

Carbohydrate Report

District: Bellevue School District



Menu: High School Lunch 2018-19

Fri - 02/01/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Game-day Chicken Wings w/ Hot 'N Sweet BBQ Sauce, Cornbread	1.00 serving	612.447	35.787
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 serving	450.000	61.000
Veggie Burger & Fries	1.00 each	410.000	56.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	320.173	35.089
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
Hummus Plate	1.00 each	712.273	67.794
Romaine with Spinach	1/2 cup	7.445	1.318
Baby Carrots	1/4 cup	12.721	2.995
Red Pepper	1/4 cup	9.579	1.863
Cook's Choice Beans	1/4 cup	53.795	7.983
Corn Salad	1/4 cup	36.982	7.318
Celery	1/4 cup	1.920	0.356
Fresh Fruit Variety	1.00 each	71.069	18.481

Fresh Apple	1.00 each	63.748	16.930
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		885.002	106.229
% of Calories			48.01%

Mon - 02/04/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Swedish Meatballs w/ Penne Pasta, Garlic Bread	1.00 serving	533.675	67.626

Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Fish Burger & Fries	1.00 serving	450.000	61.000
Veggie Burger & Fries	1.00 each	410.000	56.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	325.173	39.089
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
Taco Salad	1.00 each	301.032	31.992
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
Garbanzo Beans	$\frac{1}{4}$ cup	60.000	10.500
Green Peas	$\frac{1}{4}$ cup	26.104	4.617
Celery	$\frac{1}{4}$ cup	1.920	0.356
Tangerines	1.00 each	57.770	14.541
Fresh Apple	1.00 each	63.748	16.930
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		795.633	109.896
% of Calories			55.25%

Tue - 02/05/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Mandarin Orange Chicken w/ Brown Rice, Spicy Green Beans	3.60 oz	378.620	67.788
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Fish Burger & Fries	1.00 serving	450.000	61.000
Veggie Burger & Fries	1.00 each	410.000	56.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000

Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	325.173	39.089
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
Taco Salad	1.00 each	301.032	31.992
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
Edamame	¹ / ₄ cup	46.888	3.453
Blueberries	0.50 cup	40.000	9.000
Fresh Apple	1.00 each	63.748	16.930
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
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce		2.541	0.539

	1/4 cup		
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		725.309	108.585
% of Calories			59.88%

Wed - 02/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Deli Turkey Sub Sandwich w/ Sun Chips	1.00 serving	529.198	56.068
Spicy Chicken Burger	1.00 each	562.928	63.184
Cheeseburger	1.00 each	334.010	28.990
Hamburger	1.00 each	399.010	48.990
Fish Burger	1.00 Serving	335.000	41.000
Veggie Burger	1.00 each	290.000	36.000
Cheese Pizza	1.00 slice	420.000	34.000
Pepperoni Pizza	1.00 Slice	440.000	34.000
Chicken Caesar Salad	1.00 salad	325.173	39.089
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
Taco Salad	1.00 each	301.032	31.992
Romaine with Spinach	1/2 cup	7.445	1.318
Broccoli	1/4 cup	9.352	1.690
Baby Carrots	1/4 cup	12.721	2.995
Cherry Tomatoes	1/4 cup	6.787	1.467

Garbanzo Beans	1/4 cup	60.000	10.500
Beets	1/4 cup	16.969	3.773
Fresh Pears	1/2 c	63.021	16.839
Fresh Apple	1.00 each	63.748	16.930
Chilled Fruit	1.00 serving	62.999	15.763
SunChips	1.00 each	139.198	19.068
1% Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Soy Milk	1.00 carton	140.000	12.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		926.631	115.952
% of Calories			50.05%

Thu - 02/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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High School Lunch 2018-19

Recipe	Total		
	Philly Cheesesteack Sandwich w/ Emoticons Potatoes	1.00 serving	566.333
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	1.00 Serving	335.000	41.000
Veggie Burger & Fries	1.00 each	410.000	56.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	325.173	39.089
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
Taco Salad	1.00 each	301.032	31.992
Romaine with Spinach	1/2 cup	7.445	1.318
Broccoli	1/4 cup	9.352	1.690
Baby Carrots	1/4 cup	12.721	2.995
Red Pepper	1/4 cup	9.579	1.863
Black Beans	1/4 cup	54.498	9.996
Corn	1/4 cup	36.755	8.658
Grapefruit	1/2 cup	36.800	9.292
Fresh Apple	1.00 each	63.748	16.930
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		783.720	101.736
% of Calories			51.92%

Fri - 02/08/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Chicken Fried Steak w/ Mashed Potatoes & Gravy, Wheat Roll	1.00 serving	410.000	48.000
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	1.00 Serving	335.000	41.000
Veggie Burger & Fries	1.00 each	410.000	56.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964

Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	325.173	39.089
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
Taco Salad	1.00 each	301.032	31.992
Romaine with Spinach	1/2 cup	7.445	1.318
Baby Carrots	1/4 cup	12.721	2.995
Red Pepper	1/4 cup	9.579	1.863
Cook's Choice Beans	1/4 cup	53.795	7.983
Crunchy Veggies	1/4 cup	4.817	1.071
Corn Salad	1/4 cup	36.982	7.318
Fresh Fruit Variety	1.00 each	71.069	18.481
Fresh Apple	1.00 each	63.748	16.930
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		756.137	104.900
% of Calories			55.49%

Mon - 02/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Chicken Basket: Chicken Tenders & Thick-cut Fries w/ Honey-Mustard Sauce, Wheat Roll	1.00 serving	631.898	53.934
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Fish Burger & Fries	1.00 serving	450.000	61.000
Veggie Burger & Fries	1.00 each	410.000	56.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	325.173	39.089
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
Taco Salad	1.00 each	301.032	31.992
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 Peas	1/4 cup	26.104	4.617
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
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		839.833	103.735
% of Calories			49.41%

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Tue - 02/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Nachos w/ Seasoned Beef & Refried Beans	1.00 serving	634.143	71.875
Nachos w/ Refried Beans (Vegetarian Nachos)	1.00 serving	555.753	80.456
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 serving	450.000	61.000
Veggie Burger & Fries	1.00 each	410.000	56.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	325.173	39.089
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
Taco Salad	1.00 each	301.032	31.992
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
Edamame	1/4 cup	46.888	3.453
Blueberries	0.50 cup	40.000	9.000
Fresh Apple	1.00 each	63.748	16.930
Chilled Fruit	1.00 serving	62.999	15.763
1% Milk	1.00 carton	110.000	13.000

Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Taco Sides	1.00 serving	48.235	8.621
Weighted Daily Average		839.558	110.140
% of Calories			52.48%

Wed - 02/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Deli Turkey Sub Sandwich w/ Sun Chips	1.00 serving	529.198	56.068
Spicy Chicken Burger	1.00 each	562.928	63.184
Cheeseburger	1.00 each	334.010	28.990

Hamburger	1.00 each	399.010	48.990
Fish Burger	1.00 Serving	335.000	41.000
Veggie Burger	1.00 each	290.000	36.000
Cheese Pizza	1.00 slice	420.000	34.000
Pepperoni Pizza	1.00 Slice	440.000	34.000
Chicken Caesar Salad	1.00 salad	325.173	39.089
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
Taco Salad	1.00 each	301.032	31.992
Romaine with Spinach	1/2 cup	7.445	1.318
Broccoli	1/4 cup	9.352	1.690
Baby Carrots	1/4 cup	12.721	2.995
Cherry Tomatoes	1/4 cup	6.787	1.467
Garbanzo Beans	1/4 cup	60.000	10.500
Beets	1/4 cup	16.969	3.773
Fresh Pears	1/2 c	63.021	16.839
Fresh Apple	1.00 each	63.748	16.930
Chilled Fruit	1.00 serving	62.999	15.763
SunChips	1.00 each	139.198	19.068
1% Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Soy Milk	1.00 carton	140.000	12.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000

Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		926.631	115.952
% of Calories			50.05%

Thu - 02/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Five Cheese Lasagna & Garlic Toast	1.00 each	384.081	48.512
Pink Sweatheart Parfait w/ String Cheese	1.00 serving	415.950	66.768
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	1.00 Serving	335.000	41.000
Veggie Burger & Fries	1.00 each	410.000	56.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	325.173	39.089
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
Taco Salad	1.00 each	301.032	31.992
Romaine with Spinach	¹ / ₂ cup	7.445	1.318
Broccoli	¹ / ₄ cup	9.352	1.690
Baby Carrots	¹ / ₄ cup	12.721	2.995
Red Pepper	¹ / ₄ cup	9.579	1.863
Black Beans	¹ / ₄ cup	54.498	9.996
Corn	¹ / ₄ cup	36.755	8.658
Grapefruit	¹ / ₂ cup	36.800	9.292
Fresh Apple	1.00 each	63.748	16.930
Chilled Fruit	1.00 serving	62.999	15.763
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	¹ / ₄ cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598

Weighted Daily Average	705.966	99.091
% of Calories		56.14%

Fri - 02/15/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Fish Burger	1.00 Serving	335.000	41.000
Veggie Burger & Fries	1.00 each	410.000	56.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	325.173	39.089
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
Taco Salad	1.00 each	301.032	31.992
Romaine with Spinach	1/2 cup	7.445	1.318
Baby Carrots	1/4 cup	12.721	2.995
Red Pepper	1/4 cup	9.579	1.863
Cook's Choice Beans	1/4 cup	53.795	7.983
Crunchy Veggies	1/4 cup	4.817	1.071
Corn Salad	1/4 cup	36.982	7.318
Fresh Fruit Variety	1.00 each	71.069	18.481
Fresh Apple	1.00 each	63.748	16.930

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		787.049	107.712
% of Calories			54.74%

Mon - 02/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
General Tso's Chicken w/ Brown Rice, Steamed Broccoli	1.00 serving	500.420	66.888
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184

Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Fish Burger & Fries	1.00 serving	450.000	61.000
Veggie Burger & Fries	1.00 each	410.000	56.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	325.173	39.089
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
Taco Salad	1.00 each	301.032	31.992
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
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		777.845	107.516
% of Calories			55.29%

Tue - 02/26/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Tomato Soup w/ Garlicky Cheese Bread	1.00 serving	415.780	55.501
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 serving	450.000	61.000
Veggie Burger & Fries	1.00 each	410.000	56.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	325.173	39.089
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
Taco Salad	1.00 each	301.032	31.992
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
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
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876

Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		747.238	105.543
% of Calories			56.50%

Wed - 02/27/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Deli Turkey Sub Sandwich w/ Sun Chips	1.00 serving	529.198	56.068
Spicy Chicken Burger	1.00 each	562.928	63.184
Cheeseburger	1.00 each	334.010	28.990
Hamburger	1.00 each	399.010	48.990
Fish Burger	1.00 Serving	335.000	41.000
Veggie Burger	1.00 each	290.000	36.000
Cheese Pizza	1.00 slice	420.000	34.000
Pepperoni Pizza	1.00 Slice	440.000	34.000
Chicken Caesar Salad	1.00 salad	325.173	39.089
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
Taco Salad	1.00 each	301.032	31.992
Romaine with Spinach	1/2 cup	7.445	1.318
Broccoli	1/4 cup	9.352	1.690
Baby Carrots	1/4 cup	12.721	2.995
Cherry Tomatoes	1/4 cup	6.787	1.467
Garbanzo Beans	1/4 cup	60.000	10.500
Beets	1/4 cup	16.969	3.773

Fresh Pears	1/2 c	63.021	16.839
Fresh Apple	1.00 each	63.748	16.930
Chilled Fruit	1.00 serving	62.999	15.763
SunChips	1.00 each	139.198	19.068
1% Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Soy Milk	1.00 carton	140.000	12.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		926.631	115.952
% of Calories			50.05%

Thu - 02/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		

Carnita Plate: Mexican-style Pot-roasted Pulled Pork w/ Spanish Rice & Refried Beans	1.00 serving	405.507	58.060
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	1.00 Serving	335.000	41.000
Veggie Burger & Fries	1.00 each	410.000	56.000
Quattro Formaggi (Four Cheese)	1.00 slice	359.634	34.964
Pepperoni Pizza	1.00 slice	360.000	36.000
Pizza Specialty	1.00 slice	409.558	36.660
Chicken Caesar Salad	1.00 salad	325.173	39.089
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
Taco Salad	1.00 each	301.032	31.992
Romaine with Spinach	¹ / ₂ cup	7.445	1.318
Broccoli	¹ / ₄ cup	9.352	1.690
Baby Carrots	¹ / ₄ cup	12.721	2.995
Red Pepper	¹ / ₄ cup	9.579	1.863
Black Beans	¹ / ₄ cup	54.498	9.996
Corn	¹ / ₄ cup	36.755	8.658
Grapefruit	¹ / ₂ cup	36.800	9.292
Fresh Apple	1.00 each	63.748	16.930
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		735.019	105.049
% of Calories			57.17%

* = Indicates missing Nutrient Information.

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