

Carbohydrate Count Table

Date: 2/5/20

2019-2020 MENU ITEM	FOOD CATEGORY	Total Carbohydrate (g)	MENU	GRADE LEVEL	SERVING SIZE	Calories (kcal)	Total Fat (g)	Saturated Fat (g)
ALL AMERICAN BURGER	ENTRÉE	29.60	LUNCH/SUPPER	GR K-12	1 SERVING	275.10	8.67	2.95
ALL STAR TURKEY HOT DOG	ENTRÉE	28.00	LUNCH	GR K-12	1 SERVING	260.00	11.00	2.50
ALMOND MILK	MILK	16.00	MILK	SPECIAL DIET	8 OZ CARTON	90.00	2.50	0.00
ALOHA ROLL	GRAIN	28.00	LUNCH	ALL	1 ROLL	150.00	3.00	0.00
APPLE FRESH (FUJI, GALA, RED DELICIOUS) COMMODITY	FRUIT	27.63	BREAKFAST/LUNCH	GR K-12/EEC	1 EACH	110.51	0.00	0.00
APPLE FRESH (RED/GREEN)	FRUIT	20.48	BREAKFAST/LUNCH	GR K-12/EEC	1 EACH	87.04	0.00	0.00
APPLE JUICE	FRUIT JUICE	14.50	BREAKFAST/LUNCH	ALL	EACH 4 OZ.	55.00	0.00	0.00
APPLE SLICES FRESH	FRUIT	8.00	BREAKFAST/LUNCH	GR K-12/EEC	1 IND. PKG	34.00	0.00	0.00
APPLESAUCE & CHERRIES	FRUIT	39.12	LUNCH	GR K-12	1 SERVING	166.45	0.83	0.00
APPLESAUCE & STRAWBERRIES	FRUIT	27.62	LUNCH	ALL	1 SERVING	111.86	0.00	0.00
APPLESAUCE & STRAWBERRIES	FRUIT	58.00	LUNCH	SOFT DIET GR 9-12	1 SERVING	234.90	0.00	0.00
APPLESAUCE CHERRY	FRUIT	11.76	LUNCH/SUPPER	ALL	1 SERVING	47.03	0.00	0.00
APPLESAUCE CUP	FRUIT	14.00	BREAKFAST/LUNCH	ALL	1 EACH	60.00	0.00	0.00
APPLESAUCE ORANGE DREAMSICLE	FRUIT	18.00	LUNCH/SUPPER	ALL	1 SERVING	70.00	0.00	0.00
ARTISAN ROLL 1 OZ.	GRAIN	15.00	LUNCH	EEC	1 EACH	80.00	1.00	0.00
ARTISAN ROLL 2 OZ.	GRAIN	34.00	LUNCH	GR K-12	1 EACH	160.00	2.00	0.00
ASIAN CHICKEN BITES	ENTRÉE	27.00	SUPPER	GR K-12	1 SERVING	310.00	13.00	2.50
BANANA BREAD	ENTRÉE	51.00	BREAKFAST	GR K-12	1 SERVING	310.00	9.00	1.50
BANANA FRESH	FRUIT	31.06	BREAKFAST/LUNCH	ALL	1 EACH	121.04	0.45	0.15
BEAN & CHEESE CHIMICHANGA	ENTRÉE	43.00	LUNCH	ALL	1 SERVING	350.00	13.00	5.00
BEAN & CHEESE PUPUSA	ENTRÉE	35.00	LUNCH	GR K-12	1 SERVING	290.00	11.00	3.50
BEANS, CHEESE & RICE BURRITO	ENTRÉE	47.65	LUNCH	ALL	1 BURRITO	336.67	9.28	3.36
BEEF & CHEESE TACO BURRITO	ENTRÉE	30.00	LUNCH	ALL	1 SERVING	290.00	14.00	5.00
BEEF & CHEESE TACO SNACK	ENTRÉE	30.00	LUNCH	ALL	1 SERVING	290.00	14.00	5.00
BEEF CORN DOG	ENTRÉE	30.90	SUPPER	ALL	1 EACH	306.00	15.10	5.00
BEEF SAUSAGE PANCAKE SANDWICH	ENTRÉE	15.70	BREAKFAST	ALL	1 EACH	140.32	4.69	1.57
BEEF TACO & CHEESE CHIMICHANGA	ENTRÉE	43.00	SUPPER	GR K-12	1 EACH	380.00	12.50	4.00
BEEFY HOT SANDWICH	ENTRÉE	29.27	LUNCH	ALL	1 SANDWICH	256.91	8.21	2.37
BEEFY WESTERN CHEESEBURGER	ENTRÉE	47.90	LUNCH	GR 6-12	1 BURGER	461.00	20.40	7.65
BERRY JUICE BAR	FRUIT JUICE	9.00	SUPPER	ALL	EACH JUICE BAR	40.00	0.00	0.00
BLOOD ORANGE	FRUIT	16.47	LUNCH	ALL	1 EACH	69.42	0.00	0.00
BLUEBERRY MUFFIN	GRAIN	23.00	SNACK/SUPPER	ALL	1 EACH	130.00	3.50	0.00
BLUEBERRY PANCAKE MINI BITES	ENTRÉE	35.00	BREAKFAST	ALL	1 SERVING	210.00	6.00	1.00
BREAKFAST SAUSAGE SQUARE	ENTRÉE	31.00	BREAKFAST	ALL	1 SERVING	240.00	8.00	3.00
BROCCOLI BUDS (1 C)	VEGETABLE	9.24	LUNCH	MECH SOFT K-12	EACH 1 CUP	48.07	0.00	0.00
BROCCOLI BUDS (1/2 C)	VEGETABLE	4.62	LUNCH	ALL	EACH 1/2 CUP	24.04	0.00	0.00

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BUFFALO CHICKEN BASKET	ENTRÉE	47.26	LUNCH	PILOT SITE 6-12	1 SERVING	626.20	40.23	5.28
BUFFALO CHICKEN BITES	ENTRÉE	13.77	LUNCH	GR 6-12	1 SERVING	249.92	13.99	1.49
BUFFALO WINGS	ENTRÉE	6.89	LUNCH	GR 6-12	1 SERVING	321.49	24.12	6.89
BUFFALO WINGS & CHEESY BREAD	ENTRÉE	36.89	LUNCH	GR 6-12	1 SERVING	561.49	32.11	10.89
BUTTERY MAPLE WAFFLE	ENTRÉE	37.00	BREAKFAST	ALL	1 SERVING	250.00	9.00	4.00
CAFÉ LA BURGER	ENTRÉE	26.50	LUNCH	ALL	1 SERVING	242.00	8.10	2.50
CAFÉ LA CHEESEBURGER	ENTRÉE	26.50	LUNCH	GR K-12	1 SERVING	362.00	18.10	8.50
CAFÉ LA COFFEE CAKE (CUT 40)	GRAIN	53.49	BREAKFAST	GR 6-12	1 SERVING	360.79	15.01	1.81
CAFÉ LA COFFEE CAKE (CUT 72)	GRAIN	29.72	BREAKFAST	GR K-5	1 SERVING	200.44	8.34	1.00
CAFÉ LA COFFEE CAKE 2 OZ. IND. WRAPPED	GRAIN	26.00	BREAKFAST	GR K-5	1 IND. WRAPPED	184.00	7.00	1.00
CAFÉ LA COFFEE CAKE 3.4 OZ IND. WRAPPED	GRAIN	49.00	BREAKFAST	GR 6-12	1 IND. WRAPPED	310.00	12.00	1.50
CAFÉ LA NACHO DOG	ENTRÉE	29.00	LUNCH	PILOT SITE 6-12	1 SERVING	320.18	15.50	5.10
CAFÉ LA STREET DOG	ENTRÉE	29.22	LUNCH	PILOT SITE 6-12	1 SERVING	375.83	22.66	5.01
CAFÉ LA TERIYAKI CHEESEBURGER	ENTRÉE	43.93	LUNCH	PILOT SITE 6-12	1 SANDWICH	367.89	12.33	4.86
CAFÉ LA WESTERN CHEESEBURGER	ENTRÉE	50.54	LUNCH	PILOT SITE 6-12	1 SANDWICH	426.99	15.53	5.46
CAMPFIRE BAKED BEANS (1 C)	VEGETABLE	60.19	LUNCH	MECH SOFT K-12	1 SERVING	280.88	0.00	0.00
CAMPFIRE BAKED BEANS (1/2 C)	VEGETABLE	30.09	LUNCH	ALL	1 SERVING	140.44	0.00	0.00
CARA CARA ORANGE	FRUIT	13.87	LUNCH	ALL	1 EACH	58.48	0.00	0.00
CARA-BLOOD ORANGE HALVES	FRUIT	15.17	LUNCH	ALL	1 SERVING	63.95	0.00	0.00
CARROTS DICED, COOKED	VEGETABLE	15.53	LUNCH	SOFT DIET GR 9-12	1 SERVING	69.90	2.59	0.00
CELERY STICKS (1/2 C)	VEGETABLE	2.11	LUNCH	GR K-12	1 SERVING	11.34	0.12	0.03
CHEESE BURGER SLIDERS	ENTRÉE	31.10	SUPPER	GR K-12	1 SERVING	273.00	8.00	2.90
CHEESE KIT (NOTABLES)	ENTRÉE	63.00	SUPPER	GR K-12	1 KIT	480.00	19.00	12.00
CHEESE PLANK (1 OZ.)	DAIRY	1.00	FIELD TRIP	ALL	1 OZ. EACH	100.00	8.00	6.00
CHEESE PLANK (2 OZ.)	DAIRY	2.00	SUPPER	GR K-12	EACH 2 OZ.	200.00	16.00	12.00
CHEESY BREAD	GRAIN	30.00	LUNCH	GR K-12	1 EACH	240.00	8.00	4.00
CHEESY GARLIC BREAD	ENTRÉE	29.00	LUNCH/SUPPER	ALL	1 SERVING	385.00	21.71	8.00
CHEESY PILLOWS	ENTRÉE	29.00	LUNCH/SUPPER	ALL	1 SERVING	290.00	14.00	5.00
CHEEZ-IT CRACKERS	GRAIN	14.00	SNACK	ALL	1 IND. BAG	100.00	3.50	1.00
CHERRY BLOSSOM CHICKEN BOWL	ENTRÉE	69.82	LUNCH	ALL	1 SERVING	416.67	7.25	1.01
CHERRY LIMEADE SLUSH	FRUIT JUICE	15.00	LUNCH/SUPPER	ALL	1 EACH	60.00	0.00	0.00
CHICKEN & CHEESE BURRITO	ENTRÉE	32.00	SUPPER	GR K-12	1 EACH	290.00	9.00	3.00
CHICKEN & CHEESE SLIDERS	ENTRÉE	34.00	LUNCH	ALL	1 SERVING	340.00	14.00	5.00
CHICKEN CAESAR SALAD	ENTRÉE	10.48	LUNCH	GR K-12	1 SERVING	135.49	6.37	0.74
CHICKEN CAESAR SALAD & CHEESY BREAD	ENTRÉE	40.48	LUNCH	GR K-12	1 SERVING	375.49	14.37	4.74
CHICKEN CAESAR SALAD-NNC	ENTRÉE	10.92	LUNCH	GR K-12	1 SERVING	191.82	8.54	1.39
CHICKEN NUGGETS & RUFFLE FRIES (NNC)	ENTRÉE	33.55	LUNCH	ALL	1 SERVING	309.98	11.67	1.50

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CHICKEN NUGGETS (NNC)	ENTRÉE	14.00	LUNCH	ALL	1 SERVING	200.00	8.00	1.50
CHICKEN PANCAKE SANDWICH	ENTRÉE	24.00	BREAKFAST	ALL	1 SERVING	210.00	8.00	1.50
CHICKEN TENDERS, HOMESTYLE	ENTRÉE	12.20	LUNCH/SUPPER	ALL	3 EACH TENDERS	233.74	12.20	2.03
CHIK'N NUGGETS	ENTRÉE	24.72	VEGAN	GR K-12	1 SERVING	247.24	11.13	1.85
CHILLED MIXED FRUIT-PEAR MANGO	FRUIT	17.84	LUNCH	GR K-12	1 SERVING	75.24	0.04	0.00
CHILLED PINEAPPLE (CANNED)	FRUIT	33.00	LUNCH	MECH SOFT GR 9-12	1 CUP SERVING	138.57	0.00	0.00
CHILLED PINEAPPLE (CANNED)	FRUIT	16.50	LUNCH	ALL	1/2 CUP SERVING	69.28	0.00	0.00
CHILLED TROPICAL FRUIT (1/2 C)	FRUIT	16.23	LUNCH	GR K-12	1 SERVING	68.29	0.04	0.00
CHINESE CHICKEN SALAD	ENTRÉE	14.51	LUNCH	GR K-12	1 SERVING	231.73	9.43	2.12
CHOCOLATE CRESCENT	GRAIN	37.00	BREAKFAST	GR K-12	1 SERVING	230.00	8.00	1.50
CHOCOLATE GRANOLA	GRAIN	18.00	SUPPER	GR K-12	EACH IND. PKG	120.00	4.00	0.00
CHRISPY POTATO SMILES	VEGETABLE	20.14	LUNCH	ALL	1 SERVING	130.89	4.53	0.50
CINNAMON PAN DULCE	GRAIN	33.00	BREAKFAST	GR K-12/MECH SOFT	1 SERVING	200.00	6.50	1.50
CINNAMONY PANCAKES	GRAIN	35.00	BREAKFAST	ALL	1 SERVING	220.00	7.00	1.50
CLASSIC TUNA SANDWICH	ENTRÉE	31.40	LUNCH	GR K-12	1 SERVING	388.75	20.91	3.37
COCOA BAR	GRAIN	34.00	SUPPER	GR K-12	1 EACH	200.00	7.00	2.00
CONDIMENT - GRAPE JELLY	CONDIMENT	9.00	CONDIMENT	ALL	1 EACH	35.00	0.00	0.00
CONDIMENT - KETCHUP	CONDIMENT	2.00	CONDIMENT	ALL	1 EACH	10.00	0.00	0.00
CONDIMENT - MAYONNAISE, REDUCED CAL	CONDIMENT	1.00	CONDIMENT	ALL	1 EACH	25.00	2.50	0.00
CONDIMENT - MUSTARD	CONDIMENT	0.00	CONDIMENT	ALL	1 EACH	0.00	0.00	0.00
CONDIMENT - TACO SAUCE	CONDIMENT	0.00	CONDIMENT	ALL	1 EACH	0.00	0.00	0.00
CONDIMENT - TAPATIO HOT SAUCE	CONDIMENT	0.00	CONDIMENT	ALL	1 EACH	0.00	0.00	0.00
CONDIMENT-HONEY	CONDIMENT	7.00	CONDIMENT	GR K-12	1 EACH	25.00	0.00	0.00
CONDIMENT-SYRUP	CONDIMENT	20.00	CONDIMENT	ALL	1 EACH	80.00	0.00	0.00
CONDIMENT-TAJIN	CONDIMENT	0.00	CONDIMENT	ALL	1 EACH	2.00	0.00	0.00
COOKED BABY CARROTS	VEGETABLE	15.57	LUNCH	MECH SOFT K-12	EACH 1 CUP	66.15	0.25	0.04
COOKED BABY CARROTS	VEGETABLE	7.95	LUNCH	EEC	EACH 1/2 CUP	33.78	0.13	0.02
COOKED SPINACH	VEGETABLE	5.49	LUNCH	MECH SOFT K-12	EACH 1 CUP	34.78	0.59	0.10
CORN MUFFIN	GRAIN	33.00	LUNCH	ALL	1 EACH	190.00	6.00	0.50
CRANBERRIES, DRIED	FRUIT	27.00	LUNCH	GR K-12	1 SERVING	110.00	0.00	0.00
CREAMY MASHED POTATOES (1 C)	VEGETABLE	37.05	LUNCH	MECH SOFT K-12	1 SERVING	178.69	1.75	0.98
CREAMY MASHED POTATOES (1/2 C)	VEGETABLE	18.53	LUNCH	ALL	1 SERVING	89.35	0.87	0.49
CRISPY CHICKEN SANDWICH	ENTRÉE	45.00	LUNCH/SUPPER	ALL	1 SANDWICH	420.00	17.00	2.50
CRISPY POTATO SMILES	VEGETABLE	20.14	LUNCH	GR K-5/EEC	EACH 1/2 CUP	130.89	4.53	0.50
CRUNCHY CEREAL-CHEERIOS	GRAIN	20.00	BREAKFAST/SNACK	ALL	1 OZ BOWL	100.00	2.00	0.50

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CRUNCHY CEREAL-CINNAMON TOAST CRUNCH	GRAIN	22.00	BREAKFAST	ALL	1 OZ BOWL	110.00	3.00	1.00
CRUNCHY CEREAL-CORN CHEX	GRAIN	24.00	BREAKFAST/SNACK	ALL	1 OZ BOWL	100.00	0.50	0.00
CRUNCHY CEREAL-RICE CHEX	GRAIN	24.00	BREAKFAST	ALL	1 OZ BOWL	100.00	0.50	0.00
CRUNCHY CEREAL-RICE CINNAMON CHEX	GRAIN	22.00	BREAKFAST/SNACK	ALL	1 OZ BOWL	120.00	2.50	0.00
CRUNCHY TORTILLA CHIPS	GRAIN	38.48	LUNCH/SUPPER	GR K-12	2 OZ IND. BAG	283.50	12.15	2.03
CUCUMBER COINS (1/2 C)	VEGETABLE	3.09	LUNCH	GR K-12	1 SERVING	12.76	0.09	0.03
CURTIDO SLAW (FOR BEAN & CHEESE PUPUSA)	CONDIMENT	0.99	CONDIMENT	ALL	1 SERVING	4.33	0.03	0.00
DEEP DISH PEPPERONI PIZZA	ENTRÉE	31.00	LUNCH	ALL	1 EACH	310.00	13.00	6.00
DELI CHEESE SANDWICH	ENTRÉE	26.00	LUNCH-DAILY OPTION/FIELD TRIP	ALL	1 SERVING	380.00	22.00	12.00
DELI TURKEY & CHEESE SANDWICH	ENTRÉE	29.00	LUNCH	GR K-12	1 SERVING	310.00	12.75	6.00
DELI TURKEY & CHEESE SANDWICH #2	ENTRÉE	29.00	LUNCH/SUPPER	GR K-12	1 SANDWICH	280.00	9.75	4.50
DELI TURKEY HAM SANDWICH	ENTRÉE	32.00	LUNCH	ALL	1 SANDWICH	270.00	8.00	2.00
DELUXE CEREAL, CINNAMON CHEX	GRAIN	46.00	BREAKFAST	GR K-12/MECH SOFT	2 OZ BOWL	240.00	5.00	0.50
DELUXE CEREAL, CINNAMON TOAST CRUNCH	GRAIN	44.00	BREAKFAST	GR K-12/MECH SOFT	2 OZ BOWL	230.00	5.00	0.50
DELUXE CEREAL, SHREDDED WHEAT BLUEBERRY	GRAIN	46.00	BREAKFAST	GR K-12/MECH SOFT	2 OZ BOWL	200.00	1.00	0.00
DRESSING - 1000 ISLAND	CONDIMENT	6.00	CONDIMENT	ALL	1 EACH	25.00	2.90	0.00
DRESSING - ASIAN SESAME	CONDIMENT	6.00	CONDIMENT	ALL	1 SERVING	140.00	12.00	2.00
DRESSING - CAESAR	CONDIMENT	1.98	CONDIMENT	ALL	1 EACH	138.45	13.85	2.47
DRESSING - FRENCH LIGHT	CONDIMENT	3.00	CONDIMENT	ALL	1 EACH	30.00	2.00	0.00
DRESSING - ITALIAN FAT FREE	CONDIMENT	3.00	CONDIMENT	ALL	1 EACH	15.00	0.00	0.00
DRESSING - RANCH (SCRATCH MADE)	CONDIMENT	0.80	CONDIMENT	ALL	1 SERVING	100.28	10.36	1.93
DRESSING - RANCH PC	CONDIMENT	4.00	CONDIMENT	ALL	1 EACH	21.00	0.60	0.00
EGG & CHEESE SANDWICH	ENTRÉE	19.00	BREAKFAST	ALL	1 EACH	160.00	7.00	2.50
EGG & CHEESE WRAP	ENTRÉE	14.00	BREAKFAST	ALL	1 EACH	180.00	10.00	4.00
FALAFEL FLATBREAD	ENTRÉE	68.00	VEGAN	GR K-12	1 SERVING	406.25	8.75	0.00
FIESTA BEAN & CHEESE BURRITO	ENTRÉE	29.95	BREAKFAST	ALL	EACH 3.25 OZ.	214.02	6.40	2.21
FIESTA OMELET	ENTRÉE	1.00	LUNCH	ALL	EACH OMELET	120.00	9.00	3.50
FIESTA PINTO BEANS	VEGETABLE	55.87	LUNCH	MECH SOFT K-12	EACH 1 CUP	318.37	0.04	0.01
FIESTA PINTO BEANS	VEGETABLE	27.94	LUNCH	GR K-12/EEC	EACH 1/2 CUP	159.19	0.02	0.00
FISH NUGGETS	ENTRÉE	20.00	LUNCH	ALL	1 SERVING	260.00	13.00	1.50
FOOD & NUTRITION CRACKERS	GRAIN	22.00	SNACK	ALL	1 IND. BAG	120.00	4.00	0.00
FRENCH TOAST TRIO	GRAIN	25.61	BREAKFAST	ALL	1 SERVING	207.77	8.79	2.10
FRESH GARDEN SALAD	VEGETABLE	1.41	LUNCH	GR K-12/EEC	EACH 1/2 CUP	7.27	0.13	0.02

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FROZEN JUICE CUP-LEMON BERRY SWIRL CUP	FRUIT JUICE	19.00	LUNCH	GR K-12/EEC	1 EACH	70.00	0.00	0.00
FROZEN JUICE CUP-SOUR LEMON CUP	FRUIT JUICE	20.00	LUNCH	ALL	1 EACH	70.00	0.00	0.00
FROZEN JUICE CUP-SOUR WATERMELON CUP	FRUIT JUICE	20.00	LUNCH	ALL	1 EACH	70.00	0.00	0.00
FROZEN JUICE SLUSH-CHERRY LIMEADE SLUSH	FRUIT JUICE	15.00	LUNCH/SUPPER	ALL	1 EACH	60.00	0.00	0.00
FROZEN JUICE SLUSH-KIWI STRAWBERRY SLUSH	FRUIT JUICE	15.00	SUPPER	GR K-12	1 SERVING	60.00	0.00	0.00
FROZEN JUICE SLUSH-PARADISE FRUIT JUICE SLUSH	FRUIT JUICE	16.00	SUPPER	ALL	1 SERVING	60.00	0.00	0.00
FROZEN PEACH POP	FRUIT	18.54	LUNCH	ALL	1 SERVING	75.07	0.00	0.00
FROZEN VEGETABLE JUICE (CHERRY SMOOTH CUP)	VEGETABLE	22.00	SUPPER	ALL	1 SERVING	100.00	0.00	0.00
FRUIT JUICE BAR-BERRY	FRUIT JUICE	9.00	SUPPER	ALL	EACH JUICE BAR	40.00	0.00	0.00
FRUIT JUICE BAR-WILD CHERRY	FRUIT JUICE	9.00	SUPPER	ALL	EACH JUICE BAR	40.00	0.00	0.00
GARLIC BREADSTICK	GRAIN	14.00	LUNCH	GR K-5	1 SERVING	90.00	2.00	0.00
GARLICKY CHEESE BREAD	ENTRÉE	29.00	LUNCH/SUPPER	ALL	1 SERVING	385.00	21.71	8.00
GO BANANAS	FRUIT	31.06	BREAKFAST/LUNCH	ALL	1 EACH	121.04	0.45	0.15
GO BIG YOGURT (STRAWBERRY)	YOGURT	18.00	SNACK/SUPPER	ALL	EACH 4 OZ.	100.00	1.50	1.00
GOLD FISH PRETZEL	GRAIN	16.00	SNACK	ALL	1 IND. BAG	90.00	1.50	0.00
GOLDEN CHICKEN FILET SANDWICH	ENTRÉE	38.00	LUNCH	GR 6-12	1 SANDWICH	350.00	11.00	1.50
GOLDEN HASH BROWN PATTIES	VEGETABLE	31.00	LUNCH	GR 6-12	EACH 1/2 CUP	250.00	13.00	2.00
GOURMET WAFFLES	GRAIN	28.00	BREAKFAST	ALL	1 EACH PKG	180.00	6.00	1.00
GRANDE BURGER	ENTRÉE	26.70	LUNCH	GR 6-12	1 BURGER	296.00	13.70	4.80
GRANDE CHEESEBURGER	ENTRÉE	26.70	LUNCH	GR 6-12	1 BURGER	341.00	17.20	7.05
GRAVY, CHICKEN	CONDIMENT	2.67	CONDIMENT	ALL	1 SERVING	16.69	0.33	0.00
GRILLED BEEFY BURGER	ENTRÉE	26.70	LUNCH	GR 6-12	1 BURGER	296.00	13.70	4.80
GRILLED BEEFY CHEESEBURGER	ENTRÉE	26.70	LUNCH	GR 6-12	1 BURGER	341.00	17.20	7.05
HOMESTYLE CHICKEN SANDWICH (NNC)	ENTRÉE	43.08	LUNCH	ALL	1 SANDWICH	351.09	10.04	1.51
HORCHATA YOGURT	YOGURT	20.00	SUPPER/SNACK	ALL	1 SERVING	100.00	0.50	0.00
HOT & SPICY CHICKEN SANDWICH	ENTRÉE	41.00	LUNCH	GR 9-12	1 SANDWICH	340.00	10.00	1.50
ITALIAN CHEESE PACK	SUPPER	33.41	SUPPER	GR K-12	1 EACH KIT	307.78	11.21	6.04
ITALIAN CHEESE POCKET	ENTRÉE	17.00	BREAKFAST	ALL	1 EACH	160.00	6.00	3.00
ITALIAN SAUSAGE SUB	ENTRÉE	43.04	VEGAN	GR K-12	1 SANDWICH	274.45	4.81	0.00
LEMON BERRY SWIRL CUP	FRUIT JUICE	19.00	LUNCH	GR K-12/EEC	1 EACH	70.00	0.00	0.00
LET US TOMATO (1/4 C)	VEGETABLE	1.44	LUNCH	GR 6-12	1 SERVING	7.04	0.07	0.01
LETTUCE & TOMATO (1/2 C)	VEGETABLE	2.20	LUNCH	GR K-12	1 SERVING	10.85	0.16	0.02
LUNCH BUNCH GRAPES, FRESH (1/2 C)	FRUIT	16.04	LUNCH	GR K-12	1 SERVING	62.78	0.00	0.00
MAC N' CHEESE	ENTRÉE	27.88	LUNCH	GR K-5	1 SERVING	230.00	25.45	15.76
MAC N' CHEESE & BEEFY LINKS	ENTRÉE	15.14	LUNCH	GR 6-12	1 SERVING	211.52	21.16	11.49

Carbohydrate Count Table

Date: 2/5/20

2019-2020 MENU ITEM	FOOD CATEGORY	Total Carbohydrate (g)	MENU	GRADE LEVEL	SERVING SIZE	Calories (kcal)	Total Fat (g)	Saturated Fat (g)
MAMA'S MEATBALL SUB	ENTRÉE	38.00	LUNCH	EEC & MECH SOFT	1 SERVING	293.40	8.40	1.00
MANGO PEACH APPLESAUCE CUP	FRUIT	14.00	LUNCH	ALL	1 SERVING	50.00	0.00	0.00
MARINARA SAUCE CUP	VEGETABLE	7.00	LUNCH/SUPPER	ALL	1 EACH	40.00	1.00	0.00
MASHED POTATO CORN N' GRAVY	VEGETABLE	20.26	LUNCH	GR K-12	1 SERVING	96.48	1.09	0.29
MESQUITE BBQ PORK SANDWICH	ENTRÉE	42.00	LUNCH	ALL	1 SERVING	320.00	8.00	2.10
MEXICALI SALAD	ENTRÉE	41.30	LUNCH	GR 6-12	1 SERVING	298.87	9.40	5.70
MEXICAN PIZZA	ENTRÉE	31.43	LUNCH	PILOT SITE 6-12	1 SERVING	323.32	15.02	7.00
MILK 1 % LOW FAT 1/2 PT	MILK	14.00	MILK	GR K-12	8 OZ.	120.00	2.50	1.50
MILK 1% WHITE (6 OZ.)	MILK	10.50	MILK	EEC	6 OZ.	90.00	1.88	1.13
MILK 100% LACTOSE FREE 1/2 PT	MILK	13.00	MILK	GR K-12	8 OZ.	90.00	0.00	0.00
MILK FAT FREE 1/2 PT	MILK	12.00	MILK	GR K-12	8 OZ.	90.00	0.00	0.00
MILK FAT FREE CHOCOLATE 1/2 PT	MILK	22.00	MILK	GR K-12	8 OZ.	120.00	0.00	0.00
MILK STRAWBERRY 1/2 PT	MILK	20.00	MILK	GR K-12	8 OZ.	120.00	0.00	0.00
MINI CHICKEN CORN DOGS	ENTRÉE	26.67	LUNCH	GR K-12	1 SERVING	315.23	16.97	3.64
MINI FRENCH TOAST BITES	ENTRÉE	37.00	BREAKFAST	ALL	1 SERVING	200.00	5.00	1.50
MINI POTATO TOTS	VEGETABLE	28.07	LUNCH	MECH SOFT K-12	EACH 1 CUP	180.45	7.02	0.00
MINI POTATO TOTS (1/2 C)	VEGETABLE	14.04	LUNCH	ALL	EACH 1/2 CUP	90.23	3.51	0.00
MINI TERIYAKI CHICKEN SANDWICH	ENTRÉE	40.00	LUNCH	ALL	1 SERVING	290.00	7.00	2.00
MIXED BERRY CUP	FRUIT	20.00	LUNCH	GR K-12	1 SERVING	90.00	0.00	0.00
MORNING BEEF SAUSAGE SANDWICH	ENTRÉE	26.30	BREAKFAST	ALL	1 EACH	213.98	6.63	1.94
NACHO DIP & CHIPS	ENTRÉE	41.33	LUNCH	GR 6-12	1 SERVING	488.67	25.96	9.10
NACHO DIP (TURKEY/CHEESE)	ENTRÉE	2.86	LUNCH	GR 6-12	1 SERVING	205.17	13.81	7.08
NACHO PRETZEL POCKET	ENTRÉE	38.00	LUNCH	ALL	1 SERVING	360.00	15.99	8.00
OATMEAL, HOT CEREAL	GRAIN	38.62	BREAKFAST	MECH SOFT K-12	2-#8 DISHERS	213.69	4.26	0.71
ORANGE FRESH	FRUIT	15.45	BREAKFAST/LUNCH	GR K-12/EEC	1 EACH	61.79	0.16	0.03
ORANGE JUICE	FRUIT JUICE	14.00	BREAKFAST/LUNCH	ALL	EACH 4 OZ.	55.00	0.00	0.00
ORANGE MEATBALL RICE BOWL	ENTRÉE	62.86	LUNCH	ALL	1 SERVING	374.89	6.33	1.03
ORANGE MEATBALL RICE BOWL	ENTRÉE	62.86	LUNCH	ALL	1 SERVING	374.89	6.33	1.03
ORANGE MEDLEY JUICE	VEGETABLE	13.00	SUPPER	GR K-12	EACH 4.23 OZ	50.00	0.00	0.00
ORANGE SORBET JUICE COOLER	FRUIT JUICE	19.00	LUNCH	ALL	1 EACH	70.00	0.00	0.00
OVEN FRIED CHICKEN DRUMSTICK	ENTRÉE	7.48	LUNCH	GR K-12	1 EACH	254.49	14.97	3.74
OVEN ROASTED TURKEY BREAST SANDWICH	ENTRÉE	29.00	LUNCH	GR K-12	1 SANDWICH	230.00	3.50	0.50
PAPAS LOCO	ENTRÉE	44.45	LUNCH	PILOT SITE 6-12	1 SERVING	479.23	26.02	11.60
PARADISE FRUIT JUICE SLUSH	FRUIT JUICE	16.00	SUPPER	ALL	1 SERVING	60.00	0.00	0.00
PASTRAMI & CHEESE CROISSANT	ENTRÉE	31.00	LUNCH/SUPPER	GR 6-12	1 SANDWICH	400.00	22.00	10.25
PASTRAMI & CHEESE CROISSANT #2	eNTRÉE	31.00	LUNCH/SUPPER	GR K-12	1 SANDWICH	325.00	15.50	6.50
PEACHY PEACHES, DICED (CANNED)	FRUIT	33.79	BREAKFAST/LUNCH	MECH SOFT 9-12	EACH 1 CUP	139.13	0.00	0.00

Carbohydrate Count Table

Date: 2/5/20

2019-2020 MENU ITEM	FOOD CATEGORY	Total Carbohydrate (g)	MENU	GRADE LEVEL	SERVING SIZE	Calories (kcal)	Total Fat (g)	Saturated Fat (g)
PEACHY PEACHES, DICED (CANNED)	FRUIT	16.89	BREAKFAST/LUNCH	ALL	EACH 1/2 CUP	69.56	0.00	0.00
PEACHY PEACHES, SLICED (CANNED)	FRUIT	28.01	BREAKFAST/LUNCH	MECH SOFT 9-12	EACH 1 CUP	120.03	0.00	0.00
PEACHY PEACHES, SLICED (CANNED)	FRUIT	14.00	BREAKFAST/LUNCH	ALL	EACH 1/2 CUP	60.02	0.00	0.00
PEAR FRESH	FRUIT	31.62	LUNCH	GR K-12/EEC	1 EACH	118.64	0.25	0.01
PEARS (DICED) & CHERRIES	FRUIT	31.49	LUNCH	GR K-12	1 SERVING	136.04	0.00	0.00
PEARS (DICED) & STRAWBERRIES	FRUIT	15.37	LUNCH	GR K-12	1 SERVING	63.40	0.00	0.00
PEARS (SLICED) & CHERRIES	FRUIT	29.09	LUNCH	GR K-12	1 SERVING	122.19	0.00	0.00
PEARS (SLICED) & STRAWBERRIES	FRUIT	12.97	LUNCH	GR K-12	1 SERVING	49.55	0.00	0.00
PERFECT PEARS, DICED (CANNED)	FRUIT	38.19	BREAKFAST/LUNCH	MECH SOFT 9-12	EACH 1 CUP	160.81	0.00	0.00
PERFECT PEARS, DICED (CANNED)	FRUIT	18.69	BREAKFAST/LUNCH	ALL	EACH 1/2 CUP	78.69	0.00	0.00
PERFECT PEARS, SLICED (CANNED)	FRUIT	30.01	BREAKFAST/LUNCH	MECH SOFT 9-12	EACH 1 CUP	116.03	0.00	0.00
PERFECT PEARS, SLICED (CANNED)	FRUIT	15.00	BREAKFAST/LUNCH	ALL	EACH 1/2 CUP	58.01	0.00	0.00
PETITE BABY CARROTS	VEGETABLE	5.84	LUNCH	GR K-12	EACH 1/2 CUP	24.81	0.09	0.02
PHILLY CHEESE STEAK SANDWICH	ENTRÉE	29.58	LUNCH	ALL	EACH SANDWICH	325.47	14.22	6.79
PHILLY STEAK & CHEESE PINWHEEL	ENTRÉE	33.00	LUNCH/SUPPER	GR K-12/EEC	1 EACH	320.00	12.00	6.00
PIZZABOLI (<i>SICILIAN STYLE CHEESE CALZONE</i>)	ENTRÉE	34.00	LUNCH	ALL	1 EACH	310.00	12.00	6.00
PLUM, FRESH	FRUIT	11.51	BREAKFAST/LUNCH	GR K-12	1 EACH	46.36	0.28	0.02
POSSIBLE BURGER	ENTRÉE	35.00	LUNCH/VEGAN	ALL	1 BURGER	280.00	6.50	0.00
PRESIDENTS CRACKERS	GRAIN	22.00	LUNCH	ALL	1 IND. PKG	120.00	4.00	0.00
RAINBOW GOLD FISH CHEESE CRACKERS	GRAIN	14.00	SNACK	ALL	1 IND. BAG	100.00	3.50	0.50
RICE MILK	MILK	23.00	MILK	SPECIAL DIET	EACH 8 OZ.	120.00	2.50	0.00
RICE, BROWN	GRAIN	22.32	LUNCH	GR 6-12	1-DISHER #8	102.54	0.60	0.00
ROASTED CHICKEN	ENTRÉE	3.11	LUNCH	GR K-12	1 SERVING	249.12	15.57	3.89
ROASTED CORN	VEGETABLE	16.58	LUNCH	GR K-12	1 SERVING	84.01	2.37	0.22
ROASTED POTATO WEDGES	VEGETABLE	37.09	LUNCH	MECH SOFT K-12	EACH 1 CUP	273.33	11.71	1.95
ROASTED POTATO WEDGES	VEGETABLE	18.55	LUNCH	GR K-12/EEC	EACH 1/2 CUP	136.67	5.86	0.98
RUFFLE FRIES (1/2 C)	VEGETABLE	19.55	LUNCH	ALL	1 SERVING	109.98	3.67	0.00
SALISBURY STEAK & MASHED POTATOES	ENTRÉE	23.60	LUNCH	GR K-12/EEC	1 SERVING	220.28	7.08	2.86
SALISBURY STEAK WITH GRAVY (PREP)	ENTRÉE	5.08	LUNCH	ALL	1 SERVING	130.94	6.21	2.37
SALISBURY STEAK WITH GRAY IND. TRAY (NNC)	ENTRÉE	4.67	LUNCH	GR K-12/EEC	1 IND. TRAY	128.83	6.44	2.37
SAVORY BEEF SUBMARINE	ENTRÉE	29.27	LUNCH	ALL	1 SANDWICH	256.91	8.21	2.37
SLICED TURKEY & GRAVY	ENTRÉE	2.99	LUNCH	ALL	1 SERVING	94.88	1.51	0.50
SLICED TURKEY & GRAVY WITH STUFFING	ENTRÉE	19.67	LUNCH	ALL	1 SERVING	211.93	5.80	2.47
SMOKED TURKEY BREAST SANDWICH	ENTRÉE	29.00	LUNCH	ALL	1 SANDWICH	230.00	3.50	0.00
SMOKIN' BBQ RIB SANDWICH	ENTRÉE	37.00	LUNCH	ALL	1 SERVING	330.00	12.00	3.50
SOUR LEMON CUP	FRUIT JUICE	20.00	LUNCH	ALL	1 EACH	70.00	0.00	0.00
SOUR WATERMELON CUP	FRUIT JUICE	20.00	LUNCH	ALL	1 EACH	70.00	0.00	0.00

Carbohydrate Count Table

Date: 2/5/20

2019-2020 MENU ITEM	FOOD CATEGORY	Total Carbohydrate (g)	MENU	GRADE LEVEL	SERVING SIZE	Calories (kcal)	Total Fat (g)	Saturated Fat (g)
SOUTHERN BUTTERMILK BISCUIT	GRAIN	25.00	LUNCH	ALL	1 EACH	170.00	6.00	4.00
SOY MILK ENRICHED 8 OZ	MILK	12.00	MILK	SPECIAL DIET	8 OZ.	140.00	5.00	0.50
STATES & CAPITALS CRACKERS	GRAIN	22.00	SNACK	ALL	1 IND. BAG	130.00	4.00	1.00
STREET CORN	VEGETABLE	16.31	LUNCH	PILOT SITE 6-12	1 SERVING	125.21	6.43	1.34
STREET CORN	VEGETABLE	16.31	LUNCH	GR K-12	1 SERVING	125.21	6.43	1.34
STRING CHEESE	ENTRÉE	0.00	SUPPER	GR K-12	1 EACH	80.00	6.00	3.50
STUFFING	GRAIN	16.58	LUNCH	ALL	1 SERVING	112.96	3.93	1.97
SUNBUTTER KIT (NOTABLES)	ENTRÉE	78.00	SUPPER	GR K-12	1 KIT	360.00	5.50	0.50
SUNBUTTER SANDWICH	ENTRÉE	41.77	FIELD TRIP	ALL	1 SANDWICH	533.36	30.13	3.93
SUNFLOWER SEEDS	SEEDS	6.00	SUPPER	GR K-12	EACH 1 OZ.	170.00	14.00	2.00
SUPREME PIZZA	ENTRÉE	31.56	LUNCH	PILOT SITE 6-12	1 SERVING	329.91	15.42	7.13
SWEET CORN	VEGETABLE	16.07	LUNCH	GR K-12	EACH 1/2 CUP	66.63	0.57	0.08
TACO BEAN DIP	ENTRÉE	19.70	LUNCH	ALL	1 SERVING	211.65	7.11	3.28
TANGERINE CHICKEN WITH BROWN RICE	ENTRÉE	62.14	LUNCH	GR K-12	1 SERVING	571.04	20.30	3.98
TANGERINE CHICKEN WITH FRIED RICE BOWL	ENTRÉE	84.07	LUNCH	GR K-12	1 SERVING	698.78	23.41	4.59
TANGERINE CHICKEN WITH RICE (EEC)	ENTRÉE	36.32	LUNCH	EEC	1 SERVING	395.31	15.88	3.18
TANGY SALSA CUP	VEGETABLE	5.00	LUNCH	GR K-12	1 EACH	25.00	0.00	0.00
TERIYAKI BEEF DIPPER RICE BOWL	ENTRÉE	64.14	LUNCH	ALL	1 SERVING	399.57	7.87	2.67
TERIYAKI BEEF SANDWICH	ENTRÉE	45.37	LUNCH	GR K-12	1 SANDWICH	377.16	11.73	4.13
TERIYAKI VEGGIE PATTY SANDWICH	ENTRÉE	41.00	VEGAN	GR K-12	1 SANDWICH	300.00	9.00	0.50
THREE BEAN VEGAN CHILI	ENTRÉE	33.00	LUNCH	ALL	1 SERVING	180.00	0.50	0.00
TOASTED CHEESE SANDWICH	ENTRÉE	31.24	LUNCH	ALL	EACH SANDWICH	305.58	14.21	7.74
TOSTITOS LOCOS	ENTRÉE	62.05	LUNCH	PILOT SITE 6-12	1 SERVING	513.70	19.53	7.47
TUNA SALAD PLATE	ENTRÉE	6.03	LUNCH	GR 6-12	1 SERVING	256.26	19.12	3.40
TURKEY & MASHED POTATO BOWL	ENTRÉE	21.69	LUNCH	ALL	1 SERVING	188.80	2.76	0.99
TURKEY & PROVOLONE CHEESE SANDWICH	ENTRÉE	30.00	LUNCH	GR K-12	1 SERVING	300.00	10.75	5.00
TURKEY BURGER	ENTRÉE	26.00	LUNCH	ALL	1 BURGER	290.00	11.00	2.50
TURKEY HAM & CHEESE ON HAWAIIAN ROLL	ENTRÉE	28.18	BREAKFAST	ALL	1 EACH	209.42	5.22	1.52
TURKEY HAM SANDWICH ON KNOT ROLL	ENTRÉE	31.00	FIELD TRIP	ALL	1 SERVING	270.00	8.00	2.00
TURKEY SAUSAGE PIZZA	ENTRÉE	31.00	BREAKFAST	ALL	1 SERVING	240.00	8.00	3.00
TURKEY STICK	ENTRÉE	0.00	SUPPER	GR K-12	1 EACH	40.00	1.00	0.00
VEGAN BURRITO	ENTRÉE	49.00	VEGAN	GR K-12	1 BURRITO	310.00	7.00	1.00
VEGETABLE JUICE SLUSH-TROPICAL TRIO	VEGETABLE	20.00	SUPPER	GR K-12	1 SERVING	80.00	0.00	0.00
VEGETABLE JUICE-ORANGE MEDLEY	VEGETABLE	13.00	SUPPER	GR K-12	EACH 4.23 OZ	50.00	0.00	0.00
VEGGIE PIZZA	ENTRÉE	35.63	LUNCH	PILOT SITE 6-12	1 SERVING	333.07	12.91	6.10
VEGGIE SALAD BOWL	ENTRÉE	20.75	VEGAN	GR K-12	1 SERVING	140.13	2.36	0.30
WAFFLE CUT FRIES	VEGETABLE	26.82	LUNCH	GR K-12/EEC	EACH 1/2 CUP	175.38	6.19	1.03

2019-2020 MENU ITEM	FOOD CATEGORY	Total Carbohydrate (g)	MENU	GRADE LEVEL	SERVING SIZE	Calories (kcal)	Total Fat (g)	Saturated Fat (g)
WAFFLES (2)	GRAIN	28.00	LUNCH	GR 6-12	1 SERVING	180.00	6.00	0.00
WATERMELON CRANBERRIES	FRUIT	28.00	SUPPER	GR K-12	EACH IND. BAG	110.00	0.00	0.00
WG BREADED PORK CHOP & GRAVY	ENTRÉE	13.81	LUNCH	ALL	1 SERVING	274.03	17.00	4.50
WG HAWAIIAN PIZZA	ENTRÉE	37.46	LUNCH	GR K-12	1 SERVING	348.17	13.29	6.25
WG HAWAIIAN PIZZA ROUND	ENTRÉE	28.88	LUNCH	GR 6-12	1 SERVING	300.36	12.44	6.15
WG HAWAIIAN PIZZA WEDGE	ENTRÉE	37.46	LUNCH	GR 6-12	1 SERVING	348.17	13.29	6.25
WG PEPPERONI PIZZA WEDGE	ENTRÉE	31.00	LUNCH/SUPPPER	GR K-12	1 SERVING	320.00	15.00	7.00
WHEAT CRACKERS	GRAIN	14.00	SNACK	ALL	0.8 OZ IND. BAG	90.00	2.50	0.00
WHEAT, HOT CEREAL	ENTRÉE	39.52	BREAKFAST	MECH SOFT K-12	2-#6 DISHERS	189.00	0.86	0.00
WHOLE GRAIN CHEESE PIZZA WEDGE	ENTRÉE	34.58	LUNCH	ALL	1 SERVING	327.81	12.85	6.10
WHOLE GRAIN DEEP DISH CHEESE PIZZA	ENTRÉE	26.00	LUNCH	ALL	1 SERVING	280.00	12.00	6.00
WHOLE GRAIN PEPPERONI PIZZA IW (ARDELLA)	ENTRÉE	34.10	LUNCH/SUPPER	GR K-12	1 SERVING	330.82	13.26	6.14
WHOLE GRAIN STRAWBERRY POCKET	GRAIN	76.00	BREAKFAST	GR K-12	1 SERVING	350.00	5.00	2.00
WHOLESOME GRANOLA	GRAIN	37.00	LUNCH	GR K-12	1 IND. BAG	240.00	9.00	1.00
WILD BERRY JUICE	FRUIT JUICE	15.00	BREAKFAST/LUNCH	ALL	EACH 4 OZ.	60.00	0.00	0.00
WILD CHERRY JUICE BAR	FRUIT JUICE	9.00	SUPPER	ALL	EACH JUICE BAR	40.00	0.00	0.00
YELLOW SUBMARINE SANDWICH #2	ENTRÉE	27.67	LUNCH/SUPPER	GR K-12	1 SANDWICH	326.67	14.50	6.67
YELLOW SUBMARINE SANDWICH #5 (LAND O'LAKE CHEESE)	ENTRÉE	27.67	LUNCH/SUPPER	GR K-12	1 SANDWICH	296.67	11.50	5.17
YOGURT & GRANOLA	ENTRÉE	75.00	LUNCH-DAILY OPTION/FIELD TRIP	GR K-12	1 SERVING	420.00	9.00	1.00
YOGURT 4 OZ. (STRAWBERRY)	ENTRÉE	12.35	BREAKFAST	GR K-12	EACH 4 OZ.	61.73	0.00	0.00
YOGURT 8 OZ. (STRAWBERRY)	ENTRÉE	38.00	LUNCH	GR K-12	EACH 8 OZ.	180.00	0.00	0.00
YOGURT HORCHATA	YOGURT	20.00	SUPPER/SNACK	ALL	1 SERVING	100.00	0.50	0.00
YOGURT PARFAIT (BLUEBERRIES)	ENTRÉE	43.91	LUNCH	GR 6-12	1 SERVING	219.63	1.99	1.00
YOGURT PARFAIT (CHERRIES)	ENTRÉE	47.98	LUNCH	GR 6-12	1 SERVING	235.74	1.55	1.01
YOGURT PARFAIT (PEACHES)	ENTRÉE	50.58	LUNCH	GR 6-12	1 SERVING	312.66	1.50	1.00
YOGURT PARFAIT (STRAWBERRIES)	ENTRÉE	42.54	LUNCH	GR 6-12	1 SERVING	212.66	1.50	1.00
ZESTY BEEF CHALUPA	ENTRÉE	11.18	LUNCH	GR K-5	1 SERVING	244.50	13.94	5.92
ZESTY BEEF CHALUPA WITH SPANISH RICE	ENTRÉE	36.62	LUNCH	GR 6-12	1 SERVING	362.64	14.54	5.92