

# Carbohydrate Report

District: Bellevue School District



Menu: Middle School Lunch 2018-19

| Mon - 12/03/2018  | 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 | 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            | 1/2 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  |              | 605.639 | 87.210 |
| % of Calories           |              |         | 57.60% |

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

|   |              |         |        |
|---|--------------|---------|--------|
| Chicken Parmesan w/ Spaghetti & Garlic Toast                          | 1.00 Serving | 427.747 | 45.262 |
| 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 | 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 |
| 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 |             | 669.163 | 81.477 |
| % of Calories          |             |         | 48.70% |

| Wed - 12/05/2018                                   | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|--------------|-----------------|-------------------|
| Middle 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   | 409.579 | 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 | 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  |
| 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  | 1/2 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 |            | 694.871 | 82.987 |
| % of Calories          |            |         | 47.77% |

| Thu - 12/06/2018  | 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 | 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  |
| Coleslaw                | 1/4 cup      | 27.708  | 2.348  |
| Corn                    | 1/4 cup      | 36.755  | 8.658  |
| 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  |              | 713.310 | 96.027 |
| % of Calories           |              |         | 53.85% |

| Fri - 12/07/2018  | Portion Size | Calories (kcal) | Carbohydrates (g) |
|---|--------------|-----------------|-------------------|
| Middle 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   | 409.579         | 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 | 470.415         | 69.615            |
| 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      | 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  | 1/2 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  |             | 654.697 | 81.259 |
| % of Calories           |             |         | 49.65% |

| Mon - 12/10/2018  | 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      | 470.415 | 69.615 |
| Romaine w/ Baby Greens  | 1.00 cup          | 7.911   | 1.499  |
| 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  |
| Celery  | $\frac{1}{4}$ cup | 1.920   | 0.356  |
| Coleslaw  | $\frac{1}{4}$ cup | 27.708  | 2.348  |
| Tangerines  | 1.00 each         | 57.770  | 14.541 |
| 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 |
| 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 |            | 681.678 | 83.085 |
| % of Calories          |            |         | 48.75% |

| <b>Tue - 12/11/2018</b>                      | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|--|---------------------|------------------------|--------------------------|
| 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                    | 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  | <sup>1</sup> / <sub>4</sub> cup | 9.352   | 1.690  |
| Baby Carrots  | <sup>1</sup> / <sub>4</sub> cup | 12.721  | 2.995  |
| Red Pepper  | <sup>1</sup> / <sub>4</sub> cup | 9.579   | 1.863  |
| Garbanzo Beans  | <sup>1</sup> / <sub>4</sub> cup | 60.000  | 10.500 |
| Green Peas  | <sup>1</sup> / <sub>4</sub> cup | 26.104  | 4.617  |
| Blueberries   | 0.50 cup                        | 40.000  | 9.000  |
| Fresh Apple   | 1.00 each                       | 63.748  | 16.930 |
| Apple Slices  | <sup>1</sup> / <sub>2</sub> 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   | <sup>1</sup> / <sub>4</sub> 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 |            | 579.016 | 74.579 |
| % of Calories          |            |         | 51.52% |

| <b>Wed - 12/12/2018</b>   | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|---|---------------------|------------------------|--------------------------|
| Middle School Lunch 2018-19   |                     |                        |                          |
| Recipe  | Total               |                        |                          |
| Belgian Waffles w/ Mix Berry Topping & Turkey Sausage                 | 1.00 serving        | 340.322                | 35.053                   |
| 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        | 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                    |
| 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               | 1/2 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     |              | 581.072 | 69.821 |
| % of Calories              |              |         | 48.06% |

| Thu - 12/13/2018 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------|--------------|-----------------|-------------------|
|------------------|--------------|-----------------|-------------------|

## Middle School Lunch 2018-19

| Recipe  | Total        |         |        |
|---|--------------|---------|--------|
|   |              |         |        |
| Roasted Chicken Leg w/ Hot 'N Sweet BBQ Sauce, Veg. Baked Beans & Cornbread | 1.00 serving | 366.565 | 35.757 |
| 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 | 470.415 | 69.615 |
| 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  |
| Crunchy Veggies   | 1/4 cup      | 4.817   | 1.071  |
| 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 |             | 606.926 | 74.567 |
| % of Calories          |             |         | 49.14% |

| <b>Fri - 12/14/2018</b>                     | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|---|---------------------|------------------------|--------------------------|
| Middle 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   | 409.579 | 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 | 470.415 | 69.615 |
| 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      | 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  | 1/2 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 |              | 771.343 | 98.750 |
| % of Calories          |              |         | 51.21% |

| Mon - 12/17/2018  | 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 | 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  |              | 683.698 | 89.582 |
| % of Calories           |              |         | 52.41% |

| Tue - 12/18/2018  | 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 | 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 |
| 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  |              | 646.415 | 79.532 |
| % of Calories           |              |         | 49.21% |

| Wed - 12/19/2018                                       | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|--------------|-----------------|-------------------|
| Middle School Lunch 2018-19                            |              |                 |                   |
| Recipe   | Total        |                 |                   |
| Chicken Tenders with Mashed Potatoes & Gravy with Roll | 1.00 serving | 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 | 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  |
| 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  | 1/2 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 |            | 662.534 | 81.344 |
| % of Calories          |            |         | 49.11% |

| Thu - 12/20/2018               | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--------------------------------|--------------|-----------------|-------------------|
| Middle 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   | 409.579         | 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 | 470.415 | 69.615 |
| 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      | 53.795  | 7.983  |
| 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  |              | 652.594 | 81.897 |



|               |        |
|---------------|--------|
| % of Calories | 50.20% |
|---------------|--------|

| <b>Fri - 12/21/2018</b>   | <b>Portion Size</b> | <b>Calories (kcal)</b> | <b>Carbohydrates (g)</b> |
|---|---------------------|------------------------|--------------------------|
| Middle 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          | 409.579                | 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        | 470.415                | 69.615                   |
| 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             | 53.795                 | 7.983                    |
| 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                 | <sup>1</sup> / <sub>4</sub> 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  |                                 | 652.594 | 81.897 |
| % of Calories           |                                 |         | 50.20% |

\* = 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.