

Carbohydrate Report

District: Bellevue School District



Menu: Elementary School Lunch 2019-20

Mon - 03/02/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Lunch 2019-20			
Recipe	Total		
Mandarin Orange Chicken w/ Brown Rice	1.00 serving	310.000	54.000
Chicken Burger	1.00 each	334.000	40.000
Hamburger	1.00 each	300.000	27.000
Veggie Burger [Vegan]	1.00 each	290.000	36.000
Bean & Cheese Burrito	1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	420.000	51.000
Romaine Lettuce	1.00 cup	9.861	1.908
Baby Carrots	1/4 cup	12.307	2.897
Edamame	1/4 cup	51.294	3.777
Green Beans	0.50 cup	12.783	2.886
Fresh Whole Apples, Small	1.00 each	57.882	15.372
Orange	1/2 cup	74.332	18.648
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
Mayonnaise Light, Packet	1.00 ea	25.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Weighted Daily Average		561.271	90.482
% of Calories			64.48%

Tue - 03/03/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Lunch 2019-20			
Recipe	Total		
Three-Bean Chili (Vegan) w/ Cheese Cornbread	1.00 serving	396.338	60.053
Chicken Burger	1.00 each	334.000	40.000
Hamburger	1.00 each	300.000	27.000
Veggie Burger [Vegan]	1.00 each	290.000	36.000
Bean & Cheese Burrito	1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	420.000	51.000
Romaine Lettuce	1/2 cup	4.930	0.954
Red Pepper	1/4 cup	9.566	1.861
Corn	1/4 cup	35.960	8.471
Apple Slices	1/2 cup	28.340	7.526
Blueberries	0.50 cup	40.000	9.000
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
Mayonnaise Light, Packet	1.00 ea	25.000	0.000
Scallion / Green Onion - Chili Topping	1.00 teaspoon	0.667	0.153
Weighted Daily Average		581.432	85.376
% of Calories			58.74%

Wed - 03/04/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Lunch 2019-20			
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	290.000	36.000
Bean & Cheese Burrito	1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	420.000	51.000
Caesar Salad	1/2 cup	52.531	1.546
Baby Carrots	1/4 cup	12.307	2.897
Garbanzo Beans	1/4 cup	52.500	8.496
Celery	1/4 cup	5.949	1.104
Apple Slices	1/2 cup	28.340	7.526
Banana	1.00 ea	105.020	26.951
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
Mayonnaise Light, Packet	1.00 ea	25.000	0.000
Weighted Daily Average		541.747	73.324
% of Calories			54.14%

Thu - 03/05/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Lunch 2019-20			
Recipe	Total		
Dutch Waffle w/ Warm Cinnamon Apples, Turkey Sausage	1.00 serving	477.896	54.258
Chicken Burger	1.00 each	334.000	40.000
Hamburger	1.00 each	300.000	27.000
Veggie Burger [Vegan]	1.00 each	290.000	36.000
Bean & Cheese Burrito	1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	420.000	51.000
Romaine Lettuce	1.00 cup	9.861	1.908
Red Pepper	1/4 cup	9.566	1.861
Cook's Choice Beans	1/4 cup	52.764	7.423
Corn Salad	1/4 cup	30.652	6.464
Celery	1/4 cup	5.949	1.104

Fresh Whole Apples, Small	1.00 each	57.882	15.372
Kiwi Fruit	1/4 cup	51.030	12.790
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
Mayonnaise Light, Packet	1.00 ea	25.000	0.000
Weighted Daily Average		679.783	92.893
% of Calories			54.66%

Fri - 03/06/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Lunch 2019-20				
Recipe	Total			
Tillamook Cheddar Cheeseburger w/ Emoji Potatoes	1.00 serving	475.000	45.000	
Chicken Burger w/ Emoji Potatoes	1.00 serving	509.000	58.000	
Hamburger w/ Emoji Potatoes	1.00 each	420.000	45.000	
Veggie Burger w/ Emoji Potatoes [Vegan]	1.00 each	410.000	54.000	
Bean & Cheese Burrito	1.00 each	310.000	40.000	
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	420.000	51.000	
Romaine Lettuce	1.00 cup	9.861	1.908	
Red & Orange Vegetables	1/4 cup	9.540	2.072	
Cook's Choice Beans	1/4 cup	52.764	7.423	
Crunchy Veggies	1/4 cup	6.340	1.423	
Fresh Whole Apples, Small	1.00 each	57.882	15.372	
Assorted Fresh Fruit	1/2 cup	70.658	17.763	
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	
Mayonnaise Light, Packet	1.00 ea	25.000	0.000	
Weighted Daily Average		699.546	89.132	
% of Calories			50.97%	

Mon - 03/09/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Lunch 2019-20				
Recipe	Total			
Fish Basket: Fish Nuggets w/ Thick-cut Baked Fries, Whole Wheat Roll	1.00 serving	419.298	52.883	
Chicken Burger	1.00 each	334.000	40.000	
Hamburger	1.00 each	300.000	27.000	
Veggie Burger [Vegan]	1.00 each	290.000	36.000	
Bean & Cheese Burrito	1.00 each	310.000	40.000	

Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	420.000	51.000
Romaine Lettuce	1.00 cup	9.861	1.908
Baby Carrots	1/4 cup	12.307	2.897
Corn	1/4 cup	35.960	8.471
Fresh Whole Apples, Small	1.00 each	57.882	15.372
Orange	1/2 cup	74.332	18.648
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
Mayonnaise Light, Packet	1.00 ea	25.000	0.000
Weighted Daily Average		624.771	89.060
% of Calories			57.02%

Tue - 03/10/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Lunch 2019-20				
Recipe		Total		
Soft Tacos w/ Beef, Veg. Refried Beans &/or Cheese		1.00 each	316.941	39.301
Chicken Burger		1.00 each	334.000	40.000
Hamburger		1.00 each	300.000	27.000
Veggie Burger [Vegan]		1.00 each	290.000	36.000
Bean & Cheese Burrito		1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)		1.00 serving	420.000	51.000
Romaine Lettuce		1.00 cup	9.861	1.908
Red Gold Salsa		1/4 cup	19.434	3.887
Garbanzo Beans		1/4 cup	52.500	8.496
Green/Yellow Pepper Strips		1/4 cup	7.247	1.690
Apple Slices		1/2 cup	28.340	7.526
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
Mayonnaise Light, Packet		1.00 ea	25.000	0.000
Taco Sides - Shredded Lettuce & Salsa Picante		1.00 serving	5.675	1.129
Weighted Daily Average			566.883	81.697
% of Calories				57.65%

Wed - 03/11/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Lunch 2019-20				
Recipe		Total		

French Bread Cheese Pizza	1.00 piece	368.000	28.300
Chicken Burger	1.00 each	334.000	40.000
Hamburger	1.00 each	300.000	27.000
Veggie Burger [Vegan]	1.00 each	290.000	36.000
Bean & Cheese Burrito	1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	420.000	51.000
Caesar Salad	1/2 cup	52.531	1.546
Baby Carrots	1/4 cup	12.307	2.897
Garbanzo Beans	1/4 cup	52.500	8.496
Green/Yellow Pepper Strips	1/4 cup	7.247	1.690
Apple Slices	1/2 cup	28.340	7.526
Fresh Pears	1/2 c	63.021	16.839
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
Mayonnaise Light, Packet	1.00 ea	25.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Weighted Daily Average		590.654	66.776
% of Calories			45.22%

Thu - 03/12/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Lunch 2019-20			
Recipe	Total		
Swedish Meatballs w/ Penne Pasta	1.00 serving	405.000	47.600
Chicken Burger	1.00 each	334.000	40.000
Hamburger	1.00 each	300.000	27.000
Veggie Burger [Vegan]	1.00 each	290.000	36.000
Bean & Cheese Burrito	1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	420.000	51.000
Romaine Lettuce	1/2 cup	4.930	0.954
Baby Carrots	1/4 cup	12.307	2.897
Green Peas	1/4 cup	36.420	6.442
Crunchy Veggies	1/4 cup	6.340	1.423
Fresh Whole Apples, Small	1.00 each	57.882	15.372
Banana	1.00 ea	105.020	26.951
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
Mayonnaise Light, Packet	1.00 ea	25.000	0.000
Weighted Daily Average		631.862	89.316
% of Calories			56.54%

Fri - 03/13/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Lunch 2019-20			
Recipe	Total		
Roasted Chicken Drumstick w/ Baby Potatoes & WW Roll	1.00 each	390.000	45.000
Chicken Burger	1.00 each	334.000	40.000
Hamburger	1.00 each	300.000	27.000
Veggie Burger [Vegan]	1.00 each	290.000	36.000
Bean & Cheese Burrito	1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	420.000	51.000
Romaine Lettuce	1.00 cup	9.861	1.908
Red & Orange Vegetables	1/4 cup	9.540	2.072
Cook's Choice Beans	1/4 cup	52.764	7.423
Corn Salad	1/4 cup	30.652	6.464
Assorted Fresh Fruit	1/2 cup	70.658	17.763
Fresh Whole Apples, Small	1.00 each	57.882	15.372
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
Mayonnaise Light, Packet	1.00 ea	25.000	0.000
Weighted Daily Average		618.599	85.159
% of Calories			55.07%

Mon - 03/16/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Lunch 2019-20			
Recipe	Total		
Chicken Chow Mein w/ Vegetables	1.00 serving	305.000	40.667
Chicken Burger	1.00 each	334.000	40.000
Hamburger	1.00 each	300.000	27.000
Veggie Burger [Vegan]	1.00 each	290.000	36.000
Bean & Cheese Burrito	1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	420.000	51.000
Romaine Lettuce	1.00 cup	9.861	1.908
Baby Carrots	1/4 cup	12.307	2.897
Edamame	1/4 cup	51.294	3.777
Cucumber Slices	1/4 cup	4.390	0.790
Fresh Whole Apples, Small	1.00 each	57.882	15.372
Orange	1/2 cup	74.332	18.648
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
Mayonnaise Light, Packet	1.00 ea	25.000	0.000
Weighted Daily Average		555.375	80.035
% of Calories			57.64%

Tue - 03/17/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Lunch 2019-20				
Recipe	Total			
Macaroni & Cheese w/ Wheat Roll	1.00 serving	372.000	40.000	
Chicken Burger	1.00 each	334.000	40.000	
Hamburger	1.00 each	300.000	27.000	
Veggie Burger [Vegan]	1.00 each	290.000	36.000	
Bean & Cheese Burrito	1.00 each	310.000	40.000	
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	420.000	51.000	
Steamed Broccoli	0.50 cup	15.470	3.021	
Romaine Lettuce	1/2 cup	4.930	0.954	
Edamame	1/4 cup	51.294	3.777	
Green Peas	1/4 cup	36.420	6.442	
Cucumber Slices	1/4 cup	4.390	0.790	
Apple Slices	1/2 cup	28.340	7.526	
Kiwi Fruit	1/2 cup	102.060	25.580	
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	
Mayonnaise Light, Packet	1.00 ea	25.000	0.000	
Weighted Daily Average		599.506	78.765	
% of Calories			52.55%	

Wed - 03/18/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Lunch 2019-20				
Recipe	Total			
Pan Pizza - Turkey Pepperoni	1.00 each	315.606	32.004	
Pan Pizza - Cheese	1.00 each	300.006	32.004	
Chicken Burger	1.00 each	334.000	40.000	
Hamburger	1.00 each	300.000	27.000	
Veggie Burger [Vegan]	1.00 each	290.000	36.000	
Bean & Cheese Burrito	1.00 each	310.000	40.000	
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	420.000	51.000	
Caesar Salad	1/2 cup	52.531	1.546	
Cherry Tomatoes	1/4 cup	6.748	1.458	
Garbanzo Beans	1/4 cup	52.500	8.496	
Corn	1/4 cup	35.960	8.471	
Banana	1.00 ea	105.020	26.951	
Apple Slices	1/2 cup	28.340	7.526	
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
Mayonnaise Light, Packet	1.00 ea	25.000	0.000
Weighted Daily Average		551.135	73.004
% of Calories			52.98%

Thu - 03/19/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Lunch 2019-20			
Recipe	Total		
Belgian Waffles w/ Strawberry Topping & Turkey Sausage	1.00 serving	407.552	45.355
Chicken Burger	1.00 each	334.000	40.000
Hamburger	1.00 each	300.000	27.000
Veggie Burger [Vegan]	1.00 each	290.000	36.000
Bean & Cheese Burrito	1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	420.000	51.000
Romaine Lettuce	1.00 cup	9.861	1.908
Cook's Choice Beans	1/4 cup	52.764	7.423
Corn	1/4 cup	35.960	8.471
Crunchy Veggies	1/4 cup	6.340	1.423
Fresh Whole Apples, Small	1.00 each	57.882	15.372
Blueberries	0.50 cup	40.000	9.000
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
Mayonnaise Light, Packet	1.00 ea	25.000	0.000
Weighted Daily Average		607.226	80.052
% of Calories			52.73%

Fri - 03/20/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Lunch 2019-20			
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	290.000	36.000
Bean & Cheese Burrito	1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	420.000	51.000
Romaine Lettuce	1.00 cup	9.861	1.908
Red & Orange Vegetables	1/4 cup	9.540	2.072
Corn Salad	1/4 cup	30.652	6.464

Crunchy Veggies	1/4 cup	6.340	1.423
Assorted Fresh Fruit	1/2 cup	70.658	17.763
Fresh Whole Apples, Small	1.00 each	57.882	15.372
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
Mayonnaise Light, Packet	1.00 ea	25.000	0.000
Weighted Daily Average		564.589	77.369
% of Calories			54.81%

Mon - 03/23/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Lunch 2019-20				
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		290.000	36.000
Bean & Cheese Burrito	1.00 each		310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving		420.000	51.000
Romaine Lettuce	1.00 cup		9.861	1.908
Baby Carrots	1/4 cup		12.307	2.897
Corn	1/4 cup		35.960	8.471
Fresh Whole Apples, Small	1.00 each		57.882	15.372
Orange	1/2 cup		74.332	18.648
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
Mayonnaise Light, Packet	1.00 ea		25.000	0.000
Weighted Daily Average			643.757	85.764
% of Calories				53.29%

Tue - 03/24/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Lunch 2019-20				
Recipe	Total			
Taco Salad w/ WG Tortilla Bowl & Lettuce - Beef &/or Veg. Refried Beans	1.00 each		298.861	34.437
Chicken Burger	1.00 each		334.000	40.000
Hamburger	1.00 each		300.000	27.000
Veggie Burger [Vegan]	1.00 each		290.000	36.000
Bean & Cheese Burrito	1.00 each		310.000	40.000

Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	420.000	51.000
Romaine Lettuce	1.00 cup	9.861	1.908
Red Gold Salsa	1/4 cup	19.434	3.887
Black Beans	1/4 cup	54.498	9.996
Corn	1/4 cup	35.960	8.471
Apple Slices	1/2 cup	28.340	7.526
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
Mayonnaise Light, Packet	1.00 ea	25.000	0.000
Taco Sides - Shredded Lettuce & Salsa Picante	1.00 serving	5.675	1.129
Weighted Daily Average		563.674	80.653
% of Calories			57.23%

Wed - 03/25/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Lunch 2019-20				
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		290.000	36.000
Bean & Cheese Burrito	1.00 each		310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving		420.000	51.000
Caesar Salad	1/2 cup		52.531	1.546
Black Beans	1/4 cup		54.498	9.996
Cherry Tomatoes	1/4 cup		6.748	1.458
Radishes	1/4 cup		4.640	0.986
Apple Slices	1/2 cup		28.340	7.526
Banana	1.00 ea		105.020	26.951
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
Mayonnaise Light, Packet	1.00 ea		25.000	0.000
Mustard Packet	1.00 each		18.000	1.749
Weighted Daily Average			567.000	74.717
% of Calories				52.71%

Thu - 03/26/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary School Lunch 2019-20			
Recipe	Total		
Chicken Alfredo w/ Penne Pasta, Whole Wheat Roll	1.00 serving	373.873	43.306
Chicken Burger	1.00 each	334.000	40.000
Hamburger	1.00 each	300.000	27.000
Veggie Burger [Vegan]	1.00 each	290.000	36.000
Bean & Cheese Burrito	1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	420.000	51.000
Romaine Lettuce	1/2 cup	4.930	0.954
Cherry Tomatoes	1/4 cup	6.748	1.458
Green Peas	1/4 cup	36.420	6.442
Radishes	1/4 cup	4.640	0.986
Apple Slices	1/2 cup	28.340	7.526
Fresh Pears	1/2 c	63.021	16.839
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
Mayonnaise Light, Packet	1.00 ea	25.000	0.000
Weighted Daily Average		571.837	76.315
% of Calories			53.38%

Fri - 03/27/2020			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Lunch 2019-20			
Recipe	Total		
Slam Dunk Hot Dog w/ In-N-Out Baked Fries	1.00 each	430.000	44.000
Chicken Burger	1.00 each	334.000	40.000
Hamburger	1.00 each	300.000	27.000
Veggie Burger [Vegan]	1.00 each	290.000	36.000
Bean & Cheese Burrito	1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	420.000	51.000
Romaine Lettuce	1.00 cup	9.861	1.908
Red & Orange Vegetables	1/4 cup	9.540	2.072
Cook's Choice Beans	1/4 cup	52.764	7.423
Corn Salad	1/4 cup	30.652	6.464
Crunchy Veggies	1/4 cup	6.340	1.423
Fresh Whole Apples, Small	1.00 each	57.882	15.372
Assorted Fresh Fruit	1/2 cup	70.658	17.763
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
Mayonnaise Light, Packet	1.00 ea	25.000	0.000

Weighted Daily Average	643.410	83.911
% of Calories		52.17%

Mon - 03/30/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Lunch 2019-20			
Recipe	Total		
Mandarin Orange Chicken w/ Brown Rice	1.00 serving	310.000	54.000
Chicken Burger	1.00 each	334.000	40.000
Hamburger	1.00 each	300.000	27.000
Veggie Burger [Vegan]	1.00 each	290.000	36.000
Bean & Cheese Burrito	1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	420.000	51.000
Romaine Lettuce	1.00 cup	9.861	1.908
Baby Carrots	1/4 cup	12.307	2.897
Edamame	1/4 cup	51.294	3.777
Green Beans	0.50 cup	12.783	2.886
Fresh Whole Apples, Small	1.00 each	57.882	15.372
Orange	1/2 cup	74.332	18.648
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
Mayonnaise Light, Packet	1.00 ea	25.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Weighted Daily Average		559.261	90.088
% of Calories			64.43%

Tue - 03/31/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary School Lunch 2019-20			
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	290.000	36.000
Bean & Cheese Burrito	1.00 each	310.000	40.000
Picnic Lunch (Bagel, Cheese & Yogurt)	1.00 serving	420.000	51.000
Romaine Lettuce	1.00 cup	9.861	1.908
Red Pepper	1/4 cup	9.566	1.861
Green Peas	1/4 cup	36.420	6.442
Apple Slices	1/2 cup	28.340	7.526
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
Mayonnaise Light, Packet	1.00 ea	25.000	0.000
Weighted Daily Average		613.606	84.403
% of Calories			55.02%

* = Indicates missing Nutrient Information.

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