

Carbohydrate Report

District: Roseville Joint Union High School District

School: Antelope High School

Menu: 2016-2017 High School Lunch



Mon - 08/29/2016		Portion Size	Calories (kcal)	Carbohydrates (g)
2016-2017 High School Lunch				
Recipe	Total			
Turkey Sandwich with Chips and Cookie	1.00 each	683.123	95.537	
Chicken Caesar Wrap w/ Chip and Cookie	1.00 each	902.120	98.208	
Spicy Chicken Sandwich w/ Baked Fries	1.00 each	718.550	86.244	
PB & J Grape 5.3 oz w/ Baked Fries	1.00 Sandwich	760.000	81.000	
Chicken Tenders w/ Baked Fries	1.00 serving/3	615.700	66.496	
Cheese Sandwich	1.00 each	698.625	45.835	
Garden Salad w/ Roll	1.00 serving	870.156	71.955	
Chicken Garden Salad w/ Roll	1.00 serving	569.250	33.670	
Primo Cheese Pizza w/ Fries	1.00 Pizza w/ fruit	545.348	58.251	
Primo Pepperoni Pizza w/ Fries	1.00 Pizza w/ fruit	545.348	58.251	
Cheeseburger w/ Baked Fries	1.00 each	665.400	77.492	
Bean and Cheese Burrito w/ Fries	1.00 Burrito w/ Fries	744.719	110.133	
Beef and Bean Burrito w/ Fries	1.00 Burrito w/ Fries	904.434	105.142	
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	
1% Milk	1.00 carton	102.480	12.176	
Skim Milk	1.00 carton	83.300	12.152	
Weighted Daily Average			742.867	87.003
% of Calories				46.85%

* = Indicates missing Nutrient Information.

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