

Carbohydrate Report

District: Bellevue School District

Menu: Elementary Lunch 2018-19



Wed - 05/01/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Cheesy Garlic Rippers	1.00 serving	280.000	30.000
Hamburger	1.00 each	300.000	27.000
Chicken Burger	1.00 each	334.000	40.000
Veggie Burger (Vegan)	1.00 each	318.000	37.800
Bean & Cheese Burrito	1.00 each	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	12.307	2.897
Cherry Tomatoes	1/4 cup	6.748	1.458
Garbanzo Beans	1/4 cup	60.000	10.500
Cauliflower Florets	1/4 cup	9.234	1.836
Dried Cranberries	1/4 cup	130.000	33.000
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	59.516	14.407
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		587.068	80.917
% of Calories			55.13%

Thu - 05/02/2019	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	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	414.444	39.541
Romaine with Spinach	1/2 cup	3.723	0.659
Baby Carrots	1/4 cup	12.307	2.897
Crunchy Veggies	1/4 cup	6.340	1.423
Corn		35.960	8.471

	1/4 cup		
Cook's Choice Beans	1/4 cup	55.264	8.091
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	59.516	14.407
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		664.210	89.489
% of Calories			53.89%

Fri - 05/03/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Fiesta Burrito - Seasoned Beef & Cheese	1.00 Each	350.000	38.000
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	3.723	0.659
Baby Carrots	1/4 cup	12.307	2.897
Corn Salad	1/4 cup	30.652	6.464
Crunchy Veggies	1/4 cup	6.340	1.423
Black Bean & Corn Salsa	1/4 cup	62.907	13.053
Assorted Fresh Fruit	1.00 each	79.804	20.356
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	59.516	14.407
Cinnamon Churros	0.50 bar	71.576	8.251
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		687.568	92.064
% of Calories			53.56%

Mon - 05/06/2019	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	443.000	47.833
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	8.595	1.636
Baby Carrots	1/4 cup	12.307	2.897
Cherry Tomatoes	1/4 cup	6.748	1.458
Edamame	1/4 cup	51.294	3.777
Snap Peas	1/4 cup	6.615	1.189
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	62.998	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		648.905	81.682
% of Calories			50.35%

Tue - 05/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Italian Meatballs w/ Penne Pasta, Garlic Bread	1.00 serving	430.311	47.793
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	414.444	39.541
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Baby Carrots	1/4 cup	12.307	2.897
Red Pepper	1/4 cup	9.566	1.861
Garbanzo Beans	1/4 cup	60.000	10.500
Green Peas	1/4 cup	36.420	6.442
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	59.516	14.407
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		630.197	80.420
% of Calories			51.04%

Wed - 05/08/2019	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
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

Caesar Salad	1/2 cup	52.531	1.546
Baby Carrots	1/4 cup	12.307	2.897
Cherry Tomatoes	1/4 cup	6.748	1.458
Garbanzo Beans	1/4 cup	60.000	10.500
Cauliflower Florets	1/4 cup	9.234	1.836
Dried Cranberries	1/4 cup	130.000	33.000
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	59.516	14.407
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		599.959	79.668
% of Calories			53.12%

Thu - 05/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			

Recipe	Total		
Chicken Chow Mein w/ Vegetables	1.00 serving	305.000	40.667
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	414.444	39.541
Romaine with Spinach	1/2 cup	3.723	0.659
Baby Carrots	1/4 cup	12.307	2.897
Red Pepper	1/4 cup	9.566	1.861
Cook's Choice Beans	1/4 cup	55.264	8.091
Corn	1/4 cup	35.960	8.471
Crunchy Veggies	1/4 cup	6.340	1.423
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	59.516	14.407
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		537.039	77.871
% of Calories			58.00%

Fri - 05/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Belgian Waffles w/ Mix Berry Topping & Turkey Sausage	1.00 serving	340.205	34.993
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	3.723	0.659
Baby Carrots	1/4 cup	12.307	2.897
Cook's Choice Beans	1/4 cup	55.264	8.091
Corn Salad	1/4 cup	30.652	6.464
Crunchy Veggies	1/4 cup	6.340	1.423
Assorted Fresh Fruit	1.00 each	79.804	20.356
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	59.516	14.407
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		588.194	77.335
% of Calories			52.59%

Mon - 05/13/2019	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	8.595	1.636
Baby Carrots	1/4 cup	12.307	2.897
Cherry Tomatoes	1/4 cup	6.748	1.458
Edamame	1/4 cup	51.294	3.777
Snap Peas		6.615	1.189

	1/4 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	59.516	14.407
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		561.781	87.714
% of Calories			62.45%

Tue - 05/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Taco Salad w/ WG Tortilla Bowl & Lettuce - Beef &/or Veg. Refried Beans	1.00 each	298.861	34.437
Taco Salad w/ WG Tortilla Bowl & Lettuce - Veg. Refried Beans	1.00 each	119.019	21.856
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	414.444	39.541
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Baby Carrots	1/4 cup	12.307	2.897
Red Pepper	1/4 cup	9.566	1.861
Garbanzo Beans	1/4 cup	60.000	10.500
Green Peas	1/4 cup	36.420	6.442
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	59.516	14.407
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		535.768	72.311
% of Calories			53.99%

Wed - 05/15/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Cheese Stuffed Breadsticks	1.00 serving	300.171	30.017
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
Caesar Salad	1/2 cup	52.531	1.546
Baby Carrots	1/4 cup	12.307	2.897
Cherry Tomatoes	1/4 cup	6.748	1.458
Garbanzo Beans	1/4 cup	60.000	10.500
Cauliflower Florets	1/4 cup	9.234	1.836
Dried Cranberries	1/4 cup	130.000	33.000
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	59.516	14.407
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		608.838	79.988
% of Calories			52.55%

Thu - 05/16/2019	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	414.444	39.541
Romaine with Spinach	1/2 cup	3.723	0.659
Baby Carrots	1/4 cup	12.307	2.897
Red Pepper	1/4 cup	9.566	1.861
Cook's Choice Beans	1/4 cup	55.264	8.091
Corn	1/4 cup	35.960	8.471
Roasted WA-grown Asparagus	1.00 serving	12.800	2.483
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	59.516	14.407
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		561.331	83.173
% of Calories			59.27%

Fri - 05/17/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Tillamook Cheddar Cheeseburger w/ Potato Smiles	1.00 each	515.000	52.000
Hamburger w/ Potato Smiles	1.00 each	460.000	52.000
Chicken Burger w/ Potato Smiles	1.00 each	549.000	65.000
Veggie Burger w/ Potato Smiles (Vegan)	1.00 each	618.000	71.800
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	3.723	0.659
Baby Carrots	1/4 cup	12.307	2.897
Cook's Choice Beans	1/4 cup	55.264	8.091
Crunchy Veggies	1/4 cup	6.340	1.423
Corn Salad	1/4 cup	30.652	6.464
Assorted Fresh Fruit	1.00 each	53.464	13.672
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	59.516	14.407
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		739.153	93.116
% of Calories			50.39%

Mon - 05/20/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Recipe	Total		
Teriyaki Beef w/ Brown Rice, Green Beans	1.00 serving	335.611	43.992
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	8.595	1.636
Baby Carrots	1/4 cup	12.307	2.897
Cherry Tomatoes	1/4 cup	6.748	1.458
Edamame	1/4 cup	51.294	3.777
Snap Peas	1/4 cup	6.615	1.189
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	59.516	14.407
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		568.529	78.158

% of Calories	54.99%
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Tue - 05/21/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Three-Bean Chili (Vegan) w/ Cheese Cornbread	1.00 serving	396.338	60.053
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	414.444	39.541
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Baby Carrots	1/4 cup	12.307	2.897
Red Pepper	1/4 cup	9.566	1.861
Garbanzo Beans	1/4 cup	60.000	10.500
Green Peas	1/4 cup	36.420	6.442
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	59.516	14.407
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		597.078	90.103
% of Calories			60.36%

Wed - 05/22/2019	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	12.307	2.897
Cherry Tomatoes	1/4 cup	6.748	1.458
Cook's Choice Beans	1/4 cup	55.264	8.091
Cauliflower Florets	1/4 cup	9.234	1.836
Dried Cranberries	1/4 cup	130.000	33.000

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	59.516	14.407
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		605.020	79.025
% of Calories			52.25%

Thu - 05/23/2019	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	419.298	52.883
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	414.444	39.541
Romaine with Spinach	1/2 cup	3.723	0.659
Baby Carrots	1/4 cup	12.307	2.897
Red Pepper	1/4 cup	9.566	1.861
Cook's Choice Beans	1/4 cup	55.264	8.091
Corn	1/4 cup	35.960	8.471
Coleslaw	1/4 cup	27.708	2.348
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	59.516	14.407
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		634.670	86.427
% of Calories			54.47%

Fri - 05/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Lunch 2018-19			
Recipe	Total		
Meatball Sub Sandwich w/ Roasted Baby Potatoes	1.00 serving	439.792	46.609
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	3.723	0.659
Baby Carrots	1/4 cup	12.307	2.897
Cook's Choice Beans	1/4 cup	55.264	8.091
Corn Salad	1/4 cup	30.652	6.464
Crunchy Veggies	1/4 cup	6.340	1.423
Assorted Fresh Fruit	1.00 each	53.464	13.672
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	59.516	14.407
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		716.745	94.186
% of Calories			52.56%

Mon - 05/27/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Weighted Daily Average	N/A		N/A
% of Calories			N/A

Tue - 05/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Chicken Alfredo w/ Penne Pasta, Whole Wheat Roll	1.00 serving	333.873	45.306
Vegetarian Alfredo w/ Penne Pasta, Whole Wheat Roll	1.00 serving	361.373	47.806
Hamburger	1.00 each	300.000	27.000
Chicken Burger	1.00 each	334.000	40.000
Veggie Burger (Vegan)	1.00 each	318.000	37.800
Bean & Cheese Burrito	1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	415.283	47.577
Chicken Caesar Salad w/ Wheat Roll (Grab'nGo)	1.00 salad	414.444	39.541

Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Baby Carrots	1/4 cup	12.307	2.897
Red Pepper	1/4 cup	9.566	1.861
Garbanzo Beans	1/4 cup	60.000	10.500
Green Peas	1/4 cup	36.420	6.442
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	59.516	14.407
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		550.086	79.336
% of Calories			57.69%

Wed - 05/29/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		

Cheesy Garlic Rippers	1.00 serving	280.000	30.000
Hamburger	1.00 each	300.000	27.000
Chicken Burger	1.00 each	334.000	40.000
Veggie Burger (Vegan)	1.00 each	318.000	37.800
Bean & Cheese Burrito	1.00 each	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	12.307	2.897
Cherry Tomatoes	1/4 cup	6.748	1.458
Garbanzo Beans	1/4 cup	60.000	10.500
Cauliflower Florets	1/4 cup	9.234	1.836
Dried Cranberries	1/4 cup	130.000	33.000
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	59.516	14.407
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	587.068	80.917
% of Calories		55.13%

Thu - 05/30/2019	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	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	414.444	39.541
Romaine with Spinach	1/2 cup	3.723	0.659
Baby Carrots	1/4 cup	12.307	2.897
Cook's Choice Beans	1/4 cup	55.264	8.091
Corn	1/4 cup	35.960	8.471
Crunchy Veggies	1/4 cup	6.340	1.423
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	59.516	14.407
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		664.210	89.489
% of Calories			53.89%

Fri - 05/31/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
All Beef "Mariner" Dog w/ Curveball Seasoned Fries	1.00 each	430.000	44.000
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	3.723	0.659
Baby Carrots	1/4 cup	12.307	2.897
Cook's Choice Beans	1/4 cup	55.264	8.091
Corn Salad	1/4 cup	30.652	6.464
Crunchy Veggies	1/4 cup	6.340	1.423

Coleslaw	1/4 cup	27.708	2.348
Assorted Fresh Fruit	1.00 each	53.464	13.672
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	59.516	14.407
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		648.730	80.798
% of Calories			49.82%

* = Indicates missing Nutrient Information.

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