

Carbohydrate Report

District: Roseville Joint Union High School District

School: Excelsior Elementary

Menu: 2017-2018 Elementary



| Thu - 02/01/2018 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|----------------------|---------------|-----------------|-------------------|
| 2017-2018 Elementary | | | |
| Recipe | Total | | |
| Corn Dog | 1.00 Corn Dog | 240.000 | 30.000 |
| Lettuce Mix | 1.00 cup | 13.750 | 2.725 |
| Veggie Mix | 1/2 cup | 67.195 | 12.630 |
| Celery Sticks | 1/2 cup | 1.920 | 0.356 |
| Cucumber | 1/2 cup | 7.800 | 1.888 |
| Tomato (Grape) | 1/2 cup | 20.412 | 4.536 |
| Tater Tot | 1.00 Serving | 197.333 | 24.000 |
| Apples | 1.00 each | 72.000 | 19.000 |
| Banana | 1.00 each | 112.000 | 29.000 |
| Orange | 1.00 piece | 62.000 | 15.000 |
| Mixed Fruit canned | 1/2 cup | 68.002 | 17.879 |
| Oranges | 1.00 each | 62.000 | 15.000 |
| 1% Milk | 1.00 carton | 102.480 | 12.176 |

| | | | |
|------------------------|-------------|---------|--------|
| Skim Milk | 1.00 carton | 83.300 | 12.152 |
| Ranch Dressing | 1.00 Tbsp | 50.920 | 0.370 |
| Weighted Daily Average | | 650.983 | 97.134 |
| % of Calories | | | 59.68% |

| Fri - 02/02/2018 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-----------------------|--------------|-----------------|-------------------|
| 2017-2018 Elementary | | | |
| Recipe | Total | | |
| Primo Pepperoni Pizza | 1.00 Pizza | 288.123 | 27.212 |
| Lettuce Mix | 1.00 cup | 13.750 | 2.725 |
| Veggie Mix | 1/2 cup | 67.195 | 12.630 |
| Celery Sticks | 1/2 cup | 1.920 | 0.356 |
| Cucumber | 1/2 cup | 7.800 | 1.888 |
| Tomato (Grape) | 1/2 cup | 20.412 | 4.536 |
| Green Salad w/ Ranch | 1.00 Salad | 56.920 | 1.170 |
| Apples | 1.00 each | 72.000 | 19.000 |
| Banana | 1.00 each | 112.000 | 29.000 |
| Orange | 1.00 piece | 62.000 | 15.000 |
| Mixed Fruit canned | 1/2 cup | 68.002 | 17.879 |
| 1% Milk | 1.00 carton | 102.480 | 12.176 |

| | | | |
|------------------------|-------------|---------|--------|
| Skim Milk | 1.00 carton | 83.300 | 12.152 |
| Ranch Dressing | 1.00 Tbsp | 50.920 | 0.370 |
| Weighted Daily Average | | 496.693 | 56.516 |
| % of Calories | | | 45.51% |

| Mon - 02/05/2018 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|----------------------|-----------------------|-----------------|-------------------|
| 2017-2018 Elementary | | | |
| Recipe | Total | | |
| Cheeseburger | 1.00 each | 563.593 | 60.675 |
| Lettuce Mix | 1.00 cup | 13.750 | 2.725 |
| Veggie Mix | 1/2 cup | 67.195 | 12.630 |
| Celery Sticks | 1/2 cup | 1.920 | 0.356 |
| Cucumber | 1/2 cup | 7.800 | 1.888 |
| Tomato (Grape) | 1/2 cup | 20.412 | 4.536 |
| Fries Seasoned Baked | 1.00 serving/ .50 cup | 130.000 | 17.000 |
| Apples | 1.00 each | 72.000 | 19.000 |
| Banana | 1.00 each | 112.000 | 29.000 |
| Orange | 1.00 piece | 62.000 | 15.000 |
| Mixed Fruit canned | 1/2 cup | 68.002 | 17.879 |
| 1% Milk | 1.00 carton | 102.480 | 12.176 |

| | | | |
|------------------------|-------------|---------|---------|
| Skim Milk | 1.00 carton | 83.300 | 12.152 |
| Ranch Dressing | 1.00 Tbsp | 50.920 | 0.370 |
| Weighted Daily Average | | 845.243 | 105.809 |
| % of Calories | | | 50.07% |

| Tue - 02/06/2018 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|----------------------|--------------------------|-----------------|-------------------|
| 2017-2018 Elementary | | | |
| Recipe | Total | | |
| Chicken Tenders | 1.00 Serving (2 Tenders) | 200.000 | 12.000 |
| Lettuce Mix | 1.00 cup | 13.750 | 2.725 |
| Veggie Mix | 1/2 cup | 67.195 | 12.630 |
| Celery Sticks | 1/2 cup | 1.920 | 0.356 |
| Cucumber | 1/2 cup | 7.800 | 1.888 |
| Tomato (Grape) | 1/2 cup | 20.412 | 4.536 |
| Tater Tot | 1.00 Serving | 197.333 | 24.000 |
| Apples | 1.00 each | 72.000 | 19.000 |
| Banana | 1.00 each | 112.000 | 29.000 |
| Orange | 1.00 piece | 62.000 | 15.000 |
| Mixed Fruit canned | 1/2 cup | 68.002 | 17.879 |

| | | | |
|------------------------|-------------|---------|--------|
| 1% Milk | 1.00 carton | 102.480 | 12.176 |
| Skim Milk | 1.00 carton | 83.300 | 12.152 |
| Ranch Dressing | 1.00 Tbsp | 50.920 | 0.370 |
| Weighted Daily Average | | 548.983 | 64.134 |
| % of Calories | | | 46.73% |

| Wed - 02/07/2018 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|----------------------|----------------------------------|-----------------|-------------------|
| 2017-2018 Elementary | | | |
| Recipe | Total | | |
| Pancakes (K-3) | 1.00 Serving 2 Pancakes w/ syrup | 300.667 | 64.000 |
| Pancakes (4-6) | 1.00 Serving 3 Pancakes w/ syrup | 374.000 | 77.000 |
| Sausage Pork | 1.00 Serving (2 links) | 246.000 | 0.000 |
| Lettuce Mix | 1.00 cup | 13.750 | 2.725 |
| Veggie Mix | 1/2 cup | 67.195 | 12.630 |
| Celery Sticks | 1/2 cup | 1.920 | 0.356 |
| Cucumber | 1/2 cup | 7.800 | 1.888 |
| Tomato (Grape) | 1/2 cup | 20.412 | 4.536 |
| Apples | 1.00 each | 72.000 | 19.000 |
| Banana | 1.00 each | 112.000 | 29.000 |
| Orange | 1.00 piece | 62.000 | 15.000 |

| | | | |
|------------------------|-------------|---------|--------|
| Mixed Fruit canned | 1/2 cup | 68.002 | 17.879 |
| 1% Milk | 1.00 carton | 102.480 | 12.176 |
| Skim Milk | 1.00 carton | 83.300 | 12.152 |
| Ranch Dressing | 1.00 Tbsp | 50.920 | 0.370 |
| Weighted Daily Average | | 734.983 | 98.634 |
| % of Calories | | | 53.68% |

| Thu - 02/08/2018 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|----------------------|------------------------|-----------------|-------------------|
| 2017-2018 Elementary | | | |
| Recipe | Total | | |
| Oven Baked Chicken | 1.00 Piece | 300.000 | 27.000 |
| Lettuce Mix | 1.00 cup | 13.750 | 2.725 |
| Veggie Mix | 1/2 cup | 67.195 | 12.630 |
| Celery Sticks | 1/2 cup | 1.920 | 0.356 |
| Cucumber | 1/2 cup | 7.800 | 1.888 |
| Tomato (Grape) | 1/2 cup | 20.412 | 4.536 |
| Mashed Potatoes | 1.00 serving (1/2 Cup) | 67.500 | 15.750 |
| Green Beans | 1/2 cup | 20.000 | 4.000 |
| Apples | 1.00 each | 72.000 | 19.000 |
| Banana | 1.00 each | 112.000 | 29.000 |

| | | | |
|------------------------|-------------|---------|--------|
| Orange | 1.00 piece | 62.000 | 15.000 |
| Mixed Fruit canned | 1/2 cup | 68.002 | 17.879 |
| 1% Milk | 1.00 carton | 102.480 | 12.176 |
| Skim Milk | 1.00 carton | 83.300 | 12.152 |
| Ranch Dressing | 1.00 Tbsp | 50.920 | 0.370 |
| Weighted Daily Average | | 539.150 | 74.884 |
| % of Calories | | | 55.56% |

| Fri - 02/09/2018 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|----------------------|--------------|-----------------|-------------------|
| 2017-2018 Elementary | | | |
| Recipe | Total | | |
| Cheese Pizza | 1.00 Slice | 288.123 | 27.212 |
| Lettuce Mix | 1.00 cup | 13.750 | 2.725 |
| Veggie Mix | 1/2 cup | 67.195 | 12.630 |
| Celery Sticks | 1/2 cup | 1.920 | 0.356 |
| Cucumber | 1/2 cup | 7.800 | 1.888 |
| Tomato (Grape) | 1/2 cup | 20.412 | 4.536 |
| Green Salad w/ Ranch | 1.00 Salad | 56.920 | 1.170 |
| Apples | 1.00 each | 72.000 | 19.000 |

| | | | |
|------------------------|-------------|---------|--------|
| Banana | 1.00 each | 112.000 | 29.000 |
| Orange | 1.00 piece | 62.000 | 15.000 |
| Mixed Fruit canned | 1/2 cup | 68.002 | 17.879 |
| 1% Milk | 1.00 carton | 102.480 | 12.176 |
| Skim Milk | 1.00 carton | 83.300 | 12.152 |
| Ranch Dressing | 1.00 Tbsp | 50.920 | 0.370 |
| Weighted Daily Average | | 496.693 | 56.516 |
| % of Calories | | | 45.51% |

| Tue - 02/13/2018 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|----------------------|---|-----------------|-------------------|
| 2017-2018 Elementary | | | |
| Recipe | Total | | |
| Chicken & Waffles | 1.00 Serving (5 nuggets, 1 pouch waffles) | 410.000 | 52.000 |
| Lettuce Mix | 1.00 cup | 13.750 | 2.725 |
| Veggie Mix | 1/2 cup | 67.195 | 12.630 |
| Celery Sticks | 1/2 cup | 1.920 | 0.356 |
| Cucumber | 1/2 cup | 7.800 | 1.888 |
| Tomato (Grape) | 1/2 cup | 20.412 | 4.536 |
| Apples | 1.00 each | 72.000 | 19.000 |
| Banana | 1.00 each | 112.000 | 29.000 |

| | | | |
|------------------------|-------------|---------|--------|
| Orange | 1.00 piece | 62.000 | 15.000 |
| Mixed Fruit canned | 1/2 cup | 68.002 | 17.879 |
| 1% Milk | 1.00 carton | 102.480 | 12.176 |
| Skim Milk | 1.00 carton | 83.300 | 12.152 |
| Ranch Dressing | 1.00 Tbsp | 50.920 | 0.370 |
| Weighted Daily Average | | 615.900 | 93.259 |
| % of Calories | | | 60.57% |

| Wed - 02/14/2018 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|----------------------|---------------|-----------------|-------------------|
| 2017-2018 Elementary | | | |
| Recipe | Total | | |
| Turkey Deli | 1.00 Sandwich | 330.000 | 38.000 |
| Lettuce Mix | 1.00 cup | 13.750 | 2.725 |
| Veggie Mix | 1/2 cup | 67.195 | 12.630 |
| Celery Sticks | 1/2 cup | 1.920 | 0.356 |
| Cucumber | 1/2 cup | 7.800 | 1.888 |
| Tomato (Grape) | 1/2 cup | 20.412 | 4.536 |
| Apples | 1.00 each | 72.000 | 19.000 |
| Banana | 1.00 each | 112.000 | 29.000 |
| Orange | 1.00 piece | 62.000 | 15.000 |

| | | | |
|------------------------|-------------|---------|---------|
| Mixed Fruit canned | 1/2 cup | 68.002 | 17.879 |
| Garden Salsa Sun Chips | 1.00 oz | 140.000 | 18.000 |
| Chocolate Chip Cookie | 1.00 each | 130.000 | 17.000 |
| 1% Milk | 1.00 carton | 102.480 | 12.176 |
| Skim Milk | 1.00 carton | 83.300 | 12.152 |
| Ranch Dressing | 1.00 Tbsp | 50.920 | 0.370 |
| Weighted Daily Average | | 751.650 | 101.134 |
| % of Calories | | | 53.82% |

| Thu - 02/15/2018 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------------------|------------------------|-----------------|-------------------|
| 2017-2018 Elementary | | | |
| Recipe | Total | | |
| Orange Chicken w/ Brown Rice | 1.00 serving | 265.625 | 44.223 |
| Lettuce Mix | 1.00 cup | 13.750 | 2.725 |
| Veggie Mix | 1/2 cup | 67.195 | 12.630 |
| Celery Sticks | 1/2 cup | 1.920 | 0.356 |
| Cucumber | 1/2 cup | 7.800 | 1.888 |
| Tomato (Grape) | 1/2 cup | 20.412 | 4.536 |
| Carrots, sliced | 1.00 serving (1/2 Cup) | 30.000 | 5.250 |
| Apples | 1.00 each | 72.000 | 19.000 |

| | | | |
|------------------------|-------------|---------|--------|
| Banana | 1.00 each | 112.000 | 29.000 |
| Orange | 1.00 piece | 62.000 | 15.000 |
| Mixed Fruit canned | 1/2 cup | 68.002 | 17.879 |
| 1% Milk | 1.00 carton | 102.480 | 12.176 |
| Skim Milk | 1.00 carton | 83.300 | 12.152 |
| Ranch Dressing | 1.00 Tbsp | 50.920 | 0.370 |
| Weighted Daily Average | | 447.275 | 77.607 |
| % of Calories | | | 69.40% |

| Fri - 02/16/2018 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|-----------------------|--------------|-----------------|-------------------|
| 2017-2018 Elementary | | | |
| Recipe | Total | | |
| Primo Pepperoni Pizza | 1.00 Pizza | 288.123 | 27.212 |
| Lettuce Mix | 1.00 cup | 13.750 | 2.725 |
| Veggie Mix | 1/2 cup | 67.195 | 12.630 |
| Celery Sticks | 1/2 cup | 1.920 | 0.356 |
| Cucumber | 1/2 cup | 7.800 | 1.888 |
| Tomato (Grape) | 1/2 cup | 20.412 | 4.536 |
| Green Salad w/ Ranch | 1.00 Salad | 56.920 | 1.170 |

| | | | |
|------------------------|-------------|---------|--------|
| Apples | 1.00 each | 72.000 | 19.000 |
| Banana | 1.00 each | 112.000 | 29.000 |
| Orange | 1.00 piece | 62.000 | 15.000 |
| Mixed Fruit canned | 1/2 cup | 68.002 | 17.879 |
| 1% Milk | 1.00 carton | 102.480 | 12.176 |
| Skim Milk | 1.00 carton | 83.300 | 12.152 |
| Ranch Dressing | 1.00 Tbsp | 50.920 | 0.370 |
| Weighted Daily Average | | 496.693 | 56.516 |
| % of Calories | | | 45.51% |

| Tue - 02/20/2018 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|----------------------|--------------|-----------------|-------------------|
| 2017-2018 Elementary | | | |
| Recipe | Total | | |
| Hot Dog | 1.00 Serving | 278.094 | 30.677 |
| Lettuce Mix | 1.00 cup | 13.750 | 2.725 |
| Veggie Mix | 1/2 cup | 67.195 | 12.630 |
| Celery Sticks | 1/2 cup | 1.920 | 0.356 |
| Cucumber | 1/2 cup | 7.800 | 1.888 |
| Tomato (Grape) | 1/2 cup | 20.412 | 4.536 |
| Baked Beans | 1/2 cup | 150.000 | 30.000 |

| | | | |
|------------------------|-------------|---------|--------|
| Apples | 1.00 each | 72.000 | 19.000 |
| Banana | 1.00 each | 112.000 | 29.000 |
| Orange | 1.00 piece | 62.000 | 15.000 |
| Mixed Fruit canned | 1/2 cup | 68.002 | 17.879 |
| 1% Milk | 1.00 carton | 102.480 | 12.176 |
| Skim Milk | 1.00 carton | 83.300 | 12.152 |
| Ranch Dressing | 1.00 Tbsp | 50.920 | 0.370 |
| Weighted Daily Average | | 579.744 | 88.811 |
| % of Calories | | | 61.28% |

| Wed - 02/21/2018 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|----------------------|------------------------|-----------------|-------------------|
| 2017-2018 Elementary | | | |
| Recipe | Total | | |
| Mini Waffles | 1.00 Pouch | 210.000 | 38.000 |
| Sausage Pork | 1.00 Serving (2 links) | 246.000 | 0.000 |
| Lettuce Mix | 1.00 cup | 13.750 | 2.725 |
| Veggie Mix | 1/2 cup | 67.195 | 12.630 |
| Celery Sticks | 1/2 cup | 1.920 | 0.356 |
| Cucumber | 1/2 cup | 7.800 | 1.888 |
| Tomato (Grape) | | 20.412 | 4.536 |

| | | | |
|------------------------|-------------|---------|--------|
| | 1/2 cup | | |
| Apples | 1.00 each | 72.000 | 19.000 |
| Banana | 1.00 each | 112.000 | 29.000 |
| Orange | 1.00 piece | 62.000 | 15.000 |
| Mixed Fruit canned | 1/2 cup | 68.002 | 17.879 |
| 1% Milk | 1.00 carton | 102.480 | 12.176 |
| Skim Milk | 1.00 carton | 83.300 | 12.152 |
| Ranch Dressing | 1.00 Tbsp | 50.920 | 0.370 |
| Weighted Daily Average | | 607.650 | 66.134 |
| % of Calories | | | 43.53% |

| Thu - 02/22/2018 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|----------------------|--------------|-----------------|-------------------|
| 2017-2018 Elementary | | | |
| Recipe | Total | | |
| Taco | 1.00 Taco | 313.595 | 18.061 |
| Lettuce Mix | 1.00 cup | 13.750 | 2.725 |
| Veggie Mix | 1/2 cup | 67.195 | 12.630 |
| Celery Sticks | 1/2 cup | 1.920 | 0.356 |
| Cucumber | 1/2 cup | 7.800 | 1.888 |
| Tomato (Grape) | 1/2 cup | 20.412 | 4.536 |

| | | | |
|------------------------|------------------------|---------|--------|
| Peas | 1/2 cup | 51.590 | 9.125 |
| Apples | 1.00 each | 72.000 | 19.000 |
| Banana | 1.00 each | 112.000 | 29.000 |
| Orange | 1.00 piece | 62.000 | 15.000 |
| Mixed Fruit canned | 1/2 cup | 68.002 | 17.879 |
| Spanish Rice | 1.00 serving (1/2 Cup) | 89.286 | 19.643 |
| 1% Milk | 1.00 carton | 102.480 | 12.176 |
| Skim Milk | 1.00 carton | 83.300 | 12.152 |
| Ranch Dressing | 1.00 Tbsp | 50.920 | 0.370 |
| Weighted Daily Average | | 606.121 | 74.963 |
| % of Calories | | | 49.47% |

| Fri - 02/23/2018 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|----------------------|--------------|-----------------|-------------------|
| 2017-2018 Elementary | | | |
| Recipe | Total | | |
| Cheese Pizza | 1.00 Slice | 288.123 | 27.212 |
| Lettuce Mix | 1.00 cup | 13.750 | 2.725 |
| Veggie Mix | 1/2 cup | 67.195 | 12.630 |
| Celery Sticks | 1/2 cup | 1.920 | 0.356 |
| Cucumber | 1/2 cup | 7.800 | 1.888 |

| | | | |
|------------------------|-------------|---------|--------|
| Tomato (Grape) | 1/2 cup | 20.412 | 4.536 |
| Green Salad w/ Ranch | 1.00 Salad | 56.920 | 1.170 |
| Apples | 1.00 each | 72.000 | 19.000 |
| Banana | 1.00 each | 112.000 | 29.000 |
| Orange | 1.00 piece | 62.000 | 15.000 |
| Mixed Fruit canned | 1/2 cup | 68.002 | 17.879 |
| 1% Milk | 1.00 carton | 102.480 | 12.176 |
| Skim Milk | 1.00 carton | 83.300 | 12.152 |
| Ranch Dressing | 1.00 Tbsp | 50.920 | 0.370 |
| Weighted Daily Average | | 496.693 | 56.516 |
| % of Calories | | | 45.51% |

| Mon - 02/26/2018 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|----------------------|---------------|-----------------|-------------------|
| 2017-2018 Elementary | | | |
| Recipe | Total | | |
| Chicken Sandwich | 1.00 Sandwich | 376.000 | 42.000 |
| Lettuce Mix | 1.00 cup | 13.750 | 2.725 |
| Veggie Mix | 1/2 cup | 67.195 | 12.630 |
| Celery Sticks | 1/2 cup | 1.920 | 0.356 |
| Cucumber | | 7.800 | 1.888 |

| | | | |
|------------------------|--------------|---------|--------|
| | 1/2 cup | | |
| Tomato (Grape) | 1/2 cup | 20.412 | 4.536 |
| Tater Tot | 1.00 Serving | 197.333 | 24.000 |
| Apples | 1.00 each | 72.000 | 19.000 |
| Banana | 1.00 each | 112.000 | 29.000 |
| Orange | 1.00 piece | 62.000 | 15.000 |
| Mixed Fruit canned | 1/2 cup | 68.002 | 17.879 |
| 1% Milk | 1.00 carton | 102.480 | 12.176 |
| Skim Milk | 1.00 carton | 83.300 | 12.152 |
| Ranch Dressing | 1.00 Tbsp | 50.920 | 0.370 |
| Weighted Daily Average | | 724.983 | 94.134 |
| % of Calories | | | 51.94% |

| Tue - 02/27/2018 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|----------------------|--------------|-----------------|-------------------|
| 2017-2018 Elementary | | | |
| Recipe | Total | | |
| Spaghetti | 1.00 serving | 398.560 | 51.886 |
| Lettuce Mix | 1.00 cup | 13.750 | 2.725 |
| Veggie Mix | 1/2 cup | 67.195 | 12.630 |
| Celery Sticks | 1/2 cup | 1.920 | 0.356 |

| | | | |
|------------------------|-------------|---------|--------|
| Cucumber | 1/2 cup | 7.800 | 1.888 |
| Tomato (Grape) | 1/2 cup | 20.412 | 4.536 |
| Green Beans | 1/2 cup | 20.000 | 4.000 |
| Apples | 1.00 each | 72.000 | 19.000 |
| Banana | 1.00 each | 112.000 | 29.000 |
| Orange | 1.00 piece | 62.000 | 15.000 |
| Mixed Fruit canned | 1/2 cup | 68.002 | 17.879 |
| 1% Milk | 1.00 carton | 102.480 | 12.176 |
| Skim Milk | 1.00 carton | 83.300 | 12.152 |
| Ranch Dressing | 1.00 Tbsp | 50.920 | 0.370 |
| Weighted Daily Average | | 570.210 | 84.020 |
| % of Calories | | | 58.94% |

| Wed - 02/28/2018 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--------------------------------|--------------|-----------------|-------------------|
| 2017-2018 Elementary | | | |
| Recipe | Total | | |
| Teriyaki Chicken w/ Brown Rice | 1.00 serving | 242.348 | 34.594 |
| Lettuce Mix | 1.00 cup | 13.750 | 2.725 |
| Veggie Mix | 1/2 cup | 67.195 | 12.630 |
| Celery Sticks | 1/2 cup | 1.920 | 0.356 |

| | | | |
|------------------------|-------------|---------|--------|
| Cucumber | 1/2 cup | 7.800 | 1.888 |
| Tomato (Grape) | 1/2 cup | 20.412 | 4.536 |
| Peas | 1/2 cup | 51.590 | 9.125 |
| Apples | 1.00 each | 72.000 | 19.000 |
| Banana | 1.00 each | 112.000 | 29.000 |
| Orange | 1.00 piece | 62.000 | 15.000 |
| Mixed Fruit canned | 1/2 cup | 68.002 | 17.879 |
| 1% Milk | 1.00 carton | 102.480 | 12.176 |
| Skim Milk | 1.00 carton | 83.300 | 12.152 |
| Ranch Dressing | 1.00 Tbsp | 50.920 | 0.370 |
| Weighted Daily Average | | 445.588 | 71.853 |
| % of Calories | | | 64.50% |

* = Indicates missing Nutrient Information.

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