
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	673.735	91.219
% of Calories		54.16%

Mon - 10/29/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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
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	409.579	37.068
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	1/2 cup	42.550	10.675
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		735.182	80.815
% of Calories			43.97%

Tue - 10/30/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19			
Recipe	Total		
Spooky Spaghetti & Meatballs	1.00 serving	327.000	40.250

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	409.579	37.068
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	1/2 cup	28.340	7.526
Chilled Fruit	1.00 serving	62.999	15.763
Garlic Toast	1.00 each	100.000	15.000
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		644.429	82.657
% of Calories			51.31%

Wed - 10/31/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19			
Recipe	Total		
Biscuit & Gravy w/ Turkey Sausage, Hashbrown	1.00 serving	480.000	46.000
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	409.579	37.068
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 / 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		695.757	85.082
% of Calories			48.91%

* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.