

Carbohydrate Report

District: Sedro-Woolley School District

School: Cascade Middle School

Menu: CMS Lunch Menu_SY 22-23



Wed - 02/01/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
CMS Lunch Menu_SY 22-23			
Recipe	Total		
PB&J Sandwich, String Cheese & Goldfish Crackers	1.00 each	500.000	46.000
Ham and Cheese Hoagie (CMS)	1.00 sandwich	320.655	32.319
Meatball Sandwich	1.00 sandwich	234.307	11.488
Salad & Fruit Bar	1.00 Servings	87.885	22.143
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Weighted Daily Average		567.949	72.713
% of Calories			51.21%

Thu - 02/02/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
CMS Lunch Menu_SY 22-23			
Recipe	Total		
PB&J Sandwich, String Cheese & Goldfish Crackers	1.00 each	500.000	46.000
Chicken Caesar Salad w/ Roll & Croutons (CMS)	1.00 salad	648.715	37.609
Nachos, Beef and Cheese	1.00 serving	335.326	24.106
Salad & Fruit Bar	1.00 Servings	87.885	22.143

1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Weighted Daily Average		611.812	71.847
% of Calories			46.97%

Fri - 02/03/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
CMS Lunch Menu_SY 22-23				
Recipe		Total		
PB&J Sandwich, String Cheese & Goldfish Crackers		1.00 each	500.000	46.000
Ham and Cheese Hoagie (CMS)		1.00 sandwich	320.655	32.319
Cheese Pizza		1.00 pizza	300.000	34.000
Salad & Fruit Bar		1.00 Servings	87.885	22.143
1% Regular Milk		1.00 Carton	100.000	12.000
Nonfat Chocolate Milk		1.00 Carton	130.000	23.000
Weighted Daily Average			556.883	76.663
% of Calories				55.07%

Mon - 02/06/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
CMS Lunch Menu_SY 22-23				
Recipe		Total		
PB&J Sandwich, String Cheese & Goldfish Crackers		1.00 each	500.000	46.000
Ham and Cheese Hoagie (CMS)		1.00 sandwich	320.655	32.319
Cheeseburger		1.00 each	380.000	31.000

Salad & Fruit Bar	1.00 Servings	87.885	22.143
Potato Tots	1.00 Serving	130.000	16.000
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Weighted Daily Average		712.439	89.363
% of Calories			50.17%

Tue - 02/07/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
CMS Lunch Menu_SY 22-23			
Recipe	Total		
PB&J Sandwich, String Cheese & Goldfish Crackers	1.00 each	500.000	46.000
Chicken Caesar Salad w/ Roll & Croutons (CMS)	1.00 salad	648.715	37.609
Breaded Chicken Drumstick	1.00 Drumstick	190.000	5.000
Salad & Fruit Bar	1.00 Servings	87.885	22.143
Cornbread Mini Loaf	1.00 piece	198.000	32.000
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Weighted Daily Average		627.520	77.877
% of Calories			49.64%

Wed - 02/08/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
CMS Lunch Menu_SY 22-23			
Recipe	Total		

PB&J Sandwich, String Cheese & Goldfish Crackers	1.00 each	500.000	46.000
Ham and Cheese Hoagie (CMS)	1.00 sandwich	320.655	32.319
Southwest Wrap, Hot (CMS)	1.00 Wrap	641.260	81.073
Salad & Fruit Bar	1.00 Servings	87.885	22.143
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Weighted Daily Average		644.459	86.850
% of Calories			53.91%

Thu - 02/09/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
CMS Lunch Menu_SY 22-23			
Recipe	Total		
PB&J Sandwich, String Cheese & Goldfish Crackers	1.00 each	500.000	46.000
Chicken Caesar Salad w/ Roll & Croutons (CMS)	1.00 salad	648.715	37.609
Taco Salad w/ chs (Elem)	1.00 serving	317.325	23.528
Salad & Fruit Bar	1.00 Servings	87.885	22.143
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Weighted Daily Average		600.701	71.393
% of Calories			47.54%

Fri - 02/10/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
CMS Lunch Menu_SY 22-23			

Recipe	Total		
PB&J Sandwich, String Cheese & Goldfish Crackers	1.00 each	500.000	46.000
Ham and Cheese Hoagie (CMS)	1.00 sandwich	320.655	32.319
Cheese Pizza	1.00 pizza	300.000	34.000
Salad & Fruit Bar	1.00 Servings	87.885	22.143
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Weighted Daily Average		532.402	75.290
% of Calories			56.57%

Mon - 02/13/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
CMS Lunch Menu_SY 22-23				
Recipe	Total			
PB&J Sandwich, String Cheese & Goldfish Crackers	1.00 each	500.000	46.000	
Ham and Cheese Hoagie (CMS)	1.00 sandwich	320.655	32.319	
Chicken Nuggets	5.00 nuggets	184.211	9.615	
Salad & Fruit Bar	1.00 Servings	87.885	22.143	
Crinkle Fries	3.00 oz	121.498	21.262	
1% Regular Milk	1.00 Carton	100.000	12.000	
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000	
Weighted Daily Average		565.318	76.794	
% of Calories				54.34%

Tue - 02/14/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
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CMS Lunch Menu_SY 22-23			
Recipe	Total		
PB&J Sandwich, String Cheese & Goldfish Crackers	1.00 each	500.000	46.000
Chicken Caesar Salad w/ Roll & Croutons (CMS)	1.00 salad	648.715	37.609
Cheesy Garlic Bread	1.00 Piece	368.000	28.000
Salad & Fruit Bar	1.00 Servings	87.885	22.143
Marinara Sauce	1/4 cup	34.999	7.000
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Weighted Daily Average		640.520	76.211
% of Calories			47.59%

Wed - 02/15/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
CMS Lunch Menu_SY 22-23			
Recipe	Total		
PB&J Sandwich, String Cheese & Goldfish Crackers	1.00 each	500.000	46.000
Ham and Cheese Hoagie (CMS)	1.00 sandwich	320.655	32.319
BBQ Rib Sandwich	1.00 Sandwich	332.122	38.112
Salad & Fruit Bar	1.00 Servings	87.885	22.143
Baked Beans	1/2 Cup	236.315	46.189
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000

Weighted Daily Average	683.829	103.048
% of Calories		60.28%

Thu - 02/16/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
CMS Lunch Menu_SY 22-23			
Recipe	Total		
PB&J Sandwich, String Cheese & Goldfish Crackers	1.00 each	500.000	46.000
Chicken Caesar Salad w/ Roll & Croutons (CMS)	1.00 salad	648.715	37.609
Bean and Cheese Burrito	1.00 Each	291.000	41.000
Salad & Fruit Bar	1.00 Servings	87.885	22.143
Corn	1/2 Cup	60.632	12.884
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Weighted Daily Average		658.319	94.261
% of Calories			57.27%

Tue - 02/21/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
CMS Lunch Menu_SY 22-23			
Recipe	Total		
PB&J Sandwich, String Cheese & Goldfish Crackers	1.00 each	500.000	46.000
Chicken Caesar Salad w/ Roll & Croutons (CMS)	1.00 salad	648.715	37.609
Chicken Burger	1.00 each	320.000	34.000
Salad & Fruit Bar	1.00 Servings	87.885	22.143

Potato Tots	1.00 Serving	130.000	16.000
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Weighted Daily Average		668.853	86.544
% of Calories			51.76%

Wed - 02/22/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
CMS Lunch Menu_SY 22-23			
Recipe	Total		
PB&J Sandwich, String Cheese & Goldfish Crackers	1.00 each	500.000	46.000
Ham and Cheese Hoagie (CMS)	1.00 sandwich	320.655	32.319
Southwest Wrap, Hot (CMS)	1.00 Wrap	641.260	81.073
Salad & Fruit Bar	1.00 Servings	87.885	22.143
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Weighted Daily Average		656.017	87.732
% of Calories			53.49%

Thu - 02/23/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
CMS Lunch Menu_SY 22-23			
Recipe	Total		
PB&J Sandwich, String Cheese & Goldfish Crackers	1.00 each	500.000	46.000
Chicken Caesar Salad w/ Roll & Croutons (CMS)	1.00 salad	648.715	37.609

Nachos, Beef and Cheese	1.00 serving	335.326	24.106
Salad & Fruit Bar	1.00 Servings	87.885	22.143
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Weighted Daily Average		611.812	71.847
% of Calories			46.97%

Fri - 02/24/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
CMS Lunch Menu_SY 22-23			
Recipe	Total		
PB&J Sandwich, String Cheese & Goldfish Crackers	1.00 each	500.000	46.000
Ham and Cheese Hoagie (CMS)	1.00 sandwich	320.655	32.319
Pepperoni Pizza	1.00 pizza	310.000	34.000
Salad & Fruit Bar	1.00 Servings	87.885	22.143
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Weighted Daily Average		560.772	76.530
% of Calories			54.59%

Mon - 02/27/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
CMS Lunch Menu_SY 22-23			
Recipe	Total		
PB&J Sandwich, String Cheese & Goldfish Crackers	1.00 each	500.000	46.000

Ham and Cheese Hoagie (CMS)	1.00 sandwich	320.655	32.319
Hamburger	1.00 each	254.023	23.452
Salad & Fruit Bar	1.00 Servings	87.885	22.143
Crinkle Fries	3.00 oz	121.498	21.262
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Weighted Daily Average		623.249	89.520
% of Calories			57.45%

Tue - 02/28/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
CMS Lunch Menu_SY 22-23			
Recipe	Total		
PB&J Sandwich, String Cheese & Goldfish Crackers	1.00 each	500.000	46.000
Chicken Caesar Salad w/ Roll & Croutons (CMS)	1.00 salad	648.715	37.609
Cheesy Garlic Bread	1.00 Piece	368.000	28.000
Salad & Fruit Bar	1.00 Servings	87.885	22.143
Marinara Sauce	1/4 cup	34.999	7.000
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Weighted Daily Average		648.297	77.766
% of Calories			47.98%

* = Indicates missing Nutrient Information.

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