

Elementary Breakfast and Lunch Carbohydrate Grams

Name	Public Name	Serving Type	Carbohydrate G
APPLES GALA FRESH	Apple Gala	Each	25.057
APPLES GOLDEN FRESH	Apple Golden	Each	18.127
APPLES GRAN SMITH FRESH	Apple Granny Smith	Each	25.057
APPLES RED FRESH	Apple Red	Each	20.045
APPLES SLICE BAG FRESH	Sliced Apples	Bag	7.961
APPLESAUCE BLUE RASP CUP	Applesauce Blue Raspbery	Each	17
APPLESAUCE CUP 110361	Applesauce Cup	Each	14.645
APPLESAUCE PEACH MANGO	Applesauce Peach Mango	Each	15
APPLESAUCE STRAW CUP NOI	Applesauce Strawberry	Each	13.994
BAGEL MINI CINN CR CH IW	Mini Cinnamon Bagel	Each	40.768
BAGEL MINI STRAW CR CH IW	Mini Strawberry Bagel	Each	40.768
BANANAS FRESH	Banana	Each	28.778
BAR BERRIES AND CREAM	Berries and Cream Bar	Each	36
BAR BREAKFAST CHOC CHIP	Oatmeal Choc Chip Bar	Each	43.924
BAR CINN TOAST CRUNCH	Cinnamon Toast Crunch Bar	Each	30.195
BAR CEREAL COCOA PUFF	Cocoa Puff Bar	Each	30.195
BAR CEREAL TRIX	Trix Bar	Each	30.195
BAR COOKIES AND CREAM	Cookies and Cream Bar	Each	29
BAR GRANOLA CHOC CHUNK	Chocolate Chunk Granola Bar	Each	31
BAR GRANOLA MAPLE	Maple Granola Bar	Each	28.001
BAR NUTRI-GRAIN BLUEBERRY	Blueberry Nutrigrain Bar	Each	29.958
BAR NUTRI-GRAIN STRAWBERRY	Strawberry Nutrigrain Bar	Each	28.961
BEANS BAKED	Baked Beans	Serving (0.25 cup)	14.887
BEANS BLACK FIESTA	Fiesta Black Beans	Serving (0.5 cup)	19.634
BEANS REFRIED	Refried Beans	Serving (0.5 cup)	30.6
BEEF COUNTRY FR STK NOI	Beef Country Fried Steak	Each	16
BEEF SAUS SAND IW NOI	Breakfast Sausage Sandwich	Each	19.996
BISCUITS AND GRAVY	Biscuits and Gravy	Serving	27.537
BREAD FLAT MINI	Mini Flat Bread	Serving (2 each)	26
BREAD ROLL 1.5 OZ	Roll	Each	17.633
BREAD ROLL 2 OZ	Roll	Each	26.859
BREAD TOAST GARLIC	Garlic Bread	Each	22
BREADSTICK CHEESY GARLIC	Cheesy Garlic Breadstick	Each	13
BREAKFAST CRUMB CAKE	Crumb Cake	Each	29
BROCCOLI FLORET FRESH	Fresh Broccoli	Serving (0.5 cup)	2.058
BURRITO BEAN AND CHEESE WG	Bean and Cheese Burrito	Each	31.388
BURRITO BREAKFAST IW	Breakfast Burrito	Each	16.97
CALZONE PEPPERONI	Mini Calzones	Serving (3 each)	40
CALZONE PEPPERONI	Mini Calzones	Serving (2 each)	26.667
CARROTS BAGS BABY FRESH	Baby Carrots	Bag	3.738
CARROTS BULK FRESH	Carrots	Serving	3.353
CAULIFLOWER FLRT FRESH	Cauliflower	Serving (0.5 cup)	2.659
CELERY STICK FRESH	Celery Sticks	Serving (0.5 cup)	2.198
CEREAL CHEERIOS MG	Cheerios	Each	23.287
CEREAL CINN TOAST WG	Cinnamon Toast Crunch	Each	22.275

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CEREAL COCOA PUFF WG	Cocoa Puffs	Each	26.574
CEREAL FROSTED FLAKES	Frosted Flakes	Each	24
CEREAL FRUIT LOOPS	Fruit Loops	Each	24
CEREAL GRANOLA	Granola	Serving (0.25 cup)	18
CEREAL LUCKY CHARM WG	Lucky Charms	Each	23.287
CEREAL MINI WHEATS WG	Mini Wheats	Each	24.299
CEREAL TRIX WG	Trix	Each	24.299
CHALUPA BEAN CHEESE	Bean and Cheese Chalupa	Each	21.14
CHALUPA BEAN CHEESE NOI	Bean and Cheese Chalupa	Each	21.14
CHEESE AMER SL NOI	Cheese Slice	Serving (1 slice)	1.012
CHEESE MAX STICKS	Cheese Stuffed Breadsticks	Serving	31.998
CHEESE STRING NOI	String Cheese	Each	1.012
CHICKEN DRUM BREAD NOI	Chicken Drumstick	Each	8.375
CHICKEN MANDARIN ORANGE	Mandarin Orange Chicken	Serving	19.136
CHICKEN NUGGETS NOI	Chicken Nuggets	Serving (5 each)	16
CHICKEN POPCORN	Popcorn Chicken	Serving (12 each)	15.773
CHICKEN POPCORN	Popcorn Chicken	Serving (6 each)	7.887
CHICKEN TERIYAKI NOI	Teriyaki Chicken	Serving (2.8 oz)	7
CHIPS SUNCHIP GARDEN SALSA	Salsa Sunchips	Each	19
CHIPS SUNCHIP HARV CHED	Cheddar Sunchips	Each	17.999
CHIPS SUNCHIP ORIG	Sunchips	Each	19
COOKIE ANIMAL CRACKER	Animal Crackers	Each	24
COOKIE CARNIVAL WG	Carnival Cookie	Each	22.912
COOKIE CHOCOLATE CHIP WG	Chocolate Chip Cookie	Each	22.912
COOKIE GRAHAM BUG BITES	Graham Cracker Bites	Each	21.002
COOKIE SKEETER CC MINI	Mini Choc Chip Cookies	Bag	20
COOKIE SUGAR	Sugar Cookie	Each	24
CORN DOG	Corn Dog	Each	30
COTTAGE CHEESE	Cottage Cheese	Serving	0.714
CRACKER CHEESE-IT IW	Cheese-it Crackers	Each	14.174
CRACKER GOLDFISH	Goldfish Cracker	Each	14
CRACKER MEDLEY	Crackers	Serving (10 each)	19.66
CRANBERRIES STRAW	Cransins	Each	28
DRESSING RANCH PC 1oz	Ranch Dressing	Each	2.024
EGG AND CHEESE SAND IW	Egg and Cheese Sandwich	Each	20
EGG BACON CHEESE	Cheesy Eggs w/Bacon	Serving	0.998
EGG OMELET w/CHEESE	Cheese Omelet	Each	0.595
EGG SCRAM BCN & CH NOI	Scrambled Eggs w/Bacon	Serving	0.998
FRENCH TOAST IW BIC	French Toast Sticks BIC	Each	37.932
FRENCH TOAST MINI CC IW	Mini Choc Chip French Toast	Each	38.079
FRENCH TOAST STICKS BULK	French Toast Sticks	Serving (3 each)	36.318
FRUIT GRAPES	Grapes	Serving (0.5 cup)	14.155
FRUIT MIXED CANNED	Mixed Fruit	Serving (0.5 cup)	22.433
FRUIT ORANGE WHEELS	Orange Wheels	Serving (0.5 cup)	12.643
FRUIT PEACH CANNED	Peaches	Serving (0.5 cup)	14.006

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FRUIT PEACH CANNED	Peaches	Serving (0.25 cup)	7.003
FRUIT PEARS CANNED	Pears	Serving (0.5 cup)	17.167
FRUIT PEARS CANNED	Pears	Serving (0.25 cup)	8.583
FRUIT PINEAPPLE ORANGE	Tropical Fruit Cup	Serving (0.5 cup)	22.243
FRUIT PINEAPPLE ORANGE	Tropical Fruit Cup	Serving (0.25 cup)	11.122
FRUIT STRAWBERRY FZ	Strawberries	Serving	16.689
GRAPES SDLS RED FRESH	Grapes	Serving (0.5 cup)	14.082
GRAVY COUNTRY	Country Gravy	Serving (0.25 cup)	5.537
GRAVY TURKEY	Turkey Gravy	Serving (0.25 cup)	3.002
HOT DOG	Hot Dog	Each	32.965
HUMMUS	Hummus	Serving (0.25 cup)	14
HUMMUS FLAT BREAD GRAB	Hummus Grab n Go	1 Container	55.68
CREAMIES BANANA	Creamies	Each	14
CREAMIES CHOCOLATE	Creamies	Each	14
CREAMIES ORANGE	Creamies	Each	14
JICAMA S/O FRESH	Jicama	Serving (0.5 cup)	11.47
JUICE APPLE CARTON	Apple Juice	Each	15.002
JUICE BERRY CARTON	Berry Juice	Each	15.865
JUICE FRUIT PUNCH CARTON	Fruit Juice	Each	15.002
JUICE GRAPE CARTON	Grape Juice	Each	15.002
JUICE ORANGE TANG CARTON	Orange Juice	Each	17.005
KETCHUP PC NOI	Ketchup	Each	0
KIWI 39ct FRESH	Kiwi	Each	12.827
LASAGNA	Lasagna	Serving	30.321
LETTUCE SHRED FRESH	Lettuce	Serving	1.353
LETTUCE/TOMATO/PICKLE	Lettuce/Tomato/Pickle Cup	0.5 cup	0.82
LUNCHABLE GRAB	Lunchable Grab	1 Container	31.65
MACARONI AND CHEESE	Mac and Cheese	Serving (1/3 cup)	15.92
MAYONNAISE PC	Mayonnaise	Each	0
MILK 1% ASEPT	1% Milk	Each	12.996
MILK CARTON SKIM	Skim Milk	Each	12.996
MILK CHOC ASEPT	Chocolate Milk	Each	23.995
MUFFIN 2 OZ BLUEBERRY 163	Blueberry Muffin	Each	31.49
MUFFIN 2 OZ CHOC 124	Chocolate Muffin	Each	34.179
MUFFIN 2 OZ POPPYSEED 122	Poppyseed Muffin	Each	30.32
MUSTARD PC	Mustard	Each	0
NACHOS ELEM	Nachos	Serving	38.289
ORANGE WHOLE	Orange	Each	19
ORANGE MANDARIN DOLE	Mandarin Orange Cup	Each	22
ORANGE WHEELS	Orange Wheels	Serving (0.5 cup)	12.643
PANCAKE MAPLE MINI IW	Mini Pancakes	Each	36
PANCAKE MINI CONFETTI	Confetti Pancakes	Each	36
PANCAKE ON A STICK	Pancake on a Stick	Each	18.243
PASTA MACARONI AND CHEESE	Mac and Cheese	Serving (1/3 cup)	15.92
PASTA PENNE WHITE	Penne Pasta	Serving (0.5 cup)	21

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Name	Public Name	Serving Type	Carbohydrate G
PASTA SPAGHETTI NOODLES	Spaghetti Noodles	Serving (0.5 cup)	20.5
PB&J GRAB	PB&J Grab n Go	1 Container	58.78
PEACH CUP DOLE	Peach Cup	Each	19
PEACHES FRZ CUP BIC 100241	Peach Cup	Each	19.392
PEACHES UTAH FRESH	Fresh Peach	Each	15.579
PEARS 80ct FRESH	Fresh Pear	Each	34.542
PEPPER RED BELL FRESH	Red Peppers	Serving (0.5 cup)	4.492
PICKLE DILL CHIP	Dill Pickle Chips	Serving	0.337
PINEAPPLE CUP ZZ 607059	Pineapple Cup	Each	16
PIZZA BREAKFAST	Breakfast Pizza	Each	26.951
PIZZA CHEESE BIG DAD NOI	Cheese Pizza	Slice	35
PIZZA MAX STICK CHEESE NOI	Cheese Stuffed Breadstick	Serving (2 each)	32
PIZZA PEPP BIG DAD NOI	Pepperoni Pizza	Slice	34
PIZZA PEPPERONI RIPPER	Pepperoni Ripper	Each	27.091
PIZZA RIPPER CHEESE NOI	Cheese Pizza Ripper	Serving	32.115
PIZZA RIPPER PEPPERONI NOI	Pepperoni Pizza Ripper	Serving	27.091
POPTART BR SUGAR CINN WG	Cinnamon Poptart	Each	36.926
POPTART FUDGE WG	Fudge Poptart	Each	37.924
POPTART STRAWBERRY WG	Strawberry Poptart	Each	36.926
POTATO FRIES	French Fries	Serving (0.5 cup)	22.013
POTATO HASH BROWN TRI NOI	Hashbrown	Serving (1 each)	12
POTATO INSTANT 1/2 CUP	Mashed Potatoes	Serving (0.5 cup)	17.867
POTATO TOTS	Tater Tots	Serving (11 Each)	22.384
POTATOES CHEESY	Cheesy Potatoes	Serving (0.5 cup)	20.122
PRETZEL TINY TWIST	Mini Pretzels	Each	23
PUDDING CHOC SNACK PAC	Chocolate Pudding	Each	21
PUDDING VANILLA SNACK PAC	Vanilla Pudding	Each	20
RAISELS WATERMELON	Watermelon Raisels	Box	35
RICE BROWN	Brown Rice	Serving (0.5 cup)	17.525
RICE FRIED	Fried Rice	Serving (0.5 cup)	23.895
SALAD SIDE ELEMENTARY	Side Salad	Serving	13.95
SALSA CUP	Salsa Cup	Serving (0.25 cup)	3.951
SANDWICH BRK EGG CHEESE	Egg and Cheese Sandwich	Each	18.431
SANDWICH CHEESEBURGER	Hamburger	Each	34.494
SANDWICH CHICKEN PATTY	Chicken Sandwich	Serving	47.498
SANDWICH FISH	Fish Sandwich	Each	45.277
SANDWICH HAM AND CHEESE	Ham and Cheese Sandwich	Each	32.793
SANDWICH HAMBURGER	Hamburger	Each	32.124
SANDWICH HOT HAM & CHEESE	Hot Ham & Cheese	Each (1 sandwich)	37.455
SANDWICH TOASTED CHEESE	Toasted Cheese Sandwich	Each (4 slice cheese)	35.318
SANDWICH TURKEY CHEESE	Turkey and Cheese Sandwich	Each	26.028
SANDWICH UNCRST GRAPE NOI	PB&J	Each	31.039
SANDWICH WRAP HAM ELEM	Ham Wrap	Each	32.289

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Name	Public Name	Serving Type	Carbohydrate G
SAUCE BBQ PC	BBQ Sauce	Each	9.999
SAUCE FRY	Fry Sauce	Each	1.761
SAUCE MARINARA	Marinara Sauce	Serving (0.25 cup)	7.211
SAUCE MARINARA DIP HEINZ	Marinara Dip Cup	Each	7
SAUCE SPAGHETTI w/MEAT	Spaghetti Meat Sauce	Serving (7 oz)	13.534
SAUCE TACO PC	Taco Sauce	Each	1.04
SAUCE TARTAR PC .75 oz	Tartar Sauce	Each	3.544
SAUSAGE PANCAKE WRAP WG	Pancake on a Stick	Each	18.243
SLIDER SAUS/EGG/CH IW NOI	Sausage Pizza Sliders	Each	22.003
SOUP TOMATO	Tomato Soup	Serving (0.75 cup)	15.715
SOUR CREAM PC	Sour Cream	Each	2.024
STRAWBERRY CUP FRZ BIC	Strawberry Cup Fz	Each	21.931
SUGAR SNAP PEA FRESH	Sugar Snap Peas	Serving (1/2 cup)	3
SYRUP MAPLE PC	Syrup Cup	Each	30.66
TACO HARD SHELL	Taco	Serving	14.882
TACO SOFT SHELL	Soft Taco	Serving	28.744
TOAST AND JELLY	Toast and Jelly	Serving	12.508
TOAST APPLE CINNAMON	Cinnamon Toast	Each	44.998
TOMATOES WHL 5# FRESH	Tomato Slice	slice (1/4" thick)**	0.778
TURKEY COIN NOI	Turkey Coin	Serving (5 each)	1
TURKEY HAM COIN NOI	Turkey Ham Coin	Serving (5 each)	1
TURKEY ROAST	Turkey Roast	Serving(2.47 oz)	0
TURKEY SAUSAGE PAT NOI	Turkey Sausage Patty	Each (2 patties)	0
VEG BROCCOLI FRESH	Broccoli	Serving (0.5 cup)	2.151
VEG BROCCOLI STEAMED	Steamed Broccoli	Serving (0.5 cup)	5.065
VEG CALIFORNIA BLEND	California Veggies	Serving (0.5 cup)	3.498
VEG CORN FZ	Corn	Serving (0.5 cup)	14.257
VEG GREEN BEAN	Green Beans	Serving (0.5 cup)	3.964
VEG MIXED CUP	Fresh Veggie Mix	Serving (0.5 cup)	3.71
VEG PEAS FZ	Peas	Serving (0.5 cup)	11.448
VEG TOMATO GRAPE	Grape Tomatoes	Serving (0.5 cup)	2.941
WAFFLE DUTCH	Dutch Waffle	Each	43.002
WAFFLE MINI CINN IW	Mini Cinnamon Waffles	Each	34.928
WAFFLE MINI CINNAMON	Mini Waffles	Package	34.928
YOGURT CHERRY TRIX	Cherry Yogurt	Each	20.072
YOGURT RASPBERRY TRIX	Raspberry Yogurt	Each	19.278
YOGURT STRAW/BANANA TRIX	Strawberry Banana Yogurt	Each	19.278