

# Carbohydrate Report

District: Bellevue School District



Menu: Middle School Lunch 2019-20

Mon - 03/02/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2019-20			
Recipe	Total		
Fish Basket: Alaska Pollock Wedge w/ Thick-cut Baked Fries, Whole Wheat Roll	1.00 serving	448.947	56.825
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	458.020	44.226
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
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
Tartar Sauce	1.00 tablespoons	140.000	1.000
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		716.174	92.065
% of Calories			51.42%

Tue - 03/03/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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	458.020	44.226
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		741.029	87.500
% of Calories			47.23%

Wed - 03/04/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2019-20			
Recipe	Total		
Chicken & Waffles w/ Maple-flavored Syrup	1.00 serving	392.725	44.789
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	458.020	44.226
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
Fire-Roasted Corn & Pepper Confetti Salad	1/4 cup	40.957	5.585
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

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		667.736	89.973
% of Calories			53.90%

Thu - 03/05/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2019-20			
Recipe	Total		
Teriyaki Beef w/ Brown Rice, Edamame	1.00 serving	478.749	58.993
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
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	458.020	44.226
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
Fire-Roasted Corn & Pepper Confetti Salad	1/4 cup	40.957	5.585
Celery	1/4 cup	5.949	1.104
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		715.209	96.849
% of Calories			54.17%

Fri - 03/06/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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		458.020	44.226
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
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			670.035	88.024
% of Calories				52.55%

Mon - 03/09/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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	458.020	44.226
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
Edamame	1/4 cup	51.294	3.777
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		655.332	93.112
% of Calories			56.83%

Tue - 03/10/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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	458.020	44.226	
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	
Coleslaw	1/4 cup	27.708	2.348	
Corn	1/4 cup	35.960	8.471	
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		717.420	104.230
% of Calories			58.11%

Wed - 03/11/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2019-20			
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
Black Bean Burger & Fries	1.00 each	459.000	62.833
Fish Burger w/ Alaska Pollock Wedge & Fries	1.00 Serving	469.000	60.833
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	458.020	44.226
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
Italian Chickpea Salad	1/4 cup	59.689	9.972
Green Peas	1/4 cup	36.420	6.442
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	715.467	91.908
% of Calories		51.38%

Thu - 03/12/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2019-20			
Recipe	Total		
Italian Meatballs w/ Penne Pasta	1.00 serving	359.000	38.250
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
Black Bean Burger & Fries	1.00 each	459.000	62.833
Fish Burger w/ Alaska Pollock Wedge & Fries	1.00 Serving	469.000	60.833
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	458.020	44.226
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
Italian Chickpea Salad	1/4 cup	59.689	9.972
Green Peas	1/4 cup	36.420	6.442
Fresh Apple, Whole	1.00 each	75.478	20.045
Banana	1.00 ea	105.020	26.951
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
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		695.227	93.600
% of Calories			53.85%

Fri - 03/13/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2019-20			
Recipe	Total		
Roasted Chicken Leg w/ Potato au Gratin, Green Beans & Roll	1.00 serving	380.000	53.000
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	458.020	44.226
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
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		646.890	89.174
% of Calories			55.14%

Mon - 03/16/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2019-20			
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
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	458.020	44.226
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
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
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		786.099	88.810
% of Calories			45.19%

Tue - 03/17/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2019-20				
Recipe	Total			
Pretzel Rueben 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	458.020	44.226	
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	
Cucumber Slices	1/4 cup	4.390	0.790	
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		730.573	94.553	

% of Calories	51.77%
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Wed - 03/18/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2019-20			
Recipe	Total		
Deli Turkey Sub Sandwich w/ Sun Chips	1.00 serving	469.198	49.068
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
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	458.020	44.226
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
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
Mayonnaise Light, Packet	1.00 ea	25.000	0.000
Mustard Packet	1.00 each	18.000	1.749
Ketchup Packet	1.00 each	10.000	2.000
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		704.142	92.869
% of Calories			52.76%

Thu - 03/19/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2019-20			
Recipe	Total		
Belgian Waffles w/ Strawberry Topping & Turkey Sausage	1.00 serving	407.552	45.355
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	458.020	44.226
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
Corn	1/4 cup	35.960	8.471
Celery	1/4 cup	5.949	1.104
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		637.552	80.804
% of Calories			50.70%

Fri - 03/20/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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
Black Bean Burger & Fries	1.00 each	459.000	62.833
Fish Burger w/ Alaska Pollock Wedge & Fries	1.00 Serving	469.000	60.833
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	458.020	44.226
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
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		656.453	86.124
% of Calories			52.48%

Mon - 03/23/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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	458.020	44.226
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
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		650.861	96.649
% of Calories			59.40%

Tue - 03/24/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
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Middle School Lunch 2019-20			
Recipe	Total		
Soft Tacos w/ Beef, Veg. Refried Beans &/or Cheese	1.00 each	316.781	39.299
Soft Tacos [Vegetarian] w/ Refried Beans &/or Cheese	1.00 each	313.161	49.093
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	458.020	44.226
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		686.725	96.820
% of Calories			56.40%

Wed - 03/25/2020			
Recipe	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2019-20			
Recipe	Total		
Egg & Turkey Bacon Croissant w/ Hash Brown Patty	1.00 serving	504.472	42.937
Egg & Cheese Croissant w/ Hash Brown Patty	1.00 serving	479.472	42.937
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	458.020	44.226
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
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
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		745.967	93.803
% of Calories			50.30%

Thu - 03/26/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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	458.020	44.226
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		630.981	83.708
% of Calories			53.07%

Fri - 03/27/2020		Portion Size	Calories (kcal)	Carbohydrates (g)
Middle School Lunch 2019-20				
Recipe	Total			
Game-day Chicken Wings w/ Hot 'N Sweet BBQ Sauce, Combread	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	
Black Bean Burger & Fries	1.00 each	459.000	62.833	
Fish Burger w/ Alaska Pollock Wedge & Fries	1.00 Serving	469.000	60.833	
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	458.020	44.226	
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	
Cook's Choice Beans	1/4 cup	52.764	7.423	
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		753.709	80.598	
% of Calories			42.77%	

Mon - 03/30/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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	458.020	44.226
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
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		650.586	91.978
% of Calories			56.55%

Tue - 03/31/2020	Portion Size	Calories (kcal)	Carbohydrates (g)
Middle 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	458.020	44.226
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		776.594	99.109
% of Calories			51.05%

\* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.