

**Secondary Lunch-Traditional
Carbohydrate Counts
October 14-18, 2013**

Mon - 10/14/2013	Portion Size	G Carb
Mandarin Orange Chkn w/Ve	3/4 cup	50.64
Brown Rice-Long Grain Reg	1/2 Cup	40.50
MANDARIN ORANGES	1/2 Cup	8.89
Greek Salad Bar 6-12	1 3/4 Cup	98.24
Greek Salad Dressing 6-12	1 T	0.29
Fresh Fruit Assorted	1/2 Cup	13.81
100% FRUIT JUICE,ASSOR	4 fl.oz.	15.62
Milk Variety-low /nonfat	8 oz	14.50
Nonfat chocolate milk	1 Cup	20.00

Tue - 10/15/2013	Portion Size	G Carb
Homemade Veggie Pizza	1/8 slice	41.69
Homemade Pepperoni Pizza	1/8 slice	*37.55
All Natural Beef Hot Dog	1 Hot Dog	31.00
Greek Salad Bar 6-12	1 3/4 Cup	98.24
Greek Salad Dressing 6-12	1 T	0.29
Fresh Fruit Assorted	1/2 Cup	13.81
100% FRUIT JUICE,ASSOR	4 fl.oz.	15.62
Milk Variety-low /nonfat	8 oz	14.50
Nonfat chocolate milk	1 Cup	20.00
KETCHUP: individual	Pkt 6g	1.51
MUSTARD: individual PC	Pkt 5g	0.27

Wed - 10/16/2013	Portion Size	G Carb
Tahoe Cheese Burger	1 Burger	42.48
VEGGIE BURGER	1 Burger	47.00
Potato Tots	1/2 Cup	16.11
CARROT STICKS	1/4 CUP	2.10
Greek Salad Bar 6-12	1 3/4 Cup	98.24
Greek Salad Dressing 6-12	1 T	0.29
Fresh Fruit Assorted	1/2 Cup	13.81
100% FRUIT JUICE,ASSOR	4 fl.oz.	15.62
Milk Variety-low /nonfat	8 oz	14.50
Nonfat chocolate milk	1 Cup	20.00
KETCHUP: individual	Pkt 6g	1.51
MUSTARD: individual PC	Pkt 5g	0.27
MAYONNAISE:individual PC	Pkt 7g	0.19

Thu - 10/17/2013	Portion Size	G Carb
Homemade Hawaiian Pizza	1/8 Slice	41.06
Homemade Cheese Pizza	1/8 slice	*37.90
Beef Tamale	1 Tamale	21.23
SALSA:COMMODITY	2 OZ	3.97
SOUR CREAM	1 Each	0.13
Greek Salad Bar 6-12	1 3/4 Cup	98.24
Greek Salad Dressing 6-12	1 T	0.29
Fresh Fruit Assorted	1/2 Cup	13.81
100% FRUIT JUICE,ASSOR	4 fl.oz.	15.62
Milk Variety-low /nonfat	8 oz	14.50
Nonfat chocolate milk	1 Cup	20.00

Fri - 10/18/2013	Portion Size	G Carb
Sloppy Joe on a Bun	1 Sandwich	54.63
Homemade Pepperoni Pizza	1/8 slice	*37.55
Homemade Cheese Pizza	1/8 slice	*37.90
Greek Entree Salad 6-12	1 Each	51.83
Greek Salad Bar 6-12	1 3/4 Cup	98.24
Greek Salad Dressing 6-12	1 T	0.29
Fresh Fruit Assorted	1/2 Cup	13.81
100% FRUIT JUICE, ASSOR	4 fl.oz.	15.62
Milk Variety-low /nonfat	8 oz	14.50
Nonfat chocolate milk	1 Cup	20.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.