

Carbohydrate Report

District: Bellevue School District

Menu: Elementary Lunch 2018-19



Mon - 06/03/2019	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
Radishes	1/4 cup	4.640	0.986
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		561.535	87.688
% of Calories			62.46%

Tue - 06/04/2019	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	295.241	44.232
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 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
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
Soy Milk	1.00 carton	140.000	12.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mustard Packet	1.00 each	18.000	1.749
Mayo Packet	1.00 ea	90.000	0.000
Weighted Daily Average		568.417	81.474
% of Calories			57.33%

Wed - 06/05/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Pan Pizza - Hawaiian w/ Turkey Ham	1.00 slice	312.571	34.185
Pan Pizza - Cheese	1.00 each	300.006	32.004
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
Apricot	1.00 each	48.960	11.342
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		567.315	71.935
% of Calories			50.72%

Thu - 06/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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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 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
Banana	1.00 ea	105.020	26.951
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		654.460	90.676
% of Calories			55.42%

Fri - 06/07/2019	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	59.007	14.608
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		577.178	74.377
% of Calories			51.55%

Mon - 06/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
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
Radishes	1/4 cup	4.640	0.986
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
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Weighted Daily Average		632.949	89.266
% of Calories			56.41%

Tue - 06/11/2019	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 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 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
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
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		617.547	93.216

% of Calories	60.38%
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Wed - 06/12/2019	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
Apricot	1.00 each	48.960	11.342
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		577.408	71.382
% of Calories			49.45%

Thu - 06/13/2019	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
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

Banana	1.00 ea	105.020	26.951
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		661.445	89.558
% of Calories			54.16%

Fri - 06/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
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
Cook's Choice Beans	1/4 cup	55.264	8.091
Crunchy Veggies	1/4 cup	6.340	1.423
Assorted Fresh Fruit	1.00 each	59.007	14.608
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
Mustard Packet	1.00 each	18.000	1.749
Mayo Packet	1.00 ea	90.000	0.000
Weighted Daily Average		571.186	75.959
% of Calories			53.19%

Mon - 06/17/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Recipe	Total		
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
Radishes	¹ / ₄ cup	4.640	0.986
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		563.947	72.621
% of Calories			51.51%

Tue - 06/18/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
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 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
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
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		588.187	83.252
% of Calories			56.62%

Wed - 06/19/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Hamburger	1.00 each	300.000	27.000
Chicken Burger	1.00 each	334.000	40.000
Veggie Burger (Vegan)	1.00 each	318.000	37.800
Bean & Cheese Burrito	1.00 each	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
Assorted Fresh Fruit	1.00 each	59.007	14.608
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		581.574	72.991
% of Calories			50.20%

Thu - 06/20/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 2018-19			
Recipe	Total		
Hamburger	1.00 each	300.000	27.000
Chicken Burger	1.00 each	334.000	40.000
Veggie Burger (Vegan)	1.00 each	318.000	37.800
Bean & Cheese Burrito	1.00 each	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
Assorted Fresh Fruit	1.00 each	59.007	14.608
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		564.095	73.128
% of Calories			51.86%

* = Indicates missing Nutrient Information.

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