

# Food Service

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
<b><i>BREAD</i></b>			
000061	Breadstick, whole grain	each	17.00
000474	Crackers, Animal	each	21.00
000071	Crackers, Cheez-its	each	14.97
000463	Crackers, Goldfish	each	14.00
000132	Crackers, Graham, 3 ct,	each	17.00
000232	Crackers, Saltines, WG	each	4.50
000512	Crackers, Saltines, WG (3pk)	each	13.50
000482	Hushpuppies	2 ea	12.00
000216	Noodles, Asian	1 cup	45.69
000110	Roll, Whole Grain 1 oz	each	15.00
000539	Stuffing, Bread	1/2 cup	24.17
000147	Tortilla Chips	1 OZ	20.25
<b><i>BRKFS</i></b>			
000133	BAGELFUL, CINNAMON	each	32.00
000497	BAGELFUL, Strawberry	each	32.00
000184	Banana Bread, Super Bakery	each	44.00
000488	Breakfast Pizza	each	31.00
000508	Bun, Cinnamon, Mini Pull Apart	each	40.00
000500	Cereal, Cinn Chex Gluten Free	each	23.00
000472	Cereal, Cinn Toast Crnch, RS	each	22.00
000201	Cereal, Cocoa Puffs, RS	each	25.00
000504	Cereal, Frosty Mini Spoon 2 oz	each	46.00
000499	Cereal, HN Chex Gluten Free	each	27.00
000503	Cereal, HN Scooters, 2 oz	each	45.00
000141	Cereal, HN Toasty O's, 1 oz	each	22.00
000501	Cereal, Mateys, 1 oz	each	23.00
000142	Cereal, Mrshmallw Mateys, 1 oz	each	23.00
000502	Cereal, Mrshmallw Mateys, 2 oz	each	47.00
000543	Cereal, Raisin Bran 2 oz	each	45.00
000473	Cereal, Rice Chex, Gluten Free	each	24.00
000202	Cereal, Trix, RS, WG	each	24.00
000187	CHICKEN BISCUIT, SNAK TIME	each	44.00
000186	CINNAMON BUN, PILLSBURY	each	40.00
000190	DOUGHNUT, WG SUPER	each	38.00
000189	French Toast, Mini	each	37.00
000509	French Toast, Mini, Choc Chip	each	35.00
000520	French Toast, Sticks	each	38.00
000194	Fruit Apple Pocket	each	54.00
000193	Muffin, Apple WG	each	44.00
000192	Muffin, Blueberry WG	each	45.00
000180	Panckes, Mini, Maple	each	50.00
000183	Roll, Sweet Potato	each	38.00
000182	Sausage Biscuit, Snak-time	each	28.00
000191	SAUSAGE DOG, STATE FAIR 70401	EACH	20.00
000185	Strudel, Cherry	EACH	36.95
000510	Waffles, Minis, Cinnamon	each	35.00
000188	Waffles, Minis, Maple	each	38.00
<b><i>CONDI</i></b>			
000440	BBQ Sauce, 12 GM	each	4.00
000395	Catsup, 9 gm, 2 packets	2 each	6.00
000106	Chicken Broth	GAL	18.14
000399	DRESSING ITALIAN, Lite, 1.5 OZ	each	2.00
000107	DRESSING RANCH, 1.5 OZ	1.5 oz	5.00
000398	Dressing, French 1.5 OZ	1.5 OZ	12.00
000074	Dressing, French, Fat Free, 12	each	4.00
000076	Dressing, Ranch 12 gm	each	1.00

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000400	Dressing, Ranch Lite 1.5 OZ	1.5 OZ	9.00
000062	GRAVY MIX BROWN	1 OZ	2.21
000384	Hotdog Chili	.5 OZ	1.82
000345	Jelly, 1/2 oz pack	each	9.11
000405	MAYONNAISE, 12 GM	each	0.00
000396	Mustard, 5.5 GM	5.5 GM	1.00
000477	Sauce, Honey Mustard, 1.5 oz	each	12.00
000511	Sauce, Hot 7 gm	each	0.00
000154	Sauce, Taco 9 gm	each	1.00
000441	Sauce, Tartar, 12 gm	each	2.00
000478	Syrup, Pancake, 1.5 oz cup	each	26.14

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000033	BBQ Rib Sandwich	each	34.00
000045	Beef Burrito, WG Tortilla	each	24.95
000498	Beef Burrito, WhiteTortilla	each	24.95
000531	Beef Taco, Pre-K	each	37.48
000519	Beef, Ground- Pre-Prepared	pounds	0.00
000214	Buffalo Chicken Wrap	each	27.89
000218	Buffalo Popcorn Chicken	3.6 OZ	20.18
000155	Cheese, String, Mozz, 1W, 1 oz	each	1.00
000116	Cheeseburger on Bun	each	30.03
000366	Cheesy Meatball Subs	each	39.11
000150	Chef Salad w/ Deli Turkey	each	19.55
000505	Chef Salad/ w Dice Ham	each	21.75
000460	Chef Salad/ w Turkey Ham	each	28.76
000535	Chicken Burrito	each	22.92
000515	Chicken Caesar Wrap	each	25.25
000311	Chicken Fajita	each	21.86
000358	Chicken Fillet Sandwich	each	38.00
000333	Chicken Nuggets	each	12.00
000208	Chicken Ranch Wrap	each	31.86
000047	Chicken Tenders	3 each	11.00
000028	Corndog Nuggets	6 each	30.53
000363	Fish Nuggets	4 each	22.27
000175	Fish Sandwich	each	46.00
000382	Ham & Cheese on Bun	each	27.84
900007	Ham&Cheese, Toasted (Trky Ham)	1 each	28.57
900011	HAM, SLCD, BAKED	3.5 oz	1.79
000476	Ham, Slices	3 slices	0.50
000115	Honey Mustard Deli Wrap	each	37.80
000383	Hotdog on Bun	each	29.00
000536	Lded Fries_Reg Fry_Chse Sauc	each	21.55
000205	Loaded Sub	each	28.40
000486	Loaded Taco Fries_crosstrax	each	18.53
000518	Loaded Taco Fries_Regular Fry	each	20.95
000280	Mac & Cheese- 2 MA/ 1 grain	2/3 CUP	22.17
000479	MACARONI AND CHEESE: 1MA/1G	2/3 CUP	21.76
000540	Meatballs w/ Bun_Pre-K	each	33.49
900002	Meatballs with Gravy	5 each	12.55
000533	Nacho Beef_PreK	2 oz	1.39
000517	Orange Chicken	3.9 oz	25.14
000346	Peanut Butter Sandwich	each	33.57
000127	PIZZA STICKS, TONY'S 73328	2 each	30.00
000332	PIZZA, CHEESE	each	35.00
000352	PIZZA, PEPPERONI	each	25.00
000481	Pizza, Wild Mike's wedge	each	33.00
000534	Pizzaburger on Bun	each	30.40
000447	Popcorn Chicken	3 OZ	13.93
000039	Pork BBQ Sandwich	each	28.80
000532	Pork Choppette	1 ea	19.00
000485	Pork Choppette Sandwich	1 ea	45.00

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No.	Description	Portion Size	Carbohydrates (Grams)
000244	Rice, Brown	1/2 cup	22.28
000212	Salad w/ Buffalo Chicken	each	40.11
000361	Salad w/ Fajita Strips	each	18.54
000087	Salisbury Steak	each	4.71
000004	Sloppy Joe on Bun	each	32.18
000470	Soup, Beef Veggie (1 oz m/ma)	1 Cup	19.46
000538	Soup, Taco	1 Cup	23.09
000348	Soup, Vegetable Chicken	CUP	15.23
000310	SPAGHETTI & MEAT SAUCE	1 cup	39.89
000176	SPICY CHICKEN FILLET ON BUN	each	40.31
000105	Taco Salad_Turky Taco meat	each	43.78
000215	Teriyaki Chicken	3.5 oz	9.57
000475	Thai Sweet Chili Chicken	2.85 oz	15.05
000343	TOASTED CHEESE SANDWICH, 1 OZ	each	28.00
000104	Toasted Cheese Sandwich, 2 oz	each	30.00
000240	Toasted Ham & Cheese Sandwich	each	28.00
000527	Tuna Salad Plate(43 oz pouch)	each	11.85
000490	Tuna Salad Plate(66.5 oz can)	each	16.32
000491	Turkey & Cheese Sandwich	each	27.79
000089	Turkey and Gravy	4 oz	2.00
000178	Turkey Club	each	28.71
000269	Turkey Sub	each	28.40
000339	Turkey Wrap	each	21.11
000006	Turkey, Sliced	2.5 OZ	1.35
000549	Turkey, Sliced	2.5 OZ	1.35
000542	Turkey, Sliced (cold)	2 OZ	0.81
000471	Turkey, Sliced Deli	3.2 oz	0.00
000507	Yogurt, High Pro, Blueberry	each	16.00
000506	Yogurt, Strawberry	each	15.00
000120	Yogurt, Strawberry Banana	EACH	16.00
000196	Yogurt, Vanilla	each	16.00

**FRUIT**

000279	Apple Slices	each	7.60
000493	Apple Slices, Baked	1/2 cup	18.75
000064	Apples,Fresh	each	25.13
000197	Applesauce Cup, 4.5 oz	each	14.00
000247	Applesauce, Canned	1/2 CUP	14.52
000492	Apricot Cups	each	25.09
000068	Bananas	each	26.95
000255	Blueberries, Fresh	1/2 cup	11.17
000236	Blueberries, Frozen	1/2 cup	9.33
000495	Dried Fruit Mix	1/4 cup	31.96
000545	Fruit Slushie, 4.4oz	4.4 OZ	25.00
000422	Grapes, Fresh	1/2 CUP	15.72
000445	Mixed Fruit	1/2 CUP	15.64
000086	Orange, Fresh	each	15.39
000544	Oranges, Mandarin, Canned	1/2 CUP	20.11
000483	Peach Cups	each	19.00
000494	Peaches, Frozen	1/2 cup	29.80
000437	Peaches, Sliced, Canned	1/2 CUP	13.31
000278	Pears, Halves	1/2 CUP	14.53
000438	Pears, Sliced, Canned	1/2 CUP	14.67
000092	Pineapple Tidbits	1/2 CUP	18.87
000097	Raisins, 1.33 oz	each	30.09
000099	Strawberries, Fresh	1/2 cup	6.64
000235	Strawberries, Frozen	1/2 cup	20.51
000456	STRAWBERRY CUPS	each	33.05

**JUICE**

000123	Juice, Apple, 4 oz	each	13.00
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No.	Description	Portion Size	Carbohydrates (Grams)
000522	Juice, Apple, 6 oz	each	21.75
000195	Juice, Fruit Blend, 4 oz	each	15.00
000523	Juice, Fruit Blend, 6 oz	each	21.00
000124	Juice, Grape, 4 oz	each	19.00
000125	Juice, Orange, 4 oz	each	13.00
000524	Juice, Orange, 6 oz	each	21.60
000126	Juice, OrgPineap, 4 oz	each	14.00

### MILK

000102	Milk, Chocolate Skim	each	20.00
000021	Milk, Lactose Free, Fat Free	each	0.12
000122	Milk, Strawberry, Fat Free	each	19.00
000230	MILK,1% Lowfat	each	13.00
000231	MILK,Skim	each	13.00

### SN

000547	Cookie, Carnival (1.5 oz)	each	27.00
000548	Cookie, Choc Chip (1.5 oz)	each	27.00
000152	Cookie, Sugar (1 oz)	each	18.00
000546	Cookie, Sugar (1.5 oz)	each	27.00
000525	Peanut Butter Sandwich, 1/2	each	16.40
000277	Turkey Ham and Cheese Roll-up	each	21.80
000526	Turkey Sandwich, 1/2 Snack	each	13.27

### VEG

000364	Baked Beans	1/2 CUP	38.85
000375	Beans, Great Northern	1/2 CUP	31.98
000302	Beans, Limas Frozen	1/2 CUP	17.00
000329	Beans, Pinto	1/2 CUP	22.87
000529	Beans, Vegetarian (canned)	1/2 CUP	20.04
000309	Black-eyed Beans	1/2 CUP	26.31
000521	Broccoli	1/2 CUP	4.85
000530	Broccoli (Cut) w/ Cheese	1/2 CUP	4.00
000299	Broccoli with Cheese	1/2 CUP	5.11
000330	Cabbage, Steamed	1/2 CUP	3.98
000315	California Blend	1/2 CUP	4.13
000066	Carrot Coins	1/2 CUP	7.43
000467	Carrots, Baby, bulk	1/2 CUP	5.84
000496	Carrots, Baby, Ind bags	1/2 CUP	7.00
900006	Carrots, Glazed	1/2 Cup	9.11
000316	Coleslaw	1/2 CUP	7.18
000413	Collards, Frozen	1/2 cup	7.72
000048	Collards, Raw	1/2 cup	8.66
000237	Corn, Steamed	1/2 cup	17.18
000010	DELI ROASTERS	1/2 CUP	25.48
000334	French Fries	1/2 CUP	18.15
000303	Fresh Veggies	1/2 cup	4.10
000029	Green Beans, Cut	1/2 CUP	5.21
000541	Kale, Fresh	1/2 cup	11.02
000513	Lettuce and Tomato, Diced	3/4 cup	3.59
000287	Lettuce and Tomato, Slices	3/4 cup	3.32
000312	Peas & Carrots	1/2 CUP	8.50
000360	Peas, Green	1/2 CUP	13.88
000042	Pickles, Dill	1/4 cup	1.00
000043	Potato Rounds	1/2 cup	15.84
000014	Potatoes, Whipped	1/2 cup	22.20
000342	Salad, Tossed	each	9.66
000528	Salad, Tossed (Salad Mix)	each	3.18
000206	Salsa with Chips	1 each	18.58
000514	Salsa, (no Chips)	1/2 cup	8.46

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## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000173	Sauce, Marinara, 2.5 oz cup	each	8.00
000160	SQUASH & ONIONS, FRESH	1/2 CUP	6.11
000458	SQUASH AND ONIONS	1/2 CUP	6.52
000209	Succotash	1/2 cup	16.43
000009	Sweet Potato Cross Trax	1/2 CUP	15.07
000408	Sweet Potato Souffle	1/2 CUP	71.03
000056	Sweet Potato, Baked	1/2 cup	30.82
000219	Sweet Potatoes, Glazed	1/2 CUP	41.38
000376	Vegetables, Oriental	1/2 CUP	6.80

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