

Name	Public Name	Serving Type	Carbohydrate Grams
APPLES GALA FRESH	Apple	Each	25.057
APPLES GALA FRESH 113	Apple	Each	25.057
APPLES GOLDEN FRESH	Apple	Each	18.127
APPLES GRAN SMITH FRESH	Apple	Each	25.057
APPLES RED FRESH	Apple	Each	20.045
APPLES SLICE BAG FRESH	Sliced Apples	Bag	7.961
APPLESAUCE BLUE RASP CUP NOI	Blue Raspberry Applesauce	Each	17
APPLESAUCE PEACH MANGO	Peach Mango Applesauce	Each	15
APPLESAUCE STRAW CUP NOI	Strawberry Applesauce	Each	13.994
BACON RANCH MASHED POTATOES	Bacon Ranch Mashed Potatoes	Serving (0.25 cup)	7.144
BACON RANCH MASHED POTATOES	Bacon Ranch Mashed Potatoes	Serving (0.5 cup)	14.288
BANANAS FRESH	Banana	Serving (1/2 banana)	14.389
BANANAS FRESH	Banana	Each	28.778
BEANS BAKED	Baked Beans	Serving (0.25 cup)	14.887
BEANS BAKED	Baked Beans	Serving (0.5 cup)	29.773
BEANS BLACK		Serving (1/2 cup)	21.228
BEANS REFRIED	Refried Beans	Serving (0.5 cup)	30.6
BEEF COUNTRY FR STK NOI	Beef Country Fried Steak	Each	16
BEEF FINGERS NOI	Country Fried Steak Strips	Serving (3 each)	12.096
BEEF FINGERS NOI	Country Fried Steak Strips	Serving (4 each)	16.128
BEEF PATTY FLM BR NOI		Each	2.014
BEEF TERIYAKI DIPPERS	Teriyaki Dippers	Serving (3 each)	4.434
BEEF TERIYAKI DIPPERS	Teriyaki Dippers	Serving (4 each)	5.912
BERRY MIX FZ CUP BIC 110859	Mixed Berries	Each	17.19
BLACK BEAN SALAD	Black Bean Salad	Serving (0.25 cup)	9.529
BLACK BEAN SALAD	Black Bean Salad	Serving (0.5 cup)	19.07
BREAD GARLIC TOAST	Garlic Bread	Each	22
BREAD ROLL 1.5oz WG	Roll	Each	17.633
BREAD ROLL 2oz WG	Roll	Each	26.859
BREAD ROLL HAWAIIAN	Sweet Hawaiian Roll	Each	18
BREAD SQUARE FLAT	Flat Bread	Each	28
BREADSTICK CHEESY GARLIC	Cheesy Garlic Breadstick	Each	13
BROCCOLI FRZ 110473	Steamed Broccoli	Serving (1/2 cup)	4.931
BURRITO BEAN AND CHEESE WG	Bean and Cheese Burrito	Each	31.388
BURRITO SECONDARY	Bean and Cheese Burrito	Each	44.285
CALZONE PEPPERONI	Mini Calzones	Serving (2 each)	26.667
CALZONE PEPPERONI	Mini Calzones	Serving (3 each)	40
CARROTS BAGS BABY FRESH	Baby Carrots	Bag	3.738
CARROTS BULK FRESH	Carrots	Serving (1/2 cup)	6.706
CHALUPA BEAN CHEESE NOI	Bean and Cheese Chalupa	Each	21.14
CHEESE CHED SLICE NOI	Cheddar Cheese Slice	Ounce (2 slice)	1
CHEESE CHEDDAR CUBES	Cheddar Bites	Each	0
CHEESE MAX STICKS	Cheese Stuffed Breadsticks	Serving (2 sticks)	31.998
CHEESE MOZZ SHRD NOI		Serving (0.25 cup)	0.507
CHEESE STRING NOI	String Cheese	Each	1.012
CHICKEN DICE NOI		Serving	0.769

Name	Public Name	Serving Type	Carbohydrate Grams
CHICKEN DRUM BREAD NOI	Chicken Drumstick	Serving (1 each)	6
CHICKEN MAND WG NOI	Mandarin Orange Chicken	Serving	19.104
CHICKEN MANDARIN ORANGE	Mandarin Orange Chicken	Serving	19.136
CHICKEN NUGGETS NOI	Chicken Nuggets	Serving (4 each)	12.798
CHICKEN NUGGETS NOI	Chicken Nuggets	Serving (5 each)	16
CHICKEN PATTY WG NOI		Each	16.157
CHICKEN POPCORN	Popcorn Chicken	Serving (6 each)	7.887
CHICKEN POPCORN	Popcorn Chicken	Serving (12 each)	15.773
CHICKEN POPCORN NOI	Popcorn Chicken	Serving	15.526
CHIP CHEETO BAKED	Baked Cheetos	Each	16.002
CHIP CHEETOS FLAMIN	Flaming Hot Cheetos	Each	17.002
CHIP DORITO NACHO WG	Nacho Cheese Doritos	Each	20.001
CHIP DORITO RANCH WG	Ranch Doritos	Each	19
CHIP DORITO SW SPICY WG	Spicy Doritos	Each	20.001
CHIP SUNCHIP GARDEN SALSA	Salsa Sunchips	Each	19
CHIP SUNCHIP HARV CHED	Cheddar Sunchips	Each	17.999
CHIP SUNCHIP ORIG	Sunchips	Each	19
COOKIE ANIMAL CRACKER	Animal Crackers	Each	24
COOKIE BUG BITES	Graham Cracker Bites	Each	21.002
COOKIE CARNIVAL WG	Carnival Cookie	Each	22.912
COOKIE CHOCOLATE CHIP WG	Chocolate Chip Cookie	Each	22.912
COOKIE FUDGE WHITE CHIP	Fudge Cookie	Each	25.313
COOKIE HOLIDAY ICED WG	Frosted Cookie	Each	23.961
COOKIE SCOOPY GRAHAMS	Scooby Doo Graham's	Each	21
COOKIE SUGAR	Sugar Cookie	Each	24
CORN FZ	Corn	Serving (0.75 cup)	21.375
CORNDOG CHICKEN WG	Corn Dog	Each	30.006
CRACKER CHEESE-IT IW	Cheese-it Crackers	Each	14.174
CRACKER GOLDFISH	Goldfish Cracker	Each	14
CRACKER MEDLEY	Crackers	Serving (8 each)	15.728
CRAISINS STRAW	Craisins	Each	28
CRANBERRY SAUCE JELLY	Cranberry Sauce	Serving (Tbsp)	6.75
DRESSING RANCH PC	Ranch Dressing	Each	2.024
FISH STICKS	Fish Sticks	Serving (4 each)	20
FRUIT DRIED MIXED 110161	Dried Mixed Fruit	Serving (0.25 cup)	27
FRUIT MIX LIME ZZ BIC NOI	Mixed Fruit Cup	Each	23
FRUIT MIXED ZZ BIC NOI	Mixed Fruit Cup	Each	19
FRUIT ORANGE WHEELS	Orange Wheels	Serving (0.25 cup)	6.321
FRUIT ORANGE WHEELS	Orange Wheels	Serving (0.5 cup)	12.643
FRUIT ORANGE WHEELS	Orange Wheels	Serving	12.643
FRUIT PEACH CANNED	Peaches	Serving (0.25 cup)	7.003
FRUIT PEACH CANNED	Peaches	Serving (0.5 cup)	14.006
FRUIT PINEAPPLE ORANGE	Tropical Fruit Cup	Serving (0.25 cup)	11.122
FRUIT PINEAPPLE ORANGE	Tropical Fruit Cup	Serving (0.5 cup)	22.243
FRUIT STRAW/KIWI SLUSH	Strawberry Kiwi Slushy	Each	22
FRUIT STRAW/MANGO SLUSH	Strawberry Mango Slushy	Each	22

Name	Public Name	Serving Type	Carbohydrate Grams
FRUIT STRAWBERRY FZ	Strawberries	Serving (0.5 cup)	21.08
FRUIT TROPICAL MIX	Fruit Salad	Serving (0.25 cup)	11
GELATIN SNACK CUPS	Jello	Each	25.889
GRAPES SDLS RED FRESH	Grapes	Serving (1/2 cup)	14.082
GRAVY CHICKEN	Chicken Gravy	Serving (0.25 cup)	3.002
GRAVY COUNTRY	Country Gravy	Serving (0.25 cup)	5.537
GRAVY TURKEY	Turkey Gravy	Serving (0.25 cup)	3.002
HOT DOG	Hot Dog (with bun)	Each	32.965
HOT DOGS	Hot Dogs	Each	1.99
ICE CREAM CREAMIES BANANA		Each	14
ICE CREAM CREAMIES CHOCOLATE		Each	14
ICE CREAM CREAMIES ORANGE		Each	14
JICAMA STICKS	Jicama	Serving (0.5 cup)	5.292
JICAMA STICKS	Jicama	Serving (0.75 cup)	7.938
JUICE APPLE CARTON	Apple Juice	Each	15.002
KETCHUP PC NOI	Ketchup	Each	0
KETCHUP SRIRACHA PC NOI	Ketchup	Each	0
KIWI 135 CT	Kiwi	Each	10.115
KIWI 135 CT	Kiwi	cup, sliced**	26.388
LASAGNA	Lasagna	Serving	30.321
LASAGNA PRESCHOOL	Lasagna	Serving	15.161
LETTUCE ROM CHOP FRESH		Cup	1.765
LETTUCE SHRED FRESH		Serving	1.353
LETTUCE SHRED FRESH		Bag 5 lb	74.844
MAYONNAISE PC	Mayonnaise	Each	0
MELON MIX	Melon Mix	Cup (0.25 cup)	3.515
MELON MIX	Melon Mix	Cup (0.5 cup)	7.031
MILK 1% ASEPT	1% Milk	Each	12.996
MILK ALMOND CHOC	Chocolate Almond Milk	Each	19
MILK CHOC ASEPT	Chocolate Milk	Each	23.995
MILK SKIM CARTON		Each	12.996
MUSTARD PC		Each	0
NACHOS ELEM	Nachos	Serving	33.671
ORANGE MANDARIN DOLE	Mandarin Orange Cup	Each	22
ORANGES FRESH	Orange Wedges	Each	19
PASTA MACARONI AND CHEESE	Mac and Cheese	Serving (1/3 cup)	14.881
PASTA PENNE WHITE	Penne Pasta	Serving (0.5 cup)	21
PASTA ROTINI WHITE	Rotini Pasta	Serving (0.5 cup)	20.5
PASTA SPAGHETTI NOODLES	Spaghetti Noodles	Serving (0.5 cup)	21.067
PEACH CUP ZZ BIC NOI	Peach Cup	Each	18
PEACHES DICE 100200	Peaches	Serving (0.5 cup)	13.999
PEACHES FRZ CUP BIC 100241	Peach Cup	Each	19.392
PEACHES UTAH FRESH	Fresh Peach	Each	15.579
PEAR CUP ZZ	Pears	Each	19
PEARS FRESH	Fresh Pear	Each	34.542
PEAS GREEN FRZ	Peas	0.5 Cup	11.408

Name	Public Name	Serving Type	Carbohydrate Grams
PEPPER MINI	Mini Peppers	Serving (2 each)	5.126
PEPPER RED BELL FRESH	Red Peppers	Serving (0.5 cup)	4.492
PICKLE DILL CHIP	Dill Pickle Chips	Serving	0.337
PIE PUMPKIN 70 CUT	Pumpkin Pie	Slice	30.565
PIZZA CHEESE BIG DAD NOI	Cheese Pizza	Slice	35
PIZZA CHEESE DEEP DISH 5" NOI	Deep Dish Cheese Pizza	Each	31
PIZZA CHEESE RIPPER	Cheese Rippers	Each	32.115
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	Each	27.091
PIZZA RIPPER PEPPERONI NOI	Pepperoni Pizza Ripper	Serving	27.091
PORK CHOP NOI	Breaded Pork Chop	Each	11
POTATO INSTANT 1/2 CUP	Mashed Potatoes	Serving (0.5 cup)	17.867
POTATO INSTANT 1/4 CUP	Mashed Potatoes	Serving (0.25 cup)	6.804
POTATO TOTS	Tater Tots	Serving (6 each)	11.192
POTATO TOTS	Tater Tots	Serving (11 Each)	22.384
PRETZEL TINY TWIST	Mini Pretzels	Each	23
PUDDING CHOCOLATE SNACK PK	Chocolate Pudding	Each	21
PUDDING VANILLA SNACK PK	Vanilla Pudding	Each	20
RAISELS WATERMELON	Watermelon Raisels	Box	35
RICE FRIED	Fried Rice	Serving (0.5 cup)	24.389
RICE KRISPY MINI	Rice Krispy Treat	Each	9
SALAD SIDE SMALL	Side Salad	Serving	2.354
SALSA CUP	Salsa Cup	Serving (0.25 cup)	3.951
SANDWICH CHEESE STUFF IW	Cheese Sandwich	Each	29
SANDWICH CHEESEBURGER	Hamburger	Each	33.636
SANDWICH CHICKEN PATTY	Chicken Sandwich	Serving	47.498
SANDWICH GRAPE UNCRST NOI	PB&J	Each	31.039
SANDWICH HAM AND CHEESE	Ham and Cheese Sandwich	Each	25.516
SANDWICH HAMBURGER	Hamburger	Each	33.136
SANDWICH TFS HAM IW 4421	Ham Sandwich	Each	35
SANDWICH TOASTED CHEESE	Toasted Cheese Sandwich	Each (4 slice cheese)	33.27
SANDWICH TOASTED CHEESE PRE	Toasted Cheese Sandwich	Each (2 slice cheese)	32.27
SANDWICH TURKEY CHEESE	Turkey and Cheese Sandwich	Each	25.516
SAUCE BBQ PC	BBQ Sauce	Each	9.999
SAUCE FRY PC	Fry Sauce	Each	1.761
SAUCE MARINARA	Marinara Sauce	Serving (0.25 cup)	7.211
SAUCE MARINARA 1 OZ NOI	Marinara Sauce	Each	3
SAUCE SPAGHETTI w/MEAT	Spaghetti Meat Sauce	Serving (7 oz)	13.534
SAUCE SWEET SOUR KIKKO	Sweet and Sour Sauce	Serving (2 Tbsp)	11.2
SAUCE TACO PC		Each	1.04
SAUCE TARTAR PC	Tartar Sauce	Each	3.544
SAUCE TERIYAKI	Teriyaki Sauce	Serving (2 Tbsp)	11.999
SOUP TOMATO	Tomato Soup	Serving (0.75 cup)	16.132
SOUP TOMATO	Tomato Soup	0.5 Cup	20

Name	Public Name	Serving Type	Carbohydrate Grams
SOUR CREAM PC	Sour Cream	Each	2.024
STRAWBERRIES FRESH	Fresh Strawberries	Cup whole	11.059
STRAWBERRY CUP FRZ BIC 100256	Strawberry Cup	Each	21.931
STRAWBERRY SL FRZ	Sliced Strawberries	Cup	29.51
STUFFING DRY MIX	Stuffing	Serving (0.25 cup)	10.914
SUGAR SNAP PEAS	Sugar Snap Peas	Serving (1/2 cup)	3
SYRUP MAPLE PC	Syrup Cup	Each	30.66
TACO SOFT SHELL	Soft Taco	Serving	28.744
TOMATILLO FRESH		medium**	1.986
TOMATOES 5# WHL FRESH		slice, medium **	0.778
TOMATOES 5# WHL FRESH		slice, medium (1/4" thick)	0.778
TOMATOES 5# WHL FRESH		medium whole **	4.785
TOMATOES GRAPE OR CHERRY	Grape Tomatoes	Serving (0.5 cup)	2.898
TOMATOES GRAPE OR CHERRY	Grape Tomatoes	cup cherry tomatoes**	5.796
TURKEY COIN NOI	Turkey Coin	Serving (4 each)	0.8
TURKEY COIN NOI	Turkey Coin	Serving (8 each)	1.6
TURKEY HAM COIN NOI	Turkey Ham Coin	Serving (4 each)	0.801
TURKEY PEPPERONI NOI	Turkey Pepperoni	Serving (1.31 oz)	1.494
TURKEY ROAST JENNIEO NOI	Turkey Roast	Serving (2.47 oz)	0
VEG BROCCOLI AND TOMATOES	Broccoli and Tomatoes	Serving (0.75 cup)	3.412
VEG BROCCOLI STEAMED	Steamed Broccoli	Serving(0.25 cup)	2.57
VEG BROCCOLI STEAMED	Steamed Broccoli	Serving (0.5 cup)	5.141
VEG CALIFORNIA BLEND	California Veggies	Serving (0.25 cup)	1.749
VEG CALIFORNIA BLEND	California Veggies	Serving (0.5 cup)	3.498
VEG CELERY STICKS	Celery Sticks	Serving (0.5 cup)	1.925
VEG CORN FZ	Corn	Serving (0.25 cup)	5.9
VEG CORN FZ	Corn	Serving (0.5 cup)	13.616
VEG GARDEN	Garden Veggies	Serving (0.25 cup)	1.25
VEG GARDEN	Garden Veggies	Serving (0.5 cup)	2.5
VEG GREEN BEAN	Green Beans	Serving (0.25 cup)	1.982
VEG GREEN BEAN	Green Beans	Serving (0.5 cup)	3.964
VEG MEGA MIX	Mega Mixed Veggies	Serving (3/4 cup)	5.646
VEG MIXED CUP	Fresh Veggie Mix	Serving (0.5 cup)	3.86
VEG PACIFIC BLEND	Pacific Blend Vegetable	Serving (0.25 cup)	1.998
VEG PACIFIC BLEND	Pacific Blend Vegetable	Serving (0.5 cup)	3.995
VEG PEAS FZ	Peas	Serving (0.25 cup)	5.726
VEG PEAS FZ	Peas	Serving (0.5 cup)	11.448
VEG TOMATO GRAPE	Grape Tomatoes	Serving (0.5 cup)	2.941
VEG ZUCCHINI SLICE	Zucchini Sticks	Serving (0.5 cup)	2.177
WAFFLE BULK BAKECRAFT	Waffles	Each (1 each)	12.032
WAFFLES BULK	Waffles	Serving (2 each)	24
YOGURT CHERRY TRIX	Cherry Yogurt	Each	15
YOGURT RASPBERRY TRIX	Raspberry Yogurt	Each	15
YOGURT STRAW/BANANA TRIX	Strawberry Banana Yogurt	Each	15