

Child Nutrition

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Recipe Carbohydrates List Between 0 and 1000 Grams

Aug 20, 2025

No.	Description	Portion Size	Carbohydrates (Grams)
002079	APPLE CINNAMON TEXAS TOAST IW	EACH	44.00
001147	APPLE CRISP (1/2 C)	1/2 C	59.88
000241	APPLE SLICES, CANNED (1/2 C)	1/2 C	12.28
001671	APPLE SLICES, CANNED (1/4 C)	1/4 C	6.14
000727	APPLES, SPICED (1/2 C)	1/2 C	30.10
000407	APPLES, SPICED (1/4 C)	1/4 C	15.05
001531	APPLESAUCE (1 C)	1 C	27.19
000080	APPLESAUCE (1/2 C)	1/2 C	13.59
000163	APPLESAUCE (1/4 C)	1/4 C	6.80
001444	APPLESAUCE CUP,USDA (1/2 C)	EACH	14.00
001864	ARROZ CON POLLO	EACH	27.38
000650	ASH WEDNESDAY	TITLE	0.00
001180	ASSORTED BREAKFAST CEREALS	BOWL	0.00
001748	ASSORTED FRUIT CUP - WBEC	CUP	0.00
001656	ASSORTED NUTRIGRAIN BARS	EACH	0.00
001650	ASSORTED POP TARTS	PACK	0.00
009032	AU JUS SAUCE	GALLON	83.69
002101	BAHN MI SANDWICH	EACH	59.78
001982	BAR, CEREAL, CINN TOAST CRUNCH	EACH	30.00
001983	BAR, CEREAL, COCOA PUFFS BAR	EACH	30.00
001984	BAR, CEREAL, TRIX CEREAL BAR	EACH	30.00
001832	BBQ PORK	2 OZ	9.86
001427	BBQ PORK ON BUN	EACH	30.00
001686	BBQ CHICKEN ON BUN	EACH	37.09
009052	BBQ SAUCE (INDIVIDUAL PACKS)	EACH	4.00
000006	BEANS, BAKED (1/2 C)	1/2 C	24.35
000332	BEANS, BAKED (1/4 C)	1/4 C	12.17
001350	BEANS, BAKED (3/4 C)	3/4 C	35.48
000682	BEANS, BARBEQUED (1/2 C)	1/2 C	24.57
000360	BEANS, BARBEQUED (1/4 C)	1/4 C	12.29
001355	BEANS, BARBEQUED (3/4 C)	3/4 C	39.57
001217	BEANS, BLACK (1/2 C) USDA	1/2 C	16.94
001265	BEANS, BLACK (1/4 C) USDA	1/4 C	8.47
001800	BEANS, BLACK SPICY (1/2 C)	1/2 C	12.52
001801	BEANS, BLACK SPICY (1/4 C)	1/4 C	6.26
001798	BEANS, CHARRO (1/2 C)	1/2 C	29.39
001799	BEANS, CHARRO (1/4 C)	1/4 C	14.69
000339	BEANS, PINTO (1/2 C)	1/2 C	28.59
000216	BEANS, PINTO (1/4 C)	1/4 C	14.29
001992	BEANS, PINTO RANCH STY (1/2 C)	1/2 C	20.99
001993	BEANS, PINTO RANCH STY (1/4 C)	1/2 C	10.49
001848	BEANS, REFRIED (1 C)	1 C	64.70
000385	BEANS, REFRIED (1/2 C)	1/2 C	31.61
000069	BEANS, REFRIED (1/4 C)	1/4 C	14.66
001830	BEANS, REFRIED (3/4 C)	3/4 C	43.14
001849	BEANS, REFRIED USDA (1 C)	1 C	41.91
001438	BEANS, REFRIED USDA (1/2 C)	1/2 C	21.09
001895	BEANS, REFRIED USDA (1/4 C)	1/4 C	10.48
001209	BEANS, SALSA (1/2C)	1/2 C	36.00
001211	BEANS, SALSA (1/4 C)	1/4 C	16.57
001846	BEANS, SALSA (1C)	1 C	71.99
000049	BEEFY MACARONI	3/4 C	25.19
000059	BEEFY NACHOS (2)	# 12 (1/3 C)	33.13
001679	BEEFY NACHOS (WBEC)	# 12 (1/3 C)	18.13
002023	BERRY BLEND (1/2 C)	1/2 C	9.51
002024	BERRY BLEND (1/4 C)	1/4 C	4.76
001386	BISCUIT	EACH	25.00
001413	BISCUIT FORMULA L	EACH	22.19
001566	BISCUIT FORMULA L, BLUEBERRY	EACH	29.30
002047	BISCUIT FORMULA L, DRESSING	EACH	22.19
001683	BISCUIT, CHEDDAR GARLIC	EACH	12.00

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No.	Description	Portion Size	Carbohydrates (Grams)
001714	BISCUIT, CHEDDAR GARLIC (2)	EACH (2)	24.00
000618	BISCUIT, CHICKEN (BREAKFAST)	EACH	33.06
001963	BISCUIT, CHICKEN (LUNCH)	EACH	66.13
001975	BISCUIT, EGG	EACH	25.00
001591	BISCUIT, EGG (NSLW)	EACH	25.00
000094	BISCUIT, EGG AND CHEESE	EACH	26.01
002138	BISCUIT, EGG AND CHEESE (NSLW)	EACH	27.03
000520	BISCUIT, HAM & CHEESE (BRK)	EACH	26.97
001184	BISCUIT, HAM, EGG, & CHEESE	EACH	27.01
001088	BISCUIT, SAUSAGE	EACH	25.00
001590	BISCUIT, SAUSAGE & CHEESE	EACH	27.03
000636	BISCUIT, SAUSAGE & EGG	EACH	25.00
000640	BISCUIT, SAUSAGE & EGG & CHEE	EACH	25.97
000749	BLUEBERRIES (1/2 C)	1/2 C	9.21
001667	BLUEBERRIES (1/4 C)	1/4 C	4.60
000368	BLUEBERRY CRISP (1/2 C)	1/2 C	65.51
001150	BLUEBERRY CRISP 1/4 C	1/4 C	36.42
002141	BREADCRUMBS, SCHOOL MADE	SERVINGS	23.84
002090	BREAKFAST BAGEL	EACH	33.00
000639	BREAKFAST FOR LUNCH	TITLE	0.00
000604	BREAKFAST FOR LUNCH	TITLE	0.00
001752	BROCCOLI, BANG BANG (1/2 C)	1/2 C	3.37
001791	BROCCOLI, BANG BANG (1/4 C)	1/4 C	3.58
001948	BROCCOLI, CHEDDAR (1/2 C)	1/2 C	3.71
001951	BROCCOLI, CHEDDAR (1/4 C)	1/4 C	1.85
001677	BROCCOLI, FRESH CHEESE BAKE	1/2 C	4.69
001716	BROCCOLI, FRO CHEESE BAKE USDA	1/2 C	5.12
001512	BROCCOLI, ITALIAN (1/2 C)	1/2 C	3.71
001524	BROCCOLI, ITALIAN (1/4 C)	1/4 C	1.85
001770	BROCCOLI, LEMON PEPPER(1/2 C)	1/2 C	3.71
001792	BROCCOLI, LEMON PEPPER(1/4 C)	1/4 C	1.85
001510	BROCCOLI, PARMESAN (1/2 C)	1/2 C	3.71
001523	BROCCOLI, PARMESAN (1/4 C)	1/4 C	1.85
001525	BROCCOLI, SESAME (1/2 C)	1/2 C	3.90
001513	BROCCOLI, SESAME (1/4 C)	1/4 C	1.95
000693	BROCCOLI, STEAMED (1/2 C)	1/2 C	3.71
000421	BROCCOLI, STEAMED (1/4 C)	1/4 C	1.85
001348	BROCCOLI, STEAMED (3/4 C)	3/4 C	5.50
002099	BROWN GRAVY	SERV	18.34
001409	BROWNIE WHOLE GRAIN	EACH	31.39
001763	BUFFALO CHICKEN DUNKER	1/2 C	45.50
002041	BURRITO, ASIAN FUSION	SERV	62.60
001723	BURRITO, BEAN 8IN	EACH	66.75
001943	BURRITO, BEAN, 10IN	EACH	77.04
001458	BURRITO, BEEF 8IN	EACH	38.42
001942	BURRITO, BEEF, 10IN	EACH	48.74
000098	BURRITO, BREAKFAST	EACH	20.91
001403	BURRITO, BREAKFAST/NSBW	EACH	25.89
001462	BURRITO, CHICKEN 8IN	EACH	38.25
001940	BURRITO, CHICKEN, 10IN	EACH	48.18
001939	BURRITO, PORK, 10INCANRITAS	EACH	46.31
009003	BUTTERMILK	GALLON	170.10
001715	BUTTERNUT SQUASH (1/2 C)	1/2 C	10.80
000694	CABBAGE, STEAMED (1/2 C)	1/2 C	5.50
000441	CABBAGE, STEAMED (1/4 C)	1/4 C	2.75
000684	CALIFORNIA BLEND (1/2 C)	1/2 C	4.80
009021	CALIFORNIA BLEND (1/4 C)	1/4 C	2.40
001636	CALIFORNIA BLEND(1/2 C)SCRATCH	1/2 C	5.09
002102	CALIFORNIA SPA BOWL	EACH	38.93
001777	CALZONE	EACH	33.00
002106	CAROLINA BURGER - F2S	EACH	33.69

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No.	Description	Portion Size	Carbohydrates (Grams)
000251	CARROT STICKS (1/2 C)	1/2 C	6.66
001868	CARROT STICKS (1/2 C) CURBSIDE	1/2 C	9.37
000592	CARROT STICKS (1/4 C)	1/4 C	2.71
001501	CARROT STICKS (3/4 C)	3/4 C	8.14
001847	CARROTS, FROZEN (1 C)	1 C	15.11
000113	CARROTS, FROZEN (1/2 C)	1/2 C	7.56
000128	CARROTS, FROZEN (1/4 C)	1/4 C	3.78
001346	CARROTS, FROZEN (3/4 C)	3/4 C	10.08
000685	CARROTS, GLAZED (1/2 C)	1/2 C	37.42
000118	CARROTS, GLAZED (1/4 C)	1/4 C	18.71
001518	CARROTS, LEMON (1/2 C)	1/2 C	7.56
001527	CARROTS, LEMON (1/4 C)	1/4 C	3.78
001509	CARROTS, SICILIAN (1/2 C)	1/2 C	7.56
001522	CARROTS, SICILIAN (1/4 C)	1/4 C	3.78
001601	CAULIFLOWER AU GRATIN	1/2 C	6.02
000353	CAULIFLOWER, FRESH STEAM (1/2 C)	1/2 C	2.64
000160	CAULIFLOWER, FRESH STEAM (1/4 C)	1/4 C	1.37
001131	CEREAL, CHEERIOS HONEY	EACH	22.00
001628	CEREAL, CINNAMON TOASTERS	EACH	21.00
001742	CEREAL, FROSTED WHEAT-STRAWB	EACH	23.00
002136	CEREAL, HONEY BUNCHES OF OATS	EACH	22.00
001740	CEREAL, HONEY GRAHAM TOASTERS	EACH	22.00
001741	CEREAL, LUCKY CHARMS	EACH	22.00
002097	CEREAL, MARSHMALLOW MATEYS	EACH	22.00
002046	CEREAL, RICE CHEX- BLUEBERRY	EACH	23.00
001169	CEREAL, TRIX	EACH	24.00
000670	CHEESE STICKS, STRING MOZZ	1 OZ	1.01
001435	CHEESE STICKS, STRING USDA	EACH	0.00
990001	CHEESE STIX DIPPERS	2 OZ	28.59
000503	CHEESE TOAST (BRK)	2 OZ	34.03
002114	CHEESE, ITALIAN BLEND (RICOTTA)	.5OZ	0.40
002105	CHEESEBURGER - F2S	EACH	25.14
002000	CHEESEBURGER WHOLE WHEAT BUN	EACH	25.14
000741	CHERRIES, CHEERY (1/2 C)	1/2 C	25.12
000422	CHERRIES, CHEERY (1/4 C)	1/4 C	22.08
000058	CHERRY CRISP (1/2 C)	1/2 C	81.40
002129	CHERRY CRISP (1/4 C)	1/4 C	40.70
001157	CHICKEN AND PASTA (Raw Turkey)	8 OZ (1 CUP)	33.55
000443	CHICKEN AND PASTA, USDA	8OZ (1 CUP)	22.95
001981	CHICKEN AND VEG DUMPLING	2 OZ (6 EACH)	38.22
001364	CHICKEN BBQ, USDA	2 OZ	13.96
001768	CHICKEN BROCCOLI ALFREDO	1 C	22.18
001769	CHICKEN CREAMY RANCH W/ BROCC	1 C	22.86
990006	CHICKEN CRISPY OVEN BAKED, USD	2 OZ	25.18
001478	CHICKEN FAJITA	3.4 OZ	37.75
001949	CHICKEN FAJITA BAKE	4 OZ	36.73
001836	CHICKEN FAJITA, NO CHIPS	3.4 OZ	22.75
000463	CHICKEN GRAVY	SERV	3.00
001515	CHICKEN LEMON PEPPER, USDA	2 OZ	0.00
002025	CHICKEN NUGGET, PREMIUM	4 OZ (4 NUGGET)	13.00
001434	CHICKEN NUGGET, PREMIUM, DILL	4 OZ (4 NUGGET)	15.00
000412	CHICKEN NUGGETS	2 OZ (5 EACH)	16.00
001771	CHICKEN PARM SUB	EACH	54.48
000458	CHICKEN PATTY SANDWICH	EACH	39.00
001598	CHICKEN PHILLY, DICED	2 OZ	46.67
001978	CHICKEN PHILLY, SHREDDED	2 OZ	46.77
001762	CHICKEN POT PIE	6.5OZ (6.5oz)	41.57
000719	CHICKEN ROASTED	2 OZ	0.00
000790	CHICKEN SALAD SANDWICH, USDA	# 8 (1/2 C)	35.21
001277	CHICKEN SALAD W/PRETZELS (2)US	EACH	36.83
000615	CHICKEN SANDWICH, GC	EACH	43.00

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002095	CHICKEN SANDWICH, SPICY GC	EACH	48.06
000542	CHICKEN STIR FRY,USDA	8 OZ (1/2 CUP)	33.77
001856	CHICKEN TENDERS	4.8oz SERVING	30.47
000168	CHICKEN TERIYAKI,USDA	2 OZ	14.48
000135	CHICKEN TETRAZZINI, USDA	6 OZ(3/4 C)	18.43
009038	CHICKEN VEGGIE BAKE	6 OZ(3/4 C)	14.23
002039	CHICKEN, ASIAN BOWL	SERV	42.81
001980	CHICKEN, BREADED, PREPARED	EACH	11.00
001927	CHICKEN,GENERAL TSO	3.9 Oz	54.76
000277	CHILI CON CARNE WITH BEANS	1/2 C	15.66
000566	CHIP, CHEETOS/AFTER SCHOOL	EACH	17.00
000099	CHIP, CHEETOS BAKED	EACH	17.00
001913	CHIP, CHEETOS FLAMIN	EACH	16.00
001917	CHIP, CHEETOS FLAMIN PUFFS	EACH	14.00
001916	CHIP, CHEETOS PUFFS	EACH	12.97
001744	CHIP, CHEEZ ITS, RF	EACH	14.17
001394	CHIP, CHILI CHEESE STIX	EACH	19.00
001915	CHIP, CHILI CHEESE STIX,FLAMIN	EACH	19.00
000117	CHIP, COOL RANCH DORITOS	EACH	19.00
001793	CHIP, DORITOS FLAMAS	EACH	20.00
000109	CHIP, DORITOS NACHO, RF	EACH	20.00
001582	CHIP, FUNYUNS	EACH	14.00
001914	CHIP, KETTLE BBQ	EACH	27.00
001911	CHIP, KETTLE JALAPENO & CHEDD	EACH	27.00
001912	CHIP, KETTLE ORIGINAL	EACH	28.00
001614	CHIP, KETTLE SALT & VINEGAR	EACH	28.00
001629	CHIP, KIDS MIX	EACH	17.00
001988	CHIP, KIDS MIX, HOT	EACH	17.00
001922	CHIP, LAYS RF BBQ	EACH	24.00
001794	CHIP, LAYS RF ORIGINAL	EACH	26.00
001795	CHIP, LAYS SOUR CREAM	EACH	24.00
001899	CHIP, POPCORN	EACH	9.11
001918	CHIP, PRETZELS	EACH	17.00
001727	CHIP, SPICY/SWEET CHILI	EACH	20.00
000131	CHIP, SUN CHIP/CHEDDAR SNACK M	EACH	19.00
000665	CHIPS, ASSORTED	EACH	0.00
000673	CINCO de MAYO	TITLE	0.00
001254	CINNAMON BUN	EACH	45.33
002032	CINNAMON ROLL, IW	EACH	22.00
000703	COLESLAW, CREAMY (1/2 C)	1/2 C	6.21
000306	COLESLAW, CREAMY (1/4 C)	1/4 C	3.10
001908	COOKIE, BLUEBERRY VANILLA	PKG	20.00
001398	COOKIE, BROWNIE	EACH	31.00
001821	COOKIE, CARNIVAL	EACH	28.00
001051	COOKIE, CHOCOLATE CHIP	EACH	33.00
002094	COOKIE, CONFETTI ICING FILLED	EACH	29.00
001987	COOKIE, FROSTED	EACH	27.00
001907	COOKIE, HERSHEY CHOCO FILLED	EACH	31.00
001050	COOKIE, SUGAR	EACH	33.00
001517	CORN & GREEN BEAN MEDLEY-1/2 C	1/2 C	10.12
001526	CORN & GREEN BEAN MEDLEY-1/4 C	1/4 C	5.06
000343	CORN DOG	EACH	30.00
001622	CORN DOG NUGGETS	6 EACH	30.00
001754	CORN, MEXICAN STREET (1/2 C)	1/2 C	16.95
001812	CORN, MEXICAN STREET (1/4 C)	1/4 C	8.39
000370	CORN, SOUTHWEST (1/2 C)	1/2 C	16.46
000035	CORN, SOUTHWEST (1/4 C)	1/4 C	8.23
001845	CORN, STEAMED (1 C)	1 C	31.99
000044	CORN, STEAMED (1/2 C)	1/2 C	15.90
000140	CORN, STEAMED (1/4 C)	1/4 C	7.95
001719	CORN, STEAMED (3/4 C)	3/4 C	21.33

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001956	CORNBREAD FOR DRESSING- MIX	1 OZ	18.66
002009	CORNBREAD MUFFINS- MIX	2 OZ	31.55
000162	COUNTRY STYLE STEAK W/POTATOES	2 OZ	23.80
000264	COUNTRY STYLE STEAK W/RICE	2 OZ	41.47
001790	CRAISINS, ORANGE	EACH	27.00
001530	CRAISINS, STRAWBERRY	EACH	27.00
002051	CRAISINS, USDA	EACH	25.54
002052	CRANBERRY SAUCE 1 oz	1 OZ	11.34
002036	CROISSANT	1 EACH	29.00
002043	CROISSANT, CHICKEN (BREAKFAST)	EACH	37.00
008008	CROUTONS, SCHOOL MADE	SERVINGS	3.81
001052	CUBAN PORK SANDWICH	2 OZ	39.99
000359	CUCUMBER SLICES (1/2 C)	1/2 C	1.65
000167	CUCUMBER SLICES (1/4 C)	1/4 C	0.81
002008	CUPCAKES, FROSTED	EACH	56.52
001631	DIPPER SAUCE, PIZZA SAUCE	2 OZ	5.00
002134	DIPPER SAUCE, PIZZA SAUCE - AS	6 OZ	15.01
001480	DIPPER SAUCE, USDA CANS	2 OZ	5.77
002133	DIPPER SAUCE, USDA POUCH - AS	2 OZ	5.93
002124	DIPPER SAUCE, USDA POUCHES	2 OZ	5.93
000561	DONUT	EACH	34.54
001909	DONUT HOLES	SERV (5 HOLES)	30.54
000822	DRESSING, CAESAR 2 oz	2 OZ	1.99
001176	DRESSING, CAESAR TEACHER 4 oz	4 OZ	3.97
002128	DRESSING, DIPPIN SAUCE 2oz	2OZ.	5.93
002100	DRESSING, FIREY MAYO	1T	0.38
900003	DRESSING, FRENCH 2 oz	2 OZ	2.40
002011	DRESSING, HONEY MUSTARD 1 oz	1 OZ	8.50
001279	DRESSING, HONEY MUSTARD 2 oz	2 OZ	17.01
001580	DRESSING, ITALIAN 2 oz	2 OZ	5.49
000154	DRESSING, ITALIAN, SCRATCH 2oz	2 OZ	1.74
002081	DRESSING, LEMON	1T	0.54
000991	DRESSING, PARMESAN RANCH 2 oz	2 OZ	2.43
002012	DRESSING, RANCH 1 oz	1 OZ	1.21
000735	DRESSING, RANCH 2 oz	2 OZ	2.43
001608	DRESSING, RANCH HOMEMADE, BULK	GALLON	155.33
001296	DRESSING, RANCH PACS	EACH	1.00
002010	DRESSING, RANCH,TEACHER 4 oz	4 OZ	4.85
000990	DRESSING, SALSA RANCH 2 oz	2 OZ	2.75
000091	DRESSING, THOUSAND ISLAND 2oz	2 OZ	7.70
001587	DRESSING, YUM YUM SAUCE	TBSP	1.25
002042	DRESSING, YUM YUM SAUCE- SW CH	1 OZ	7.00
001588	DRESSING, BBQ RANCH 2oz	2 OZ	15.39
001910	DUTCH WAFFLE	EACH	39.20
001223	EARLY COLLEGE WORKDAY	TITLE	0.00
001392	EARLY COLLEGE - FIRST DAY	TITLE	0.00
001252	EARLY COLLEGE - LAST DAY OF SC	TITLE	0.00
001222	EARLY COLLEGE - NO SCHOOL	TITLE	0.00
001224	EARLY COLLEGE HOLIDAY	TITLE	0.00
001869	EGG PATTY	2 OZ	0.00
000043	EGGS, SCRAMBLED	1 OZ (1.5 Tbsp)	0.26
002035	EMPANADA	EACH	36.00
001663	ENCHILADA , PORK	2 OZ	41.86
001944	ENCHILADA , PORK, NO CHIPS	2 OZ	26.86
001375	ENCHILADA, CHEESE	EACH	44.99
001945	ENCHILADA, CHEESE, NO CHIPS	EACH	29.99
008000	ENSURE	EACH	41.00
008001	ENSURE PLUS	EACH	47.30
002088	ENVY, ACAI BERRY	EACH	30.00
002086	ENVY, FRUIT PUNCH	EACH	29.00
002087	ENVY, FUJI APPLE	EACH	29.00

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No.	Description	Portion Size	Carbohydrates (Grams)
002085	ENVY, STRAWBERRY KIWI	EACH	29.00
002142	FISH NUGGETS	SERVING	15.05
001465	FISH SANDWICH	EACH	47.01
000667	FLAG DAY	TITLE	0.00
001691	FLATB, CHICKEN CAESAR	EACH	29.54
001695	FLATBREAD CHEESEBURGER	EACH	31.43
002089	FLATBREAD, BKF W/ SAUSAGE	EACH	21.00
001689	FLATBREAD, CHEESY W/MARINARA	EACH	30.02
001692	FLATBREAD, GCHIX CAESAR HS/MS	1 EACH	30.54
001694	FLATBREAD, GCHIX GYRO	EACH	30.37
001693	FLATBREAD, GCHIX GYRO MS/HS	EACH	31.14
001688	FLATBREAD, PIZZA	EACH	35.03
001734	FRENCH FRIES, BAKED (1 C)	1 C	32.65
001685	FRENCH FRIES, BAKED (1/2 C)	1/2 C	16.08
000919	FRENCH FRIES, BAKED (1/4 C)	1/4 C	8.04
001733	FRENCH FRIES, BAKED (3/4 C)	3/4 C	21.48
002038	FRENCH FRIES, SPIRAL (1 C)	1 C	42.02
001788	FRENCH FRIES, SPIRAL (1/2 C)	1/2 C	21.01
001789	FRENCH FRIES, SPIRAL (1/4 C)	1/4 C	10.51
009015	FRENCH TOAST STICKS	PKG	38.00
001721	FRESH APPLE (whole)	EACH	19.00
001813	FRESH APPLE (whole) - AS SNACK	EACH	19.00
000988	FRESH APPLE (whole) SP	EACH	19.00
001618	FRESH APPLE WEDGES (1/2 C)	1/2 C	9.63
001251	FRESH APPLE WEDGES (1/2 C) SP	1/2 C	9.63
001203	FRESH APPLE WEDGES (1/4 C)	1/4 C	6.42
002135	FRESH APPLE/ORANG WEDGS(3/4 C)	3/4 C	15.27
001246	FRESH BANANAS (1/2 C) SP	1/2 cup	27.43
001698	FRESH BANANAS WHOLE	EACH	27.43
002113	FRESH BANANAS WHOLE SP	EACH	27.43
001424	FRESH BLUEBERRIES	1/2 C	11.17
000218	FRESH CANTALOE (1/2 C)	1/2 C	10.08
000217	FRESH CANTALOE (1/4 C)	1/4 C	5.04
001177	FRESH FRUIT CHOICE	EACH	0.00
000086	FRESH FRUIT CHOICES,A LA CARTE	1 EACH	92.67
000172	FRESH GRAPEFRUITHALVES (1/2 C)	1/2 C	13.10
000197	FRESH GRAPES (1/2 C)	1/2 C	15.63
000173	FRESH GRAPES (1/4 C)	1/4 C	7.82
000744	FRESH KIWI	EACH	11.14
001426	FRESH ORANGE	EACH	15.40
001249	FRESH ORANGE WEDGES (1/2 C)	1/2 C	11.29
001069	FRESH ORANGE WEDGES (1/2 C) SP	1/2 C	11.29
001199	FRESH ORANGE WEDGES (1/4 C)	1/4 C	5.64
001351	FRESH ORANGE WEDGES-AS (3/4 C)	3/4 C	16.85
002028	FRESH PEACH WHOLE	EACH	14.31
001423	FRESH PEAR WHOLE	EACH	25.70
001250	FRESH PEARS (1/2 C)	EACH	25.70
000181	FRESH PEARS (1/2 C) SP	1/2 C	25.70
000595	FRESH STRAWBERRIES (1/2 C)	1/2 C	5.48
002022	FRESH STRAWBERRIES, (1/4 C)	1/4 C	2.74
000737	FRESH TANGERINES (1/2 C)	1/2 C	23.48
000189	FRESH WATERMELON (1/2 C)	1/2 C	11.22
000205	FRESH WATERMELON (1/4 C)	1/4 C	4.24
000926	FRESH WATERMELON: W/RIND	1/2 C	11.22
001865	FRITTATA, HAM EGG AND CHEESE	2 OZ	21.19
000720	FROSTING, VANILLA	QUART	927.37
000281	FRUITED GELATIN (1/2 C)	1/2 C	18.96
000731	FRUITED GELATIN (1/4 C)	1/4 C	9.48
001393	GARLIC BREADSTICK	EACH	26.00
009022	GARLIC BUTTER	1 TBLS	0.00
000677	GIANT GOLDFISH GRAHAM	EACH	8.55

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Recipe Carbohydrates List Between 0 and 1000 Grams

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No.	Description	Portion Size	Carbohydrates (Grams)
001822	GLAZE DONUT KRISPY KREME	EACH	30.48
009023	GLAZE, P.SUGAR	OZ	28.35
000646	GOLDFISH CHEDDAR CRACKERS	EACH	14.00
001749	GRAHAM CRACKER - GIANT FISH	EACH	19.00
009057	GRAHAM CRACKER - HONEY	PKG	17.00
001898	GRAHAM SNACK, CHAT SNAX	PKG	21.00
001630	GRAHAM SNACK, FROZEN THEME	PKG	22.00
001797	GRANOLA	CUPS	136.00
000209	GREEN BEANS, FROZEN (1/2 C)	1/2 C	6.00
000111	GREEN BEANS, FROZEN (1/4 C)	1/4 C	2.44
001831	GREEN BEANS, FROZEN (3/4 C)	3/4 C	6.63
001954	GREEN BEANS, PARMESAN (1/2 C)	1/2 C	4.64
001957	GREEN BEANS, PARMESAN (1/4 C)	1/4 C	2.32
001175	GRITS, CHEESE	6 OZ (3/4 C)	23.80
001174	GRITS, COOKED	6 OZ (3/4 CUP)	22.79
000733	HAM AND CHEESE ON A WHOLE WBUN	2 OZ	27.06
001483	HAM ON WW BUN, NO CHEESE	2 OZ	27.07
000457	HAMBURGER ON WHOLE WHEAT BUN	EACH	30.84
000537	HOLIDAY MEAL	TITLE	0.00
002033	HONEY BUN	Each	38.00
000973	HOT DOG ON WHOLE WHEAT BUN	EACH	31.00
000003	HOT DOG W/CHILI	EACH	32.20
001073	HOT SAUCE INDIVIDUAL	EACH	0.17
001766	HUSHPUPPIES, 1 OZ GRAIN	SERV (3 EACH)	18.12
001615	ICE CREAM, BROWNIE BATTER ICE	EACH	27.00
001536	ICE CREAM, C CANDY TWISTER CUP	EACH	22.00
001584	ICE CREAM, CHERRY/BLUE RASPBERRY	EACH	12.00
001539	ICE CREAM, CHOC & VAN TWIST	EACH	23.00
001808	ICE CREAM, CHOCOLATE SCOOTER	EACH	26.00
001986	ICE CREAM, FRUIT PUNCH BLAST	EACH	21.00
001887	ICE CREAM, FUDGE BAR	EACH	20.00
001809	ICE CREAM, FUDGE-O STICK	EACH	16.00
001810	ICE CREAM, ORANGE BLOSSOM	EACH	18.00
002092	ICE CREAM, PANDA PARTY SANDW.	EACH	17.77
001888	ICE CREAM, SANDWICH	EACH	27.00
001549	ICE CREAM, SANDWICH LF	EACH	27.00
001811	ICE CREAM, STRAWBERRY SCOOTER	EACH	25.00
001535	ICE CREAM, UNICORN TWISTER CUP	EACH	19.00
001545	ICE CREAM, CHOCOLATE SUNDAE CUP	EACH	16.00
001537	ICE CREAM, COOKIES N CREAM CONE	EACH	24.00
001550	ICE CREAM, COOKIES N CREAM SAND	EACH	27.00
001538	ICE CREAM, CRAZY CONE	EACH	26.00
001541	ICE CREAM, ORANGE SHERBET CUP	EACH	30.00
001547	ICE CREAM, VANILLA CUP	EACH	14.00
001533	ICE CREAMSOUR BLUE TWISTER CUP	EACH	23.00
002103	ITALIAN BEEF SAMMIE	EACH	37.18
002112	ITALIAN BEEF SAMMIE - Euro ES	EACH	35.18
009107	ITALIAN DAY	TITLE	0.00
000278	ITALIAN SAUSAGE MIX	2 OZ. SERVINGS	0.14
000285	JELLY, INDIVIDUAL	EACH	9.00
001680	JUICE BREAKFAST APPLE (4.2 OZ)	EACH	14.00
002045	JUICE BREAKFAST BERRY (4.23 OZ)	EACH	15.00
001225	JUICE BREAKFAST FRUIT PUNCH	4 OZ	17.11
001682	JUICE BREAKFAST ORANGE TANGERI	EACH	24.00
001996	JUICE, FRZ CUP, BLUE RASP	EACH	19.00
001997	JUICE, FRZ CUP, STRAW KIWI	EACH	19.00
001998	JUICE, FRZ CUP, WATERMELON	EACH	25.00
001999	JUICE, FRZ CUP, WILD CHERRY	EACH	19.00
001467	JUICE, MOTT'S, APPLE-AS	EACH	24.00
001468	JUICE, MOTT'S, FRUIT PUNCH-AS	EACH	25.00
001886	JUICE, MOTT'S, WHITE GRAPE-AS	EACH	26.00

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Recipe Carbohydrates List Between 0 and 1000 Grams

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No.	Description	Portion Size	Carbohydrates (Grams)
001445	JUICE, ORANGE USDA (4 OZ)	EACH	14.00
002139	KALE, CHIPS (1/2 C)	1/2 C	1.01
001365	KALE, STEAMED (1/2 C)	1/2 C	2.13
009048	KETCHUP (INDIVIDUAL PACKS)	EACH	3.00
002119	LASAGNA W/ BEEF.&RICOTTA	2 OZ	23.48
002104	LASAGNA W/ ITALIAN SAUSAGE	2 OZ	24.75
002118	LASAGNA W/ SAUS.&RICOTTA	2 OZ	24.39
002072	LASAGNA W/G BEEF	2 OZ	23.84
000660	LASAGNA W/G BEEF & TURKEY	2 OZ	23.84
001569	LEMON JUICE SOLUTION	GALLON	15.81
001816	LEMONADE	1CUP	28.10
001720	LENT BEGINS	TITLE	0.00
000365	LIMA BEANS (1/2 C)	1/2 C	12.63
001928	MACARONI & CHEESE	# 6 (2/3 C)	24.41
001862	MACARONI & CHEESE W/ BBQ PORK	# 6 (2/3 C)	30.72
001863	MACARONI & CHEESE W/ BEEF	# 6 (2/3 C)	23.92
001278	MACARONI & CHEESE W/ HAM	# 6 (2/3 C)	24.45
000645	MANAGER'S CHOICE	TITLE	0.00
000734	MARGARINE CUP	EACH	0.00
009050	MAYONNAISE (INDIVIDUAL PACKS)	EACH	0.00
001215	MEATBALL SUB	2 OZ	53.33
990026	MEATBALLS	2 OZ	9.44
009109	MEXICAN DAY	TITLE	0.00
000026	MILK - 1% LOWFAT	HALF PINT	12.00
001166	MILK - AFTERSCHOOL	TITLE	0.00
001100	MILK - FF STRAWBERRY	HALF PINT	20.00
001712	MILK - PINT 2% HS MS	PINT	40.00
000018	MILK - SKIM	HALF PINT	11.00
001102	MILK - SKIM CHOCOLATE	HALF PINT	20.00
001781	MILK, LACTOSE FREE	HALF PINT	13.00
001782	MILK, SOY	HALF PINT	15.00
001885	MINI BITES, BLUEBERRY VANILLA	EACH	20.00
001725	MIXED BERRY CUP, USDA	1/2 C	20.00
000723	MIXED FRUIT CUP (1/2 C)	1/2 C	16.90
000411	MIXED FRUIT CUP (1/4 C)	1/4 C	9.19
002122	MIXED FRUITCUP w/oGrape(1/2 C)	1/2 C	20.37
002123	MIXED FRUITCUP w/oGrape(1/4 C)	1/4 C	10.18
001652	MUFFIN - BLUEBERRY WG	EACH	38.50
001651	MUFFIN - CHOCOLATE CHIP WG	EACH	39.00
000530	MUFFINS, APPLE (APPLESAUCE)	2 OZ	30.67
009049	MUSTARD (INDIVIDUAL PACKS)	EACH	0.00
000644	NATIONAL BREAKFAST WEEK	TITLE	0.00
000654	NATIONAL SCHOOL LUNCH WEEK	TITLE	0.00
009002	NONFAT DRY MILK	GALLON	155.52
001655	NUTRIGRAIN - APPLE CINNAMON	EACH	29.96
001653	NUTRIGRAIN - BLUEBERRY	EACH	29.96
001654	NUTRIGRAIN - STRAWBERRY	EACH	29.96
001994	ORANGE, MANDAIN CAN (1/2 C)	1/2 C	32.91
001995	ORANGE, MANDARIN CAN (1/4 C)	1/4 C	16.46
002091	ORIENTAL VEGETABLE BLEND	LB	21.77
002074	OVERNIGHT OATS- BERRY	EACH	50.19
002075	OVERNIGHT OATS- ORANGE DREAM	EACH	83.03
002007	PANCAKE WRAP	EACH	17.17
002059	PEACH BERRY BLAST (1/2 C)	1/2 C	19.90
002060	PEACH BERRY BLAST (1/4 C)	1/2 C	9.95
001034	PEACH CUPS, USDA	EACH	19.00
000940	PEACHES, CANNED (1/2 C)	1/2 C	25.13
000178	PEACHES, CANNED (1/4 C)	1/4 C	12.57
001441	PEACHES, FROZEN (1/2 C)	1/2 C	15.83
001960	PEACHES, FROZEN (1/4 C)	1/4 C	7.92
002057	PEAR-Y BERRY BLEND (1/2 C)	1/2 C	17.47

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Recipe Carbohydrates List Between 0 and 1000 Grams

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No.	Description	Portion Size	Carbohydrates (Grams)
002058	PEAR-Y BERRY BLEND (1/4 C)	1/4 C	8.22
000201	PEARS, CANNED (1/2 C)	1/2 C	26.14
000180	PEARS, CANNED (1/4 C)	1/4 C	13.07
000563	PEARS, SPICED (1/2 C)	1/2 C	37.03
000273	PEAS, FROZEN (1/2 C)	1/2 C	12.99
000149	PEAS, FROZEN (1/4 C)	1/4 C	6.50
001634	PEPPERS AND ONIONS	1/2 C	5.22
001111	PICKLES (1/2 C)	1/2 C	2.95
002080	PICKLES (1/4 C)	1/4 C	1.48
001842	PIMENTO-CHEESE SANDWICH	#8 (1/2 CUP)	34.40
001837	PIMENTO-CHEESE SANDWICH, GRILL	#8 (1/2 CUP)	34.40
000725	PINEAPPLE & APPLESAUCE (1/2 C)	1/2 C	14.45
000474	PINEAPPLE & APPLESAUCE (1/4 C)	1/4 C	7.23
000424	PINEAPPLE BANANAS & RED (1/2C)	1/2 C	18.76
000724	PINEAPPLE BANANAS & RED (1/4C)	1/4 C	13.18
000969	PINEAPPLE, TIDBITS (1/2 C)	1/2 C	26.83
001303	PINEAPPLE, TIDBITS (1/4 C)	1/4 C	13.95
001699	PIZZA SUB	EACH	45.03
002068	PIZZA SUB - BEEF	EACH	45.03
001056	PIZZA, BBQ	SLICE	69.40
001514	PIZZA, BIG ISLAND	SLICE	71.63
001399	PIZZA, BUFFALO CHICKEN	SLICE	42.28
001958	PIZZA, CHEDDAR BEEF	SLICE	44.79
009040	PIZZA, CHEESE	SLICE	44.81
001861	PIZZA, CHEESEBURGER	SLICE	45.15
001055	PIZZA, CHICKEN FAJITA	SLICE	47.92
001053	PIZZA, FIESTA	SLICE	51.22
001624	PIZZA, FIESTADA	EACH	43.00*
002093	PIZZA, GARLIC FRENCH BREAD	EACH	28.00*
001054	PIZZA, HAWAIIAN	SLICE	51.77
001090	PIZZA, PEPPERONI	SLICE	44.81
001637	PIZZA, SUPREME	SLICE	48.09
001057	PIZZA, VEGGIE	SLICE	47.21
002120	PIZZA- SICILIAN CHEESE	SLICE	47.67
002121	PIZZA- SICILIAN VEGGIE	SLICE	49.32
002116	PIZZA- SICILIAN W/BEEF	SLICE	46.91
002110	PIZZA- SICILIAN W/HAM	SLICE	48.51
002115	PIZZA- SICILIAN W/PEPPERONI	SLICE	47.67
002117	PIZZA- SICILIAN W/SAUSAGE	SLICE	48.09
000158	PIZZABURGER ON A ROLL	EACH	28.15
001612	POP TART, BLUEBERRY	EACH	37.92
001106	POP TART, BROWN SUGAR CINNAMON	EACH	38.00
001421	POP TART, FROSTED STRAWB	EACH	37.92
001643	POP TART, FUDGE	EACH	37.92
002143	PORK CARNITAS BOWL	EACH	39.72
000932	PORK CHOPPER ON WHOLE WHEAT	EACH	41.00
001506	PORK GRINDER	4 OZ	38.53
001850	POTATO BITES, OVEN (1 C)	1 C	31.99
020129	POTATO BITES, OVEN (1/2 C)	1/2 C	15.99
001007	POTATO BITES, OVEN (1/4 C)	1/4 C	7.08
001290	POTATO BITES, OVEN (3/4 C)	3/4C	21.24
990008	POTATO SMILES (1/2 C)	1/2 C	20.14
000854	POTATO SMILES (1/4 C)	1/4 C	9.47
001291	POTATO SMILES (3/4 C)	3/4C	30.21
000185	POTATO, BAKED	EACH	36.60
000213	POTATOES, MASHED (1/2 C)	1/2 C	16.82
000892	POTATOES, MASHED (1/4 C)	1/4 C	8.41
000589	POTATOES, PARSLEY (1/2 C)	1/2 C	14.42
002021	POTATOES, PARSLEY (1/4 C)	1/4 C	7.21
000445	POTATOES, ROASTED FRESH 1/2 C	1/2 C	14.42
001528	POTATOES, ROASTED FRESH 1/4 C	1/4 C	7.21

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Recipe Carbohydrates List Between 0 and 1000 Grams

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No.	Description	Portion Size	Carbohydrates (Grams)
001575	POTATOES, ROASTED FROZEN 1/2 C	1/2 C	20.41
001594	POTATOES, ROASTED FROZEN 1/4 C	1/4 C	10.21
001635	POTATOES, ROASTED FROZEN 3/4 C	3/4 C	27.22
001159	POULTRY RUB	EACH	0.00
000676	PRETZEL, GOLDFISH	EACH	17.00
000141	PRETZELS	EACH	23.00
009095	PRETZELS AFTER SCHOOL	EACH	10.50
001610	QUESADILLA, BEEF & CHEESE	EACH	36.92
001935	QUESADILLA, BF & CHZ, NO CHIPS	EACH	21.92
001611	QUESADILLA, CHEESE	EACH	37.50
001936	QUESADILLA, CHEESE, NO CHIPS	EACH	22.50
001377	QUESADILLA, CHIC&CHZ, NO CHPS	EACH	22.66
001463	QUESADILLA, CHICKEN & CHEESE	EACH	37.66
001464	QUESADILLA, HAM & CHEESE	EACH	38.53
001937	QUESADILLA, HAM & CHZ, NO CHIP	EACH	23.53
002125	QUESADILLA, HR TEST ONLY	EACH	38.81
002001	QUESADILLA, PIZZA	EACH	38.00
001860	QUESADILLA, PORK & CHEESE	EACH	36.22
001938	QUESADILLA, PORK&CHZ, NO CHIPS	EACH	21.22
001952	QUESO & FRIES (1/2 C)	1/2 C	18.29
001953	QUESO & TOTS (1/2 C)	1/2 C	15.31
001826	QUESO REFRIEDBEAN BOWL (1/2 C)	1/2 C	73.41
001696	QUESO/JTM	2 OZ	2.00
001576	QUESO/JTM & CHIPS - TRAD	4 OZ	32.00
001304	RAISINS	EACH	30.00
009033	RAVIOLI W/CHEESE(ChefBoyardee)	6 OZ	29.21
009017	RIB-A-QUE SANDWICH	EACH	46.92
000414	RICE KRISPIE TREAT	EACH	26.91
000572	RICE KRISPIE TREAT/AFTER SCHOO	EACH	26.91
001728	RICE KRISPY TREAT, CHOC CHIP	EACH	34.00
001991	RICE KRISPY TREAT, CONFETTI	EACH	30.00
001893	RICE KRISPY TREAT, ORIGINAL	EACH	30.00
001966	RICE, BROWN (1 C)	1 C	22.33
001494	RICE, BROWN (1/2 C)	1/2 C	28.57
002040	RICE, BROWN (1/4 C)	1/4 C	14.28
000124	RICE, FRIED (3/4 C)	3/4 C	32.87
001705	RICE, FRIED 1/4	1/4 C	27.40
009105	RICE, SPANISH (1/2 C)	1/2 C	26.57
001785	ROLL, BRIDGFORD, WHITE WHEAT	2 OZ	25.86
002082	ROLL, EUROBAKE	EACH	28.00
002083	ROLL, GARLIC KNOT	EACH	27.00
001385	ROSATI FRUIT ICE	EACH	25.00
001416	ROSATI, SNO JOE	EACH	25.00
005035	SALAD, BROCCOLI (1/2 CUP)	1/2 C	18.19
001152	SALAD, CAESAR (1/2 C)	1 C	6.00
001202	SALAD, CAESAR (1/4 C)	1/2 C	3.00
001356	SALAD, CAESAR (3/4 C)	1.5 C	7.09
000706	SALAD, CANTINA CHOPPED (1/2 C)	1/2 C	4.28
000469	SALAD, CANTINA CHOPPED (1/4 C)	1/4 C	2.17
000702	SALAD, CARROT- RAISIN (1/2 C)	1/2 C	27.17
001613	SALAD, CHEF	2 OZ	8.59
001024	SALAD, CHEF GRILLED CHICKEN	2 OZ	6.86
002049	SALAD, CHEF VEG	2 OZ	6.27
001259	SALAD, CHICKEN CAESER	2 OZ	23.55
001529	SALAD, CHICKEN FAJITA	2 OZ	8.18
002140	SALAD, CHICKEN SOUTHWEST-Diced	2 OZ	19.27
002111	SALAD, CHICKEN SOUTHWEST-Faj	2 OZ	19.27
000705	SALAD, CUCUMBER/TOMATO (1/2 C)	1/2 C	3.35
000473	SALAD, CUCUMBER/TOMATO (1/4 C)	1/4 C	1.54
000715	SALAD, FRUITED SPINACH (1/2 C)	1C	8.84
001205	SALAD, GRILLED CHICKEN CAESAR	2 OZ	7.69

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Recipe Carbohydrates List Between 0 and 1000 Grams

Aug 20, 2025

No.	Description	Portion Size	Carbohydrates (Grams)
000032	SALAD, MACARONI (1/2 C)	1/2 C	19.60
005039	SALAD, MARINATE BLACK BEAN-1/2	1/2 C	14.12
001305	SALAD, MEAN GREEN (1/2 C)	1 C	3.20
001306	SALAD, MEAN GREEN (1/4 C)	1/4 C	2.02
000040	SALAD, MIXED GREEN (1/2 C)	1C	2.29
001302	SALAD, MIXED GREEN (1/4 C)	1/4 C	1.18
000255	SALAD, PASTA (1/2 C)	1/2 C	12.80
000130	SALAD, POTATO (1/2 C)	1/2 C	14.79
001974	SALAD, POTATO (1/4 C)	1/4 C	7.40
000943	SALAD, SEVEN LAYER (1/2 C)	1/2 C	9.70
009014	SALAD, SEVEN LAYER (1/4 C)	1/4 C	6.44
008005	SALAD, SPINACH (1/2 C)	1 C	7.77
008007	SALAD, SPINACH (1/4 C)	1/4 C	5.43
001828	SALAD, SPINACH (3/4 C)	1.5 C	9.77
001710	SALAD, SUPERFOOD	1 C	20.83
002073	SALAD, TACO W/G BEEF	# 8 (1/2 C)	42.26
000079	SALAD, TACO W/G BEEF & TURK (2	# 8 (1/2 C)	12.26
001866	SALAD, TEACHER CHICKEN FAJITA	2 OZ	11.88
000261	SALAD, TEACHER W/HAM	2 OZ	14.04
001817	SALAD, TEACHER W/TURKEY	2 OZ	10.80
001755	SALAD, TOMATO CORN (1/2 C)	1/2 C	10.06
000710	SALAD, TOSSED (1/2 C)	1 C	3.56
000115	SALAD, TOSSED (1/4 C)	1/2 C	1.78
001827	SALAD, TOSSED (3/4 C)	1.5 C	5.33
009051	SALSA	1 OZ	1.98
001703	SALSA, SCRATCH	2 OZ	4.22
002130	SCHOOL SPECIAL - HS	TITLE	0.00
000699	SLAW, NC BBQ (1/2 C)	1/2 C	9.24
000480	SLAW, NC BBQ (1/4 C)	1/4 C	4.62
000708	SLAW, PEPPER (1/2 C)	1/2 C	6.71
000031	SLAW, PEPPER (1/4 C)	1/4 C	3.39
002069	SLOPPY JOE W/G BEEF	# 12 (1/3 C)	32.55
000107	SLOPPY JOE W/G BEEF & TURKEY	# 12 (1/3 C)	32.55
002006	SNACK BOX	EACH	38.32
001726	SNACK PACK PUDDING	EACH	21.00
000194	SOUP, CHICKEN VEGETABLE, USDA	1 C	13.16
001466	SOUP, CHUNKY CHICKEN	1 C	50.49
001687	SOUP, POTATO HAM & CORN CHOWDE	1 C	34.63
001602	SOUP, POTATO WITH HAM	1 C	25.89
009067	SOUP, SPICY TOMATO	3/4 C	13.25
000193	SOUP, VEGETABLE BEAN	1 C	23.09
000747	SOUR CREAM CUP	1 OZ	1.89
001076	SOY BUTTER	2 TBSP	7.09
001078	SOY BUTTER & JELLY SAND 2oz	EACH	61.93
002070	SPAGHETTI W/G BEEF	3/4 C	30.38
000526	SPAGHETTI W/G BEEF & TURKEY	3/4 C	30.38
000363	SPICY CHILI SAUCE	2 OZ	7.12
001573	SPINACH, STEAMED (1/2 C)	1/2 C	3.29
001022	SPUD, BROCCOLI & CHEESE STUFFE	EACH	38.95
000038	SPUD, CHILI-STUFFED	EACH	50.31
002071	SPUD, CHILI-STUFFED- G. BEEF	EACH	50.31
001021	SPUD, HAM & CHEESE STUFFED	EACH	40.40
001976	SQUASH & ZUCC, ROASTED (1/2 C)	1/2 C	3.74
001977	SQUASH & ZUCC, ROASTED (1/4 C)	1/4 C	1.87
000695	STIR FRY VEGETABLES (1/2 C)	1/2 C	7.10
000275	STIR FRY VEGETABLES (1/4 C)	1/4 C	3.70
000014	STOCK, BEEF	GALLON	45.36
000015	STOCK, CHICKEN	GALLON	45.36
001196	STRAWBERRIES & BANANAS (1/2 C)	1/2 C	17.09
000536	STRAWBERRIES & BANANAS (1/4 C)	1/4 C	8.55
000289	STRAWBERRIES, FRZ SLC (1/2 C)	1/2 C	20.51

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No.	Description	Portion Size	Carbohydrates (Grams)
000231	STRAWBERRIES, FRZ SLC (1/4 C)	1/4 C	10.26
001035	STRAWBERRY CUPS, USDA	1/2 C	22.00
000045	STROMBOLI	SERVINGS	19.95
000020	SUBMARINE SANDWICH	EACH	43.19
001843	SUBMARINE SANDWICH-HOT	EACH	41.13
000712	SUCCOTASH (1/2 C)	1/2 C	18.44
001804	SUNFLOWER SEEDS - SALTED	EACH	6.00
001737	SUNFLOWER SEEDS-HONEY ROASTED	EACH	10.00
002061	SUNRISE FRUIT SALAD (1/2 C)	1/2 C	17.40
002062	SUNRISE FRUIT SALAD (1/4 C)	1/4 C	8.70
001417	SWEET HEART ROSATI	EACH	25.00
001379	SWEET POTATO CRISSCUT (1/2 C)	1/2 C	18.43
001380	SWEET POTATO CRISSCUT (1/4 C)	1/4 C	9.22
001197	SWEET POTATO SOUFFLE (1/2 C)	1/2 C	62.74
001670	SWEET POTATO SOUFFLE (1/4 C)	1/4 C	31.37
001851	SWEET POTATO SOUFFLE (1C)	1 C	125.47
001389	SWEET POTATO, BAKED	EACH	40.24
002003	SWEET POTATO, CIN SUGAR (1/2C)	1/2 C	38.19
002004	SWEET POTATO, CIN SUGAR (1/4C)	1/4 C	19.10
002002	SWEET POTATO, ROAST GAR (1/2C)	1/2 C	30.42
002005	SWEET POTATO, ROAST GAR (1/4C)	1/4 C	15.21
000291	SWEET POTATOES, CANNED (1/2 C)	1/2 C	51.05
000224	SWEET POTATOES, CANNED (1/4 C)	1/4 C	25.53
001806	SWEET TEA - SUPPLMENTAL SALE	8 ounces	12.50
001105	SYRUP, INDIVIDUAL	EACH	31.00
000093	TARTER SAUCE, SCRATCH	1 OZ	2.94
001178	TASTE OF ITALY	TITLE	0.00
001161	TASTE OF MEXICO	TITLE	0.00
000630	THANKSGIVING DINNER	TITLE	0.00
001181	TOAST (1)	SLICE (1)	16.00
000085	TOAST (2)	SLICES (2)	32.00
001361	TOAST, CINNAMON (1)	SLICE (1)	18.27
001362	TOAST, CINNAMON (2)	SLICES (2)	36.55
002096	TOAST, TEXAS GARLIC, 1 OZ	EACH	14.00
000088	TOASTED CHEESE SANDWICH	2 OZ	36.05
001872	TOASTED CHEESE SANDWICH- SNACK	1 OZ	18.03
001011	TOASTED HAM AND CHEESE	2 OZ	36.06
001641	TOMATO CUP 1/2	1/2 CUP	4.02
002144	TOMATO CUP 1/4	1/4 CUP	2.01
000258	TORTILLA CHIPS, IW 2 OZ	1.45 OZ	30.00
002131	TORTILLAS - 2 OZ (10")	SERVINGS	29.00
000649	TRADITIONAL - FIRST DAY	1	0.00
000674	TRADITIONAL - LAST DAY STUDENT	TITLE	0.00
000600	TRADITIONAL -FIRST DAY STUDENT	TITLE	0.00
009075	TRADITIONAL HOLIDAY	TITLE	0.00
009077	TRADITIONAL NO SCHOOL	TITLE	0.00
009073	TRADITIONAL WORKDAY	TITLE	0.00
000730	TROPICAL ORANGE/PINEAPPLE 1/2	1/2 C	30.39
000405	TROPICAL ORANGE/PINEAPPLE 1/4	1/4 C	15.15
000257	TUNA SALAD SANDWICH	SERVINGS	35.83
000546	TUNA SALAD- NO BREAD	SERVINGS	2.00
001484	TURKEY & CHEESE ON WW BUN	2 OZ	24.12
002063	TURKEY AND RICE BOWL-MEDALLION	2 OZ	33.79
002065	TURKEY DELUXE - MEDALLIONS	EACH	41.62
000429	TURKEY DELUXE ON ROLL	EACH	39.76
001844	TURKEY DELUXE ON ROLL-HOT	EACH	39.12
001950	TURKEY MANHATTAN	2 OZ	52.57
002064	TURKEY MANHATTAN - MEDALLIONS	2 OZ	54.70
002048	TURKEY MED &DRESS/CALBERTAS DR	2 OZ	33.25
001633	TURKEY SANDWICH	2 OZ	32.15
000136	TURKEY TETRAZZINI	6 OZ (3/4 CUP)	20.30

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Recipe Carbohydrates List Between 0 and 1000 Grams

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No.	Description	Portion Size	Carbohydrates (Grams)
002053	TUSCAN BLEND (1/2 C)	1/2 C	6.70
002054	TUSCAN BLEND (1/4 C)	1/4 C	3.35
002055	TUSCAN BLEND, LEMON (1/2 C)	1/2 C	6.70
002056	TUSCAN BLEND, LEMON (1/4 C)	1/4 C	3.35
001621	VEGGIE BAKE, CALIF BLND (1/2C)	1/2 C	12.49
001971	VEGGIE BAKE, CALIF BLND (1/4C)	1/4 CUP	6.25
001604	VEGGIE BAKE, FRESH (1/2 C)	1/2 CUP	13.60
001970	VEGGIE BAKE, FRESH (1/4 C)	1/4 CUP	6.80
000171	VEGGIE DIPPER (1/4 C)	1/4 C	2.31
001829	VEGGIE DIPPER (1 C)	1 C	9.35
000697	VEGGIE DIPPER (1/2 C)	1/2 C	4.67
000461	VEGGIE SUB	EACH	44.73
002132	WATER - AS	EACH	0.00
009018	WATER, BOTTLED	EACH	0.00
000252	WHIPPED MARGARINE	1 OZ	0.00
000358	WILLIAMSBURG MUFFIN	2 OZ	36.99
001969	WRAP, BUFFALO CHICKEN	EACH	30.15
001675	WRAP, CHICKEN CAESAR	EACH	33.53
009013	WRAP, DELI	EACH	36.83
001673	WRAP, HAWAIIAN CRUNCH	EACH	44.02
001606	WRAP, ITALIAN	2 OZ	37.98
001690	WRAP, RODEO	# 12 (1/3 C)	39.14
001674	WRAP, SOUTHWESTERN	EACH	58.02
001605	WRAP, VEGGIE	EACH	36.97
000648	YEAR ROUND - FIRST DAY	TITLE	0.00
000601	YEAR ROUND - LAST DAY STUDENTS	TITLE	0.00
009076	YEAR ROUND HOLIDAY	TITLE	0.00
009078	YEAR ROUND NO SCHOOL	TITLE	0.00
009074	YEAR ROUND WORKDAY	TITLE	0.00
000268	YELLOW CAKE FROM MIX	EACH	33.78
990003	YOGURT	EACH	14.05
002126	YOGURT CUP/HAM ON WHEAT	EACH	30.03
002027	YOGURT CUP/HAM ON WHEAT-HS	EACH	46.03
002067	YOGURT CUP/TURKEY - HS - MED	EACH	47.05
002066	YOGURT CUP/TURKEY - MEDALLIONS	EACH	31.05
990004	YOGURT CUP/TURKEY ON WHEAT	EACH	28.07
002127	YOGURT CUP/TURKEY ON WHEAT-HS	EACH	44.00
001701	YOGURT PARFAIT- APPLE PIE	EACH	73.41
001700	YOGURT PARFAIT- BANANA SPLIT	EACH	57.30
001704	YOGURT PARFAIT- BROWNIE TRIFLE	EACH	62.75
001702	YOGURT PARFAIT- COOKIE MONSTER	EACH	61.78
001597	YOGURT PARFAIT- VERY BERRY	EACH	52.72
001436	YOGURT, NF,B.BERRY USDA	EACH	16.00
001170	YOGURT, STRAWBERRY DANIMALS	EACH	14.05
001084	YOGURT, STRAWBERRY FF	4 OZ	19.00
001085	YOGURT, STRAWBERRY, BANANA FF	EACH	12.00
001171	YOGURT, VANILLA	EACH	12.00

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