

Carbohydrate Report

District: Renton School District

Menu: High School Lunch 19-20



Wed - 08/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 19-20			
Recipe	Total		
Cook's Choice	1.00 Serving	400.000	N/A*
Chicken Nuggets with Roll	1.00 Serving	410.000	42.000
Caesar Salad with Chicken & Roll	1.00 Salad	368.378	40.711
Grilled Chicken Sandwich	1.00 Each	378.020	29.910
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
Four Cheese Pizza	1.00 Slice	360.000	35.000
Pepperoni (Turkey) Pizza	1.00 Slice	370.000	35.000
Hawaiian Pizza	1.00 Slice	460.250	42.689
Three-Meat Pizza	1.00 slice	449.370	38.069
Cheeseburger	1.00 Cheeseburger	418.020	26.910
Turkey Sandwich	1.00 Sandwich	330.507	33.656
Club Sandwich	1.00 Sandwich	410.066	33.952
Smucker's PB & J Sandwich	1.00 Sandwich	600.000	64.000
PB&J Pal Pack	1.00 Pack	619.000	77.000
Protein Pal Pack	1.00 Pack	747.666	86.712
Romaine & Broccoli Slaw	0.50 Cup	10.333	1.500
Garbanzo Beans	1/4 cup	52.800	8.094
Broccoli Florets		7.500	1.250

	¹ / ₄ cup		
Baby Carrots	1.00 Serving	15.333	4.633
French Fries	¹ / ₄ Cup	65.000	8.500
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	79.100	2.700
Weighted Daily Average		825.042	106.953*
% of Calories			51.85%

Thu - 08/29/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 19-20			
Recipe	Total		
General Tso's Chicken with Rice	1.00 Serving	332.972	49.656
Chicken Tenders with Garlic Toast	1.00 Serving	1030.000	60.000
Asian Chicken Salad with Pita Bread	1.00 Salad	354.322	39.752
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
Four Cheese Pizza	1.00 Slice	360.000	35.000
Pepperoni (Turkey) Pizza	1.00 Slice	370.000	35.000
Supreme Pizza	1.00 Slice	439.553	40.063
Three-Meat Pizza	1.00 slice	449.370	38.069

Hamburger	1.00 Hamburger	300.000	26.000
Turkey Sandwich	1.00 Sandwich	330.507	33.656
Ham Sandwich	1.00 Sandwich	332.346	33.600
Smucker's PB & J Sandwich	1.00 Sandwich	600.000	64.000
PB&J Pal Pack	1.00 Pack	619.000	77.000
Blueberry Muffin Pal Pack	1.00 Pack	612.000	80.500
Cheese Quesadilla	1.00 Each	323.667	32.000
Romaine & Broccoli Slaw	0.50 Cup	10.333	1.500
Green Peas	1/4 cup	31.000	5.500
Cucumber Slices	1/4 cup	5.487	1.328
Cherry Tomatoes	1/4 cup	6.748	1.458
French Fries	1/4 Cup	65.000	8.500
Banana	1/2 cup	112.138	28.778
Peach Cup	1.00 each	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	79.100	2.700
Weighted Daily Average		753.456	101.184
% of Calories			53.72%

Fri - 08/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 19-20			
Recipe	Total		
Zesty Mac with Beef	2.00 Cups	514.324	54.955

Fish Sandwich	1.00 Sandwich	330.000	40.000
Fish & Chips with Garlic Toast	1.00 Serving	351.827	36.239
Garden Salad with Breakfast Bar	1.00 Salad	647.772	75.582
Chef Salad with Breakfast Bar	1.00 Salad	499.071	61.412
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
Four Cheese Pizza	1.00 Slice	360.000	35.000
Pepperoni (Turkey) Pizza	1.00 Slice	370.000	35.000
Vegetarian Pizza	1.00 Slice	403.815	40.465
Three-Meat Pizza	1.00 slice	449.370	38.069
Cheeseburger	1.00 Cheeseburger	418.020	26.910
Mini Twin Beef Cheeseburgers	1.00 pkg/2	320.000	35.000
Mini Twin Veggie Burgers	1.00 Package	310.000	40.000
Turkey Sandwich	1.00 Sandwich	330.507	33.656
Italian Sandwich	1.00 Sandwich	415.644	33.304
Smucker's PB & J Sandwich	1.00 Sandwich	600.000	64.000
PB&J Pal Pack	1.00 Pack	619.000	77.000
Hummus Pal Pack	1.00 Pack	511.283	83.974
Beef Taco Snack	1.00 Each	350.000	38.000
Romaine & Broccoli Slaw	0.50 Cup	10.333	1.500
Broccoli Florets	1/4 cup	7.500	1.250
Cauliflower Florets	1/4 cup	6.250	1.000
Baby Carrots	1.00 Serving	15.333	4.633
Raisins	1.00 Box	114.000	30.000
Marionberries	1/4 Cup	20.750	4.525
Fresh Kiwi	1/2 cup	66.036	15.870
Pineapple Lime Jello	1.00 cup	147.011	36.834

Strawberry Peach Jello	1.00 cup	80.512	19.532
Mandarin Orange Jello	1.00 cup	163.334	39.212
Fruity Lemon Jello	1.00 cup	142.880	35.160
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	79.100	2.700
Weighted Daily Average		743.662	110.970
% of Calories			59.69%

Mon - 09/02/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School 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)
High School Lunch 19-20				
Recipe		Total		
Beef Teriyaki with Rice		1.00 Serving	375.372	49.416
Spicy Chicken Bites with Garlic Toast		1.00 Serving	485.000	33.500
Spicy Chicken Bites with Cheesy Cornbread Muffin		1.00 Serving	390.000	40.000

Taco Salad with Tortilla Chips	1.00 Salad	473.652	44.237
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
Four Cheese Pizza	1.00 Slice	360.000	35.000
Pepperoni (Turkey) Pizza	1.00 Slice	370.000	35.000
Buffalo Chicken Pizza	1.00 Slice	778.682	69.882
Three-Meat Pizza	1.00 slice	449.370	38.069
Hamburger	1.00 Hamburger	300.000	26.000
Turkey Sandwich	1.00 Sandwich	330.507	33.656
Tuna Salad Sandwich	1.00 Sandwich	383.300	33.077
Smucker's PB & J Sandwich	1.00 Sandwich	600.000	64.000
PB&J Pal Pack	1.00 Pack	619.000	77.000
Bagel Pal Pack	1.00 Pack	595.000	71.500
Chicken, Cheese & Bean Burrito	1.00 Burrito	330.000	36.000
Romaine & Broccoli Slaw	0.50 Cup	10.333	1.500
Shelled Edamame	0.25 cup	52.247	3.483
Celery Sticks	1/4 cup	5.184	0.962
Red Bell Pepper Strips	1/4 cup	9.566	1.861
French Fries	1/4 Cup	65.000	8.500
Fresh Oranges	1/2 cup	121.822	30.455
Pears	1.00 each	101.460	27.109
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	79.100	2.700
Weighted Daily Average		856.928	124.850

% of Calories	58.28%
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Wed - 09/04/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 19-20			
Recipe	Total		
Popcorn Chicken Mashed Potato Bowl with Roll	1.00 Bowl	626.888	80.859
Chicken Bites with Roll	1.00 Serving	350.000	39.500
Caesar Salad with Chicken & Roll	1.00 Salad	368.378	40.711
Grilled Chicken Sandwich	1.00 Each	378.020	29.910
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
Four Cheese Pizza	1.00 Slice	360.000	35.000
Pepperoni (Turkey) Pizza	1.00 Slice	370.000	35.000
Hawaiian Pizza	1.00 Slice	460.250	42.689
Three-Meat Pizza	1.00 slice	449.370	38.069
Cheeseburger	1.00 Cheeseburger	418.020	26.910
Turkey Sandwich	1.00 Sandwich	330.507	33.656
Club Sandwich	1.00 Sandwich	410.066	33.952
Smucker's PB & J Sandwich	1.00 Sandwich	600.000	64.000
PB&J Pal Pack	1.00 Pack	619.000	77.000
Protein Pal Pack	1.00 Pack	747.666	86.712
Romaine & Broccoli Slaw	0.50 Cup	10.333	1.500
Garbanzo Beans	1/4 cup	52.800	8.094
Broccoli Florets	1/4 cup	7.500	1.250
Baby Carrots	1.00 Serving	15.333	4.633
French Fries		65.000	8.500

	1/4 Cup		
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	79.100	2.700
Weighted Daily Average		813.158	116.525
% of Calories			57.32%

Thu - 09/05/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 19-20			
Recipe	Total		
Lemongrass Chicken Rice Bowl	1.00 Bowl	342.972	57.656
Chicken Tenders with Garlic Toast	1.00 Serving	1030.000	60.000
Asian Chicken Salad with Pita Bread	1.00 Salad	354.322	39.752
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
Four Cheese Pizza	1.00 Slice	360.000	35.000
Pepperoni (Turkey) Pizza	1.00 Slice	370.000	35.000
Supreme Pizza	1.00 Slice	439.553	40.063
Three-Meat Pizza	1.00 slice	449.370	38.069
Hamburger	1.00 Hamburger	300.000	26.000
Turkey Sandwich	1.00 Sandwich	330.507	33.656

Ham Sandwich	1.00 Sandwich	332.346	33.600
Smucker's PB & J Sandwich	1.00 Sandwich	600.000	64.000
PB&J Pal Pack	1.00 Pack	619.000	77.000
Blueberry Muffin Pal Pack	1.00 Pack	612.000	80.500
Cheese Quesadilla	1.00 Each	323.667	32.000
Romaine & Broccoli Slaw	0.50 Cup	10.333	1.500
Green Peas	$\frac{1}{4}$ cup	31.000	5.500
Cucumber Slices	$\frac{1}{4}$ cup	5.487	1.328
Cherry Tomatoes	$\frac{1}{4}$ cup	6.748	1.458
French Fries	$\frac{1}{4}$ Cup	65.000	8.500
Banana	$\frac{1}{2}$ cup	112.138	28.778
Peach Cup	1.00 each	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	79.100	2.700
Weighted Daily Average		886.622	136.299
% of Calories			61.49%

Fri - 09/06/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 19-20			
Recipe	Total		
Cook's Choice	1.00 Serving	400.000	N/A*
Captain's Platter	1.00 Serving	397.871	39.376
Cheese Ravioli Caesar Salad with Chicken	1.00 Salad	550.275	59.963

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
Four Cheese Pizza	1.00 Slice	360.000	35.000
Pepperoni (Turkey) Pizza	1.00 Slice	370.000	35.000
Vegetarian Pizza	1.00 Slice	403.815	40.465
Three-Meat Pizza	1.00 slice	449.370	38.069
Cheeseburger	1.00 Cheeseburger	418.020	26.910
Mini Twin Beef Cheeseburgers	1.00 pkg/2	320.000	35.000
Mini Twin Veggie Burgers	1.00 Package	310.000	40.000
Turkey Sandwich	1.00 Sandwich	330.507	33.656
Italian Sandwich	1.00 Sandwich	415.644	33.304
Smucker's PB & J Sandwich	1.00 Sandwich	600.000	64.000
PB&J Pal Pack	1.00 Pack	619.000	77.000
Hummus Pal Pack	1.00 Pack	511.283	83.974
Beef Taco Snack	1.00 Each	350.000	38.000
Romaine & Broccoli Slaw	0.50 Cup	10.333	1.500
Broccoli Florets	1/4 cup	7.500	1.250
Cauliflower Florets	1/4 cup	6.250	1.000
Baby Carrots	1.00 Serving	15.333	4.633
Fresh Kiwi	1/2 cup	66.036	15.870
Raisins	1.00 Box	114.000	30.000
Raspberries	1/4 Cup	18.250	4.180
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	79.100	2.700

Weighted Daily Average	639.259	80.270*
% of Calories		50.23%

Mon - 09/09/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 19-20			
Recipe	Total		
Beef Nachos with Cheese Cup	1.00 Each	514.443	49.622
Chicken Corn Dog	1.00 each	240.000	30.000
Buffalo Chicken Salad with Roll	1.00 Salad	553.219	52.930
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
Four Cheese Pizza	1.00 Slice	360.000	35.000
Pepperoni (Turkey) Pizza	1.00 Slice	370.000	35.000
Three-Meat Pizza	1.00 slice	449.370	38.069
Cheeseburger	1.00 Cheeseburger	418.020	26.910
Turkey Sandwich	1.00 Sandwich	330.507	33.656
Chicken Salad Sandwich	1.00 Sandwich	470.567	31.747
Smucker's PB & J Sandwich	1.00 Sandwich	600.000	64.000
PB&J Pal Pack	1.00 Pack	619.000	77.000
Yogurt & Granola Pal Pack	1.00 Pack	518.400	95.340
Bean & Cheese Burrito	1.00 Burrito	270.800	44.280
Romaine & Broccoli Slaw	0.50 Cup	10.333	1.500
Cucumber Slices	1/4 cup	5.487	1.328
Corn	1/4 cup	33.500	8.000
Baby Carrots	1.00 Serving	15.333	4.633

French Fries	1/4 Cup	65.000	8.500
Strawberry Cup	1.00 each	90.000	22.000
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	79.100	2.700
Weighted Daily Average		808.097	128.024
% of Calories			63.37%

Tue - 09/10/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 19-20			
Recipe	Total		
Chicken Teriyaki with Rice	1.00 Serving	390.972	53.656
Spicy Chicken Bites with Garlic Toast	1.00 Serving	485.000	33.500
Spicy Chicken Bites with Cheesy Cornbread Muffin	1.00 Serving	390.000	40.000
Taco Salad with Tortilla Chips	1.00 Salad	473.652	44.237
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
Four Cheese Pizza	1.00 Slice	360.000	35.000
Pepperoni (Turkey) Pizza	1.00 Slice	370.000	35.000
Buffalo Chicken Pizza	1.00 Slice	778.682	69.882
Three-Meat Pizza	1.00 slice	449.370	38.069

Hamburger	1.00 Hamburger	300.000	26.000
Turkey Sandwich	1.00 Sandwich	330.507	33.656
Tuna Salad Sandwich	1.00 Sandwich	383.300	33.077
Smucker's PB & J Sandwich	1.00 Sandwich	600.000	64.000
PB&J Pal Pack	1.00 Pack	619.000	77.000
Bagel Pal Pack	1.00 Pack	595.000	71.500
Chicken, Cheese & Bean Burrito	1.00 Burrito	330.000	36.000
Romaine & Broccoli Slaw	0.50 Cup	10.333	1.500
Shelled Edamame	0.25 cup	52.247	3.483
Celery Sticks	$\frac{1}{4}$ cup	5.184	0.962
Red Bell Pepper Strips	$\frac{1}{4}$ cup	9.566	1.861
French Fries	$\frac{1}{4}$ Cup	65.000	8.500
Fresh Oranges	$\frac{1}{2}$ cup	121.822	30.455
Pears	1.00 each	101.460	27.109
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	79.100	2.700
Weighted Daily Average		819.771	120.253
% of Calories			58.68%

Wed - 09/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 19-20			
Recipe	Total		
Cook's Choice	1.00 Serving	400.000	N/A*

Chicken Wings with Roll	1.00 Serving	350.000	27.000
Caesar Salad with Chicken & Roll	1.00 Salad	368.378	40.711
Grilled Chicken Sandwich	1.00 Each	378.020	29.910
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
Four Cheese Pizza	1.00 Slice	360.000	35.000
Pepperoni (Turkey) Pizza	1.00 Slice	370.000	35.000
Hawaiian Pizza	1.00 Slice	460.250	42.689
Three-Meat Pizza	1.00 slice	449.370	38.069
Cheeseburger	1.00 Cheeseburger	418.020	26.910
Turkey Sandwich	1.00 Sandwich	330.507	33.656
Club Sandwich	1.00 Sandwich	410.066	33.952
Smucker's PB & J Sandwich	1.00 Sandwich	600.000	64.000
PB&J Pal Pack	1.00 Pack	619.000	77.000
Protein Pal Pack	1.00 Pack	747.666	86.712
Romaine & Broccoli Slaw	0.50 Cup	10.333	1.500
Garbanzo Beans	1/4 cup	52.800	8.094
Broccoli Florets	1/4 cup	7.500	1.250
Baby Carrots	1.00 Serving	15.333	4.633
French Fries	1/4 Cup	65.000	8.500
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	79.100	2.700

Weighted Daily Average	746.052	100.487*
% of Calories		53.88%

Thu - 09/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 19-20			
Recipe	Total		
Honey Fire Chicken Rice Bowl	1.00 Bowl	327.972	50.656
Chicken Tenders with Garlic Toast	1.00 Serving	1030.000	60.000
Asian Chicken Salad with Pita Bread	1.00 Salad	354.322	39.752
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
Four Cheese Pizza	1.00 Slice	360.000	35.000
Pepperoni (Turkey) Pizza	1.00 Slice	370.000	35.000
Supreme Pizza	1.00 Slice	439.553	40.063
Three-Meat Pizza	1.00 slice	449.370	38.069
Hamburger	1.00 Hamburger	300.000	26.000
Turkey Sandwich	1.00 Sandwich	330.507	33.656
Ham Sandwich	1.00 Sandwich	332.346	33.600
Smucker's PB & J Sandwich	1.00 Sandwich	600.000	64.000
PB&J Pal Pack	1.00 Pack	619.000	77.000
Blueberry Muffin Pal Pack	1.00 Pack	612.000	80.500
Cheese Quesadilla	1.00 Each	323.667	32.000
Romaine & Broccoli Slaw	0.50 Cup	10.333	1.500
Green Peas	1/4 cup	31.000	5.500
Cucumber Slices	1/4 cup	5.487	1.328

Cherry Tomatoes	1/4 cup	6.748	1.458
French Fries	1/4 Cup	65.000	8.500
Banana	1/2 cup	112.138	28.778
Peach Cup	1.00 each	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	79.100	2.700
Weighted Daily Average		750.109	103.629
% of Calories			55.26%

Fri - 09/13/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 19-20				
Recipe	Total			
Chicken & Waffles	1.00 Serving	430.000	40.500	
Fish Sandwich	1.00 Sandwich	330.000	40.000	
Fish & Chips with Garlic Toast	1.00 Serving	351.827	36.239	
Garden Salad with Breakfast Bar	1.00 Salad	647.772	75.582	
Chef Salad with Breakfast Bar	1.00 Salad	499.071	61.412	
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	
Four Cheese Pizza	1.00 Slice	360.000	35.000	
Pepperoni (Turkey) Pizza	1.00 Slice	370.000	35.000	
Vegetarian Pizza	1.00 Slice	403.815	40.465	

Three-Meat Pizza	1.00 slice	449.370	38.069
Cheeseburger	1.00 Cheeseburger	418.020	26.910
Mini Twin Beef Cheeseburgers	1.00 pkg/2	320.000	35.000
Mini Twin Veggie Burgers	1.00 Package	310.000	40.000
Turkey Sandwich	1.00 Sandwich	330.507	33.656
Italian Sandwich	1.00 Sandwich	415.644	33.304
Smucker's PB & J Sandwich	1.00 Sandwich	600.000	64.000
PB&J Pal Pack	1.00 Pack	619.000	77.000
Hummus Pal Pack	1.00 Pack	511.283	83.974
Beef Taco Snack	1.00 Each	350.000	38.000
Romaine & Broccoli Slaw	0.50 Cup	10.333	1.500
Broccoli Florets	1/4 cup	7.500	1.250
Cauliflower Florets	1/4 cup	6.250	1.000
Baby Carrots	1.00 Serving	15.333	4.633
Fresh Kiwi	1/2 cup	66.036	15.870
Raisins	1.00 Box	114.000	30.000
Strawberries	1/2 cup	25.000	7.000
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	79.100	2.700
Weighted Daily Average		713.955	106.485
% of Calories			59.66%

Mon - 09/16/2019	Portion Size	Calories (kcal)	Carbohydrates (g)

High School Lunch 19-20			
Recipe	Total		
Cook's Choice	1.00 Serving	400.000	N/A*
Mini Corn Dogs	6.00 Each	270.000	30.000
Buffalo Chicken Salad with Roll	1.00 Salad	553.219	52.930
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
Four Cheese Pizza	1.00 Slice	360.000	35.000
Pepperoni (Turkey) Pizza	1.00 Slice	370.000	35.000
Three-Meat Pizza	1.00 slice	449.370	38.069
Cheeseburger	1.00 Cheeseburger	418.020	26.910
Turkey Sandwich	1.00 Sandwich	330.507	33.656
Chicken Salad Sandwich	1.00 Sandwich	470.567	31.747
Smucker's PB & J Sandwich	1.00 Sandwich	600.000	64.000
PB&J Pal Pack	1.00 Pack	619.000	77.000
Yogurt & Granola Pal Pack	1.00 Pack	518.400	95.340
Bean & Cheese Burrito	1.00 Each	296.820	43.230
Romaine & Broccoli Slaw	0.50 Cup	10.333	1.500
Cucumber Slices	$\frac{1}{4}$ cup	5.487	1.328
Corn	$\frac{1}{4}$ cup	33.500	8.000
Baby Carrots	1.00 Serving	15.333	4.633
French Fries	$\frac{1}{4}$ Cup	65.000	8.500
Strawberry Cup	1.00 each	90.000	22.000
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		130.000	24.000

	1/2 pint carton		
Soy Milk	1.00 Cup	140.000	12.000
Fat Free Milk	1.00 carton	90.000	13.000
Condiments	1.00 Serving	79.100	2.700
Weighted Daily Average		835.086	132.733*
% of Calories			63.58%

Tue - 09/17/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 19-20			
Recipe	Total		
Thai Sweet Chili Chicken Rice Bowl	1.00 Bowl	303.072	52.656
Spicy Chicken Bites with Garlic Toast	1.00 Serving	485.000	33.500
Spicy Chicken Bites with Cheesy Cornbread Muffin	1.00 Serving	390.000	40.000
Taco Salad with Tortilla Chips	1.00 Salad	473.652	44.237
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
Four Cheese Pizza	1.00 Slice	360.000	35.000
Pepperoni (Turkey) Pizza	1.00 Slice	370.000	35.000
Buffalo Chicken Pizza	1.00 Slice	778.682	69.882
Three-Meat Pizza	1.00 slice	449.370	38.069
Hamburger	1.00 Hamburger	300.000	26.000
Turkey Sandwich	1.00 Sandwich	330.507	33.656
Tuna Salad Sandwich	1.00 Sandwich	383.300	33.077
Smucker's PB & J Sandwich	1.00 Sandwich	600.000	64.000
PB&J Pal Pack	1.00 Pack	619.000	77.000

Bagel Pal Pack	1.00 Pack	595.000	71.500
Chicken, Cheese & Bean Burrito	1.00 Burrito	330.000	36.000
Romaine & Broccoli Slaw	0.50 Cup	10.333	1.500
Shelled Edamame	0.25 cup	52.247	3.483
Celery Sticks	1/4 cup	5.184	0.962
Red Bell Pepper Strips	1/4 cup	9.566	1.861
French Fries	1/4 Cup	65.000	8.500
Fresh Oranges	1/2 cup	121.822	30.455
Pears	1.00 each	101.460	27.109
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	79.100	2.700
Weighted Daily Average		746.577	101.969
% of Calories			54.63%

Wed - 09/18/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 19-20			
Recipe	Total		
Chicken Parmigiana with Whole Grain Spaghetti	1.00 Serving	501.462	73.855
Chicken Bites with Roll	1.00 Serving	350.000	39.500
Caesar Salad with Chicken & Roll	1.00 Salad	368.378	40.711
Grilled Chicken Sandwich	1.00 Each	378.020	29.910
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

Four Cheese Pizza	1.00 Slice	360.000	35.000
Pepperoni (Turkey) Pizza	1.00 Slice	370.000	35.000
Hawaiian Pizza	1.00 Slice	460.250	42.689
Three-Meat Pizza	1.00 slice	449.370	38.069
Cheeseburger	1.00 Cheeseburger	418.020	26.910
Turkey Sandwich	1.00 Sandwich	330.507	33.656
Club Sandwich	1.00 Sandwich	410.066	33.952
Smucker's PB & J Sandwich	1.00 Sandwich	600.000	64.000
PB&J Pal Pack	1.00 Pack	619.000	77.000
Protein Pal Pack	1.00 Pack	747.666	86.712
Romaine & Broccoli Slaw	0.50 Cup	10.333	1.500
Garbanzo Beans	¹ / ₄ cup	52.800	8.094
Broccoli Florets	¹ / ₄ cup	7.500	1.250
Baby Carrots	1.00 Serving	15.333	4.633
French Fries	¹ / ₄ Cup	65.000	8.500
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	79.100	2.700
Weighted Daily Average		778.008	110.034
% of Calories			56.57%

Thu - 09/19/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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High School Lunch 19-20			
Recipe	Total		
Edamame Kung Pao Chicken & Brown Rice	1.00 serving	307.472	48.156
Chicken Tenders with Garlic Toast	1.00 Serving	1030.000	60.000
Asian Chicken Salad with Pita Bread	1.00 Salad	354.322	39.752
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
Four Cheese Pizza	1.00 Slice	360.000	35.000
Pepperoni (Turkey) Pizza	1.00 Slice	370.000	35.000
Supreme Pizza	1.00 Slice	439.553	40.063
Three-Meat Pizza	1.00 slice	449.370	38.069
Hamburger	1.00 Hamburger	300.000	26.000
Turkey Sandwich	1.00 Sandwich	330.507	33.656
Ham Sandwich	1.00 Sandwich	332.346	33.600
Smucker's PB & J Sandwich	1.00 Sandwich	600.000	64.000
PB&J Pal Pack	1.00 Pack	619.000	77.000
Blueberry Muffin Pal Pack	1.00 Pack	612.000	80.500
Cheese Quesadilla	1.00 Each	323.667	32.000
Romaine & Broccoli Slaw	0.50 Cup	10.333	1.500
Green Peas	¹ / ₄ cup	31.000	5.500
Cucumber Slices	¹ / ₄ cup	5.487	1.328
Cherry Tomatoes	¹ / ₄ cup	6.748	1.458
French Fries	¹ / ₄ Cup	65.000	8.500
Banana	¹ / ₂ cup	112.138	28.778
Peach Cup	1.00 each	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	79.100	2.700
Weighted Daily Average		808.870	118.404
% of Calories			58.55%

Fri - 09/20/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 19-20			
Recipe	Total		
Chicken Fettuccine	1.50 Cups	521.671	62.410
Captain's Platter	1.00 Serving	397.871	39.376
Cheese Ravioli Caesar Salad with Chicken	1.00 Salad	550.275	59.963
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
Four Cheese Pizza	1.00 Slice	360.000	35.000
Pepperoni (Turkey) Pizza	1.00 Slice	370.000	35.000
Vegetarian Pizza	1.00 Slice	403.815	40.465
Three-Meat Pizza	1.00 slice	449.370	38.069
Cheeseburger	1.00 Cheeseburger	418.020	26.910
Mini Twin Beef Cheeseburgers	1.00 pkg/2	320.000	35.000
Mini Twin Veggie Burgers	1.00 Package	310.000	40.000
Turkey Sandwich	1.00 Sandwich	330.507	33.656
Italian Sandwich	1.00 Sandwich	415.644	33.304
Smucker's PB & J Sandwich	1.00 Sandwich	600.000	64.000

PB&J Pal Pack	1.00 Pack	619.000	77.000
Hummus Pal Pack	1.00 Pack	511.283	83.974
Beef Taco Snack	1.00 Each	350.000	38.000
Romaine & Broccoli Slaw	0.50 Cup	10.333	1.500
Broccoli Florets	$\frac{1}{4}$ cup	7.500	1.250
Cauliflower Florets	$\frac{1}{4}$ cup	6.250	1.000
Baby Carrots	1.00 Serving	15.333	4.633
Fresh Kiwi	$\frac{1}{2}$ cup	66.036	15.870
Raisins	1.00 Box	114.000	30.000
Blueberries	$\frac{1}{4}$ Cup	19.750	4.750
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	79.100	2.700
Weighted Daily Average		668.601	94.062
% of Calories			56.27%

Mon - 09/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 19-20			
Recipe	Total		
Beef Nachos with Cheese Cup	1.00 Each	514.443	49.622
Chicken Corn Dog	1.00 each	240.000	30.000
Buffalo Chicken Salad with Roll	1.00 Salad	553.219	52.930
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

Four Cheese Pizza	1.00 Slice	360.000	35.000
Pepperoni (Turkey) Pizza	1.00 Slice	370.000	35.000
Three-Meat Pizza	1.00 slice	449.370	38.069
Cheeseburger	1.00 Cheeseburger	418.020	26.910
Turkey Sandwich	1.00 Sandwich	330.507	33.656
Chicken Salad Sandwich	1.00 Sandwich	470.567	31.747
Smucker's PB & J Sandwich	1.00 Sandwich	600.000	64.000
PB&J Pal Pack	1.00 Pack	619.000	77.000
Yogurt & Granola Pal Pack	1.00 Pack	518.400	95.340
Bean & Cheese Burrito	1.00 Each	296.820	43.230
Romaine & Broccoli Slaw	0.50 Cup	10.333	1.500
Cucumber Slices	$\frac{1}{4}$ cup	5.487	1.328
Corn	$\frac{1}{4}$ cup	33.500	8.000
Baby Carrots	1.00 Serving	15.333	4.633
French Fries	$\frac{1}{4}$ Cup	65.000	8.500
Strawberry Cup	1.00 each	90.000	22.000
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	79.100	2.700
Weighted Daily Average		778.305	118.708
% of Calories			61.01%

Tue - 09/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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High School Lunch 19-20			
Recipe	Total		
Chicken Teriyaki with Rice	1.00 Serving	390.972	53.656
Spicy Chicken Bites with Garlic Toast	1.00 Serving	485.000	33.500
Spicy Chicken Bites with Cheesy Cornbread Muffin	1.00 Serving	390.000	40.000
Taco Salad with Tortilla Chips	1.00 Salad	473.652	44.237
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
Four Cheese Pizza	1.00 Slice	360.000	35.000
Pepperoni (Turkey) Pizza	1.00 Slice	370.000	35.000
Buffalo Chicken Pizza	1.00 Slice	778.682	69.882
Three-Meat Pizza	1.00 slice	449.370	38.069
Hamburger	1.00 Hamburger	300.000	26.000
Turkey Sandwich	1.00 Sandwich	330.507	33.656
Tuna Salad Sandwich	1.00 Sandwich	383.300	33.077
Smucker's PB & J Sandwich	1.00 Sandwich	600.000	64.000
PB&J Pal Pack	1.00 Pack	619.000	77.000
Bagel Pal Pack	1.00 Pack	595.000	71.500
Chicken, Cheese & Bean Burrito	1.00 Burrito	330.000	36.000
Romaine & Broccoli Slaw	0.50 Cup	10.333	1.500
Shelled Edamame	0.25 cup	52.247	3.483
Celery Sticks	1/4 cup	5.184	0.962
Red Bell Pepper Strips	1/4 cup	9.566	1.861
French Fries	1/4 Cup	65.000	8.500
Fresh Oranges	1/2 cup	121.822	30.455

Pears	1.00 each	101.460	27.109
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	79.100	2.700
Weighted Daily Average		965.120	148.819
% of Calories			61.68%

Wed - 09/25/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 19-20			
Recipe	Total		
Popcorn Chicken Mashed Potato Bowl with Roll	1.00 Bowl	626.888	80.859
Chicken Wings with Roll	1.00 Serving	350.000	27.000
Caesar Salad with Chicken & Roll	1.00 Salad	368.378	40.711
Grilled Chicken Sandwich	1.00 Each	378.020	29.910
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
Four Cheese Pizza	1.00 Slice	360.000	35.000
Pepperoni (Turkey) Pizza	1.00 Slice	370.000	35.000
Hawaiian Pizza	1.00 Slice	460.250	42.689
Three-Meat Pizza	1.00 slice	449.370	38.069
Cheeseburger	1.00 Cheeseburger	418.020	26.910
Turkey Sandwich	1.00 Sandwich	330.507	33.656
Club Sandwich	1.00 Sandwich	410.066	33.952
Smucker's PB & J Sandwich	1.00 Sandwich	600.000	64.000

PB&J Pal Pack	1.00 Pack	619.000	77.000
Protein Pal Pack	1.00 Pack	747.666	86.712
Romaine & Broccoli Slaw	0.50 Cup	10.333	1.500
Garbanzo Beans	1/4 cup	52.800	8.094
Broccoli Florets	1/4 cup	7.500	1.250
Baby Carrots	1.00 Serving	15.333	4.633
French Fries	1/4 Cup	65.000	8.500
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	79.100	2.700
Weighted Daily Average		717.570	94.557
% of Calories			52.71%

Thu - 09/26/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 19-20			
Recipe	Total		
Mandarin Orange Chicken Rice Bowl	1.00 Bowl	373.772	66.346
Chicken Tenders with Garlic Toast	1.00 Serving	1030.000	60.000
Asian Chicken Salad with Pita Bread	1.00 Salad	354.322	39.752
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

Four Cheese Pizza	1.00 Slice	360.000	35.000
Pepperoni (Turkey) Pizza	1.00 Slice	370.000	35.000
Supreme Pizza	1.00 Slice	439.553	40.063
Three-Meat Pizza	1.00 slice	449.370	38.069
Hamburger	1.00 Hamburger	300.000	26.000
Turkey Sandwich	1.00 Sandwich	330.507	33.656
Ham Sandwich	1.00 Sandwich	332.346	33.600
Smucker's PB & J Sandwich	1.00 Sandwich	600.000	64.000
PB&J Pal Pack	1.00 Pack	619.000	77.000
Blueberry Muffin Pal Pack	1.00 Pack	612.000	80.500
Cheese Quesadilla	1.00 Each	323.667	32.000
Romaine & Broccoli Slaw	0.50 Cup	10.333	1.500
Green Peas	¹ / ₄ cup	31.000	5.500
Cucumber Slices	¹ / ₄ cup	5.487	1.328
Cherry Tomatoes	¹ / ₄ cup	6.748	1.458
French Fries	¹ / ₄ Cup	65.000	8.500
Banana	¹ / ₂ cup	112.138	28.778
Peach Cup	1.00 each	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	79.100	2.700
Weighted Daily Average		828.371	123.138
% of Calories			59.46%

Fri - 09/27/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
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High School Lunch 19-20			
Recipe	Total		
Chicken & Waffles	1.00 Serving	430.000	40.500
Fish Sandwich	1.00 Sandwich	330.000	40.000
Fish & Chips with Garlic Toast	1.00 Serving	351.827	36.239
Chef Salad with Breakfast Bar	1.00 Salad	499.071	61.412
Garden Salad with Breakfast Bar	1.00 Salad	647.772	75.582
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
Four Cheese Pizza	1.00 Slice	360.000	35.000
Pepperoni (Turkey) Pizza	1.00 Slice	370.000	35.000
Vegetarian Pizza	1.00 Slice	403.815	40.465
Three-Meat Pizza	1.00 slice	449.370	38.069
Cheeseburger	1.00 Cheeseburger	418.020	26.910
Mini Twin Beef Cheeseburgers	1.00 pkg/2	320.000	35.000
Mini Twin Veggie Burgers	1.00 Package	310.000	40.000
Turkey Sandwich	1.00 Sandwich	330.507	33.656
Italian Sandwich	1.00 Sandwich	415.644	33.304
Smucker's PB & J Sandwich	1.00 Sandwich	600.000	64.000
PB&J Pal Pack	1.00 Pack	619.000	77.000
Hummus Pal Pack	1.00 Pack	511.283	83.974
Beef Taco Snack	1.00 Each	350.000	38.000
Romaine & Broccoli Slaw	0.50 Cup	10.333	1.500
Broccoli Florets	1/4 cup	7.500	1.250
Cauliflower Florets	1/4 cup	6.250	1.000

Baby Carrots	1.00 Serving	15.333	4.633
Fresh Kiwi	1/2 cup	66.036	15.870
Raisins	1.00 Box	114.000	30.000
Summer Berry Blend	1/4 Cup	18.733	4.535
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	79.100	2.700
Weighted Daily Average		738.914	111.695
% of Calories			60.46%

Mon - 09/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Lunch 19-20			
Recipe	Total		
Cook's Choice	1.00 Serving	400.000	N/A*
Mini Corn Dogs	6.00 Each	270.000	30.000
Buffalo Chicken Salad with Roll	1.00 Salad	553.219	52.930
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
Four Cheese Pizza	1.00 Slice	360.000	35.000
Pepperoni (Turkey) Pizza	1.00 Slice	370.000	35.000
Three-Meat Pizza	1.00 slice	449.370	38.069
Cheeseburger	1.00 Cheeseburger	418.020	26.910
Turkey Sandwich	1.00 Sandwich	330.507	33.656

Chicken Salad Sandwich	1.00 Sandwich	470.567	31.747
Smucker's PB & J Sandwich	1.00 Sandwich	600.000	64.000
PB&J Pal Pack	1.00 Pack	619.000	77.000
Yogurt & Granola Pal Pack	1.00 Pack	518.400	95.340
Bean & Cheese Burrito	1.00 Each	296.820	43.230
Romaine & Broccoli Slaw	0.50 Cup	10.333	1.500
Cucumber Slices	1/4 cup	5.487	1.328
Corn	1/4 cup	33.500	8.000
Baby Carrots	1.00 Serving	15.333	4.633
French Fries	1/4 Cup	65.000	8.500
Strawberry Cup	1.00 each	90.000	22.000
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	79.100	2.700
Weighted Daily Average		795.924	116.379*
% of Calories			58.49%

* = Indicates missing Nutrient Information.

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