

Carbohydrate Report

District: Guthrie PS

School: Central

Menu: Guthrie (K-5) Lunch 2016-2017



Mon - 04/03/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017				
Recipe	Total			
Grilled Whole Grain Ham & Cheese Sandwich w/Crackers	1.00 sandwich	394.542	34.835	
Spiced Green Beans	³ / ₄ cup	92.590	7.807	
Juicy Tropical Fruit Salad	¹ / ₂ Cup	111.892	26.108	
Fat Free Chocolate Milk	1.00 carton	110.000	19.000	
1% Low Fat White Milk	1.00 carton	110.000	13.000	
Fat Free Strawberry Milk	1.00 carton	140.000	25.000	
Weighted Daily Average		115.653	17.706	
% of Calories				61.24%

Tue - 04/04/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017				
Recipe	Total			
Whole Wheat Beef Tacos with Cheddar Cheese	2.00 Tacos	419.481	36.478	
Cheesy Green Chili Refried Beans	³ / ₄ cup	121.617	16.183	
Fresh Apple	1.00 Apple	77.480	20.577	
Fat Free Chocolate Milk	1.00 carton	110.000	19.000	
1% Low Fat White Milk	1.00 carton	110.000	13.000	
Fat Free Strawberry Milk	1.00 carton	140.000	25.000	
Weighted Daily Average		115.652	17.347	
% of Calories				60.00%

Wed - 04/05/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017				
Recipe	Total			
Whole Grain Mini Chicken Corn Dog	6.00 mini corn dogs	265.263	29.474	
Cooked Crinkle Cut Carrots	³ / ₄ Cup	74.771	11.765	

Wed - 04/05/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Fresh Banana	1.00 Banana		105.970	27.195
Fat Free Chocolate Milk	1.00 carton		110.000	19.000
1% Low Fat White Milk	1.00 carton		110.000	13.000
Fat Free Strawberry Milk	1.00 carton		140.000	25.000
Ketchup	1.00 packet		10.000	3.000
Mustard Packet	1.00 packet		5.000	0.000
Weighted Daily Average			112.847	17.052
% of Calories				60.44%

Thu - 04/06/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017				
Recipe	Total			
Savory Salisbury Steak w/ Roll	1.00 Patty		225.000	17.000
Seasoned Mashed Potatoes	³ / ₄ cup		131.011	22.349
Juicy Mandarin Oranges	¹ / ₂ Cup		70.874	17.212
Fat Free Chocolate Milk	1.00 carton		110.000	19.000
1% Low Fat White Milk	1.00 carton		110.000	13.000
Fat Free Strawberry Milk	1.00 carton		140.000	25.000
Savory Beef Gravy	¹ / ₄ Cup		20.045	3.007
Weighted Daily Average			130.502	20.218
% of Calories				61.97%

Fri - 04/07/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017				
Recipe	Total			
Classic Pepperoni Pizza	1.00 slice		305.078	27.592
Peppered Broccoli	³ / ₄ cup		45.589	4.851
Fresh Orange	1.00 ORANGE		61.570	15.393
Fat Free Chocolate Milk	1.00 carton		110.000	19.000
1% Low Fat White Milk	1.00 carton		110.000	13.000

Fri - 04/07/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Fat Free Strawberry Milk	1.00 carton		140.000	25.000
Weighted Daily Average			173.425	22.413
% of Calories				51.69%

Mon - 04/10/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017				
Recipe	Total			
Whole Grain Baked Chicken Tenders	3.00 tenders		260.000	16.000
Cooked Crinkle Cut Carrots	³ / ₄ Cup		74.771	11.765
Unsweetened Applesauce	¹ / ₂ Cup		52.284	13.594
Fat Free Chocolate Milk	1.00 carton		110.000	19.000
1% Low Fat White Milk	1.00 carton		110.000	13.000
Fat Free Strawberry Milk	1.00 carton		140.000	25.000
Ketchup	1.00 packet		10.000	3.000
Weighted Daily Average			115.124	17.623
% of Calories				61.23%

Tue - 04/11/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017				
Recipe	Total			
Whole Wheat Chicken Fried Steak Sandwich	1.00 Patty		390.000	41.000
New England Baked Beans	³ / ₄ cup		145.382	30.046
Juicy Mandarin Oranges	¹ / ₂ Cup		70.874	17.212
Fat Free Chocolate Milk	1.00 carton		110.000	19.000
1% Low Fat White Milk	1.00 carton		110.000	13.000
Fat Free Strawberry Milk	1.00 carton		140.000	25.000
Ketchup	1.00 packet		10.000	3.000
Weighted Daily Average			119.290	18.543
% of Calories				62.18%

Wed - 04/12/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017				
Recipe	Total			
Grilled Cheese Sandwich w/ Crackers	1.00 sandwich	322.122	33.025	
Crispy Tater Tots	3/4 cup	225.100	28.513	
Diced Peaches	1/2 Cup	53.827	13.604	
Fat Free Chocolate Milk	1.00 carton	110.000	19.000	
1% Low Fat White Milk	1.00 carton	110.000	13.000	
Fat Free Strawberry Milk	1.00 carton	140.000	25.000	
Ketchup	1.00 packet	10.000	3.000	
Weighted Daily Average		120.428	18.154	
% of Calories			60.30%	

Thu - 04/13/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017				
Recipe	Total			
Grilled Cheeseburger	1.00 burger	295.437	27.012	
Peppered Broccoli	3/4 cup	45.589	4.851	
Fresh Orange	1.00 ORANGE	61.570	15.393	
Fat Free Chocolate Milk	1.00 carton	110.000	19.000	
1% Low Fat White Milk	1.00 carton	110.000	13.000	
Fat Free Strawberry Milk	1.00 carton	140.000	25.000	
Ketchup	1.00 packet	10.000	3.000	
Weighted Daily Average		113.020	16.954	
% of Calories			60.00%	

Fri - 04/14/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017				
Recipe	Total			
Extreme Cheesy Nachos	1.00 Nachos	232.687	25.233	
Spiced Green Beans	3/4 cup	92.590	7.807	

Fri - 04/14/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Fresh Apple	1.00 Apple	77.480	20.577
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Weighted Daily Average		1.896	0.252
% of Calories			53.27%

Mon - 04/17/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017			
Recipe	Total		
Lightly Breaded Beef Fingers with Whole Wheat Roll	4.00 Fingers	345.000	30.000
Seasoned Mashed Potatoes	³ / ₄ cup	131.011	22.349
Sweet Diced Pears	³ / ₄ Cup	90.878	21.584
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Countrystyle Gravy	¹ / ₄ Cup	25.987	5.197
Weighted Daily Average		21.638	3.885
% of Calories			71.82%

Tue - 04/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017			
Recipe	Total		
Whole Grain Mini Chicken Corn Dog	6.00 mini corn dogs	265.263	29.474
Spiced Green Beans	³ / ₄ cup	92.590	7.807
Fresh Apple	1.00 Apple	77.480	20.577
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Ketchup	1.00 packet	10.000	3.000

Tue - 04/18/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Weighted Daily Average		111.541	16.803
% of Calories			60.26%

Wed - 04/19/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017			
Recipe	Total		
Creamy Macaroni & Cheese	1.00 Cup	392.457	48.971
Peppered Broccoli	³ / ₄ cup	45.589	4.851
Juicy Pineapple Tidbits	¹ / ₂ CUP	97.576	23.697
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Weighted Daily Average		135.031	20.070
% of Calories			59.45%

Thu - 04/20/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017			
Recipe	Total		
Whole Grain Crispy Chicken Nuggets	1.00 each	267.140	16.537
New England Baked Beans	³ / ₄ cup	145.382	30.046
Juicy Tropical Fruit Salad	¹ / ₂ Cup	111.892	26.108
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Ketchup	1.00 packet	10.000	3.000
Weighted Daily Average		120.096	18.711
% of Calories			62.32%

Fri - 04/21/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017			

Fri - 04/21/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Recipe		Total		
Classic Cheese Pizza	1.00 slice		294.673	27.419
Cooked Crinkle Cut Carrots	³ / ₄ Cup		74.771	11.765
Fresh Orange	1.00 ORANGE		61.570	15.393
Fat Free Chocolate Milk	1.00 carton		110.000	19.000
1% Low Fat White Milk	1.00 carton		110.000	13.000
Fat Free Strawberry Milk	1.00 carton		140.000	25.000
Weighted Daily Average			171.132	22.447
% of Calories				52.47%

Mon - 04/24/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017				
Recipe		Total		
Baked Breaded Chicken Sandwich	1.00 sandwich		400.000	41.000
New England Baked Beans	³ / ₄ cup		145.382	30.046
Fresh Apple	1.00 Apple		77.480	20.577
Fat Free Chocolate Milk	1.00 carton		110.000	19.000
1% Low Fat White Milk	1.00 carton		110.000	13.000
Fat Free Strawberry Milk	1.00 carton		140.000	25.000
Ketchup	1.00 packet		10.000	3.000
Weighted Daily Average			116.489	17.861
% of Calories				61.33%

Tue - 04/25/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017				
Recipe		Total		
Grilled Cheeseburger	1.00 burger		295.437	27.012
Crispy Tater Tots	³ / ₄ cup		225.100	28.513
Diced Peaches	¹ / ₂ Cup		53.827	13.604
Fat Free Chocolate Milk	1.00 carton		110.000	19.000

Tue - 04/25/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
1% Low Fat White Milk	1.00 carton		110.000	13.000
Fat Free Strawberry Milk	1.00 carton		140.000	25.000
Ketchup	1.00 packet		10.000	3.000
Mustard	1.00 packet		5.000	0.000
Weighted Daily Average			120.384	18.142
% of Calories				60.28%

Wed - 04/26/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017				
Recipe	Total			
Grilled Cheese Sandwich w/ Crackers	1.00 sandwich		322.122	33.025
Peppered Broccoli	³ / ₄ cup		45.589	4.851
Fresh Banana	1.00 Banana		105.970	27.195
Fat Free Chocolate Milk	1.00 carton		110.000	19.000
1% Low Fat White Milk	1.00 carton		110.000	13.000
Fat Free Strawberry Milk	1.00 carton		140.000	25.000
Weighted Daily Average			113.142	16.984
% of Calories				60.04%

Thu - 04/27/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017				
Recipe	Total			
Juicy Turkey Hot Dog	1.00 Hot Dog		310.000	34.000
Cooked Crinkle Cut Carrots	³ / ₄ Cup		74.771	11.765
Fresh Orange	1.00 ORANGE		61.570	15.393
Fat Free Strawberry Milk	1.00 carton		140.000	25.000
Fat Free Chocolate Milk	1.00 carton		110.000	19.000
1% Low Fat White Milk	1.00 carton		110.000	13.000
Ketchup	1.00 packet		10.000	3.000
Weighted Daily Average			112.838	17.037

Thu - 04/27/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
% of Calories			60.40%

Fri - 04/28/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017			
Recipe	Total		
Classic Pepperoni Pizza	1.00 slice	305.078	27.592
5 Way Mixed Vegetables	³ / ₄ cup	112.404	12.624
Juicy Pineapple Tidbits	¹ / ₂ CUP	97.576	23.697
Fat Free Chocolate Milk	1.00 carton	110.000	19.000
1% Low Fat White Milk	1.00 carton	110.000	13.000
Fat Free Strawberry Milk	1.00 carton	140.000	25.000
Weighted Daily Average		176.441	23.154
% of Calories			52.49%

* = Indicates missing Nutrient Information.

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