

Carbohydrate Report

District: Bellevue School District



Menu: Elementary Lunch 2018-19

Mon - 01/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Teriyaki Beef w/ Brown Rice, Green Beans	1.00 serving	335.611	43.992
Hamburger	1.00 each	300.000	27.000
Chicken Burger	1.00 each	334.000	40.000
Veggie Burger (Vegan)	1.00 each	318.000	37.800
Bean & Cheese Burrito	1.00 each	270.800	44.280
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	415.283	47.577
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
Celery	1/4 cup	1.920	0.356
Tangerines	1.00 each	57.770	14.541
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 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
Weighted Daily Average		580.678	80.732
% of Calories			55.61%

Tue - 01/08/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19				
Recipe	Total			
Chicken Alfredo w/ Penne Pasta, Whole Wheat Roll	1.00 serving	333.873	45.306	
Vegetarian Alfredo w/ Penne Pasta, Whole Wheat Roll	1.00 serving	361.373	47.806	
Hamburger	1.00 each	300.000	27.000	
Chicken Burger	1.00 each	334.000	40.000	
Veggie Burger (Vegan)	1.00 each	318.000	37.800	
Bean & Cheese Burrito	1.00 each	310.000	40.000	
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	415.283	47.577	
Chicken Caesar Salad w/ Wheat Roll (Grab'nGo)	1.00 salad	290.985	34.602	
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	60.000	10.500	
Green Peas	1/4 cup	26.104	4.617	

Blueberries	0.50 cup	40.000	9.000
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 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
Weighted Daily Average		556.549	80.575
% of Calories			57.91%

Wed - 01/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Cheesy Garlic Rippers	1.00 serving	280.000	30.000
Hamburger	1.00 each	300.000	27.000
Chicken Burger	1.00 each	334.000	40.000
Veggie Burger (Vegan)	1.00 each	318.000	37.800
Bean & Cheese Burrito	1.00 each	270.800	44.280

Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	415.283	47.577
Caesar Salad	1/2 cup	52.531	1.546
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
Beets	1/4 cup	16.969	3.773
Grapes	1/2 cup	30.820	7.889
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 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
Mustard Packet	1.00 each	18.000	1.749
Mayo Packet	1.00 ea	90.000	0.000
Marinara Sauce	1.00 serving	30.000	3.500
Weighted Daily Average		538.947	68.861
% of Calories			51.11%

Thu - 01/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Lunch 2018-19

Recipe	Total		
Roasted Chicken Leg w/ Mashed Potatoes & Gravy, Biscuit	1.00 each	490.000	53.000
Hamburger	1.00 each	300.000	27.000
Chicken Burger	1.00 each	334.000	40.000
Veggie Burger (Vegan)	1.00 each	318.000	37.800
Bean & Cheese Burrito	1.00 each	270.800	44.280
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	415.283	47.577
Chicken Caesar Salad	1.00 salad	520.985	35.602
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
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 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
Mustard Packet	1.00 each	18.000	1.749

Mayo Packet	1.00 ea	90.000	0.000
Weighted Daily Average		690.918	88.516
% of Calories			51.25%

Fri - 01/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Belgian Waffles w/ Mix Berry Topping & Turkey Sausage	1.00 serving	340.322	35.053
Hamburger	1.00 each	300.000	27.000
Chicken Burger	1.00 each	334.000	40.000
Veggie Burger (Vegan)	1.00 each	318.000	37.800
Bean & Cheese Burrito	1.00 each	270.800	44.280
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	415.283	47.577
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
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 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
Weighted Daily Average		575.218	74.291
% of Calories			51.66%

Mon - 01/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Mandarin Orange Chicken w/ Brown Rice, Stir Fry Veggies	3.60 oz	326.667	57.333
Hamburger	1.00 each	300.000	27.000
Chicken Burger	1.00 each	334.000	40.000
Veggie Burger (Vegan)	1.00 each	318.000	37.800
Bean & Cheese Burrito	1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	415.283	47.577
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
Celery	1/4 cup	1.920	0.356
Tangerines	1.00 each	57.770	14.541

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 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
Weighted Daily Average		574.193	90.235
% of Calories			62.86%

Tue - 01/15/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Italian Meatballs w/ Penne Pasta, Garlic Bread	1.00 serving	435.373	48.806
Hamburger	1.00 each	300.000	27.000
Chicken Burger	1.00 each	334.000	40.000
Veggie Burger (Vegan)	1.00 each	318.000	37.800
Bean & Cheese Burrito	1.00 each	270.800	44.280
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	415.283	47.577

Chicken Caesar Salad w/ Wheat Roll (Grab'nGo)	1.00 salad	290.985	34.602
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	60.000	10.500
Green Peas	1/4 cup	26.104	4.617
Blueberries	0.50 cup	40.000	9.000
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 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
Weighted Daily Average		626.348	82.744
% of Calories			52.84%

Wed - 01/16/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		

Pan Pizza - Turkey Pepperoni	1.00 each	315.606	32.004
Pan Pizza - Cheese	1.00 each	300.006	32.004
Hamburger	1.00 each	300.000	27.000
Chicken Burger	1.00 each	334.000	40.000
Veggie Burger (Vegan)	1.00 each	318.000	37.800
Bean & Cheese Burrito	1.00 each	270.800	44.280
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	415.283	47.577
Caesar Salad	1/2 cup	52.531	1.546
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
Beets	1/4 cup	16.969	3.773
Grapes	1/2 cup	30.820	7.889
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 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
Mustard Packet	1.00 each	18.000	1.749
Mayo Packet	1.00 ea	90.000	0.000
Weighted Daily Average		545.615	68.719

% of Calories	50.38%
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Thu - 01/17/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Soft Tacos w/ Beef, Vegetarian Refried Beans &/or Cheese	1.00 each	390.085	39.795
Soft Tacos [Vegetarian] w/ Refried Beans &/or Cheese	1.00 each	324.964	48.589
Hamburger	1.00 each	300.000	27.000
Chicken Burger	1.00 each	334.000	40.000
Veggie Burger (Vegan)	1.00 each	318.000	37.800
Bean & Cheese Burrito	1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	415.283	47.577
Chicken Caesar Salad w/ Wheat Roll (Grab'nGo)	1.00 salad	290.985	34.602
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
Pears	1/2 c	63.021	16.839
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 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
Mustard Packet	1.00 each	18.000	1.749
Mayo Packet	1.00 ea	90.000	0.000
Weighted Daily Average		606.672	81.571
% of Calories			53.78%

Fri - 01/18/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Chicken Chow Mein w/ Vegetables	1.00 serving	303.333	40.667
Chicken Burger	1.00 each	334.000	40.000
Hamburger	1.00 each	300.000	27.000
Veggie Burger (Vegan)	1.00 each	318.000	37.800
Bean & Cheese Burrito	1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	415.283	47.577
Romaine with Spinach	1/2 cup	7.445	1.318
Baby Carrots	1/4 cup	12.721	2.995
Corn Salad	1/4 cup	36.982	7.318
Cook's Choice Beans	1/4 cup	53.795	7.983
Crunchy Veggies		4.817	1.071

	¹ / ₄ cup		
Fresh Fruit Variety	1.00 each	49.343	12.556
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 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
Mustard Packet	1.00 each	18.000	1.749
Mayo Packet	1.00 ea	90.000	0.000
BBQ Dipping Sauce	1.00 Tablespoon	35.000	8.000
Weighted Daily Average		548.450	77.301
% of Calories			56.38%

Mon - 01/21/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 01/22/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Lunch 2018-19			
Recipe	Total		
Three-Bean Chili (Vegan) w/ Cheese Cornbread	1.00 serving	396.000	60.000
Chicken Burger	1.00 each	334.000	40.000
Hamburger	1.00 each	300.000	27.000
Veggie Burger (Vegan)	1.00 each	318.000	37.800
Bean & Cheese Burrito	1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	415.283	47.577
Chicken Caesar Salad w/ Wheat Roll (Grab'nGo)	1.00 salad	290.985	34.602
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	60.000	10.500
Green Peas	1/4 cup	26.104	4.617
Blueberries	0.50 cup	40.000	9.000
Apple Slices	1/2 cup	28.340	7.526
Chilled Fruit	1.00 serving	62.999	15.763
Birthday Mini Treat	1.00 each	64.667	11.133
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
Mustard Packet	1.00 each	18.000	1.749
Mayo Packet	1.00 ea	90.000	0.000
Weighted Daily Average		677.249	101.532
% of Calories			59.97%

Wed - 01/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Cheese Stuffed Breadsticks	1.00 serving	300.171	30.017
Hamburger	1.00 each	300.000	27.000
Chicken Burger	1.00 each	334.000	40.000
Veggie Burger (Vegan)	1.00 each	318.000	37.800
Bean & Cheese Burrito	1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	415.283	47.577
Caesar Salad	1/2 cup	52.531	1.546
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
Beets	1/4 cup	16.969	3.773
Grapes	1/2 cup	30.820	7.889
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 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
Marinara Sauce	1.00 serving	30.000	3.500
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
Weighted Daily Average		569.431	69.976
% of Calories			49.16%

Thu - 01/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Tillamook Cheddar Cheeseburger w Potato Smiles	1.00 each	515.000	52.000
Hamburger	1.00 each	300.000	27.000
Chicken Burger	1.00 each	334.000	40.000
Veggie Burger (Vegan)	1.00 each	318.000	37.800
Bean & Cheese Burrito	1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	415.283	47.577
Chicken Caesar Salad w/ Wheat Roll (Grab'nGo)	1.00 salad	290.985	34.602
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
Corn	1/4 cup	36.755	8.658
Crunchy Veggies	1/4 cup	4.817	1.071
Pears	1/2 c	63.021	16.839
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 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
Weighted Daily Average		640.616	81.993
% of Calories			51.20%

Fri - 01/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Dutch Waffle w/ Warm Cinnamon Apples, Turkey Sausage	1.00 serving	493.060	58.310

Hamburger	1.00 each	300.000	27.000
Chicken Burger	1.00 each	334.000	40.000
Veggie Burger (Vegan)	1.00 each	318.000	37.800
Bean & Cheese Burrito	1.00 each	270.800	44.280
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	415.283	47.577
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
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 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
Weighted Daily Average		682.790	90.429
% of Calories			52.98%

Mon - 01/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Lunch 2018-19			
Recipe	Total		
Weighted Daily Average	N/A		N/A
% of Calories			N/A

Tue - 01/29/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Baja Fish Sticks w/ Thick-cut Baked Fries, Whole Wheat Roll	4.00 each	420.301	53.050
Chicken Burger	1.00 each	334.000	40.000
Hamburger	1.00 each	300.000	27.000
Veggie Burger (Vegan)	1.00 each	318.000	37.800
Bean & Cheese Burrito	1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	415.283	47.577
Chicken Caesar Salad w/ Wheat Roll (Grab'nGo)	1.00 salad	290.985	34.602
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	60.000	10.500
Green Peas	1/4 cup	26.104	4.617
Coleslaw	1/4 cup	27.708	2.348
Blueberries	0.50 cup	40.000	9.000
Apple Slices		28.340	7.526

	1/2 cup		
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
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
Mustard Packet	1.00 each	18.000	1.749
Mayo Packet	1.00 ea	90.000	0.000
Weighted Daily Average		641.558	86.735
% of Calories			54.08%

Wed - 01/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
French Bread Cheese Pizza	1.00 pizza	310.000	30.000
Hamburger	1.00 each	300.000	27.000
Chicken Burger	1.00 each	334.000	40.000
Veggie Burger (Vegan)	1.00 each	318.000	37.800
Bean & Cheese Burrito	1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	415.283	47.577

Caesar Salad	1/2 cup	52.531	1.546
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
Beets	1/4 cup	16.969	3.773
Grapes	1/2 cup	30.820	7.889
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 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
Weighted Daily Average		556.444	68.587
% of Calories			49.30%

Thu - 01/31/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		

Turkey & Gravy w/ Mashed Potatoes & Biscuit	1.00 serving	440.000	50.000
Hamburger	1.00 each	300.000	27.000
Chicken Burger	1.00 each	334.000	40.000
Veggie Burger (Vegan)	1.00 each	318.000	37.800
Bean & Cheese Burrito	1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	415.283	47.577
Chicken Caesar Salad w/ Wheat Roll (Grab'nGo)	1.00 salad	290.985	34.602
Romaine with Spinach	¹ / ₂ cup	7.445	1.318
Baby Carrots	¹ / ₄ cup	12.721	2.995
Crunchy Veggies	¹ / ₄ cup	4.817	1.071
Cook's Choice Beans	¹ / ₄ cup	53.795	7.983
Corn Salad	¹ / ₄ cup	36.982	7.318
Fresh Fruit Variety	1.00 each	71.069	18.481
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 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
Weighted Daily Average		639.232	87.244

% of Calories

54.59%

* = Indicates missing Nutrient Information.

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