

Head Start/YMCA Breakfast, Lunch, Snack

Public Name	Serving Size	Serving Type	Carbohydrate Grams
Bagel Mini Cinnamon	1.00	Each	40.768
Bagel Mini Strawberry	1.00	Each	40.768
Bean Green	1.00	Serving	1.982
Beans Baked	1.00	Serving (0.25 cup)	14.887
Beans Fiesta Black	1.00	Serving (0.25 cup)	9.817
Beans Refried	1.00	Serving (0.25 cup)	15.296
Breadstick	1.00	Each	13.000
California Veggies	1.00	Serving (0.5 cup)	3.498
Calzones	1.00	Serving (2 each)	26.667
Carrots	1.00	Serving (0.5 cup)	3.353
Cheese String	1.00	Each	1.012
Chicken Fries	1.00	Serving	16.314
Chicken Mandarin Orange	1.00	Serving	19.136
Chicken Popcorn	1.00	Serving (6 each)	7.887
Chili	1.00	Serving (0.75 cup)	23.093
Corn Dog Bites	1.00	Serving	31.332
Cottage Cheese	1.00	Serving	0.714
Cracker Animal	1.00	Each	24.000
Cracker Bug Bites	1.00	Each	21.033
Cracker Cheese	1.00	Each	14.174
Dressing Ranch	1.00	Each	2.024
Eggs Scrambled	1.00	Serving	0.363
French Toast Mini	1.00	Each	38.079
Fries Emoji	1.00	Serving (4 each)	20.012
Fries French	1.00	Serving	11.006
Fruit Apple Gala	1.00	Each	25.057
Fruit Apple Golden	1.00	Each	18.127
Fruit Applesauce Cup	1.00	Each	14.645
Fruit Banana	1.00	Each	28.778
Fruit Fresh Pear	1.00	Each	34.542
Fruit Mixed	1.00	Serving	19.506
Fruit Mixed	1.00	Serving	11.216
Fruit Orange Wedge	1.00	Each	16.523
Fruit Peaches	1.00	Serving	7.003
Fruit Pears	1.00	Serving (0.25 cup)	8.583
Fruit Pineapple and Orange	1.00	Serving	11.122
Fruit Sliced Apples	1.00	Bag	7.961
Fruit Strawberries	1.00	Serving	21.080
Fruit Strawberry Applesauce	1.00	Each	13.994
Fruit Strawberry Cup FZ	1.00	Each	21.931
Gravy Country	1.00	Serving (0.25 cup)	5.537
Gravy Turkey	1.00	Serving (0.25 cup)	3.002
Hamburger	1.00	Each	33.136
Juice Apple	1.00	Each	15.002

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Ketchup	1.00	Each	0.000
Mac and Cheese	1.00	Serving (1/3 cup)	15.920
Mayonnaise	1.00	Each	0.000
Milk 1%	1.00	Each	12.996
Muffin Blueberry	1.00	Each	31.490
Muffin Chocolate	1.00	Each	34.179
Muffin Chocolate Chip	1.00	Each 2 oz	33.210
Muffin Poppyseed	1.00	Each	30.320
Nachos	1.00	Serving	38.289
Pancake Banana	1.00	Each	37.000
Pancake Confetti	1.00	Each	36.000
Pancake Mini	1.00	Each	36.000
Pickle Dill Chip	1.00	Serving	0.337
Pizza Breakfast Slider	1.00	Each	22.003
Pizza Cheese Ripper	1.00	Serving	32.115
Pizza Pepperoni Ripper	1.00	Serving	27.091
Pork Sausage Patty	1.00	Serving (1 each)	0.000
Potatoes Mashed	1.00	Serving	8.930
Pretzel Bites	1.00	Each	23.000
Rice Brown	1.00	Serving	17.525
Rice Fried	1.00	Serving (0.5 cup)	23.895
Roll	1.00	Each	17.633
Sandwich Breakfast Sausage	1.00	Each	19.996
Sandwich Chicken	1.00	Serving	47.498
Sandwich Egg and Cheese	1.00	Each	20.000
Sandwich Toasted Cheese	1.00	Each	33.294
Sauce BBQ	1.00	Each	9.999
Sauce Fry	1.00	Each	1.761
Sauce Marinara	1.00	Serving (0.25 cup)	7.211
Spaghetti Meat Sauce	1.00	Serving	6.726
Spaghetti Noodles	1.00	Serving	20.500
Syrup Cup	1.00	Each	30.660
Taco Fixings	1.00	Serving	5.528
Taco Meat	1.00	Serving	3.292
Taco Soft	1.00	Serving	28.344
Teriyaki Dippers	1.00	Serving (3 each)	4.434
Texas Toast	1.00	Each	45.000
Toast and Jelly	1.00	Serving	12.508
Turkey Roast	1.00	Serving	1.740
Turkey Wrap	1.00	Each	25.525
Veg Baby Carrots	1.00	Bag	3.738
Veg Corn	1.00	Serving (0.25 cup)	6.384
Veg Grape Tomato	1.00	Serving (0.5 cup)	2.941
Veg Mix Cup	1.00	Serving	1.855
Veg Peas	1.00	Serving	5.726
Veg Steamed Broccoli	1.00	Serving	2.533
Waffle Dutch	1.00	Each	43.002

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Waffles Mini	1.00	Each	34.928
Yogurt Raspberry	1.00	Each	19.278
Yogurt Strawberry Banana	1.00	Each	19.278