

Carbohydrate Report

District: Bellevue School District



Menu: Elementary Lunch 2018-19

Fri - 02/01/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Roasted Chicken Leg w/ BBQ Sauce, Cornbread	1.00 serving	385.000	40.000
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
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
Celery	1/4 cup	1.920	0.356
Fresh Fruit Variety	1.00 each	49.343	12.556
Fresh Whole Apples, Small	1.00 each	57.882	15.372
Apple Slices	1/2 cup	28.340	7.526
Chilled Fruit	1.00 serving	62.999	15.763
Vanilla Sporty Snack	1.00 package	110.000	20.000
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		718.249	97.717
% of Calories			54.42%

Mon - 02/04/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Five Cheese Lasagna w/ Garlic Bread	1.00 serving	342.340	48.433
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
Garbanzo Beans	1/4 cup	60.000	10.500
Celery		1.920	0.356

	1/4 cup		
Tangerines	1.00 each	57.770	14.541
Fresh Whole Apples, Small	1.00 each	57.882	15.372
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		583.299	85.503
% of Calories			58.63%

Tue - 02/05/2019	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
Red Pepper	1/4 cup	9.579	1.863
Edamame	1/4 cup	46.888	3.453
Green Peas	1/4 cup	26.104	4.617
Blueberries	0.50 cup	40.000	9.000
Fresh Whole Apples, Small	1.00 each	57.882	15.372
Apple Slices	1/2 cup	28.340	7.526
Chilled Fruit	1.00 serving	62.999	15.763
Fortune Cookie	1.00 each	24.000	5.400
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		574.472	95.077
% of Calories			66.20%

Wed - 02/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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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
Fresh Pears	1/2 c	63.021	16.839
Fresh Whole Apples, Small	1.00 each	57.882	15.372
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		562.753	75.321
% of Calories			53.54%

Thu - 02/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Chicken Basket: Breaded Chicken Tenders & Thick-cut Fries, Wheat Roll	1.00 serving	444.000	48.000
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
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
Grapefruit	1/2 cup	36.800	9.292
Fresh Whole Apples, Small	1.00 each	57.882	15.372
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		650.996	83.525
% of Calories			51.32%

Fri - 02/08/2019	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	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
Fresh Whole Apples, Small	1.00 each	57.882	15.372
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		608.137	78.509
% of Calories			51.64%

Mon - 02/11/2019	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
Fresh Whole Apples, Small	1.00 each	57.882	15.372
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		584.051	81.688

% of Calories	55.95%
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Tue - 02/12/2019	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
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
Fresh Whole Apples, Small	1.00 each	57.882	15.372
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		560.066	81.881
% of Calories			58.48%

Wed - 02/13/2019	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

Fresh Pears	1/2 c	63.021	16.839
Fresh Whole Apples, Small	1.00 each	57.882	15.372
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		569.421	75.180
% of Calories			52.81%

Thu - 02/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Belgian Waffles w/ Strawberry Topping & Turkey Sausage	1.00 serving	372.590	43.407
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 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
Grapefruit	1/2 cup	36.800	9.292
Fresh Whole Apples, Small	1.00 each	57.882	15.372
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		587.110	78.534
% of Calories			53.51%

Fri - 02/15/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Lunch 2018-19			
Recipe	Total		
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	1/4 cup	4.817	1.071
Fresh Fruit Variety	1.00 each	49.343	12.556
Fresh Whole Apples, Small	1.00 each	57.882	15.372
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		569.679	75.605
% of Calories			53.09%

Mon - 02/25/2019	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
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
Garbanzo Beans	1/4 cup	60.000	10.500
Coleslaw	1/4 cup	27.708	2.348
Tangerines	1.00 each	57.770	14.541
Fresh Whole Apples, Small	1.00 each	57.882	15.372
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
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Weighted Daily Average		711.826	100.158
% of Calories			56.28%

Tue - 02/26/2019	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
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 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
Celery	1/4 cup	1.920	0.356
Blueberries	0.50 cup	40.000	9.000
Fresh Whole Apples, Small	1.00 each	57.882	15.372
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		641.447	82.984
% of Calories			51.75%

Wed - 02/27/2019	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
Fresh Pears	1/2 c	63.021	16.839
Fresh Whole Apples, Small	1.00 each	57.882	15.372
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		595.982	75.395
% of Calories			50.60%

Thu - 02/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Three-Bean Chili (Vegan) w/ Cheese Cornbread	1.00 serving	396.000	60.000
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
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
Corn	1/4 cup	36.755	8.658
Crunchy Veggies	1/4 cup	4.817	1.071
Grapefruit	1/2 cup	36.800	9.292
Fresh Whole Apples, Small	1.00 each	57.882	15.372
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		595.893	90.859
% of Calories			60.99%

* = Indicates missing Nutrient Information.

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