

Carbohydrate Report

District: Bellevue School District



Menu: High School Lunch 2019-20

Mon - 03/02/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2019-20			
Recipe	Total		
Fish Basket: Alaska Pollock Wedge w/ Thick-cut Baked Fries, Whole Wheat Roll	1.00 serving	508.947	69.825
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
Black Bean Burger & Fries	1.00 each	459.000	62.833
Cheese Pizza, Big Daddy Original	1.00 slice	400.969	42.102
Pepperoni Pizza, Big Daddy's Original	1.00 slice	410.589	42.060
Pizza Specialty	1.00 slice	460.132	44.049
Hummus Plate	1.00 each	708.060	67.560
Chicken Caesar Salad	1.00 salad	326.407	38.771
Chicken Salad Sandwich on a Ciabatta Roll	1.00 sandwich	516.984	48.651
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Baby Carrots	1/4 cup	12.307	2.897
Garbanzo Beans	1/4 cup	52.500	8.496
Coleslaw	1/4 cup	27.708	2.348
Fresh Apple, Whole	1.00 each	75.478	20.045
Orange	1/2 cup	74.332	18.648
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
Mayonnaise Light, Packet	1.00 ea	25.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Sriracha Chili Sauce	1.00 tsp	5.060	1.012
Lettuce	1/4 cup	2.541	0.539
Sliced Onion	1.00 slice	3.750	0.876
Tomato Slices	1.00 slice	2.768	0.598
Tartar Sauce	1.00 tablespoons	140.000	1.000
Weighted Daily Average		859.514	122.397
% of Calories			56.96%

Tue - 03/03/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2019-20			
Recipe	Total		
Nachos: Seasoned Beef & Veg. Refried Beans w/ Jalapeno Queso Sauce	1.00 serving	519.609	45.656
Nachos w/ Refried Beans & Jalapeno Queso Sauce [Vegetarian]	1.00 serving	441.605	54.281
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
Black Bean Burger & Fries	1.00 each	459.000	62.833
Cheese Pizza, Big Daddy Original	1.00 slice	400.969	42.102
Pepperoni Pizza, Big Daddy's Original	1.00 slice	410.589	42.060
Pizza Specialty	1.00 slice	460.132	44.049
Chicken Caesar Salad	1.00 salad	326.407	38.771
Hummus Plate	1.00 each	708.060	67.560
Chicken Salad Sandwich on a Ciabatta Roll	1.00 sandwich	516.984	48.651
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Baby Carrots	1/4 cup	12.307	2.897
Garbanzo Beans	1/4 cup	52.500	8.496
Fire-Roasted Corn & Pepper Confetti Salad	1/4 cup	40.957	5.585
Fresh Apple, Whole	1.00 each	75.478	20.045
Blueberries	0.50 cup	40.000	9.000
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
Mayonnaise Light, Packet	1.00 ea	25.000	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		840.509	107.543
% of Calories			51.18%

Wed - 03/04/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2019-20			
Recipe	Total		
Deli Turkey Sub Sandwich w/ Sun Chips	1.00 serving	499.198	51.068
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
Black Bean Burger	1.00 each	340.000	43.000
Cheese Pizza, Big Daddy Original	1.00 slice	400.969	42.102
Pepperoni Pizza, Big Daddy's Original	1.00 slice	410.589	42.060
Chicken Caesar Salad	1.00 salad	326.407	38.771
Hummus Plate	1.00 each	708.060	67.560
Chicken Salad Sandwich on a Ciabatta Roll	1.00 sandwich	516.984	48.651
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Baby Carrots	1/4 cup	12.307	2.897
Celery	1/4 cup	5.949	1.104
Fire-Roasted Corn & Pepper Confetti Salad	1/4 cup	40.957	5.585
Fresh Apple, Whole	1.00 each	75.478	20.045
Banana	1.00 ea	105.020	26.951
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
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
Mayonnaise Light, Packet	1.00 ea	25.000	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		900.121	122.077
% of Calories			54.25%

Thu - 03/05/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2019-20			
Recipe	Total		
Chicken & Waffles w/ Maple-flavored Syrup	1.00 serving	552.172	65.703
Spicy Chicken Burger & Fries	1.00 each	539.000	63.833
Cheeseburger & Fries	1.00 each	453.010	48.823
Hamburger & Fries	1.00 each	398.010	48.823
Fish Burger w/ Alaska Pollock Wedge & Fries	1.00 Serving	469.000	60.833
Black Bean Burger & Fries	1.00 each	459.000	62.833
Cheese Pizza, Big Daddy Original	1.00 slice	400.969	42.102
Pepperoni Pizza, Big Daddy's Original	1.00 slice	410.589	42.060
Pizza Specialty	1.00 slice	460.132	44.049
Chicken Caesar Salad	1.00 salad	326.407	38.771
Hummus Plate	1.00 each	708.060	67.560
Chicken Salad Sandwich on a Ciabatta Roll	1.00 sandwich	516.984	48.651
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Baby Carrots	1/4 cup	12.307	2.897
Celery	1/4 cup	5.949	1.104
Edamame	1/4 cup	51.294	3.777
Fire-Roasted Corn & Pepper Confetti Salad	1/4 cup	40.957	5.585
Fresh Apple, Whole	1.00 each	75.478	20.045
Kiwi Fruit	1/2 cup	102.060	25.580
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
Mayonnaise Light, Packet	1.00 ea	25.000	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		886.307	128.817
% of Calories			58.14%

Fri - 03/06/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2019-20				
Recipe	Total			
Chicken A La King w/ Ancient Grain Pilaf	1.00 serving		419.330	48.312
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
Black Bean Burger & Fries	1.00 each		459.000	62.833
Cheese Pizza, Big Daddy Original	1.00 slice		400.969	42.102
Pepperoni Pizza, Big Daddy's Original	1.00 slice		410.589	42.060
Pizza Specialty	1.00 slice		460.132	44.049
Chicken Caesar Salad	1.00 salad		326.407	38.771
Hummus Plate	1.00 each		708.060	67.560
Chicken Salad Sandwich on a Ciabatta Roll	1.00 sandwich		516.984	48.651
Romaine w/ Baby Greens	1.00 cup		8.595	1.636
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 Apple, Whole	1.00 each		75.478	20.045
Assorted Fresh Fruit	1/2 cup		70.658	17.763
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
Mayonnaise Light, Packet	1.00 ea		25.000	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			751.131	104.450
% of Calories				55.62%

Mon - 03/09/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2019-20				
Recipe	Total			
General Tso's Chicken w/ Brown Rice, Steamed Broccoli	1.00 serving		370.903	58.987
Spicy Chicken Burger & Fries	1.00 each		539.000	63.833
Cheeseburger & Fries	1.00 each		453.010	48.823
Hamburger & Fries	1.00 each		398.010	48.823

Fish Burger w/ Alaska Pollock Wedge & Fries	1.00 Serving	469.000	60.833
Black Bean Burger & Fries	1.00 each	459.000	62.833
Cheese Pizza, Big Daddy Original	1.00 slice	400.969	42.102
Pepperoni Pizza, Big Daddy's Original	1.00 slice	410.589	42.060
Pizza Specialty	1.00 slice	460.132	44.049
Hummus Plate	1.00 each	708.060	67.560
Chicken Caesar Salad	1.00 salad	326.407	38.771
Chicken Salad Sandwich on a Ciabatta Roll	1.00 sandwich	516.984	48.651
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Baby Carrots	1/4 cup	12.307	2.897
Edamame	1/4 cup	51.294	3.777
Corn	1/4 cup	35.960	8.471
Fresh Apple, Whole	1.00 each	75.478	20.045
Orange	1/2 cup	74.332	18.648
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
Mayonnaise Light, Packet	1.00 ea	25.000	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		765.468	114.094
% of Calories			59.62%

Tue - 03/10/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2019-20				
Recipe	Total			
BBQ Pulled Pork Sandwich on Pretzel Roll w/ Thick-cut Baked Fries	1.00 serving	411.500	60.833	
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	
Black Bean Burger & Fries	1.00 each	459.000	62.833	
Cheese Pizza, Big Daddy Original	1.00 slice	400.969	42.102	
Pepperoni Pizza, Big Daddy's Original	1.00 slice	410.589	42.060	
Pizza Specialty	1.00 slice	460.132	44.049	
Chicken Caesar Salad	1.00 salad	326.407	38.771	
Hummus Plate	1.00 each	708.060	67.560	
Chicken Salad Sandwich on a Ciabatta Roll	1.00 sandwich	516.984	48.651	
Romaine w/ Baby Greens	1.00 cup	8.595	1.636	
Red Pepper	1/4 cup	9.566	1.861	
Corn	1/4 cup	35.960	8.471	
Coleslaw	1/4 cup	27.708	2.348	
Fresh Apple, Whole	1.00 each	75.478	20.045	
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
Mayonnaise Light, Packet	1.00 ea	25.000	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		824.894	129.541
% of Calories			62.82%

Wed - 03/11/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2019-20			
Recipe	Total		
Deli Turkey Sub Sandwich w/ Sun Chips	1.00 serving	499.198	51.068
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
Black Bean Burger	1.00 each	340.000	43.000
Cheese Pizza, Big Daddy Original	1.00 slice	400.969	42.102
Pepperoni Pizza, Big Daddy's Original	1.00 slice	410.589	42.060
Chicken Caesar Salad	1.00 salad	326.407	38.771
Hummus Plate	1.00 each	708.060	67.560
Chicken Salad Sandwich on a Ciabatta Roll	1.00 sandwich	516.984	48.651
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Baby Carrots	1/4 cup	12.307	2.897
Green Peas	1/4 cup	36.420	6.442
Italian Chickpea Salad	1/4 cup	59.689	9.972
Fresh Apple, Whole	1.00 each	75.478	20.045
Fresh Pears	1/2 c	63.021	16.839
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
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
Mayonnaise Light, Packet	1.00 ea	25.000	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	880.644	115.090
% of Calories		52.28%

Thu - 03/12/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2019-20			
Recipe	Total		
Italian Meatballs w/ Penne Pasta, Garlic Toast	1.00 serving	520.875	66.656
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
Black Bean Burger & Fries	1.00 each	459.000	62.833
Cheese Pizza, Big Daddy Original	1.00 slice	400.969	42.102
Pepperoni Pizza, Big Daddy's Original	1.00 slice	410.589	42.060
Pizza Specialty	1.00 slice	460.132	44.049
Chicken Caesar Salad	1.00 salad	326.407	38.771
Hummus Plate	1.00 each	708.060	67.560
Chicken Salad Sandwich on a Ciabatta Roll	1.00 sandwich	516.984	48.651
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Red Pepper	1/4 cup	9.566	1.861
Green Peas	1/4 cup	36.420	6.442
Italian Chickpea Salad	1/4 cup	59.689	9.972
Fresh Apple, Whole	1.00 each	75.478	20.045
Banana	1.00 ea	105.020	26.951
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
Mayonnaise Light, Packet	1.00 ea	25.000	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		850.053	125.817
% of Calories			59.20%

Fri - 03/13/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2019-20			
Recipe	Total		
Roasted Chicken Legs w/ Potato au Gratin, Whole Wheat Roll	1.00 serving	570.000	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
Black Bean Burger & Fries	1.00 each	459.000	62.833
Cheese Pizza, Big Daddy Original	1.00 slice	400.969	42.102

Pepperoni Pizza, Big Daddy's Original	1.00 slice	410.589	42.060
Pizza Specialty	1.00 slice	460.132	44.049
Chicken Caesar Salad	1.00 salad	326.407	38.771
Hummus Plate	1.00 each	708.060	67.560
Chicken Salad Sandwich on a Ciabatta Roll	1.00 sandwich	516.984	48.651
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
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 Apple, Whole	1.00 each	75.478	20.045
Assorted Fresh Fruit	1/2 cup	70.658	17.763
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
Mayonnaise Light, Packet	1.00 ea	25.000	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		824.610	109.607
% of Calories			53.17%

Mon - 03/16/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2019-20			
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
Black Bean Burger & Fries	1.00 each	459.000	62.833
Cheese Pizza, Big Daddy Original	1.00 slice	400.969	42.102
Pepperoni Pizza, Big Daddy's Original	1.00 slice	410.589	42.060
Pizza Specialty	1.00 slice	460.132	44.049
Chicken Caesar Salad	1.00 salad	326.407	38.771
Hummus Plate	1.00 each	708.060	67.560
Chicken Salad Sandwich on a Ciabatta Roll	1.00 sandwich	516.984	48.651
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Baby Carrots	1/4 cup	12.307	2.897
Corn	1/4 cup	35.960	8.471
Cucumber Slices	1/4 cup	4.390	0.790
Fresh Apple, Whole	1.00 each	75.478	20.045
Orange	1/2 cup	74.332	18.648
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
Mayonnaise Light, Packet	1.00 ea	25.000	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		752.584	117.581
% of Calories			62.49%

Tue - 03/17/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2019-20				
Recipe	Total			
Pretzel Ryebeben Sandwich w/ Thin-Cut Golden Fries	1.00 serving		525.144	51.498
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
Black Bean Burger & Fries	1.00 each		459.000	62.833
Cheese Pizza, Big Daddy Original	1.00 slice		400.969	42.102
Pepperoni Pizza, Big Daddy's Original	1.00 slice		410.589	42.060
Pizza Specialty	1.00 slice		460.132	44.049
Chicken Caesar Salad	1.00 salad		326.407	38.771
Hummus Plate	1.00 each		708.060	67.560
Chicken Salad Sandwich on a Ciabatta Roll	1.00 sandwich		516.984	48.651
Romaine w/ Baby Greens	1.00 cup		8.595	1.636
Cherry Tomatoes	1/4 cup		6.748	1.458
Cucumber Slices	1/4 cup		4.390	0.790
Green Garbanzo Beans	1/4 cup		45.479	7.074
Fresh Apple, Whole	1.00 each		75.478	20.045
Kiwi Fruit	1/2 cup		102.060	25.580
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
Mayonnaise Light, Packet	1.00 ea		25.000	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			866.557	122.635
% of Calories				56.61%

Wed - 03/18/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2019-20				
Recipe	Total			
Deli Turkey Sub Sandwich w/ Sun Chips	1.00 serving	499.198	51.068	
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	
Black Bean Burger	1.00 each	340.000	43.000	
Cheese Pizza, Big Daddy Original	1.00 slice	400.969	42.102	
Pepperoni Pizza, Big Daddy's Original	1.00 slice	410.589	42.060	
Chicken Caesar Salad	1.00 salad	326.407	38.771	
Hummus Plate	1.00 each	708.060	67.560	
Chicken Salad Sandwich on a Ciabatta Roll	1.00 sandwich	516.984	48.651	
Romaine w/ Baby Greens	1.00 cup	8.595	1.636	
Cherry Tomatoes	1/4 cup	6.748	1.458	
Green Garbanzo Beans	1/4 cup	45.479	7.074	
Celery	1/4 cup	5.949	1.104	
Fresh Apple, Whole	1.00 each	75.478	20.045	
Banana	1.00 ea	105.020	26.951	
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	
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	
Mayonnaise Light, Packet	1.00 ea	25.000	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		869.642	115.654	
% of Calories				53.20%

Thu - 03/19/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2019-20				
Recipe	Total			
Dutch Waffle w/ Strawberry & Whipped Cream Topping, Turkey Sausage	1.00 serving	531.920	64.260	
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	
Black Bean Burger & Fries	1.00 each	459.000	62.833	
Cheese Pizza, Big Daddy Original	1.00 slice	400.969	42.102	
Pepperoni Pizza, Big Daddy's Original	1.00 slice	410.589	42.060	
Pizza Specialty	1.00 slice	460.132	44.049	

Chicken Caesar Salad	1.00 salad	326.407	38.771
Hummus Plate	1.00 each	708.060	67.560
Chicken Salad Sandwich on a Ciabatta Roll	1.00 sandwich	516.984	48.651
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Cherry Tomatoes	1/4 cup	6.748	1.458
Celery	1/4 cup	5.949	1.104
Corn	1/4 cup	35.960	8.471
Fresh Apple, Whole	1.00 each	75.478	20.045
Blueberries	0.50 cup	40.000	9.000
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
Mayonnaise Light, Packet	1.00 ea	25.000	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		781.846	107.110
% of Calories			54.80%

Fri - 03/20/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2019-20			
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
Black Bean Burger & Fries	1.00 each	459.000	62.833
Cheese Pizza, Big Daddy Original	1.00 slice	400.969	42.102
Pepperoni Pizza, Big Daddy's Original	1.00 slice	410.589	42.060
Pizza Specialty	1.00 slice	460.132	44.049
Chicken Caesar Salad	1.00 salad	326.407	38.771
Hummus Plate	1.00 each	708.060	67.560
Chicken Salad Sandwich on a Ciabatta Roll	1.00 sandwich	516.984	48.651
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
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 Apple, Whole	1.00 each	75.478	20.045
Assorted Fresh Fruit	1/2 cup	70.658	17.763
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
Mayonnaise Light, Packet	1.00 ea	25.000	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		786.964	109.666
% of Calories			55.74%

Mon - 03/23/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2019-20				
Recipe	Total			
Chicken Basket: Chicken Tenders & Thick-cut Fries w/ Honey-Mustard Sauce, Whole Wheat Roll	1.00 serving	630.898	53.767	
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	
Black Bean Burger & Fries	1.00 each	459.000	62.833	
Cheese Pizza, Big Daddy Original	1.00 slice	400.969	42.102	
Pepperoni Pizza, Big Daddy's Original	1.00 slice	410.589	42.060	
Pizza Specialty	1.00 slice	460.132	44.049	
Hummus Plate	1.00 each	708.060	67.560	
Chicken Caesar Salad	1.00 salad	326.407	38.771	
Chicken Salad Sandwich on a Ciabatta Roll	1.00 sandwich	516.984	48.651	
Romaine w/ Baby Greens	1.00 cup	8.595	1.636	
Baby Carrots	1/4 cup	12.307	2.897	
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	
Orange	1/2 cup	74.332	18.648	
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	
Mayonnaise Light, Packet	1.00 ea	25.000	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		882.889	114.622	
% of Calories			51.93%	

Tue - 03/24/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
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High School Lunch 2019-20			
Recipe	Total		
Soft Tacos w/ Beef, Veg. Refried Beans &/or Cheese	1.00 each	379.281	40.299
Soft Tacos (Vegetarian) w/ Refried Beans &/or Cheese	1.00 each	373.545	56.254
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
Black Bean Burger & Fries	1.00 each	459.000	62.833
Cheese Pizza, Big Daddy Original	1.00 slice	400.969	42.102
Pepperoni Pizza, Big Daddy's Original	1.00 slice	410.589	42.060
Pizza Specialty	1.00 slice	460.132	44.049
Chicken Caesar Salad	1.00 salad	326.407	38.771
Hummus Plate	1.00 each	708.060	67.560
Chicken Salad Sandwich on a Ciabatta Roll	1.00 sandwich	516.984	48.651
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Red Pepper	1/4 cup	9.566	1.861
Corn	1/4 cup	35.960	8.471
Radishes	1/4 cup	4.640	0.986
Fresh Apple, Whole	1.00 each	75.478	20.045
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
Mayonnaise Light, Packet	1.00 ea	25.000	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		837.695	125.578
% of Calories			59.96%

Wed - 03/25/2020			
Recipe	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2019-20			
Recipe	Total		
Deli Turkey Sub Sandwich w/ Sun Chips	1.00 serving	499.198	51.068
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
Black Bean Burger	1.00 each	340.000	43.000
Cheese Pizza, Big Daddy Original	1.00 slice	400.969	42.102

Pepperoni Pizza, Big Daddy's Original	1.00 slice	410.589	42.060
Hummus Plate	1.00 each	708.060	67.560
Chicken Caesar Salad	1.00 salad	326.407	38.771
Chicken Salad Sandwich on a Ciabatta Roll	1.00 sandwich	516.984	48.651
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Baby Carrots	1/4 cup	12.307	2.897
Corn	1/4 cup	35.960	8.471
Edamame	1/4 cup	51.294	3.777
Fresh Apple, Whole	1.00 each	75.478	20.045
Banana	1.00 ea	105.020	26.951
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
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
Mayonnaise Light, Packet	1.00 ea	25.000	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		922.831	125.210
% of Calories			54.27%

Thu - 03/26/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2019-20			
Recipe	Total		
Chow Mein Noodles w/ Beef & Broccoli	1.00 serving	335.028	41.291
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
Black Bean Burger & Fries	1.00 each	459.000	62.833
Cheese Pizza, Big Daddy Original	1.00 slice	400.969	42.102
Pepperoni Pizza, Big Daddy's Original	1.00 slice	410.589	42.060
Pizza Specialty	1.00 slice	460.132	44.049
Chicken Caesar Salad	1.00 salad	326.407	38.771
Hummus Plate	1.00 each	708.060	67.560
Chicken Salad Sandwich on a Ciabatta Roll	1.00 sandwich	516.984	48.651
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Red Pepper	1/4 cup	9.566	1.861
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
Fresh Pears	1/2 c	63.021	16.839
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
Mayonnaise Light, Packet	1.00 ea	25.000	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		739.161	105.955
% of Calories			57.34%

Fri - 03/27/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2019-20				
Recipe	Total			
Game-day Chicken Wings w/ Hot 'N Sweet BBQ Sauce, Cornbread	1.00 serving	612.785	35.840	
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	
Black Bean Burger & Fries	1.00 each	459.000	62.833	
Cheese Pizza, Big Daddy Original	1.00 slice	400.969	42.102	
Pepperoni Pizza, Big Daddy's Original	1.00 slice	410.589	42.060	
Pizza Specialty	1.00 slice	460.132	44.049	
Chicken Caesar Salad	1.00 salad	326.407	38.771	
Hummus Plate	1.00 each	708.060	67.560	
Chicken Salad Sandwich on a Ciabatta Roll	1.00 sandwich	516.984	48.651	
Romaine w/ Baby Greens	1.00 cup	8.595	1.636	
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 Apple, Whole	1.00 each	75.478	20.045	
Assorted Fresh Fruit	1/2 cup	70.658	17.763	
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	
Mayonnaise Light, Packet	1.00 ea	25.000	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		861.718	101.807	
% of Calories			47.26%	

Mon - 03/30/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2019-20			
Recipe	Total		
General Tso's Chicken w/ Brown Rice, Steamed Broccoli	1.00 serving	370.903	58.987
Spicy Chicken Burger & Fries	1.00 each	539.000	63.833
Cheeseburger & Fries	1.00 each	453.010	48.823
Hamburger & Fries	1.00 each	398.010	48.823
Fish Burger w/ Alaska Pollock Wedge & Fries	1.00 Serving	469.000	60.833
Black Bean Burger & Fries	1.00 each	459.000	62.833
Cheese Pizza, Big Daddy Original	1.00 slice	400.969	42.102
Pepperoni Pizza, Big Daddy's Original	1.00 slice	410.589	42.060
Pizza Specialty	1.00 slice	460.132	44.049
Hummus Plate	1.00 each	708.060	67.560
Chicken Caesar Salad	1.00 salad	326.407	38.771
Chicken Salad Sandwich on a Ciabatta Roll	1.00 sandwich	516.984	48.651
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Baby Carrots	1/4 cup	12.307	2.897
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
Orange	1/2 cup	74.332	18.648
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
Mayonnaise Light, Packet	1.00 ea	25.000	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		753.483	111.240
% of Calories			59.05%

Tue - 03/31/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 2019-20			
Recipe	Total		
Nachos: Seasoned Beef & Veg. Refried Beans w/ Jalapeno Queso Sauce	1.00 serving	519.609	45.656
Nachos w/ Refried Beans & Jalapeno Queso Sauce [Vegetarian]	1.00 serving	441.605	54.281
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
Black Bean Burger & Fries	1.00 each	459.000	62.833
Cheese Pizza, Big Daddy Original	1.00 slice	400.969	42.102
Pepperoni Pizza, Big Daddy's Original	1.00 slice	410.589	42.060

Pizza Specialty	1.00 slice	460.132	44.049
Chicken Caesar Salad	1.00 salad	326.407	38.771
Hummus Plate	1.00 each	708.060	67.560
Chicken Salad Sandwich on a Ciabatta Roll	1.00 sandwich	516.984	48.651
Romaine w/ Baby Greens	1.00 cup	8.595	1.636
Cherry Tomatoes	1/4 cup	6.748	1.458
Fire-Roasted Corn & Pepper Confetti Salad	1/4 cup	40.957	5.585
Radishes	1/4 cup	4.640	0.986
Fresh Apple, Whole	1.00 each	75.478	20.045
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
Mayonnaise Light, Packet	1.00 ea	25.000	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		905.299	126.540
% of Calories			55.91%

* = Indicates missing Nutrient Information.

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