

Carbohydrate Report

District: Roseville Joint Union High School District

School: Antelope High School

Menu: 2018- 2019 High School Lunch



Mon - 08/27/2018	Portion Size	Calories (kcal)	Carbohydrates (g)
2018- 2019 High School Lunch			
Recipe	Total		
Turkey Sandwich with Chips and Cookie	1.00 each	687.144	93.971
Chicken Caesar Wrap w/ Chip and Cookie	1.00 each	709.402	87.872
Spicy Chicken Sandwich w/ Baked Fries	1.00 each	595.122	71.885
PB & J Grape 5.3 oz w/ Baked Fries	1.00 Sandwich	818.997	86.950
Chicken Tenders w/ Baked Fries	1.00 serving/3	735.700	82.496
Bean and Cheese Burrito w/ Fries	1.00 Burrito w/ Fries	700.266	73.722
Beef and Bean Burrito w/ Fries	1.00 Burrito w/ Fries	692.233	55.916
Crazy Tacos w/ Tostitos	1.00 Serving	401.973	42.441
Garden Salad w/ Tortilla	1.00 serving	738.066	60.215
Chicken Garden Salad w/ Tortilla	1.00 serving	738.066	67.302
Primo Cheese Pizza w/ Fries	1.00 Pizza w/ fruit	548.630	58.913
Primo Pepperoni Pizza w/ Fries	1.00 Pizza w/ fruit	558.620	57.914
Cheeseburger w/ Baked Fries	1.00 each	724.397	83.442
Side Salad w/ Ranch	1.00 salad	284.625	16.835
Apples	1.00 each	72.000	19.000
Banana	1.00 each	112.000	29.000
Fruit; Apple Slices	1.00 packet	29.842	7.958
Fruit; Grapes	1.00 package	60.034	15.009
Orange	1.00 piece	62.000	15.000

Craisins Dried Cranberries- Cherry	1.00 packet	110.000	28.000
Raisins	1.00 box	114.000	30.090
1% Milk	1.00 carton	102.480	12.176
Skim Milk	1.00 carton	83.300	12.152
Weighted Daily Average		708.818	82.465
% of Calories			46.54%

* = Indicates missing Nutrient Information.

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