

# Carbohydrate Report

District: Bellevue School District

Menu: Middle School Lunch 2018-19



Mon - 06/03/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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	411.995	36.650
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
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	<sup>1</sup> / <sub>4</sub> cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		647.420	95.369
% of Calories			58.92%

<b>Tue - 06/04/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Middle 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	411.995	36.650
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
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 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		700.836	89.636
% of Calories			51.16%

Wed - 06/05/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19			
Recipe	Total		
NY-style Bagel Sandwich - Egg, Turkey Bacon & Cheese - w/ Hashbrown	1.00 each	515.000	55.000
NY-style Bagel Sandwich - Egg & Cheese - w/ Hashbrown	1.00 each	490.000	55.000
Spicy Chicken Burger & Fries	1.00 each	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	411.995	36.650
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
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
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		2.541	0.539

	1/4 cup		
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		690.294	85.173
% of Calories			49.35%

Thu - 06/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19			
Recipe	Total		
Swedish Meatballs w/ Penne Pasta	1.00 serving	384.656	41.992
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	411.995	36.650
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
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
Garlic Toast	1.00 each	100.000	15.000
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		702.688	93.413
% of Calories			53.17%

Fri - 06/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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Middle School Lunch 2018-19			
Recipe	Total		
Deli Turkey Sub Sandwich w/ Sun Chips	1.00 serving	505.865	55.068
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	411.995	36.650
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
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
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 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		730.515	88.615
% of Calories			48.52%

Mon - 06/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19			
Recipe	Total		
Chicken Basket: Chicken Tenders & Thick-cut Fries w/ Honey-Mustard Sauce	1.00 serving	750.898	46.767
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	411.995	36.650
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
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
Wheat Roll	1.00 roll	70.000	13.000
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000
Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012

Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		812.003	86.614
% of Calories			42.67%

Tue - 06/11/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19				
Recipe	Total			
Five Cheese Lasagna & Garlic Toast	1.00 each	384.081	48.512	
Spicy Chicken Burger & Fries	1.00 each	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	411.995	36.650	
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
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 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		675.414	91.730
% of Calories			54.32%

<b>Wed - 06/12/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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Middle School Lunch 2018-19			
Recipe	Total		
Belgian Waffles w/ Mix Berry Topping & Turkey Sausage	1.00 serving	340.205	34.993
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	411.995	36.650
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
Romaine with Spinach	$\frac{1}{2}$ cup	3.723	0.659
Broccoli florets	$\frac{1}{4}$ cup	4.410	0.797
Baby Carrots	$\frac{1}{4}$ cup	12.307	2.897
Cherry Tomatoes	$\frac{1}{4}$ cup	6.748	1.458
Garbanzo Beans	$\frac{1}{4}$ cup	60.000	10.500
Cauliflower Florets	$\frac{1}{4}$ 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
1% Milk	1.00 carton	110.000	13.000
Fat Free Milk	1.00 carton	90.000	13.000
Fat Free Chocolate Milk	1.00 carton	130.000	23.000
Lactose Free Milk 1%	1.00 carton	110.000	13.000

Soy Milk	1.00 carton	140.000	12.000
Balsamic Dressing	2.00 Tbsp	103.948	3.780
Caesar Salad Dressing	2.00 Tbsp	140.000	2.000
Ranch Dressing	2.00 Tbsp	120.000	1.000
Ketchup	2.00 Tbsp	20.000	4.000
Ketchup Packet	1.00 each	10.000	2.000
Mayo Packet	1.00 ea	90.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Weighted Daily Average		619.311	76.504
% of Calories			49.41%

Thu - 06/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2018-19			
Recipe	Total		
Carnita Plate: Mexican-style Pot-roasted Pulled Pork w/ Spanish Rice & Refried Beans	1.00 serving	405.507	58.060
Spicy Chicken Burger & Fries	1.00 each	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	411.995	36.650
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	<sup>1</sup> / <sub>2</sub> cup	3.723	0.659
Broccoli florets	<sup>1</sup> / <sub>4</sub> cup	4.410	0.797
Baby Carrots	<sup>1</sup> / <sub>4</sub> cup	12.307	2.897
Red Pepper	<sup>1</sup> / <sub>4</sub> cup	9.566	1.861
Black Beans	<sup>1</sup> / <sub>4</sub> cup	54.498	9.996
Corn	<sup>1</sup> / <sub>4</sub> 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
Taco Sides	1.00 serving	83.235	7.621
Weighted Daily Average		722.565	99.516
% of Calories			55.09%

<b>Fri - 06/14/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Middle 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	411.995	36.650
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
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



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 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		670.670	83.580
% of Calories			49.85%

Mon - 06/17/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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## Middle 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	411.995	36.650
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
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		677.619	84.772
% of Calories			50.04%

<b>Tue - 06/18/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Middle 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	411.995	36.650
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

Weighted Daily Average	700.235	91.370
% of Calories		52.19%

Wed - 06/19/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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	411.995	36.650
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
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 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		668.154	83.448
% of Calories			49.96%

Thu - 06/20/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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	411.995	36.650
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
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
Weighted Daily Average		673.667	84.706
% of Calories			50.30%

\* = Indicates missing Nutrient Information.

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