

Carbohydrate Report

District: Bellevue School District

Menu: Elementary Lunch 2018-19



Fri - 03/01/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
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		565.848	75.884
% of Calories			53.64%

Mon - 03/04/2019	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
Edamame	1/4 cup	46.888	3.453
Celery	1/4 cup	1.920	0.356
Coleslaw	1/4 cup	27.708	2.348
Orange		42.550	10.675

	1/2 cup		
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		637.231	86.070
% of Calories			54.03%

Tue - 03/05/2019	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
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
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		646.521	83.942
% of Calories			51.93%

Wed - 03/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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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
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		582.042	73.881
% of Calories			50.77%

Thu - 03/07/2019	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
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 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
Kiwi	1/4 cup	51.030	12.790
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		627.251	98.793
% of Calories			63.00%

Fri - 03/08/2019	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
Assorted Fresh Fruit	1.00 each	54.347	13.771
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		689.978	92.307
% of Calories			53.51%

Mon - 03/11/2019	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	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
Orange	1/2 cup	42.550	10.675
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		567.325	88.967
% of Calories			62.73%

Tue - 03/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Lunch 2018-19			
Recipe	Total		
Chicken Alfredo w/ Penne Pasta, Whole Wheat Roll	1.00 serving	333.873	45.306
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
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		570.926	80.775
% of Calories			56.59%

Wed - 03/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Pan Pizza - Hawaiian w/ Turkey Ham	1.00 slice	312.571	34.185
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		568.061	76.024
% of Calories			53.53%

Thu - 03/14/2019	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	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
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
Kiwi	1/4 cup	51.030	12.790
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		594.033	79.704
% of Calories			53.67%

Fri - 03/15/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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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
Assorted Fresh Fruit	1.00 each	54.347	13.771
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		610.327	79.041
% of Calories			51.80%

Mon - 03/18/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Weighted Daily Average	N/A		N/A
% of Calories			N/A

Tue - 03/19/2019	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
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
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		578.385	83.069
% of Calories			57.45%

Wed - 03/20/2019	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
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		588.905	75.407
% of Calories			51.22%

Thu - 03/21/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Roasted Chicken Drumstick with Baby Potatoes & Roll	1.00 each	360.000	45.000
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
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
Fresh Strawberries	1/2 cup	23.040	5.530
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		585.941	80.062
% of Calories			54.66%

Fri - 03/22/2019	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
Chicken Burger w/ Potato Smiles	1.00 each	549.000	65.000
Hamburger w/ Potato Smiles	1.00 each	460.000	52.000
Veggie Burger w/ Potato Smiles (Vegan)	1.00 each	478.000	62.800
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
Assorted Fresh Fruit	1.00 each	54.347	13.771
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		742.841	94.315
% of Calories			50.79%

Mon - 03/25/2019	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
Edamame	1/4 cup	46.888	3.453
Celery	1/4 cup	1.920	0.356
Coleslaw	1/4 cup	27.708	2.348
Orange	1/2 cup	42.550	10.675
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		637.655	86.162
% of Calories			54.05%

Tue - 03/26/2019	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
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
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

Mustard Packet	1.00 each	18.000	1.749
Mayo Packet	1.00 ea	90.000	0.000
Weighted Daily Average		676.935	101.886
% of Calories			60.20%

Wed - 03/27/2019	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
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		582.042	73.881
% of Calories			50.77%

Thu - 03/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
"Mariner" Dog (Chicken Corn Dog) w/ Curveball Seasoned Fries	1.00 each	410.000	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
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
Coleslaw	1/4 cup	27.708	2.348
Kiwi	1/4 cup	51.030	12.790
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		642.970	92.206
% of Calories			57.36%

Fri - 03/29/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Taco Salad w/ WG Tortilla Edibowl & Lettuce - Beef &/or Veg. Refried Beans	1.00 each	293.292	34.215
Taco Salad w/ WG Tortilla Edibowl & Lettuce - Veg. Refried Beans	1.00 each	289.671	44.010

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	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
Corn Salad	1/4 cup	36.982	7.318
Crunchy Veggies	1/4 cup	4.817	1.071
Assorted Fresh Fruit	1.00 each	54.347	13.771
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
Taco Sides	1.00 serving	15.675	3.129
Weighted Daily Average		559.842	79.914

% of Calories

57.10%

* = Indicates missing Nutrient Information.

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