

# Carbohydrate Report

District: Bellevue School District

Menu: Middle School Lunch 2018-19



Fri - 03/01/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19			
Recipe	Total		
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Fish Burger & Fries	1.00 each	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	370.000	35.000
Pizza Specialty	1.00 slice	413.765	36.649
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
Romaine with Spinach	1/2 cup	7.445	1.318
Baby Carrots	1/4 cup	12.721	2.995
Cook's Choice Beans	1/4 cup	53.795	7.983
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 Apple	1.00 each	63.748	16.930
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 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		656.724	80.678
% of Calories			49.14%

Mon - 03/04/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19			
Recipe	Total		
General Tso's Chicken w/ Brown Rice, Steamed Broccoli	1.00 serving	500.420	66.888

Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Fish Burger & Fries	1.00 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	370.000	35.000
Pizza Specialty	1.00 slice	413.765	36.649
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
Romaine w/ Baby Greens	1.00 cup	7.911	1.499
Broccoli	1/4 cup	9.352	1.690
Baby Carrots	1/4 cup	12.721	2.995
Cherry Tomatoes	1/4 cup	6.787	1.467
Edamame	1/4 cup	46.888	3.453
Celery	1/4 cup	1.920	0.356
Orange	1/2 cup	42.550	10.675
Fresh Apple	1.00 each	63.748	16.930
Chilled Fruit	1.00 serving	62.999	15.763
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
1% Milk	1.00 carton	110.000	13.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000

Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	<sup>1</sup> / <sub>4</sub> cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		687.143	88.503
% of Calories			51.52%

<b>Tue - 03/05/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Middle 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	370.000	35.000
Pizza Specialty	1.00 slice	413.765	36.649
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615

Taco Salad	1.00 each	301.032	31.992
Caesar Salad	1/2 cup	52.531	1.546
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
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		658.070	82.941

% of Calories	50.41%
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Wed - 03/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19			
Recipe	Total		
Biscuit & Gravy w/ Turkey Sausage, Hashbrown	1.00 serving	502.037	48.320
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	370.000	35.000
Pizza Specialty	1.00 slice	413.765	36.649
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
Romaine w/ Baby Greens	1.00 cup	7.911	1.499
Broccoli	1/4 cup	9.352	1.690
Baby Carrots	1/4 cup	12.721	2.995
Cherry Tomatoes	1/4 cup	6.787	1.467
Garbanzo Beans	1/4 cup	60.000	10.500
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
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		691.219	83.666
% of Calories			48.42%

Thu - 03/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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 & 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	370.000	35.000
Pizza Specialty	1.00 slice	413.765	36.649
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
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
Black Beans	1/4 cup	54.498	9.996
Corn	1/4 cup	36.755	8.658
Kiwi	1/4 cup	51.030	12.790
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	$\frac{1}{4}$ 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		692.952	98.798
% of Calories			57.03%

<b>Fri - 03/08/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Middle School Lunch 2018-19			
Recipe	Total		
Roasted Chicken Leg w/ Roasted Baby Potatoes, Green Beans & Wheat Roll	1.00 each	401.419	47.325
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	370.000	35.000
Pizza Specialty	1.00 slice	413.765	36.649
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794

Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
Romaine with Spinach	1/2 cup	7.445	1.318
Broccoli	1/4 cup	9.352	1.690
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 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		637.899	81.556

% of Calories

51.14%

Mon - 03/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19			
Recipe	Total		
Chicken Basket: Chicken Tenders & Thick-cut Fries w/ Honey-Mustard Sauce	1.00 serving	561.898	40.934
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	370.000	35.000
Pizza Specialty	1.00 slice	413.765	36.649
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
Romaine w/ Baby Greens	1.00 cup	7.911	1.499
Broccoli	1/4 cup	9.352	1.690
Baby Carrots	1/4 cup	12.721	2.995
Cherry Tomatoes	1/4 cup	6.787	1.467
Edamame	1/4 cup	46.888	3.453
Celery	1/4 cup	1.920	0.356
Orange	1/2 cup	42.550	10.675
Fresh Apple	1.00 each	63.748	16.930
Chilled Fruit	1.00 serving	62.999	15.763

Wheat Roll	1.00 roll	70.000	13.000
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		722.342	77.692
% of Calories			43.02%

<b>Tue - 03/12/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Middle School Lunch 2018-19			
Recipe	Total		
Italian Meatballs w/ Spaghetti	1.00 serving	349.247	38.287
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	370.000	35.000
Pizza Specialty	1.00 slice	413.765	36.649
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
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
Garlic Toast	1.00 each	100.000	15.000
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780

Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		623.586	77.158
% of Calories			49.49%

<b>Wed - 03/13/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Middle School Lunch 2018-19			
Recipe	Total		
NY-style Bagel Sandwich - Egg, Turkey Bacon & Cheese - w/ Hashbrown	1.00 each	515.000	55.000
NY-style Bagel Sandwich - Egg & Cheese - w/ Hashbrown	1.00 each	490.000	55.000
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Fish Burger & Fries	1.00 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	370.000	35.000
Pizza Specialty	1.00 slice	413.765	36.649

Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
Romaine w/ Baby Greens	1.00 cup	7.911	1.499
Broccoli	1/4 cup	9.352	1.690
Baby Carrots	1/4 cup	12.721	2.995
Cherry Tomatoes	1/4 cup	6.787	1.467
Garbanzo Beans	1/4 cup	60.000	10.500
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
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		697.069	86.889
% of Calories			49.86%

Thu - 03/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19			
Recipe	Total		
Chicken & Waffles w/ Maple-flavored Syrup	1.00 serving	392.725	44.789
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	370.000	35.000
Pizza Specialty	1.00 slice	413.765	36.649
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
Taco Salad	1.00 each	301.032	31.992
Romaine with Spinach	<sup>1</sup> / <sub>2</sub> cup	7.445	1.318
Baby Carrots	<sup>1</sup> / <sub>4</sub> cup	12.721	2.995
Red Pepper	<sup>1</sup> / <sub>4</sub> cup	9.579	1.863
Cook's Choice Beans	<sup>1</sup> / <sub>4</sub> cup	53.795	7.983
Corn Salad	<sup>1</sup> / <sub>4</sub> cup	36.982	7.318



Crunchy Veggies	1/4 cup	4.817	1.071
Fresh Apple	1.00 each	63.748	16.930
Chilled Fruit	1.00 serving	62.999	15.763
Kiwi	1/4 cup	51.030	12.790
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		657.053	87.179
% of Calories			53.07%

Fri - 03/15/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19			

Recipe	Total		
Philly Cheesesteack Sandwich w/ Emoticons Potatoes	1.00 serving	566.333	59.765
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Fish Burger & Fries	1.00 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	370.000	35.000
Pizza Specialty	1.00 slice	413.765	36.649
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
Romaine with Spinach	$\frac{1}{2}$ cup	7.445	1.318
Broccoli	$\frac{1}{4}$ cup	9.352	1.690
Baby Carrots	$\frac{1}{4}$ cup	12.721	2.995
Cook's Choice Beans	$\frac{1}{4}$ cup	53.795	7.983
Corn Salad	$\frac{1}{4}$ cup	36.982	7.318
Crunchy Veggies	$\frac{1}{4}$ cup	4.817	1.071
Assorted Fresh Fruit	1.00 each	54.347	13.771
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		718.416	87.630
% of Calories			48.79%

Mon - 03/18/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School 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)
Middle School Lunch 2018-19				
Recipe	Total			
Five Cheese Lasagna & Garlic Toast	1.00 each	384.081	48.512	

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	370.000	35.000
Pizza Specialty	1.00 slice	413.765	36.649
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
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
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		619.150	79.093
% of Calories			51.10%

<b>Wed - 03/20/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Middle School Lunch 2018-19			
Recipe	Total		
Deli Turkey Sub Sandwich w/ Sun Chips	1.00 serving	529.198	56.068
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	370.000	35.000
Pizza Specialty	1.00 slice	413.765	36.649

Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
Romaine with Spinach	$\frac{1}{2}$ cup	7.445	1.318
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
Beets	$\frac{1}{4}$ cup	16.969	3.773
Fresh Pears	$\frac{1}{2}$ c	63.021	16.839
Fresh Apple	1.00 each	63.748	16.930
Chilled Fruit	1.00 serving	62.999	15.763
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	$\frac{1}{4}$ 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	742.488	89.367
% of Calories		48.14%

Thu - 03/21/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19			
Recipe	Total		
Bellevue Burger (Cheeseburger w/ Turkey Bacon) w/ Baked Fries	1.00 serving	479.010	48.990
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	370.000	35.000
Pizza Specialty	1.00 slice	413.765	36.649
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
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		36.755	8.658

	1/4 cup		
Fresh Strawberries	1/2 cup	23.040	5.530
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		673.567	81.386
% of Calories			48.33%

Fri - 03/22/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School 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
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	370.000	35.000
Pizza Specialty	1.00 slice	413.765	36.649
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
Romaine with Spinach	1/2 cup	7.445	1.318
Baby Carrots	1/4 cup	12.721	2.995
Cook's Choice Beans	1/4 cup	53.795	7.983
Corn Salad	1/4 cup	36.982	7.318
Crunchy Veggies	1/4 cup	4.817	1.071
Broccoli	1/4 cup	9.352	1.690
Assorted Fresh Fruit	1.00 each	54.347	13.771
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		611.016	80.479
% of Calories			52.69%

Mon - 03/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19			
Recipe	Total		
General Tso's Chicken w/ Brown Rice, Steamed Broccoli	1.00 serving	500.420	66.888
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Fish Burger & Fries	1.00 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	370.000	35.000
Pizza Specialty	1.00 slice	413.765	36.649
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
Romaine w/ Baby Greens	1.00 cup	7.911	1.499
Broccoli	<sup>1</sup> / <sub>4</sub> cup	9.352	1.690
Baby Carrots	<sup>1</sup> / <sub>4</sub> cup	12.721	2.995
Cherry Tomatoes	<sup>1</sup> / <sub>4</sub> cup	6.787	1.467
Edamame	<sup>1</sup> / <sub>4</sub> cup	46.888	3.453
Celery	<sup>1</sup> / <sub>4</sub> cup	1.920	0.356
Orange	<sup>1</sup> / <sub>2</sub> cup	42.550	10.675
Fresh Apple	1.00 each	63.748	16.930
Chilled Fruit	1.00 serving	62.999	15.763
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
1% Milk	1.00 carton	110.000	13.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	<sup>1</sup> / <sub>4</sub> cup	2.541	0.539

Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		687.582	88.597
% of Calories			51.54%

Tue - 03/26/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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	370.000	35.000
Pizza Specialty	1.00 slice	413.765	36.649
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
Taco Salad	1.00 each	301.032	31.992
Caesar Salad	1/2 cup	52.531	1.546
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
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		658.369	83.009
% of Calories			50.43%

Wed - 03/27/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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## Middle School Lunch 2018-19

Recipe	Total		
Egg & Turkey Bacon Croissant w/ Hash Brown Patty	1.00 serving	535.000	45.000
Egg & Cheese Croissant w/ Hash Brown Patty	1.00 serving	510.000	45.000
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Fish Burger & Fries	1.00 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	370.000	35.000
Pizza Specialty	1.00 slice	413.765	36.649
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
Romaine w/ Baby Greens	1.00 cup	7.911	1.499
Broccoli	1/4 cup	9.352	1.690
Baby Carrots	1/4 cup	12.721	2.995
Cherry Tomatoes	1/4 cup	6.787	1.467
Garbanzo Beans	1/4 cup	60.000	10.500
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
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		705.331	82.075
% of Calories			46.55%

Thu - 03/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19			
Recipe	Total		
"Mariner" Dog w/ Curveball Seasoned Fries	1.00 each	470.000	44.000
Spicy Chicken Burger & Fries	1.00 each	542.928	64.184
Cheeseburger & Fries	1.00 each	454.010	48.990
Hamburger & Fries	1.00 each	399.010	48.990
Fish Burger & Fries	1.00 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	370.000	35.000
Pizza Specialty	1.00 slice	413.765	36.649
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
Taco Salad	1.00 each	301.032	31.992
Romaine with Spinach	<sup>1</sup> / <sub>2</sub> cup	7.445	1.318
Broccoli	<sup>1</sup> / <sub>4</sub> cup	9.352	1.690
Baby Carrots	<sup>1</sup> / <sub>4</sub> cup	12.721	2.995
Black Beans	<sup>1</sup> / <sub>4</sub> cup	54.498	9.996
Corn	<sup>1</sup> / <sub>4</sub> cup	36.755	8.658
Coleslaw	<sup>1</sup> / <sub>4</sub> cup	27.708	2.348
Kiwi	<sup>1</sup> / <sub>4</sub> cup	51.030	12.790
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		722.540	90.203
% of Calories			49.94%

Fri - 03/29/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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 & 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	370.000	35.000
Pizza Specialty	1.00 slice	413.765	36.649
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	712.273	67.794
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
Romaine with Spinach	1/2 cup	7.445	1.318
Broccoli	1/4 cup	9.352	1.690
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 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		667.997	92.003
% of Calories			55.09%

\* = Indicates missing Nutrient Information.

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