

Carbohydrate Report

District: Sedro-Woolley School District
 School: Sedro-Woolley High School
 Menu: SWHS Lunch Menu_SY 22-23



Mon - 09/12/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
SWHS Lunch Menu_SY 22-23			
Recipe	Total		
Cheeseburger & French Fries	1.00 each	444.023	45.452
Chicken Burger & French Fries	1.00 each	470.063	53.009
Spicy Chicken Burger	1.00 each	470.063	53.009
Corn Dog & French Fries	1.00 each	350.063	45.009
Chicken Nuggets & Fries	1.00 serving	510.063	41.009
Fish Burger	1.00 Burger	427.230	54.434
Chicken Caesar Salad w/ Breadstick & Goldfish	1.00 salad	633.689	37.258
Chef Salad w/ Breadstick & Goldfish	1.00 salad	468.976	38.163
Chicken Caesar Wrap (SWHS)	1.00 wrap	781.285	66.984
PB&J Sandwich, String Cheese & Goldfish Crackers	1.00 each	500.000	46.000
Cheese Pizza	1.00 Slice	400.000	43.000
Max Sticks	3.00 Sticks	450.000	48.000
Nachos, Beef and Cheese (HS)	1.00 serving	514.863	44.947
Bean and Cheese Burrito & French Fries	1.00 Each	401.063	56.009
Fiesta Salad	0.50 cup	99.927	21.410
Baby Carrots	1/2 cup	24.806	5.840
Veggie Pack	1.00 Pack	16.920	3.607
Applesauce Cup	1.00 Cup	51.240	13.749

Fresh Apples	1.00 each	64.445	17.115
Strawberry Cup	1.00 container	89.997	21.990
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Weighted Daily Average		528.480	56.500
% of Calories			42.76%

Tue - 09/13/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
SWHS Lunch Menu_SY 22-23			
Recipe	Total		
Cheeseburger & French Fries	1.00 each	444.023	45.452
Chicken Burger & French Fries	1.00 each	470.063	53.009
Spicy Chicken Burger	1.00 each	470.063	53.009
Corn Dog & French Fries	1.00 each	350.063	45.009
Chicken Nuggets & Fries	1.00 serving	510.063	41.009
Fish Burger	1.00 Burger	427.230	54.434
Chicken Caesar Salad w/ Breadstick & Goldfish	1.00 salad	633.689	37.258
Chef Salad w/ Breadstick & Goldfish	1.00 salad	468.976	38.163
Chicken Caesar Wrap (SWHS)	1.00 wrap	781.285	66.984
PB&J Sandwich, String Cheese & Goldfish Crackers	1.00 each	500.000	46.000
Cheese Pizza	1.00 Slice	400.000	43.000
Max Sticks	3.00 Sticks	450.000	48.000
Taco Salad	1.00 Salad	604.397	55.344
Bean and Cheese Burrito & French Fries	1.00 Each	401.063	56.009
Fiesta Salad	0.50 cup	99.927	21.410

Baby Carrots	1/2 cup	24.806	5.840
Veggie Pack	1.00 Pack	16.920	3.607
Applesauce Cup	1.00 Cup	51.240	13.749
Fresh Apples	1.00 each	64.445	17.115
Strawberry Cup	1.00 container	89.997	21.990
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Weighted Daily Average		534.875	57.242
% of Calories			42.81%

Wed - 09/14/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
SWHS Lunch Menu_SY 22-23			
Recipe	Total		
Cheeseburger & French Fries	1.00 each	444.023	45.452
Chicken Burger & French Fries	1.00 each	470.063	53.009
Spicy Chicken Burger	1.00 each	470.063	53.009
Corn Dog & French Fries	1.00 each	350.063	45.009
Chicken Nuggets & Fries	1.00 serving	510.063	41.009
Fish Burger	1.00 Burger	427.230	54.434
Chicken Caesar Salad w/ Breadstick & Goldfish	1.00 salad	633.689	37.258
Chef Salad w/ Breadstick & Goldfish	1.00 salad	468.976	38.163
Chicken Caesar Wrap (SWHS)	1.00 wrap	781.285	66.984
PB&J Sandwich, String Cheese & Goldfish Crackers	1.00 each	500.000	46.000
Cheese Pizza	1.00 Slice	400.000	43.000
Max Sticks	3.00 Sticks	450.000	48.000

Teriyaki Chicken Rice Bowl	1.00 Bowl	667.168	108.648
Bean and Cheese Burrito & French Fries	1.00 Each	401.063	56.009
Fiesta Salad	0.50 cup	99.927	21.410
Baby Carrots	1/2 cup	24.806	5.840
Veggie Pack	1.00 Pack	16.920	3.607
Applesauce Cup	1.00 Cup	51.240	13.749
Fresh Apples	1.00 each	64.445	17.115
Strawberry Cup	1.00 container	89.997	21.990
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Weighted Daily Average		539.359	61.050
% of Calories			45.28%

Thu - 09/15/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
SWHS Lunch Menu_SY 22-23			
Recipe	Total		
Cheeseburger & French Fries	1.00 each	444.023	45.452
Chicken Burger & French Fries	1.00 each	470.063	53.009
Spicy Chicken Burger	1.00 each	470.063	53.009
Corn Dog & French Fries	1.00 each	350.063	45.009
Chicken Nuggets & Fries	1.00 serving	510.063	41.009
Fish Burger	1.00 Burger	427.230	54.434
Chicken Caesar Salad w/ Breadstick & Goldfish	1.00 salad	633.689	37.258
Chef Salad w/ Breadstick & Goldfish	1.00 salad	468.976	38.163
Chicken Caesar Wrap (SWHS)	1.00 wrap	781.285	66.984

PB&J Sandwich, String Cheese & Goldfish Crackers	1.00 each	500.000	46.000
Cheese Pizza	1.00 Slice	400.000	43.000
Max Sticks	3.00 Sticks	450.000	48.000
Nachos, Beef and Cheese (HS)	1.00 serving	514.863	44.947
Bean and Cheese Burrito & French Fries	1.00 Each	401.063	56.009
Fiesta Salad	0.50 cup	99.927	21.410
Baby Carrots	1/2 cup	24.806	5.840
Veggie Pack	1.00 Pack	16.920	3.607
Applesauce Cup	1.00 Cup	51.240	13.749
Fresh Apples	1.00 each	64.445	17.115
Strawberry Cup	1.00 container	89.997	21.990
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Weighted Daily Average		528.480	56.500
% of Calories			42.76%

Fri - 09/16/2022	Portion Size	Calories (kcal)	Carbohydrates (g)
SWHS Lunch Menu_SY 22-23			
Recipe	Total		
Cheeseburger & French Fries	1.00 each	444.023	45.452
Chicken Burger & French Fries	1.00 each	470.063	53.009
Spicy Chicken Burger	1.00 each	470.063	53.009
Corn Dog & French Fries	1.00 each	350.063	45.009
Chicken Nuggets & Fries	1.00 serving	510.063	41.009
Fish Burger	1.00 Burger	427.230	54.434

Chicken Caesar Salad w/ Breadstick & Goldfish	1.00 salad	633.689	37.258
Chef Salad w/ Breadstick & Goldfish	1.00 salad	468.976	38.163
Chicken Caesar Wrap (SWHS)	1.00 wrap	781.285	66.984
PB&J Sandwich, String Cheese & Goldfish Crackers	1.00 each	500.000	46.000
Cheese Pizza	1.00 Slice	400.000	43.000
Max Sticks	3.00 Sticks	450.000	48.000
Pasta Bowl with Beef	1.00 Bowl	579.852	75.478
Bean and Cheese Burrito & French Fries	1.00 Each	401.063	56.009
Fiesta Salad	0.50 cup	99.927	21.410
Baby Carrots	1/2 cup	24.806	5.840
Veggie Pack	1.00 Pack	16.920	3.607
Applesauce Cup	1.00 Cup	51.240	13.749
Fresh Apples	1.00 each	64.445	17.115
Strawberry Cup	1.00 container	89.997	21.990
1% Regular Milk	1.00 Carton	100.000	12.000
Nonfat Chocolate Milk	1.00 Carton	130.000	23.000
Weighted Daily Average		533.122	58.680
% of Calories			44.03%

* = Indicates missing Nutrient Information.

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