

Carbohydrate Report

District: Guthrie PS

School: Central

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



Mon - 05/01/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017				
Recipe	Total			
Creamy Macaroni & Cheese	1.00 Cup	392.457	48.971	
Buttered Green Beans	³ / ₄ cup	19.193	2.816	
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	
Weighted Daily Average		130.755	19.236	
% of Calories			58.85%	

Tue - 05/02/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017				
Recipe	Total			
Crumbled Sausage Pizza	1.00 slice	314.173	28.019	
Cooked Crinkle Cut Carrots	³ / ₄ Cup	74.771	11.765	
Apple Slices	¹ / ₂ cup	70.000	16.800	
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		177.429	23.141	
% of Calories			52.17%	

Wed - 05/03/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017				
Recipe	Total			
Golden Brown Crispy Chicken Corn Dog	1.00 corn dog	239.158	29.895	
Crispy Tater Tots	³ / ₄ cup	225.100	28.513	

Wed - 05/03/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
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		120.262	18.148
% of Calories			60.36%

Thu - 05/04/2017	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
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
Ketchup	1.00 packet	10.000	3.000
Weighted Daily Average		113.052	16.957
% of Calories			60.00%

Fri - 05/05/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017			
Recipe	Total		
Cheesy Nachos	1.00 Nachos	465.374	50.466
Cheesy Green Chili Refried Beans	3/4 cup	121.617	16.183
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

Fri - 05/05/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Weighted Daily Average			115.712	17.364
% of Calories				60.03%

Mon - 05/08/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017				
Recipe	Total			
Grilled Hamburger	1.00 burger		260.000	26.000
Crispy Tater Tots	3/4 cup		225.100	28.513
Apple Slices	1/2 cup		70.000	16.800
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
Ketchup	1.00 packet		10.000	3.000
Weighted Daily Average			11.433	1.746
% of Calories				61.09%

Tue - 05/09/2017		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
Fresh Banana	1.00 Banana		105.970	27.195
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
Ketchup	1.00 packet		10.000	3.000
Weighted Daily Average			6.966	1.338
% of Calories				76.84%

Wed - 05/10/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
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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
Diced Peaches	¹ / ₂ Cup	53.827	13.604
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		5.200	0.856
% of Calories			65.84%

Thu - 05/11/2017			
	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
5 Way Mixed Vegetables	³ / ₄ cup	112.404	12.624
Diced Pears in light syrup	¹ / ₂ Cup	60.601	14.393
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		115.246	17.498
% of Calories			60.73%

Fri - 05/12/2017			
	Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017			
Recipe	Total		
Classic Cheese Pizza	1.00 slice	294.673	27.419
Cooked Crinkle Cut Carrots	³ / ₄ Cup	74.771	11.765
Juicy Mandarin Oranges	¹ / ₂ Cup	70.874	17.212
Fat Free Chocolate Milk	1.00 carton	110.000	19.000

Fri - 05/12/2017		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
Weighted Daily Average			173.986	23.139
% of Calories				53.20%

Mon - 05/15/2017		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 - 05/16/2017		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 - 05/17/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
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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	$\frac{3}{4}$ Cup	74.771	11.765
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 - 05/18/2017			
	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	$\frac{3}{4}$ cup	131.011	22.349
Juicy Mandarin Oranges	$\frac{1}{2}$ 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	$\frac{1}{4}$ Cup	20.045	3.007
Weighted Daily Average		130.502	20.218
% of Calories			61.97%

Fri - 05/19/2017			
	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	$\frac{3}{4}$ cup	45.589	4.851

Fri - 05/19/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
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			176.424	23.140
% of Calories				52.46%

Mon - 05/22/2017		Portion Size	Calories (kcal)	Carbohydrates (g)
Guthrie (K-5) Lunch 2016-2017				
Recipe	Total			
Creamy Macaroni & Cheese		1/2 Cup	196.229	24.485
Spiced Green Beans		3/4 cup	92.590	7.807
Diced Peaches		1/2 Cup	53.827	13.604
Fat Free Strawberry Milk		1.00 carton	140.000	25.000
1% Low Fat White Milk		1.00 carton	110.000	13.000
Fat Free Chocolate Milk		1.00 carton	110.000	19.000
Weighted Daily Average			22.729	3.072
% of Calories				54.06%

Tue - 05/23/2017		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
Crispy Tater Tots		3/4 cup	225.100	28.513
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			338.530	45.890

Tue - 05/23/2017	Portion Size	Calories (kcal)	Carbohydrates (g)
% of Calories			54.22%

* = Indicates missing Nutrient Information.

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