

Carbohydrate Report

District: Bellevue School District

Menu: High School Lunch 2018-19



Wed - 05/01/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Deli Turkey Sub Sandwich w/ Sun Chips	1.00 serving	505.865	55.068
Spicy Chicken Burger	1.00 each	560.000	63.000
Cheeseburger	1.00 each	334.010	28.990
Hamburger	1.00 each	398.010	48.823
Fish Burger w/ Alaska Pollock Wedge	1.00 Serving	350.000	41.000
Veggie Burger	1.00 each	290.000	36.000
Cheese Pizza	1.00 slice	420.000	34.000
Pepperoni Pizza	1.00 Slice	440.000	34.000
Chicken Caesar Salad	1.00 salad	326.407	38.771
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	482.906	61.713
Romaine with Spinach	1/2 cup	3.723	0.659
Broccoli florets	1/4 cup	4.410	0.797
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
Fresh Strawberries		23.040	5.530

	1/2 cup		
Fresh Apple, Whole	1.00 each	75.478	20.045
Chilled Fruit	1.00 serving	59.516	14.407
SunChips	1.00 each	139.198	19.068
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
Soy Milk	1.00 carton	140.000	12.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		843.176	98.074
% of Calories			46.53%

Thu - 05/02/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			

Recipe	Total		
Chow Mein Noodles w/ Beef & Broccoli	1.00 serving	334.817	41.248
Spicy Chicken Burger & Fries	1.00 each	539.000	63.833
Cheeseburger & Fries	1.00 each	453.010	48.823
Hamburger & Fries	1.00 each	398.010	48.823
Fish Burger w/ Alaska Pollock Wedge & Fries	1.00 Serving	469.000	60.833
Veggie Burger & Fries	1.00 each	409.000	55.833
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	369.511	33.620
Chicken Caesar Salad	1.00 salad	320.173	35.089
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
Hummus Plate	1.00 each	712.273	67.794
Taco Salad	1.00 each	482.906	61.713
Romaine with Spinach	1/2 cup	3.723	0.659
Broccoli florets	1/4 cup	4.410	0.797
Baby Carrots	1/4 cup	12.307	2.897
Red Pepper	1/4 cup	9.566	1.861
Black Beans	1/4 cup	54.498	9.996
Corn	1/4 cup	35.960	8.471
Grapefruit	1/2 cup	36.800	9.292
Fresh Apple, Whole	1.00 each	75.478	20.045
Chilled Fruit	1.00 serving	59.516	14.407
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		700.576	97.075
% of Calories			55.43%

Fri - 05/03/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Nachos w/ Seasoned Beef & Refried Beans	1.00 serving	438.143	43.875
Nachos w/ Refried Beans (Vegetarian Nachos)	1.00 serving	555.753	80.456
Spicy Chicken Burger & Fries	1.00 each	539.000	63.833
Cheeseburger & Fries	1.00 each	453.010	48.823
Hamburger & Fries	1.00 each	398.010	48.823
Fish Burger w/ Alaska Pollock Wedge & Fries	1.00 Serving	469.000	60.833
Veggie Burger & Fries	1.00 each	409.000	55.833
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	369.511	33.620
Chicken Caesar Salad	1.00 salad	326.407	38.771
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	482.906	61.713
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 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 Apple, Whole	1.00 each	75.478	20.045
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 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		842.011	115.365
% of Calories			54.80%

Mon - 05/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Fish & Chips: Fish Sticks, Thick-cut Baked Fries, Lemon Wedge, Wheat Roll	1.00 serving	536.030	63.485
Spicy Chicken Burger & Fries	1.00 each	539.000	63.833
Cheeseburger & Fries	1.00 each	453.010	48.823
Hamburger & Fries	1.00 each	398.010	48.823
Fish Burger w/ Alaska Pollock Wedge & Fries	1.00 Serving	469.000	60.833
Veggie Burger & Fries	1.00 each	409.000	55.833
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	369.511	33.620
Chicken Caesar Salad	1.00 salad	326.407	38.771
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	482.906	61.713

Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Broccoli florets	1/4 cup	4.410	0.797
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
Coleslaw	1/4 cup	27.708	2.348
Fresh Apple, Whole	1.00 each	75.478	20.045
Chilled Fruit	1.00 serving	59.516	14.407
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
Tartar Sauce	1.00 tablespoons	140.000	1.000
Weighted Daily Average		890.440	115.901
% of Calories			52.06%

Tue - 05/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Italian Meatballs w/ Spaghetti, Garlic Toast	1.00 serving	504.000	63.000
Spicy Chicken Burger & Fries	1.00 each	539.000	63.833
Cheeseburger & Fries	1.00 each	453.010	48.823
Hamburger & Fries	1.00 each	398.010	48.823
Fish Burger w/ Alaska Pollock Wedge & Fries	1.00 Serving	469.000	60.833
Veggie Burger & Fries	1.00 each	409.000	55.833
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	369.511	33.620
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	482.906	61.713
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Broccoli florets	1/4 cup	4.410	0.797
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 Apple, Whole	1.00 each	75.478	20.045
Dried Cranberries		130.000	33.000

	1/4 cup		
Chilled Fruit	1.00 serving	59.516	14.407
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		833.095	122.562
% of Calories			58.85%

Wed - 05/08/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Deli Turkey Sub Sandwich w/ Sun Chips	1.00 serving	505.865	55.068

Spicy Chicken Burger	1.00 each	560.000	63.000
Cheeseburger	1.00 each	334.010	28.990
Hamburger	1.00 each	398.010	48.823
Fish Burger w/ Alaska Pollock Wedge	1.00 Serving	350.000	41.000
Veggie Burger	1.00 each	290.000	36.000
Cheese Pizza	1.00 slice	420.000	34.000
Pepperoni Pizza	1.00 Slice	440.000	34.000
Chicken Caesar Salad	1.00 salad	326.407	38.771
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	482.906	61.713
Romaine with Spinach	1/2 cup	3.723	0.659
Broccoli florets	1/4 cup	4.410	0.797
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
Fresh Strawberries	1/2 cup	23.040	5.530
Fresh Apple, Whole	1.00 each	75.478	20.045
Chilled Fruit	1.00 serving	59.516	14.407
SunChips	1.00 each	139.198	19.068
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
Soy Milk	1.00 carton	140.000	12.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000

Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		874.098	105.949
% of Calories			48.48%

Thu - 05/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Chicken Fajitas	1.00 each	330.049	34.402
Spicy Chicken Burger & Fries	1.00 each	539.000	63.833
Cheeseburger & Fries	1.00 each	453.010	48.823
Hamburger & Fries	1.00 each	398.010	48.823
Fish Burger w/ Alaska Pollock Wedge	1.00 Serving	350.000	41.000
Veggie Burger & Fries	1.00 each	409.000	55.833
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	369.511	33.620
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	482.906	61.713
Romaine with Spinach	¹ / ₂ cup	3.723	0.659
Broccoli florets	¹ / ₄ cup	4.410	0.797
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
Grapefruit	¹ / ₂ cup	36.800	9.292
Fresh Apple, Whole	1.00 each	75.478	20.045
Chilled Fruit	1.00 serving	59.516	14.407
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		702.713	95.740
% of Calories			54.50%

Fri - 05/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Chicken & Waffles w/ Maple-flavored Syrup	1.00 serving	552.172	65.703
Spicy Chicken Burger & Fries	1.00 each	539.000	63.833
Cheeseburger & Fries	1.00 each	453.010	48.823
Hamburger & Fries	1.00 each	398.010	48.823
Fish Burger w/ Alaska Pollock Wedge & Fries	1.00 Serving	469.000	60.833
Veggie Burger & Fries	1.00 each	409.000	55.833
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	369.511	33.620
Chicken Caesar Salad	1.00 salad	326.407	38.771
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	482.906	61.713
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 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 Apple, Whole	1.00 each	75.478	20.045
Chilled Fruit	1.00 serving	59.516	14.407
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		852.657	120.769
% of Calories			56.66%

Mon - 05/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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High School Lunch 2018-19			
Recipe	Total		
General Tso's Chicken w/ Brown Rice, Steamed Broccoli	1.00 serving	500.903	66.987
Spicy Chicken Burger & Fries	1.00 each	539.000	63.833
Cheeseburger & Fries	1.00 each	453.010	48.823
Hamburger & Fries	1.00 each	398.010	48.823
Fish Burger w/ Alaska Pollock Wedge & Fries	1.00 Serving	469.000	60.833
Veggie Burger & Fries	1.00 each	409.000	55.833
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	369.511	33.620
Chicken Caesar Salad	1.00 salad	326.407	38.771
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	482.906	61.713
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Broccoli florets	1/4 cup	4.410	0.797
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 Apple, Whole	1.00 each	75.478	20.045
Chilled Fruit	1.00 serving	59.516	14.407
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		821.489	118.792
% of Calories			57.84%

Tue - 05/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Taco Salad w/ WG Tortilla Edibowl & Lettuce - Beef &/or Veg. Refried Beans	1.00 each	361.361	35.437
Taco Salad w/ WG Tortilla Bowl & Lettuce - Veg. Refried Beans	1.00 each	295.241	44.232
Spicy Chicken Burger & Fries	1.00 each	539.000	63.833
Cheeseburger & Fries	1.00 each	453.010	48.823
Hamburger & Fries	1.00 each	398.010	48.823
Fish Burger w/ Alaska Pollock Wedge & Fries	1.00 Serving	469.000	60.833
Veggie Burger & Fries	1.00 each	409.000	55.833
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	369.511	33.620
Chicken Caesar Salad	1.00 salad	326.407	38.771
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	482.906	61.713
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Broccoli florets	1/4 cup	4.410	0.797
Baby Carrots	1/4 cup	12.307	2.897
Red Pepper	1/4 cup	9.566	1.861
Black Beans	1/4 cup	54.498	9.996
Green Peas	1/4 cup	36.420	6.442
Fresh Apple, Whole	1.00 each	75.478	20.045
Chilled Fruit	1.00 serving	59.516	14.407
Dried Cranberries	1/4 cup	130.000	33.000
1% Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749

Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Taco Sides	1.00 serving	48.235	8.621
Weighted Daily Average		800.003	117.949
% of Calories			58.97%

Wed - 05/15/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Deli Turkey Sub Sandwich w/ Sun Chips	1.00 serving	505.865	55.068
Spicy Chicken Burger	1.00 each	560.000	63.000
Cheeseburger	1.00 each	334.010	28.990
Hamburger	1.00 each	398.010	48.823
Fish Burger w/ Alaska Pollock Wedge	1.00 Serving	350.000	41.000
Veggie Burger	1.00 each	290.000	36.000
Cheese Pizza	1.00 slice	420.000	34.000
Pepperoni Pizza	1.00 Slice	440.000	34.000
Chicken Caesar Salad	1.00 salad	326.407	38.771
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	482.906	61.713
Romaine with Spinach	1/2 cup	3.723	0.659
Broccoli florets	1/4 cup	4.410	0.797
Baby Carrots		12.307	2.897

	1/4 cup		
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
Fresh Strawberries	1/2 cup	23.040	5.530
Fresh Apple, Whole	1.00 each	75.478	20.045
Chilled Fruit	1.00 serving	59.516	14.407
SunChips	1.00 each	139.198	19.068
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
Soy Milk	1.00 carton	140.000	12.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		874.098	105.949
% of Calories			48.48%

Thu - 05/16/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Five Cheese Lasagna & Garlic Toast	1.00 each	384.081	48.512
Spicy Chicken Burger & Fries	1.00 each	539.000	63.833
Cheeseburger & Fries	1.00 each	453.010	48.823
Hamburger & Fries	1.00 each	398.010	48.823
Fish Burger w/ Alaska Pollock Wedge & Fries	1.00 Serving	469.000	60.833
Veggie Burger & Fries	1.00 each	409.000	55.833
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	369.511	33.620
Chicken Caesar Salad	1.00 salad	326.407	38.771
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	482.906	61.713
Romaine with Spinach	1/2 cup	3.723	0.659
Broccoli florets	1/4 cup	4.410	0.797
Baby Carrots	1/4 cup	12.307	2.897
Red Pepper	1/4 cup	9.566	1.861
Black Beans	1/4 cup	54.498	9.996
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 Apple, Whole	1.00 each	75.478	20.045

Chilled Fruit	1.00 serving	59.516	14.407
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		716.828	100.019
% of Calories			55.81%

Fri - 05/17/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Chicken Basket: Chicken Tenders & Thick-cut Fries w/ Honey-Mustard Sauce, Wheat Roll	1.00 serving	820.898	59.767
Spicy Chicken Burger & Fries	1.00 each	539.000	63.833
Cheeseburger & Fries	1.00 each	453.010	48.823

Hamburger & Fries	1.00 each	398.010	48.823
Fish Burger w/ Alaska Pollock Wedge & Fries	1.00 Serving	469.000	60.833
Veggie Burger & Fries	1.00 each	409.000	55.833
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	369.511	33.620
Chicken Caesar Salad	1.00 salad	326.407	38.771
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	482.906	61.713
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 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 Apple, Whole	1.00 each	75.478	20.045
Chilled Fruit	1.00 serving	59.516	14.407
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		962.217	114.759
% of Calories			47.71%

Mon - 05/20/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Mandarin Orange Chicken w/ Brown Rice, Spicy Green Beans	3.60 oz	378.620	67.788
Spicy Chicken Burger & Fries	1.00 each	539.000	63.833
Cheeseburger & Fries	1.00 each	453.010	48.823
Hamburger & Fries	1.00 each	398.010	48.823
Fish Burger w/ Alaska Pollock Wedge & Fries	1.00 Serving	469.000	60.833
Veggie Burger & Fries	1.00 each	409.000	55.833
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	369.511	33.620
Chicken Caesar Salad	1.00 salad	326.407	38.771
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	482.906	61.713
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Broccoli florets	1/4 cup	4.410	0.797
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 Apple, Whole	1.00 each	75.478	20.045
Chilled Fruit	1.00 serving	59.516	14.407
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		756.057	116.403
% of Calories			61.58%

Tue - 05/21/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Three-Bean Chili, Cornbread & Roasted Baby Potatoes	1.00 serving	496.338	77.053
Spicy Chicken Burger & Fries	1.00 each	539.000	63.833
Cheeseburger & Fries	1.00 each	453.010	48.823
Hamburger & Fries	1.00 each	398.010	48.823
Fish Burger w/ Alaska Pollock Wedge & Fries	1.00 Serving	469.000	60.833
Veggie Burger & Fries	1.00 each	409.000	55.833
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	369.511	33.620
Chicken Caesar Salad	1.00 salad	326.407	38.771
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	482.906	61.713
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Broccoli florets	1/4 cup	4.410	0.797
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 Apple, Whole	1.00 each	75.478	20.045
Chilled Fruit	1.00 serving	59.516	14.407

Dried Cranberries	1/4 cup	130.000	33.000
1% Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		827.750	128.184
% of Calories			61.94%

Wed - 05/22/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Deli Turkey Sub Sandwich w/ Sun Chips	1.00 serving	505.865	55.068
Spicy Chicken Burger	1.00 each	560.000	63.000

Cheeseburger	1.00 each	334.010	28.990
Hamburger	1.00 each	398.010	48.823
Fish Burger w/ Alaska Pollock Wedge	1.00 Serving	350.000	41.000
Veggie Burger	1.00 each	290.000	36.000
Cheese Pizza	1.00 slice	420.000	34.000
Pepperoni Pizza	1.00 Slice	440.000	34.000
Chicken Caesar Salad	1.00 salad	326.407	38.771
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	482.906	61.713
Romaine with Spinach	1/2 cup	3.723	0.659
Broccoli florets	1/4 cup	4.410	0.797
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
Fresh Strawberries	1/2 cup	23.040	5.530
Fresh Apple, Whole	1.00 each	75.478	20.045
Chilled Fruit	1.00 serving	59.516	14.407
SunChips	1.00 each	139.198	19.068
1% Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Soy Milk	1.00 carton	140.000	12.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000

Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		888.757	106.883
% of Calories			48.10%

Thu - 05/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Carnita Plate: Mexican-style Pot-roasted Pulled Pork w/ Spanish Rice & Refried Beans	1.00 serving	405.507	58.060
Spicy Chicken Burger & Fries	1.00 each	539.000	63.833
Cheeseburger & Fries	1.00 each	453.010	48.823
Hamburger & Fries	1.00 each	398.010	48.823
Fish Burger w/ Alaska Pollock Wedge & Fries	1.00 Serving	469.000	60.833
Veggie Burger & Fries	1.00 each	409.000	55.833
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	369.511	33.620
Chicken Caesar Salad	1.00 salad	326.407	38.771
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	482.906	61.713
Romaine with Spinach	1/2 cup	3.723	0.659
Broccoli florets	1/4 cup	4.410	0.797
Baby Carrots	1/4 cup	12.307	2.897
Red Pepper	1/4 cup	9.566	1.861
Black Beans	1/4 cup	54.498	9.996
Corn	1/4 cup	35.960	8.471
Grapefruit	1/2 cup	36.800	9.292
Fresh Apple, Whole	1.00 each	75.478	20.045
Chilled Fruit	1.00 serving	59.516	14.407
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	748.453	108.485
% of Calories		57.98%

Fri - 05/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Spicy Chicken Burger & Fries	1.00 each	539.000	63.833
Cheeseburger & Fries	1.00 each	453.010	48.823
Hamburger & Fries	1.00 each	398.010	48.823
Fish Burger w/ Alaska Pollock Wedge & Fries	1.00 Serving	469.000	60.833
Veggie Burger & Fries	1.00 each	409.000	55.833
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	369.511	33.620
Chicken Caesar Salad	1.00 salad	326.407	38.771
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	482.906	61.713
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 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 Apple, Whole	1.00 each	75.478	20.045
Chilled Fruit	1.00 serving	59.516	14.407
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		795.935	110.802
% of Calories			55.68%

Tue - 05/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Chicken Alfredo w/ Spaghetti & Whole Wheat Roll	1.00 serving	402.500	59.500

Spicy Chicken Burger & Fries	1.00 each	539.000	63.833
Cheeseburger & Fries	1.00 each	453.010	48.823
Hamburger & Fries	1.00 each	398.010	48.823
Fish Burger w/ Alaska Pollock Wedge & Fries	1.00 Serving	469.000	60.833
Veggie Burger & Fries	1.00 each	409.000	55.833
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	369.511	33.620
Chicken Caesar Salad	1.00 salad	326.407	38.771
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	482.906	61.713
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Broccoli florets	1/4 cup	4.410	0.797
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 Apple, Whole	1.00 each	75.478	20.045
Chilled Fruit	1.00 serving	59.516	14.407
Dried Cranberries	1/4 cup	130.000	33.000
1% Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780

Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		784.348	120.820
% of Calories			61.62%

Wed - 05/29/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Deli Turkey Sub Sandwich w/ Sun Chips	1.00 serving	505.865	55.068
Spicy Chicken Burger	1.00 each	560.000	63.000
Cheeseburger	1.00 each	334.010	28.990
Hamburger	1.00 each	398.010	48.823
Fish Burger w/ Alaska Pollock Wedge	1.00 Serving	350.000	41.000
Veggie Burger	1.00 each	290.000	36.000
Cheese Pizza	1.00 slice	420.000	34.000
Pepperoni Pizza	1.00 Slice	440.000	34.000
Chicken Caesar Salad	1.00 salad	326.407	38.771
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	482.906	61.713
Romaine with Spinach	1/2 cup	3.723	0.659
Broccoli florets	1/4 cup	4.410	0.797
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
Fresh Strawberries	1/2 cup	23.040	5.530
Fresh Apple, Whole	1.00 each	75.478	20.045
Chilled Fruit	1.00 serving	59.516	14.407
SunChips	1.00 each	139.198	19.068
1% Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Soy Milk	1.00 carton	140.000	12.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876

Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		855.575	101.075
% of Calories			47.25%

Thu - 05/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Chow Mein Noodles w/ Beef & Broccoli	1.00 serving	334.817	41.248
Spicy Chicken Burger & Fries	1.00 each	539.000	63.833
Cheeseburger & Fries	1.00 each	453.010	48.823
Hamburger & Fries	1.00 each	398.010	48.823
Fish Burger w/ Alaska Pollock Wedge & Fries	1.00 Serving	469.000	60.833
Veggie Burger & Fries	1.00 each	409.000	55.833
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	369.511	33.620
Chicken Caesar Salad	1.00 salad	320.173	35.089
Picnic Lunch (Bagel w/ Crm Chs, Yogurt, Honey-roasted Sunflower Seed)	1.00 serving	470.415	69.615
Hummus Plate	1.00 each	712.273	67.794
Taco Salad	1.00 each	482.906	61.713
Romaine with Spinach	1/2 cup	3.723	0.659
Broccoli florets	1/4 cup	4.410	0.797
Baby Carrots	1/4 cup	12.307	2.897
Red Pepper	1/4 cup	9.566	1.861
Black Beans	1/4 cup	54.498	9.996

Corn	1/4 cup	35.960	8.471
Grapefruit	1/2 cup	36.800	9.292
Fresh Apple, Whole	1.00 each	75.478	20.045
Chilled Fruit	1.00 serving	59.516	14.407
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		700.576	97.075
% of Calories			55.43%

Fri - 05/31/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High 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	539.000	63.833
Cheeseburger & Fries	1.00 each	453.010	48.823
Hamburger & Fries	1.00 each	398.010	48.823
Fish Burger w/ Alaska Pollock Wedge & Fries	1.00 Serving	469.000	60.833
Veggie Burger & Fries	1.00 each	409.000	55.833
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	369.511	33.620
Chicken Caesar Salad	1.00 salad	326.407	38.771
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	482.906	61.713
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 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	79.804	20.356
Fresh Apple, Whole	1.00 each	75.478	20.045
Chilled Fruit	1.00 serving	59.516	14.407
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		811.960	107.846
% of Calories			53.13%

* = Indicates missing Nutrient Information.

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