

# Carbohydrate Report

District: Genuine Foods DC

School: Learn DC

Menu: 22/23 DC Base Lunch K-8



Thu - 06/01/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		
Chicken Parmesan Sub with Marinara 2MMA 2WG 0.25 RO	1.00 portion	517.584	44.844
Chicken Ranch Wrap 2 MMA 2WG .25DG	1.00 wrap	352.943	35.273
Roasted Potato Wedges/Fries (fresh) .5c S	1/2 cup	106.413	24.228
Roasted Cauliflower .5c O	0.50 cup	33.729	4.216
Juice 100% Variety, Ardmore Farms, 4oz (1/2 c fruit)	1.00 carton	62.500	15.500
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Weighted Daily Average		667.835	82.781
% of Calories			49.58%

Fri - 06/02/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		
Cajun Chicken Pasta Bake, 2 MMA, 2 WG, 1/2 O	1.50 cups	416.695	53.473

Turkey Ham & Cheese Sandwich 2MMA 2WG	1.00 sandwich	316.546	34.227
Broccoli, Florets, Blanched & Cooled.75 DG	0.75 cup	34.305	5.718
Green Beans (IQF), .5 O	1 $\frac{1}{2}$ cup	23.347	4.669
100% Orange Juice, SS Cup	1.00 count	50.000	13.000
Pear, 90 CT	1.00 each	119.236	31.871
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Weighted Daily Average		580.065	84.479
% of Calories			58.25%

Mon - 06/05/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		
DC -NOLA Chicken Sandwich (JTM) 2MMA 2WG	1.00 sandwich	299.148	38.675
Pulled Buffalo Chicken Wrap 2MMA 2.5WG	1.00 sandwich	369.211	34.000
Roasted Sweet Potato Wedges/Fries (Fresh) .5c R/O	1 $\frac{1}{2}$ cup	139.777	27.835
Celery Stick	6.00 sticks	15.993	1.741
Assorted Fruit (1/2 cup)	1 $\frac{1}{2}$ cup	74.289	18.727
Orange Wedges, Choice 138 CT - 1/2 cup (PreK)	1.00 each	44.200	10.045
Low Fat (1%) Milk, Plain (MA/DC)	1.00 carton	110.000	13.000
Fat Free (Skim) Milk, Plain (MA/DC)	1.00 carton	90.000	13.000

Weighted Daily Average	630.554	92.898
% of Calories		58.93%

Tue - 06/06/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		
Teriyaki Meatballs (2MMA)	5.00 meatballs	307.570	29.009
Steamed Corn, 1/2 cup	0.50 cup	86.974	16.223
Brown Rice 1/2c 1WG	1/2 cup	96.646	20.618
Weighted Daily Average		491.190	65.850
% of Calories			53.62%

Wed - 06/07/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Thu - 06/08/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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22/23 DC Base Lunch K-8			
Recipe	Total		
Weighted Daily Average	N/A		N/A
% of Calories			N/A

Fri - 06/09/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
22/23 DC Base Lunch K-8			
Recipe	Total		
Weighted Daily Average	N/A		N/A
% of Calories			N/A

\* = Indicates missing Nutrient Information.

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