

Carbohydrate Report

District: Bellevue School District

Menu: High School Lunch 2018-19



Mon - 06/03/2019	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	412.012	36.286
Chicken Caesar Salad	1.00 salad	326.407	38.771
Hummus Plate	1.00 each	708.060	67.560
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
Radishes		4.640	0.986

	1/4 cup		
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		763.396	117.512
% of Calories			61.57%

Tue - 06/04/2019	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	412.012	36.286
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	708.060	67.560
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 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	83.235	7.621
Weighted Daily Average		806.816	114.539
% of Calories			56.79%

Wed - 06/05/2019	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	420.000	44.000
Cheeseburger	1.00 each	334.010	28.990
Hamburger	1.00 each	279.010	28.990
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	708.060	67.560
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
Apricot	1.00 each	48.960	11.342
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		863.662	106.327
% of Calories			49.24%

Thu - 06/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Swedish Meatballs w/ Penne Pasta, Garlic Bread	1.00 serving	533.675	67.626
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	412.012	36.286
Chicken Caesar Salad	1.00 salad	320.173	35.089
Hummus Plate	1.00 each	708.060	67.560
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
Banana	1.00 ea	105.020	26.951
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		832.321	121.855
% of Calories			58.56%

Fri - 06/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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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	412.012	36.286
Chicken Caesar Salad	1.00 salad	326.407	38.771
Hummus Plate	1.00 each	708.060	67.560
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	59.007	14.608
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	83.235	7.621
Weighted Daily Average		782.508	109.429
% of Calories			55.94%

Mon - 06/10/2019	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	412.012	36.286
Chicken Caesar Salad	1.00 salad	326.407	38.771
Hummus Plate	1.00 each	708.060	67.560
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
Radishes	1/4 cup	4.640	0.986
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		958.761	112.933
% of Calories			47.12%

Tue - 06/11/2019		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	412.012	36.286	
Chicken Caesar Salad	1.00 salad	326.407	38.771	
Hummus Plate	1.00 each	708.060	67.560	
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	83.235	7.621
Weighted Daily Average		812.142	119.084

% of Calories

58.65%

Wed - 06/12/2019	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	420.000	44.000
Cheeseburger	1.00 each	334.010	28.990
Hamburger	1.00 each	279.010	28.990
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	708.060	67.560
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
Apricot	1.00 each	48.960	11.342
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		827.968	98.476
% of Calories			47.57%

Thu - 06/13/2019	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	412.012	36.286
Chicken Caesar Salad	1.00 salad	326.407	38.771
Hummus Plate	1.00 each	708.060	67.560
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
Banana	1.00 ea	105.020	26.951
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		795.271	113.520
% of Calories			57.10%

Fri - 06/14/2019	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	412.012	36.286
Chicken Caesar Salad	1.00 salad	326.407	38.771
Hummus Plate	1.00 each	708.060	67.560
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		777.737	107.451
% of Calories			55.26%

Mon - 06/17/2019	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	412.012	36.286
Chicken Caesar Salad	1.00 salad	326.407	38.771
Hummus Plate	1.00 each	708.060	67.560
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
Radishes	1/4 cup	4.640	0.986
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		790.459	108.244
% of Calories			54.77%

Tue - 06/18/2019	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	412.012	36.286
Chicken Caesar Salad	1.00 salad	326.407	38.771
Hummus Plate	1.00 each	708.060	67.560
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		810.452	116.442
% of Calories			57.47%

Wed - 06/19/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2018-19			
Recipe	Total		
Spicy Chicken Burger	1.00 each	420.000	44.000
Cheeseburger	1.00 each	334.010	28.990
Hamburger	1.00 each	279.010	28.990
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	708.060	67.560
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
Assorted Fresh Fruit	1.00 each	59.007	14.608
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 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		764.796	97.151
% of Calories			50.81%

Thu - 06/20/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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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	412.012	36.286
Chicken Caesar Salad	1.00 salad	326.407	38.771
Hummus Plate	1.00 each	708.060	67.560
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
Assorted Fresh Fruit	1.00 each	59.007	14.608
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	83.235	7.621
Weighted Daily Average		815.459	110.986
% of Calories			54.44%

* = Indicates missing Nutrient Information.

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