

Carbohydrate Report

District: Las Virgenes USD
 School: Bay Laurel Elementary School
 Menu: Elementary Lunch



Thu - 10/01/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Cheese Pizza Bagel	1.00 each	340.000	39.500	
Grilled Cheese Sandwich	1.00 each	280.320	30.960	
Make Your Own Pizza Pack	1.00 each	324.350	32.580	
Garden Burger on a Bun	1.00 each	378.996	42.400	
Side Caesar Salad	1.00 each	10.235	1.567	
Fresh Apples, 100 count (1/2 cup)	1/2 cup	30.239	8.031	
Assorted Milk	1.00 each	110.000	16.000	
Weighted Daily Average		483.487	63.650	
% of Calories			52.66%	

Fri - 10/02/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Garden Burger on a Bun	1.00 each	378.996	42.400	
Make Your Own Pizza Pack	1.00 each	324.350	32.580	
Grilled Cheese Sandwich	1.00 each	280.320	30.960	
Celery Sticks, 3/4 cup	3/4 cup	15.777	2.929	
Bananas	1.00 each	72.090	18.500	
Mini Chocolate Chip Pancakes	1.00 pouch	230.000	41.000	
Assorted Milk	1.00 each	110.000	16.000	
Lite String Cheese	1.00 oz	59.360	0.560	
Weighted Daily Average		538.297	77.593	
% of Calories			57.66%	

Mon - 10/05/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				

Recipe	Total		
Race Cars Chicken nuggets	2.00 each	167.000	12.000
Grilled Cheese Sandwich	1.00 each	280.320	30.960
Garden Burger on a Bun	1.00 each	378.996	42.400
Make Your Own Pizza Pack	1.00 each	324.350	32.580
Corn	3/4 cup	99.003	23.739
Fresh Grapes, With Stem (1/2 cup)	1/2 cup	58.444	14.960
Assorted Milk	1.00 each	110.000	16.000
Weighted Daily Average		462.501	70.767
% of Calories			61.20%

Tue - 10/06/2015

Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Lunch

Recipe	Total		
Pick Up Stix House Chicken with Brown Rice	1.00 each	400.000	57.000
Chicken Caesar Salad	1.00 each	351.984	18.889
Grilled Cheese Sandwich	1.00 each	280.320	30.960
Make Your Own Pizza Pack	1.00 each	324.350	32.580
garden green salad	1.00 each	78.946	19.654
Diced Peaches, Canned (1/2 cup)	1/2 cup	52.013	13.146
Assorted Milk	1.00 each	110.000	16.000
Weighted Daily Average		625.890	100.183
% of Calories			64.03%

Wed - 10/07/2015

Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Lunch

Recipe	Total		
Sloppy Joe	1.00 each	344.994	35.927
Garden Burger on a Bun	1.00 each	378.996	42.400
Grilled Cheese Sandwich	1.00 each	280.320	30.960
Pinto Beans	3/4 cup	176.999	29.352
Applesauce (1/2 cup)	1/2 cup	54.828	14.537

Assorted Milk	1.00 each	110.000	16.000
Weighted Daily Average		683.364	95.610
% of Calories			55.96%

Thu - 10/08/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Lunch			
Recipe	Total		
Pizza Hut Cheese Pizza Slice	1.00 each	280.000	33.000
Grilled Cheese Sandwich	1.00 each	280.320	30.960
Make Your Own Pizza Pack	1.00 each	324.350	32.580
Garden Burger on a Bun	1.00 each	378.996	42.400
Baby Carrots	3/4 cup	37.515	8.766
Mixed Fruit, Canned (1/2 cup)	1/2 cup	66.742	17.548
Assorted Milk	1.00 each	110.000	16.000
Weighted Daily Average		499.491	75.174
% of Calories			60.20%

Fri - 10/09/2015	Portion Size	Calories (kcal)	Carbohydrates (g)
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Elementary Lunch			
Recipe	Total		
Nachos & Melted Cheese	1.00 serving	403.443	42.480
Grilled Cheese Sandwich	1.00 each	280.320	30.960
Make Your Own Pizza Pack	1.00 each	324.350	32.580
Garden Burger on a Bun	1.00 each	378.996	42.400
Salsa	0.13 cup	10.999	2.170
Potato Rounds	106.00 grams	186.899	25.101
Fresh Apples, 163 ct	1.00 each	52.520	13.948
Mini Churro	1.00 each	110.000	13.000
Assorted Milk	1.00 each	110.000	16.000
Weighted Daily Average		807.996	105.041
% of Calories			52.00%

Tue - 10/13/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Mini Corn Dogs	112.00 grams	535.345	59.483	
Garden Burger on a Bun	1.00 each	378.996	42.400	
Make Your Own Pizza Pack	1.00 each	324.350	32.580	
Grilled Cheese Sandwich	1.00 each	280.320	30.960	
Chicken Caesar Salad	1.00 each	351.984	18.889	
Diced Tomato salad	1.00 3/4 cup	15.575	3.273	
Diced Peaches, Canned (1/2 cup)	1/2 cup	52.013	13.146	
Assorted Milk	1.00 each	110.000	16.000	
Weighted Daily Average		670.322	85.923	
% of Calories			51.27%	

Wed - 10/14/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Pretzel with Cheese	1.00 each	620.000	84.000	
Garden Burger on a Bun	1.00 each	378.996	42.400	
Grilled Cheese Sandwich	1.00 each	280.320	30.960	
Make Your Own Pizza Pack	1.00 each	324.350	32.580	
Garbanzo Bean Salad	0.13 cup	251.006	36.939	
Applesauce (1/2 cup)	1/2 cup	54.828	14.537	
Assorted Milk	1.00 each	110.000	16.000	
Weighted Daily Average		973.068	141.136	
% of Calories			58.02%	

Thu - 10/15/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Cheese Pizza in a Box	1.00 each	315.540	36.270	

Garden Burger on a Bun	1.00 each	378.996	42.400
Grilled Cheese Sandwich	1.00 each	280.320	30.960
Make Your Own Pizza Pack	1.00 each	324.350	32.580
garden green salad	1.00 each	78.946	19.654
Fresh Apples, 163 ct	1.00 each	52.520	13.948
Assorted Milk	1.00 each	110.000	16.000
Weighted Daily Average		555.132	85.078
% of Calories			61.30%

Fri - 10/16/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Orange Chicken	3.92 oz	160.187	21.025
Garden Burger on a Bun	1.00 each	378.996	42.400
Grilled Cheese Sandwich	1.00 each	280.320	30.960
Make Your Own Pizza Pack	1.00 each	324.350	32.580
Chinese Chicken Salad	1.00 each	276.767	9.127
Mixed Fruit, Canned (1/2 cup)	1/2 cup	66.742	17.548
Brown Rice	1.00 cup	216.000	44.780
Assorted Milk	1.00 each	110.000	16.000
Weighted Daily Average		815.692	101.779
% of Calories			49.91%

Mon - 10/19/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 10/20/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			

Recipe	Total		
Pick Up Stix House Chicken with Brown Rice	1.00 each	400.000	57.000
Garden Burger on a Bun	1.00 each	378.996	42.400
Grilled Cheese Sandwich	1.00 each	280.320	30.960
Make Your Own Pizza Pack	1.00 each	324.350	32.580
Chicken Caesar Salad	1.00 each	351.984	18.889
Carrot Coins 3/4 cup	3/4 cup	37.515	8.766
Fresh Grapes, With Stem (1/2 cup)	1/2 cup	58.444	14.960
Assorted Milk	1.00 each	110.000	16.000
Weighted Daily Average		588.682	91.400
% of Calories			62.10%

Wed - 10/21/2015

Portion Size		Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Hot Dog	1.00 each	367.018	62.274
Make Your Own Pizza Pack	1.00 each	324.350	32.580
Grilled Cheese Sandwich	1.00 each	280.320	30.960
Garden Burger on a Bun	1.00 each	378.996	42.400
Tasty 3 bean chili	1.00 #6 scoop or 3/4 cup	174.107	32.007
Fresh Pear (150 count)	1.00 each	63.060	16.849
Snickerdoodle Cookie	1.00 each	241.498	40.250
Assorted Milk	1.00 each	110.000	16.000
Weighted Daily Average		940.746	159.897
% of Calories			67.99%

Thu - 10/22/2015

Portion Size		Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Pizza Hut Cheese Pizza Slice	1.00 each	280.000	33.000
Garden Burger on a Bun	1.00 each	378.996	42.400
Grilled Cheese Sandwich	1.00 each	280.320	30.960

Make Your Own Pizza Pack	1.00 each	324.350	32.580
Celery Sticks, 3/4 cup	3/4 cup	15.777	2.929
Raisins, Single Serve (1.33 oz)	1.00 box	114.000	30.090
Assorted Milk	1.00 each	110.000	16.000
Weighted Daily Average		524.717	82.121
% of Calories			62.60%

Fri - 10/23/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Weighted Daily Average		N/A	N/A	
% of Calories			N/A	

Mon - 10/26/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Bat chicken nugget	3.00 ounce	164.000	13.500	
Make Your Own Pizza Pack	1.00 each	324.350	32.580	
Grilled Cheese Sandwich	1.00 each	280.320	30.960	
Garden Burger on a Bun	1.00 each	378.996	42.400	
Jicama Sticks 3/4 cup	3/4 cup	44.584	10.661	
Mixed Fruit, Canned (1/2 cup)	1/2 cup	66.742	17.548	
Assorted Milk	1.00 each	110.000	16.000	
Weighted Daily Average		413.760	61.469	
% of Calories			59.43%	

Tue - 10/27/2015		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch				
Recipe	Total			
Corn Dog	1.00 each	240.000	30.000	
Make Your Own Pizza Pack	1.00 each	324.350	32.580	
Grilled Cheese Sandwich	1.00 each	280.320	30.960	

Garden Burger on a Bun	1.00 each	378.996	42.400
Chicken Caesar Salad	1.00 each	351.984	18.889
Diced Tomato salad	1.00 3/4 cup	15.575	3.273
Fresh Apples, 163 ct	1.00 each	52.520	13.948
Assorted Milk	1.00 each	110.000	16.000
Weighted Daily Average		434.205	63.344
% of Calories			58.35%

Wed - 10/28/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Bosco Cheese Sticks	2.00 each	440.000	48.000
Garden Burger on a Bun	1.00 each	378.996	42.400
Grilled Cheese Sandwich	1.00 each	280.320	30.960
Make Your Own Pizza Pack	1.00 each	324.350	32.580
Garbanzo Bean Salad 1 c Veg	1/2 cup	334.538	49.232
Bananas	1.00 each	72.090	18.500
Assorted Milk	1.00 each	110.000	16.000
Marinara Sauce	1.50 oz	31.000	5.000
Weighted Daily Average		961.956	133.570
% of Calories			55.54%

Thu - 10/29/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
BAGEL PIZZA 78391	1.00 5 ounces	658.826	71.872
Grilled Cheese Sandwich	1.00 each	280.320	30.960
Garden Burger on a Bun	1.00 each	378.996	42.400
Make Your Own Pizza Pack	1.00 each	324.350	32.580
garden green salad	1.00 each	78.946	19.654
Diced Pears, Canned (1/2 cup)	1/2 cup	59.053	15.391

Troll Snacks	1.00 ounce	130.000	21.000
Assorted Milk	1.00 each	110.000	16.000
Weighted Daily Average		966.293	136.003
% of Calories			56.30%

Fri - 10/30/2015			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch			
Recipe	Total		
Cheeseburger on a Bun	1.00 each	222.999	32.225
Garden Burger on a Bun	1.00 each	378.996	42.400
Make Your Own Pizza Pack	1.00 each	324.350	32.580
Grilled Cheese Sandwich	1.00 each	280.320	30.960
Romaine Salad	1/2 cup	3.995	0.773
Fresh Apples, 163 ct	1.00 each	52.520	13.948
Assorted Milk	1.00 each	110.000	16.000
Weighted Daily Average		406.148	62.961
% of Calories			62.01%

* = Indicates missing Nutrient Information.

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