

# Carbohydrate Report

District: Sedro-Woolley School District  
 School: Clear Lake Elementary School  
 Menu: Elementary Lunch Menu\_SY 22-23



Wed - 02/01/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch Menu_SY 22-23				
Recipe	Total			
Sunbutter & Jelly Sandwich	1.00 Sandwich	310.000	33.000	
Pepperoni & Cheese Calzone	3.00 Calzones	350.000	40.000	
Baby Carrots	1/2 cup	24.806	5.840	
Hummus Cup	1.00 Cup	110.063	18.010	
Cut Green Beans	1/2 cup	17.590	3.294	
Fresh Apples	1.00 each	64.445	17.115	
Cheddar Goldfish Crackers	1.00 bag	101.248	14.175	
1% Regular Milk	1.00 Carton	100.000	12.000	
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000	
String Cheese	1.00 Stick	80.000	0.000	
Weighted Daily Average		603.212	85.050	
% of Calories			56.40%	

Thu - 02/02/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch Menu_SY 22-23				
Recipe	Total			

Yogurt Cup	1.00 each	135.000	18.000
Bean and Cheese Burrito	1.00 Each	291.000	41.000
Yellow Bell Peppers	0.50 Cup	12.420	2.907
Corn	1/2 Cup	60.632	12.884
Broccoli Florets	1/2 cup	10.710	2.092
Fresh Apples	1.00 each	64.445	17.115
Strawberry Cream Cheese Mini Bagels	1.00 package	230.000	42.000
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Honey Roasted Sunflower Seeds	1.00 packet	190.000	11.000
Weighted Daily Average		604.210	98.298
% of Calories			65.08%

Fri - 02/03/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch Menu_SY 22-23				
Recipe	Total			
Sunbutter & Jelly Sandwich	1.00 Sandwich	310.000	33.000	
Chicken Burger	1.00 each	320.000	34.000	
Baby Carrots	1/2 cup	24.806	5.840	
Celery Sticks	1/2 cup	9.072	1.925	
Fresh Apples	1.00 each	64.445	17.115	
Cheddar Goldfish Crackers	1.00 bag	101.248	14.175	
Sorbet Cup	1.00 Cup	90.000	22.000	
1% Regular Milk	1.00 Carton	100.000	12.000	
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000	

String Cheese	1.00 Stick	80.000	0.000
Weighted Daily Average		657.471	100.251
% of Calories			60.99%

Mon - 02/06/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch Menu_SY 22-23				
Recipe	Total			
Sunbutter & Jelly Sandwich	1.00 Sandwich	310.000	33.000	
Chicken Nuggets	5.00 nuggets	184.211	9.615	
Baby Carrots	1/2 cup	24.806	5.840	
Hummus Cup	1.00 Cup	110.063	18.010	
Fresh Apples	1.00 each	64.445	17.115	
Cheddar Goldfish Crackers	1.00 bag	101.248	14.175	
1% Regular Milk	1.00 Carton	100.000	12.000	
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000	
String Cheese	1.00 Stick	80.000	0.000	
Weighted Daily Average		551.136	72.387	
% of Calories			52.54%	

Tue - 02/07/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch Menu_SY 22-23				
Recipe	Total			
Yogurt Cup	1.00 each	135.000	18.000	

Mini Maple Pancakes	1.00 Package	210.000	38.000
Sausage Links	2.00 Links	240.000	0.000
Broccoli Florets	1/2 cup	10.710	2.092
Celery Sticks	1/2 cup	9.072	1.925
Frozen Blueberries	0.50 Cup	40.000	9.000
Strawberry Cream Cheese Mini Bagels	1.00 package	230.000	42.000
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Honey Roasted Sunflower Seeds	1.00 packet	190.000	11.000
Weighted Daily Average		639.372	76.800
% of Calories			48.05%

Wed - 02/08/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch Menu_SY 22-23			
Recipe	Total		
Sunbutter & Jelly Sandwich	1.00 Sandwich	310.000	33.000
French Bread Pepperoni Pizza	1.00 Each	300.000	33.000
Baby Carrots	1/2 cup	24.806	5.840
Hummus Cup	1.00 Cup	110.063	18.010
Fresh Apples	1.00 each	64.445	17.115
Cheddar Goldfish Crackers	1.00 bag	101.248	14.175
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
1% Regular Milk	1.00 Carton	100.000	12.000
String Cheese	1.00 Stick	80.000	0.000
Weighted Daily Average		555.820	77.905

% of Calories	56.07%
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Thu - 02/09/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch Menu_SY 22-23				
Recipe		Total		
Yogurt Cup		1.00 each	135.000	18.000
Chili with Beef and Beans		<sup>3</sup> / <sub>4</sub> Cup	182.138	22.701
Celery Sticks		<sup>1</sup> / <sub>2</sub> cup	9.072	1.925
Yellow Bell Peppers		0.50 Cup	12.420	2.907
Fresh Apples		1.00 each	64.445	17.115
Strawberry Cream Cheese Mini Bagels		1.00 package	230.000	42.000
Tostitos, Crispy Rounds, Tortilla Chips		1.00 1 bag	119.290	17.894
1% Regular Milk		1.00 Carton	100.000	12.000
Nonfat Chocolate Milk		1.00 Carton	130.000	23.000
Honey Roasted Sunflower Seeds		1.00 packet	190.000	11.000
Weighted Daily Average			568.233	88.794
% of Calories				62.51%

Fri - 02/10/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch Menu_SY 22-23				
Recipe		Total		
Sunbutter & Jelly Sandwich		1.00 Sandwich	310.000	33.000
Hamburger		1.00 each	254.023	23.452

Baby Carrots	1/2 cup	24.806	5.840
Celery Sticks	1/2 cup	9.072	1.925
Potato Smiles	4.00 Smiles	130.000	17.000
Fresh Apples	1.00 each	64.445	17.115
Cheddar Goldfish Crackers	1.00 bag	101.248	14.175
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
String Cheese	1.00 Stick	80.000	0.000
Weighted Daily Average		612.553	82.723
% of Calories			54.02%

Mon - 02/13/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch Menu_SY 22-23			
Recipe	Total		
Sunbutter & Jelly Sandwich	1.00 Sandwich	310.000	33.000
Corn Dog	1.00 each	250.000	30.000
Baby Carrots	1/2 cup	24.806	5.840
Hummus Cup	1.00 Cup	110.063	18.010
Potato Tots	1.00 Serving	130.000	16.000
Fresh Apples	1.00 each	64.445	17.115
Pretzel Goldfish Crackers	1.00 Bag	91.123	16.200
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
1% Regular Milk	1.00 Carton	100.000	12.000
String Cheese	1.00 Stick	80.000	0.000
Weighted Daily Average		609.184	87.561

% of Calories	57.49%
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Tue - 02/14/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch Menu_SY 22-23				
Recipe		Total		
Yogurt Cup		1.00 each	135.000	18.000
Breaded Chicken Drumstick		1.00 Drumstick	190.000	5.000
Broccoli Florets		1/2 cup	10.710	2.092
Yellow Bell Peppers		0.50 Cup	12.420	2.907
Pear		1.00 Each	84.360	22.540
Strawberry Cream Cheese Mini Bagels		1.00 package	230.000	42.000
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
Honey Roasted Sunflower Seeds		1.00 packet	190.000	11.000
Weighted Daily Average			626.764	85.372
% of Calories				54.48%

Wed - 02/15/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch Menu_SY 22-23				
Recipe		Total		
Sunbutter & Jelly Sandwich		1.00 Sandwich	310.000	33.000
Cheese Filled Breadsticks		2.00 sticks	290.000	28.000

Marinara Sauce	1/4 cup	34.999	7.000
Baby Carrots	1/2 cup	24.806	5.840
Hummus Cup	1.00 Cup	110.063	18.010
Cut Green Beans	1/2 cup	17.590	3.294
Fresh Apples	1.00 each	64.445	17.115
Cheddar Goldfish Crackers	1.00 bag	101.248	14.175
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
String Cheese	1.00 Stick	80.000	0.000
Weighted Daily Average		585.355	81.478
% of Calories			55.68%

Thu - 02/16/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch Menu_SY 22-23			
Recipe	Total		
Yogurt Cup	1.00 each	135.000	18.000
Nachos, Beef and Cheese	1.00 serving	335.326	24.106
Celery Sticks	1/2 cup	9.072	1.925
Yellow Bell Peppers	0.50 Cup	12.420	2.907
Fresh Apples	1.00 each	64.445	17.115
Strawberry Cream Cheese Mini Bagels	1.00 package	230.000	42.000
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Honey Roasted Sunflower Seeds	1.00 packet	190.000	11.000
Weighted Daily Average		592.446	77.016



% of Calories	52.00%
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Fri - 02/17/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch Menu_SY 22-23			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 02/21/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch Menu_SY 22-23			
Recipe	Total		
Yogurt Cup	1.00 each	135.000	18.000
Popcorn Chicken	12.00 pieces	254.750	15.507
Broccoli Florets	1/2 cup	10.710	2.092
Yellow Bell Peppers	0.50 Cup	12.420	2.907
Pear	1.00 Each	84.360	22.540
Strawberry Cream Cheese Mini Bagels	1.00 package	230.000	42.000
Scooby Snack Crackers	1.00 Each	120.000	21.000
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Honey Roasted Sunflower Seeds	1.00 packet	190.000	11.000
Weighted Daily Average		641.403	91.460
% of Calories			57.04%

<b>Wed - 02/22/2023</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Elementary Lunch Menu_SY 22-23			
Recipe	Total		
Sunbutter & Jelly Sandwich	1.00 Sandwich	310.000	33.000
Cheese Pizza	1.00 pizza	300.000	34.000
Baby Carrots	1/2 cup	24.806	5.840
Hummus Cup	1.00 Cup	110.063	18.010
Fresh Apples	1.00 each	64.445	17.115
Cheddar Goldfish Crackers	1.00 bag	101.248	14.175
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
String Cheese	1.00 Stick	80.000	0.000
Weighted Daily Average		554.934	78.411
% of Calories			56.52%

<b>Thu - 02/23/2023</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Elementary Lunch Menu_SY 22-23			
Recipe	Total		
Yogurt Cup	1.00 each	135.000	18.000
Penne Pasta with Meat Sauce	3/4 Cup	230.659	25.999
Baby Carrots	1/2 cup	24.806	5.840
Celery Sticks	1/2 cup	9.072	1.925
Hummus Cup	1.00 Cup	110.063	18.010

Pear	1.00 Each	84.360	22.540
Strawberry Cream Cheese Mini Bagels	1.00 package	230.000	42.000
Garlic Texas Toast	1.00 Slice	99.629	13.948
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Honey Roasted Sunflower Seeds	1.00 packet	190.000	11.000
Weighted Daily Average		614.267	94.916
% of Calories			61.81%

Fri - 02/24/2023		Portion Size	Calories (kcal)	Carbohydrates (g)
Elementary Lunch Menu_SY 22-23				
Recipe	Total			
Sunbutter & Jelly Sandwich	1.00 Sandwich	310.000	33.000	
Cheeseburger	1.00 each	380.000	31.000	
Baby Carrots	1/2 cup	24.806	5.840	
Celery Sticks	1/2 cup	9.072	1.925	
Potato Tots	1.00 Serving	130.000	16.000	
Fresh Apples	1.00 each	64.445	17.115	
Cheddar Goldfish Crackers	1.00 bag	101.248	14.175	
1% Regular Milk	1.00 Carton	100.000	12.000	
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000	
String Cheese	1.00 Stick	80.000	0.000	
Weighted Daily Average		703.185	87.537	
% of Calories			49.79%	

<b>Mon - 02/27/2023</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Elementary Lunch Menu_SY 22-23			
Recipe	Total		
Sunbutter & Jelly Sandwich	1.00 Sandwich	310.000	33.000
Mac & Cheese	6.00 oz	290.000	28.000
Mini Corn Dog Bites	4.00 Pieces	180.000	20.000
Baby Carrots	1/2 cup	24.806	5.840
Hummus Cup	1.00 Cup	110.063	18.010
Fresh Apples	1.00 each	64.445	17.115
Pretzel Goldfish Crackers	1.00 Bag	91.123	16.200
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
1% Regular Milk	1.00 Carton	100.000	12.000
String Cheese	1.00 Stick	80.000	0.000
Weighted Daily Average		673.470	88.990
% of Calories			52.85%

<b>Tue - 02/28/2023</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
Elementary Lunch Menu_SY 22-23			
Recipe	Total		
Yogurt Cup	1.00 each	135.000	18.000
Teriyaki Chicken	3.00 oz	219.037	23.040
Broccoli Florets	1/2 cup	10.710	2.092
Yellow Bell Peppers	0.50 Cup	12.420	2.907

Pear	1.00 Each	84.360	22.540
Strawberry Cream Cheese Mini Bagels	1.00 package	230.000	42.000
Brown Rice	1/2 Cup	108.056	22.148
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Honey Roasted Sunflower Seeds	1.00 packet	190.000	11.000
Fortune Cookie	1.00 Cookie	30.240	6.720
Weighted Daily Average		628.962	102.461
% of Calories			65.16%

\* = Indicates missing Nutrient Information.

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