

Carbohydrate Report

District: Bellevue School District



Menu: High School Lunch 2018-19

Mon - 12/03/2018	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	470.415	69.615
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
Celery	1/4 cup	1.920	0.356
Tangerines	1.00 each	57.770	14.541

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		731.702	108.775
% of Calories			59.46%

Tue - 12/04/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		

Chicken Parmesan w/ Spaghetti, Garlic Bread	1.00 Serving	542.374	69.506
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	470.415	69.615
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
Green Peas	1/4 cup	26.104	4.617
Italian Chickpea Salad	1/4 cup	59.689	9.972
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		794.164	108.135
% of Calories			54.46%

Wed - 12/05/2018	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
Fish Burger	1.00 each	320.000	41.000
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
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
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
Cherry Tomatoes	1/4 cup	6.787	1.467
Green/Yellow Pepper Strips	1/4 cup	6.510	1.519
Italian Chickpea Salad	1/4 cup	59.689	9.972
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
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		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		901.734	110.841
% of Calories			49.17%

Thu - 12/06/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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	470.415	69.615
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
Coleslaw	1/4 cup	27.708	2.348
Italian Chickpea Salad	1/4 cup	59.689	9.972
Fresh Fruit Variety	1.00 each	49.343	12.556
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		810.182	115.382
% of Calories			56.97%

Fri - 12/07/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
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
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
Hummus Plate	1.00 each	712.273	67.794
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	53.795	7.983
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 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		773.384	105.851
% of Calories			54.75%

Mon - 12/10/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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	470.415	69.615
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
Celery	1/4 cup	1.920	0.356
Tangerines	1.00 each	57.770	14.541
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		845.470	103.446
% of Calories			48.94%

Tue - 12/11/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Philly Cheesesteack Sandwich w/ Emoticons Potatoes	1.00 serving	566.333	59.765
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	470.415	69.615
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	60.000	10.500
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		789.766	101.517
% of Calories			51.42%

Wed - 12/12/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Cheese Quesadilla w/ Salsas	1.00 serving	405.588	44.910
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
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
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)			
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
Cherry Tomatoes	1/4 cup	6.787	1.467
Garbanzo Beans	1/4 cup	60.000	10.500
Green/Yellow Pepper Strips	1/4 cup	6.510	1.519
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
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		847.449	106.200
% of Calories			50.13%

Thu - 12/13/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Roasted Chicken Legs w/ Hot 'N Sweet BBQ Sauce, Veg. Baked Beans & Cornbread	1.00 serving	510.000	34.000
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
Chicken Caesar Salad	1.00 salad	320.173	35.089
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
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
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
Black Beans	1/4 cup	54.498	9.996
Corn	1/4 cup	36.755	8.658
Celery	1/4 cup	1.920	0.356
Fresh Fruit Variety	1.00 each	49.343	12.556
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		781.270	95.818
% of Calories			49.06%

Fri - 12/14/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Nachos w/ Seasoned Beef & Refried Beans	1.00 serving	630.260	71.078
Nachos w/ Refried Beans (Vegetarian Nachos)	1.00 serving	547.987	78.861
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	470.415	69.615
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	53.795	7.983
Crunchy Veggies	1/4 cup	4.817	1.071
Corn Salad	1/4 cup	36.982	7.318
Fresh Fruit Variety	1.00 each	49.343	12.556
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		862.830	114.076
% of Calories			52.88%

Mon - 12/17/2018	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	470.415	69.615
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

Celery	1/4 cup	1.920	0.356
Tangerines	1.00 each	57.770	14.541
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		785.811	109.453
% of Calories			55.71%

Tue - 12/18/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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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	470.415	69.615
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	60.000	10.500
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		779.242	105.720
% of Calories			54.27%

Wed - 12/19/2018	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
Fish Burger	1.00 each	320.000	41.000
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
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
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
Cherry Tomatoes	1/4 cup	6.787	1.467
Garbanzo Beans	1/4 cup	60.000	10.500
Green/Yellow Pepper Strips	1/4 cup	6.510	1.519
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
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		860.709	106.946
% of Calories			49.70%

Thu - 12/20/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
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
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
Hummus Plate	1.00 each	712.273	67.794
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	53.795	7.983

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 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		773.384	105.851
% of Calories			54.75%

Fri - 12/21/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
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High School Lunch 2018-19

Recipe	Total		
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
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
Hummus Plate	1.00 each	712.273	67.794
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	53.795	7.983
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 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		773.384	105.851
% of Calories			54.75%

* = Indicates missing Nutrient Information.

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