

High School Breakfast and Lunch Carbs

Public Name	Serving Type	Carbohydrate Grams
APPLES GALA FRESH	Each	25.057
APPLES GOLDEN FRESH	Each	18.127
APPLES GRAN SMITH FRESH	Each	25.057
APPLES RED FRESH	Each	20.045
APPLES SLICE BAG FRESH	Bag	7.961
APPLESAUCE BLUE RASP CUP	Each	17.000
APPLESAUCE CUP	Each	14.645
APPLESAUCE STRAW CUP	Each	13.994
BACON CANADIAN	Slice	0.480
BACON TURKEY	Serving	0.000
BAGEL MINI CINN CR CH IW	Each	40.768
BAGEL MINI STRAW CR CH IW	Each	40.768
BAGEL PLAIN WG IW	Each	29.002
BAGEL w/CREAM CHEESE	Serving (1 each)	31.505
BANANAS FRESH	Each	28.778
BAR BREAKFAST OATMEAL CHOC CHIP	Each	43.924
BAR CEREAL CINN TOAST CRUNCH	Each	30.195
BAR CEREAL COCOA PUFF	Each	30.195
BAR CEREAL TRIX	Each	30.195
BAR GRANOLA MAPLE	Each	28.001
BAR NUTRI-GRAIN BLUEBERRY	Each	29.958
BAR NUTRI-GRAIN STRAWBERRY	Each	28.961
BBQ SAUCE	Each	9.999
BEANS BAKED	Serving (1/2 cup)	29.773
BEANS BLACK FIESTA	Serving (1/2 cup)	19.634
BEANS REFRIED	Serving (1/2 cup)	30.600
BEEF COUNTRY FR STK	Each	16.000
BREAD CORN BREAD	Serving	50.881
BREAD GARLIC	Each	22.000
BREAD MINI FLAT	Serving (2 each)	26.000
BREAD ROLL 2 OZ	Each	26.859
BREADSTICK CHEESEY GARLIC	Each	13.000
BROCCOLI STEAMED	Serving (1/2 cup)	5.065
BROWNIE WHOLE GRAIN	Each	32.000
BURRITO SECONDARY	Each	44.285
BUTTER HONEY PC	Each	6.078
CAKE SLICE	Each	39.43

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Public Name	Serving Type	Carbohydrate Grams
CALZONE PEPPERONI	Serving (4 each)	53.334
CARROTS BAGS BABY FRESH	Bag	3.738
CEREAL CHEERIOS MG	Each	23.287
CEREAL CINN TOAST WG	Each	22.275
CEREAL COCOA PUFF WG	Each	26.574
CEREAL FROSTED FLAKES	Each	24.000
CEREAL FRUIT LOOPS	Each	24.000
CEREAL LUCKY CHARM WG	Each	23.287
CEREAL MINI WHEATS WG	Each	24.299
CEREAL TRIX WG	Each	24.299
CHEESE CHEDDAR SHRD	Serving (2 Tbsp)	0.521
CHEESE STRING	Each	1.012
CHICKEN DRUM BREAD	Each	8.375
CHICKEN GENERAL TSO	Serving	23.164
CHICKEN MANDARIN ORANGE	Serving	19.136
CHICKEN POPCORN	Serving	15.773
CHICKEN STRIPS	Serving (3 each)	14.819
CHICKEN SWEET AND SOUR	Serving	18.128
CHILI BEEF BEAN	Cup	30.790
CHIP CHEETO BAKED	Each	16.002
CHIP TOP N GO NACHO CHEESE	Each	28.000
CHIPS CHEETOS FLAMIN	Each	17.002
CHIPS DORITO NACHO WG	Each	20.001
CHIPS DORITO RANCH WG	Each	19.000
CHIPS DORITO SW SPICY WG	Each	20.001
CHIPS SUNCHIP FRENCH ONION	Each	17.999
CHIPS SUNCHIP GARDEN SALSA	Each	19.000
CHIPS SUNCHIP HARV CHED	Each	17.999
CHIPS SUNCHIP ORIG	Each	19.000
COOKIE CARNIVAL WG	Each	22.912
COOKIE CHOC CHIP A LA CARTE	Each	36.452
COOKIE CHOCOLATE CHIP WG	Each	22.912
COOKIE FUDGE A LA CARTE	Each	35.438
COOKIE HOLIDAY ICED WG	Each	23.961
COOKIE SKEETER CC MINI	Bag	20.000
COOKIE SUGAR	Each	24.000
CORN BREAD	Serving	50.881

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Public Name	Serving Type	Carbohydrate Grams
CORNDOG CHICKEN WG	Each	30.006
DILL PICKLE CHIPS	Slice	0.169
DRESSING ASIAN SESAME GALLON	Serving	6.000
DRESSING CREAMY TOMATILLO	Serving	6.052
DRESSING ITALIAN BULK	Serving	3.002
DRESSING RANCH PC 1oz	Each	2.024
DRESSING RASPBERRY PC	Each	13.503
EGG OMELET SAUS & CHS	Each	1.000
EGG ROLL VEGETABLE	Each	12.009
EGG SCRAM BCN & CH	Serving	0.998
ENCHILADA CREAMY CHICKEN	Each	39.317
FRENCH FRIES	Serving (1/2 cup)	22.013
FRENCH TOAST STICKS	Serving (3 each)	36.000
FRIES CURLY	Serving (1/2 cup)	25.615
FROZEN JUICE BRAINFREEZE	Serving	31.004
FRUIT COCKTAIL	Serving (1/2 cup)	19.506
FRY SAUCE	Each	1.761
GATORADE FRUIT PUNCH	Each	8.000
GATORADE GRAPE	Each	8.000
GATORADE LEMON LIME	Each	8.000
GATORADE ORANGE	Each	8.000
GELATIN SNACK CUPS	Each	25.889
GRAVY COUNTRY	Serving (0.25 cup)	5.537
GRAVY TURKEY	Serving (0.25 cup)	3.002
HASH BROWN	Serving (1 each)	12
HOT CHOC DUTCH	Serving	16.199
HOT DOG	Serving (2 each)	65.930
ICE CREAM BAR FUDGE	Each	25.999
ICE CREAM BAR ORANGE	Each	20.002
JELLO	Serving (1/2 cup)	25.889
JUICE APPLE 6.75oz SEC	Each	23.997
JUICE BERRY 6.75oz SEC	Each	23.997
JUICE BERRY NAKED	Each	36.997
JUICE BLUE NAKED	Each	50.000
JUICE FRUIT PUNCH 6.75oz	Each	23.997
JUICE GREEN NAKED	Each	40.994
JUICE MANGO NAKED	Each	43.999

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Public Name	Serving Type	Carbohydrate Grams
JUICE ORANGE TANG 6.75oz SEC	Each	27.001
JUICE STWBRY BAN NAKED	Each	37.989
KETCHUP PC NOI	Each	0.000
KIWI FRESH	Each	12.827
KIWI FRESH	Each	12.827
LASAGNA	Serving	30.321
LETTUCE SHREDDED	Ounce	0.936
MACARONI AND CHEESE	Serving (2/3 cup)	31.025
MAYONNAISE PC	Each	0.000
MILK 1% ASEPT	Each	12.996
MILK CARTON SKIM	Each	12.996
MILK CHOC ASEPT	Each	23.995
MIXED FRUIT CANNED	Serving (1/2 cup)	19.506
MUFFIN 2 OZ BLUEBERRY 163	Each	31.490
MUFFIN 2 OZ CHOC 124	Each	34.179
MUFFIN 2 OZ POPPYSEED 122	Each	30.320
MUFFIN BANANA	Each	37.564
MUFFIN POPPYSEED	Each	30.320
MUSTARD HONEY PC	Each	9.112
MUSTARD PC	Each	0.000
NACHOS SECONDARY	Serving (20 chip, 3.5 oz beef)	48.704
OATMEAL INSTANT DINO	Each	37.000
OATMEAL INSTANT MAPLE	Each	31.650
OLIVE RIPE SL	TBSP**	0.526
ONION RED FRESH	Tablespoon	0.934
ORANGES 113ct FRESH	Each	16.523
ORANGES WEDGE	Serving (1/2 cup)	16.523
PANCAKE BANANA	Each	37.000
PANCAKE MAPLE MINI IW	Each	36.000
PANCAKE MINI CONFETTI	Each	36.000
PANCAKE ON A STICK	Each	18.243
PASTA SPAGHETTI NOODLES	Serving	20.500
PEACH CANNED	Serving (0.5 cup)	14.006
PEACH CUP FX	Serving (1/2 cup)	19.392
PEAR FRESH	Each	34.542
PEAR FRESH	Each	34.542
PEARS CANNED	Serving (0.5 cup)	17.167

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Public Name	Serving Type	Carbohydrate Grams
PEPPER BANANA SL	Serving	0.354
PEPPER JALAPENO SL	Tablespoon	0.766
PICKLE DILL CHIP	Slice	0.169
PINEAPPLE ORANGE CUP	Serving (0.5 cup)	22.243
PIZZA BREAK TURK S	Each	26.951
PIZZA HUT CHEESE	Slice	29.000
PIZZA HUT HAWAIIAN	Slice	31.000
PIZZA HUT ITALIAN SAUSAGE	Slice	28.000
PIZZA HUT PEPPERONI	Slice	29.000
PIZZA HUT VEGGIE	Slice	30.000
POPTART BR SUGAR CINN WG	Each	36.926
POPTART FUDGE WG	Each	37.924
POPTART STRAWBERRY WG	Each	36.926
PORK BREADED PATTY	Each	11.000
PORK SAUSAGE PATTY	Serving (1 each)	0.000
POTATO BAKED	Each	47.968
POTATO FRIES	Serving (1/2 cup)	22.013
POTATO HASH BROWN TRIANGLE	Serving (1 each)	12.000
POTATO MASHED	Serving (0.5 cup)	17.860
POTATO MASHED	Serving (2/3 cup)	23.814
POTATO TOT NOI	Serving (11 each)	22.361
POTATO TWISTER FRIES	Serving (0.5 cup)	25.615
PROPEL, BERRY FLAV WATER	Each	0
PROPEL, STRAW/KIWI FLAV WATER	Each	0
PUDDING CHOCOLATE SNACK PAC	Each	21.000
PUDDING VANILLA SNACK PAC	Each	20.000
RELISH SWEET PC	Each	3.000
RICE BROWN	Serving (1 cup)	35.046
RICE BROWN	Serving (0.5cup)	17.525
RICE KRISPY TREAT	Each	29.985
RICE SPANISH	Serving (1 cup)	36.286
ROLL MINI CINNAMON	Each	18.227
SALAD BAR HS CHEF	Serving	28.180
SALAD BAR HS ORIENTAL	Serving	26.285
SALAD BAR HS POTATO	Serving	22.280
SALAD BAR HS TACO	Serving	25.683
SALAD SIDE (VENDING)	Serving	16.351

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Public Name	Serving Type	Carbohydrate Grams
SALAD SIDE SECONDARY	Serving	13.087
SALSA CUP	Serving (0.25 cup)	3.951
SANDWICH BBQ PORK	Serving	37.000
SANDWICH CHEESEBURGER	Each	34.148
SANDWICH CRISPY CHICKEN FILET	Serving	40.122
SANDWICH EGG/SAUS BREAKFAST	Each	24.026
SANDWICH FISH	Each	45.277
SANDWICH HAM AND CHEESE	Each	32.793
SANDWICH HAMBURGER	Each	34.148
SANDWICH PBJ GRAPE	Each	31.039
SANDWICH PBJ STRAWBERRY	Each	31.039
SANDWICH ROAST BEEF	Each (1 sandwich)	32.235
SANDWICH SPICY CHICKEN	Serving	20.950
SANDWICH TOASTED CHEESE SEC	Each (4 slice cheese)	35.318
SANDWICH TURKEY PROVOLONE	Each	25.016
SANDWICH TURKEY WRAP	Each	27.486
SANDWICH WRAP HAM SECONDARY	Each	35.206
SANDWICH WRAP ROAST BEEF	Each	26.746
SANDWICH WRAP TURKEY SECONDARY	Each	27.486
SAUCE BBQ PC	Each	9.999
SAUCE FRY	Each	1.761
SAUCE MARINARA	Serving (0.5 cup)	14.425
SAUCE MARINARA	Serving (0.25 cup)	7.211
SAUCE SPAGHETTI w/MEAT	Serving (7 oz)	13.534
SAUCE SWEET&SOUR CUP	Each	11.979
SAUCE TABASCO	Teaspoon	0.038
SAUCE TACO PC	Each	1.040
SAUCE TARTAR PC .75 oz	Each	3.544
SAUSAGE PANCAKE WRAP WG	Each	18.243
SHELL TACO	Serving (2 each)	10.884
SOUP BROCCOLI CHEESE	Serving	7.230
SOUP TACO	Cup	31.517
SOUP TOMATO	Cup	20.953
SOUP TORTILLA CHICKEN	Serving (1 cup prepared)	13.003
SOUR CREAM PC	Each	2.024
SPAGHETTI NOODLES	Serving (1 cup)	20.500
STRAWBERRIES SLICED	Serving (1/2 cup)	21.080

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Public Name	Serving Type	Carbohydrate Grams
STRAWBERRY CUP FRZ	Each	21.931
STRING CHEESE	Each	1.012
SYRUP MAPLE PC	Each	30.660
TACO FIXINGS	Serving	5.528
TACOS	Serving (2 each)	14.882
TART APPLE	Each (0.25 cup)	36.616
TART CHERRY	Each (0.25 cup)	38.866
TATER TOTS	Serving (1/2 cup)	16.140
TOAST APPLE CINN IW	Each	45.000
TOMATOES WHL 5# FRESH	slice, thin/small**	0.584
TURKEY BACON NOI	Serving	0.000
TURKEY CANADA BACON NOI	Slice	0.480
TURKEY ROAST	Serving (2.47 oz)	0.000
VEG BROCCOLI STEAMED	Serving (0.5 cup)	5.065
VEG CALIFORNIA BLEND	Serving (0.5 cup)	3.498
VEG CORN FZ	Serving (0.5 cup)	12.767
VEG FAJITA MIX	Serving (1/2 cup)	3.330
VEG FRESH MIX	Serving (1/2 cup)	3.710
VEG GREEN BEAN	Serving (0.5 cup)	3.964
VEG PEAS FZ	Serving (0.5 cup)	11.448
VEG POTATO BAKED	Each	47.968
WAFFLE DUTCH	Each	43.002
YOGURT CHERRY TRIX	Each	20.072
YOGURT RASPBERRY TRIX	Each	19.278
YOGURT STRAW/BANANA TRIX	Each	19.278