

Carbohydrate Report

District: Renton School District

Menu: Elementary Lunch 19-20



Wed - 08/28/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 19-20				
Recipe	Total			
Mini Twin Beef Cheeseburgers	1.00 pkg/2	320.000	35.000	
Muffin Pal Pack	1.00 pack	498.000	50.500	
Romaine Lettuce	1.00 cup	7.990	1.546	
Garbanzo Beans	1/4 cup	52.800	8.094	
Red Bell Pepper Strips	1/4 cup	9.566	1.861	
Fresh Apple	1.00 each	52.520	13.948	
Mixed Fruit	1.00 Each (0.5 cup)	80.000	19.000	
1% Milk	1/2 pint	110.000	13.000	
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000	
Soy Milk	1.00 Cup	140.000	12.000	
Fat Free Milk	1.00 carton	90.000	13.000	
Condiments	1.00 Serving	64.200	3.200	
Weighted Daily Average		603.483	78.173	
% of Calories			51.81%	

Thu - 08/29/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 19-20				

Recipe	Total		
French Bread Cheese Pizza	1.00 Piece	310.000	30.000
French Bread Pepperoni Pizza	1.00 Each	310.000	33.000
Cinnamon Breakfast Round Pal Pack	1.00 Pack	461.666	63.262
Romaine Lettuce	1.00 cup	7.990	1.546
Green Peas	1/4 cup	31.000	5.500
Cucumber Slices	1/4 cup	5.487	1.328
Banana	1/2 cup	112.138	28.778
Strawberry Cup	1.00 each	90.000	22.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Condiments	1.00 Serving	64.200	3.200
Weighted Daily Average		608.769	85.715
% of Calories			56.32%

Fri - 08/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 19-20			
Recipe	Total		
Chicken Corn Dog	1.00 each	240.000	30.000
Bagel Pal Pack	1.00 pack	405.000	45.500
Romaine Lettuce	1.00 cup	7.990	1.546
Broccoli Florets	1/4 cup	7.500	1.250
Cauliflower Florets	1/4 cup	6.250	1.000

Fresh Apple Slices	1.00 bag	29.000	6.000
Fresh Peach	1.00 each	39.311	9.616
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Condiments	1.00 Serving	64.200	3.200
Weighted Daily Average		446.743	56.750
% of Calories			50.81%

Mon - 09/02/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 19-20				
Recipe		Total		
Weighted Daily Average			N/A	N/A
% of Calories				N/A

Tue - 09/03/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 19-20				
Recipe		Total		
Grilled Cheese Sandwich		1.00 Sandwich	280.310	30.959
Yogurt & Granola Pal Pack		1.00 Pack	408.400	67.340
Romaine Lettuce		1.00 cup	7.990	1.546
Shelled Edamame		0.25 cup	52.247	3.483

Celery Sticks	1/4 cup	5.184	0.962
Baby Carrots	1.00 Pack	12.000	5.000
Fresh Oranges	1/2 cup	121.822	30.455
Applesauce: Cinnamon, Strawberry, or Peach-Mango	1.00 Each (0.5 cup)	50.333	14.000
Cinnamon Applesauce	1.00 Each (0.5 cup)	70.500	18.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Condiments	1.00 Serving	64.200	3.200
Weighted Daily Average		540.961	75.973
% of Calories			56.18%

Wed - 09/04/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 19-20			
Recipe	Total		
Bean & Cheese Burrito	1.00 Each	296.820	43.230
Muffin Pal Pack	1.00 pack	498.000	50.500
Romaine Lettuce	1.00 cup	7.990	1.546
Garbanzo Beans	1/4 cup	52.800	8.094
Red Bell Pepper Strips	1/4 cup	9.566	1.861
Fresh Apple	1.00 each	52.520	13.948
Mixed Fruit	1.00 Each (0.5 cup)	80.000	19.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000

Soy Milk	1.00 Cup	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Condiments	1.00 Serving	64.200	3.200
Weighted Daily Average		586.098	84.345
% of Calories			57.56%

Thu - 09/05/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 19-20			
Recipe	Total		
Homestyle Chicken Nuggets	5.00 Nuggets	260.000	15.000
Cinnamon Breakfast Round Pal Pack	1.00 Pack	461.666	63.262
Romaine Lettuce	1.00 cup	7.990	1.546
Green Peas	1/4 cup	31.000	5.500
Cucumber Slices	1/4 cup	5.487	1.328
Banana	1/2 cup	112.138	28.778
Strawberry Cup	1.00 each	90.000	22.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Condiments	1.00 Serving	64.200	3.200
Weighted Daily Average		571.269	73.715
% of Calories			51.61%

Fri - 09/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
------------------	--------------	-----------------	-------------------

Elementary Lunch 19-20			
Recipe	Total		
Cheese Pizza Sticks	2.00 Sticks	300.000	32.000
Bagel Pal Pack	1.00 pack	405.000	45.500
Romaine Lettuce	1.00 cup	7.990	1.546
Broccoli Florets	1/4 cup	7.500	1.250
Cauliflower Florets	1/4 cup	6.250	1.000
Fresh Apple Slices	1.00 bag	29.000	6.000
Fresh Peach	1.00 each	39.311	9.616
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Condiments	1.00 Serving	64.200	3.200
Pizza Dipping Sauce	1.00 Dipping cup	40.000	7.000
Weighted Daily Average		521.743	63.500
% of Calories			48.68%

Mon - 09/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 19-20			
Recipe	Total		
Mini Corn Dogs	6.00 Each	270.000	30.000
Protein Pal Pack	1.00 Pack	342.000	30.450
Romaine Lettuce	1.00 cup	7.990	1.546

Corn	1/4 cup	33.500	8.000
Cherry Tomatoes	1/4 cup	6.748	1.458
Dried Fruit	1/4 cup	113.500	28.775
Sliced Pears	1/2 cup	65.000	17.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Condiments	1.00 Serving	64.200	3.200
Weighted Daily Average		538.914	75.575
% of Calories			56.09%

Tue - 09/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 19-20			
Recipe	Total		
French Toast with Turkey Sausage	1.00 Serving	280.000	27.000
Yogurt & Granola Pal Pack	1.00 Pack	408.400	67.340
Romaine Lettuce	1.00 cup	7.990	1.546
Shelled Edamame	0.25 cup	52.247	3.483
Celery Sticks	1/4 cup	5.184	0.962
Baby Carrots	1.00 Pack	12.000	5.000
Fresh Oranges	1/2 cup	121.822	30.455
Applesauce: Cinnamon, Strawberry, or Peach-Mango	1.00 Each (0.5 cup)	50.333	14.000
Cinnamon Applesauce	1.00 Each (0.5 cup)	70.500	18.000
1% Milk	1/2 pint	110.000	13.000

Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Condiments	1.00 Serving	64.200	3.200
Weighted Daily Average		540.728	73.004
% of Calories			54.00%

Wed - 09/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 19-20			
Recipe	Total		
Popcorn Chicken	15.00 Pieces	287.500	17.500
Muffin Pal Pack	1.00 pack	498.000	50.500
Romaine Lettuce	1.00 cup	7.990	1.546
Garbanzo Beans	1/4 cup	52.800	8.094
Red Bell Pepper Strips	1/4 cup	9.566	1.861
Fresh Apple	1.00 each	52.520	13.948
Mixed Fruit	1.00 Each (0.5 cup)	80.000	19.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Condiments	1.00 Serving	64.200	3.200
Weighted Daily Average		579.108	65.048
% of Calories			44.93%

Thu - 09/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 19-20			
Recipe	Total		
Cheese Pizza	1.00 Slice	310.000	35.000
Pepperoni Pizza	1.00 Slice	310.000	34.000
Cinnamon Breakfast Round Pal Pack	1.00 Pack	461.666	63.262
Romaine Lettuce	1.00 cup	7.990	1.546
Green Peas	$\frac{1}{4}$ cup	31.000	5.500
Cucumber Slices	$\frac{1}{4}$ cup	5.487	1.328
Banana	$\frac{1}{2}$ cup	112.138	28.778
Strawberry Cup	1.00 each	90.000	22.000
1% Milk	$\frac{1}{2}$ pint	110.000	13.000
Fat Free Chocolate Milk	$\frac{1}{2}$ pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Condiments	1.00 Serving	64.200	3.200
Weighted Daily Average		608.769	88.465
% of Calories			58.13%

Fri - 09/13/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 19-20			
Recipe	Total		
Breaded Chicken Drumstick	1.00 Piece	190.000	5.000

Glazed Chicken Drumstick	1.00 Piece	160.000	2.000
Bagel Pal Pack	1.00 pack	405.000	45.500
Romaine Lettuce	1.00 cup	7.990	1.546
Broccoli Florets	1/4 cup	7.500	1.250
Cauliflower Florets	1/4 cup	6.250	1.000
Fresh Apple Slices	1.00 bag	29.000	6.000
Fresh Peach	1.00 each	39.311	9.616
Cheesy Cornbread Muffin	1.00 Muffin	190.000	30.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Condiments	1.00 Serving	64.200	3.200
Weighted Daily Average		544.243	59.750
% of Calories			43.91%

Mon - 09/16/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 19-20			
Recipe	Total		
Chicken Tenders	3.00 Pieces	307.692	15.385
Protein Pal Pack	1.00 Pack	342.000	30.450
Romaine Lettuce	1.00 cup	7.990	1.546
Corn	1/4 cup	33.500	8.000
Cherry Tomatoes	1/4 cup	6.748	1.458
Dried Fruit	1/4 cup	113.500	28.775
Sliced Pears		65.000	17.000

	1/2 cup		
Oven Fresh Wheat Roll	1.00 Roll	70.000	13.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Condiments	1.00 Serving	64.200	3.200
Weighted Daily Average		619.683	74.364
% of Calories			48.00%

Tue - 09/17/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 19-20			
Recipe	Total		
Beef Soft Taco	1.00 Taco	93.729	9.706
Yogurt & Granola Pal Pack	1.00 Pack	408.400	67.340
Romaine Lettuce	1.00 cup	7.990	1.546
Shelled Edamame	0.25 cup	52.247	3.483
Celery Sticks	1/4 cup	5.184	0.962
Baby Carrots	1.00 Pack	12.000	5.000
Fresh Oranges	1/2 cup	121.822	30.455
Applesauce: Cinnamon, Strawberry, or Peach-Mango	1.00 Each (0.5 cup)	50.333	14.000
Cinnamon Applesauce	1.00 Each (0.5 cup)	70.500	18.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000

Fat Free Milk	1.00 carton	90.000	13.000
Condiments	1.00 Serving	64.200	3.200
Weighted Daily Average		401.025	60.033
% of Calories			59.88%

Wed - 09/18/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 19-20			
Recipe	Total		
Cheese Breadsticks	2.00 Sticks	300.000	30.000
Muffin Pal Pack	1.00 pack	498.000	50.500
Romaine Lettuce	1.00 cup	7.990	1.546
Garbanzo Beans	$\frac{1}{4}$ cup	52.800	8.094
Red Bell Pepper Strips	$\frac{1}{4}$ cup	9.566	1.861
Fresh Apple	1.00 each	52.520	13.948
Mixed Fruit	1.00 Each (0.5 cup)	80.000	19.000
1% Milk	$\frac{1}{2}$ pint	110.000	13.000
Fat Free Chocolate Milk	$\frac{1}{2}$ pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Condiments	1.00 Serving	64.200	3.200
Pizza Dipping Sauce	1.00 Dipping cup	40.000	7.000
Weighted Daily Average		618.483	79.673
% of Calories			51.53%

Thu - 09/19/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
------------------	--------------	-----------------	-------------------

Elementary Lunch 19-20			
Recipe	Total		
Homestyle Chicken Patty with Bun	1.00 Each	334.000	39.000
Hot 'N Spicy Chicken Patty with Bun	1.00 Each	420.000	43.000
Cinnamon Breakfast Round Pal Pack	1.00 Pack	461.666	63.262
Romaine Lettuce	1.00 cup	7.990	1.546
Green Peas	1/4 cup	31.000	5.500
Cucumber Slices	1/4 cup	5.487	1.328
Banana	1/2 cup	112.138	28.778
Strawberry Cup	1.00 each	90.000	22.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Condiments	1.00 Serving	64.200	3.200
Weighted Daily Average		648.269	92.715
% of Calories			57.21%

Fri - 09/20/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 19-20			
Recipe	Total		
Cook's Choice	1.00 Serving	400.000	N/A*
Bagel Pal Pack	1.00 pack	405.000	45.500
Romaine Lettuce	1.00 cup	7.990	1.546

Broccoli Florets	1/4 cup	7.500	1.250
Cauliflower Florets	1/4 cup	6.250	1.000
Fresh Apple Slices	1.00 bag	29.000	6.000
Fresh Peach	1.00 each	39.311	9.616
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Condiments	1.00 Serving	64.200	3.200
Weighted Daily Average		566.743	34.250*
% of Calories			24.17%

Mon - 09/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 19-20			
Recipe	Total		
Chicken Bites	5.00 Pieces	200.000	12.500
Protein Pal Pack	1.00 Pack	342.000	30.450
Romaine Lettuce	1.00 cup	7.990	1.546
Corn	1/4 cup	33.500	8.000
Cherry Tomatoes	1/4 cup	6.748	1.458
Dried Fruit	1/4 cup	113.500	28.775
Sliced Pears	1/2 cup	65.000	17.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000

Fat Free Milk	1.00 carton	90.000	13.000
Condiments	1.00 Serving	64.200	3.200
Weighted Daily Average		486.414	62.450
% of Calories			51.36%

Tue - 09/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 19-20			
Recipe	Total		
Beef Teriyaki Dippers with Brown Rice	1.00 serving	250.236	24.578
Yogurt & Granola Pal Pack	1.00 Pack	408.400	67.340
Romaine Lettuce	1.00 cup	7.990	1.546
Shelled Edamame	0.25 cup	52.247	3.483
Celery Sticks	$\frac{1}{4}$ cup	5.184	0.962
Baby Carrots	1.00 Pack	12.000	5.000
Fresh Oranges	$\frac{1}{2}$ cup	121.822	30.455
Applesauce: Cinnamon, Strawberry, or Peach-Mango	1.00 Each (0.5 cup)	50.333	14.000
Cinnamon Applesauce	1.00 Each (0.5 cup)	70.500	18.000
1% Milk	$\frac{1}{2}$ pint	110.000	13.000
Fat Free Chocolate Milk	$\frac{1}{2}$ pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Condiments	1.00 Serving	64.200	3.200
Weighted Daily Average		518.405	71.187
% of Calories			54.93%

Wed - 09/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 19-20			
Recipe	Total		
Turkey Bologna, Turkey Salami & Cheese Sub	1.00 Sandwich	330.000	43.000
Muffin Pal Pack	1.00 pack	498.000	50.500
Romaine Lettuce	1.00 cup	7.990	1.546
Garbanzo Beans	1/4 cup	52.800	8.094
Red Bell Pepper Strips	1/4 cup	9.566	1.861
Fresh Apple	1.00 each	52.520	13.948
Mixed Fruit	1.00 Each (0.5 cup)	80.000	19.000
SunChips	1.00 Package	140.000	19.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Condiments	1.00 Serving	64.200	3.200
Weighted Daily Average		715.983	98.423
% of Calories			54.99%

Thu - 09/26/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 19-20			
Recipe	Total		
Personal Cheese Pizza	1.00 pizza	280.000	29.000
Personal Pepperoni Pizza	1.00 each	290.000	29.000

Cinnamon Breakfast Round Pal Pack	1.00 Pack	461.666	63.262
Romaine Lettuce	1.00 cup	7.990	1.546
Green Peas	1/4 cup	31.000	5.500
Cucumber Slices	1/4 cup	5.487	1.328
Banana	1/2 cup	112.138	28.778
Strawberry Cup	1.00 each	90.000	22.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Condiments	1.00 Serving	64.200	3.200
Weighted Daily Average		588.769	84.215
% of Calories			57.21%

Fri - 09/27/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 19-20			
Recipe	Total		
Hot Dog (Beef)	1.00 Each	330.000	28.000
Bagel Pal Pack	1.00 pack	405.000	45.500
Romaine Lettuce	1.00 cup	7.990	1.546
Broccoli Florets	1/4 cup	7.500	1.250
Cauliflower Florets	1/4 cup	6.250	1.000
Potato Salad	1/4 Cup	110.000	13.500
Fresh Apple Slices	1.00 bag	29.000	6.000
Fresh Peach	1.00 each	39.311	9.616

1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Condiments	1.00 Serving	64.200	3.200
Weighted Daily Average		596.743	65.375
% of Calories			43.82%

Mon - 09/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch 19-20			
Recipe	Total		
Chicken & Cheese Quesadilla	1.00 each	300.000	37.000
Protein Pal Pack	1.00 Pack	342.000	30.450
Romaine Lettuce	1.00 cup	7.990	1.546
Corn	1/4 cup	33.500	8.000
Cherry Tomatoes	1/4 cup	6.748	1.458
Dried Fruit	1/4 cup	113.500	28.775
Sliced Pears	1/2 cup	65.000	17.000
1% Milk	1/2 pint	110.000	13.000
Fat Free Chocolate Milk	1/2 pint carton	130.000	24.000
Soy Milk	1.00 Cup	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Condiments	1.00 Serving	64.200	3.200
Weighted Daily Average		561.414	80.825
% of Calories			57.59%