

Carbohydrate Report

District: Roseville Joint Union High School District

School: Antelope High School

Menu: 19-20 High School Lunch



Thu - 08/08/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
19-20 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/ SunChips & Cookie	1.00 Sandwich	950.000	118.000
Chicken Tenders w/ Baked Fries	1.00 serving/3	580.700	56.496
Cheese Sandwich	1.00 each	624.625	45.835
Garden Salad w/ Tortilla	1.00 serving	738.066	60.215
Chicken Garden Salad w/ Tortilla	1.00 serving	738.066	67.302
Cheese Pizza w/ Green Salad	1.00 1 slice of pizza w/ green salad	529.840	46.840
Pepperoni Pizza w/ Green Salad	1.00 1 slice of pizza w/ green salad	540.840	46.740
Cheeseburger w/ Baked Fries	1.00 each	588.997	52.450
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		811.505	94.144
% of Calories			46.40%

* = Indicates missing Nutrient Information.

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