

High School Breakfast and Lunch Carbs

Name	Public Name	Serving Type	Carbohydrate Grams
APPLES GALA FRESH	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	17.000
APPLESAUCE PEACH MANGO	Peach Mango Applesauce	Each	15.000
APPLESAUCE STRAW CUP NOI	Strawberry Applesauce	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
BAGEL PLAIN WG IW	Bagel	Each	29.002
BAGEL w/CREAM CHEESE	Bagel w/Cream Cheese	Serving	31.505
BANANAS FRESH	Banana	Each	28.778
BAR BREAKFAST CHOC CHIP	Oatmeal Choc Chip Bar	Each	43.924
BAR CEREAL 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 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 BLACK FIESTA	Fiesta Black Beans	Serving	19.634
BEANS REFRIED	Refried Beans	Serving	30.600
BEANS REFRIED	Refried Beans	Serving (0.25 cup)	15.296
BEANS REFRIED	Refried Beans	Serving (0.5 cup)	30.600
BEEF COUNTRY FR STK NOI	Beef Country Fried Steak	Each	16.000
BISCUITS AND GRAVY	Biscuits and Gravy	Serving	27.537
BREAD ROLL 2 OZ	Roll	Each	26.859
BREAD TOAST GARLIC	Garlic Bread	Each	22.000
BREADSTICK CHEESEY GARLIC	Breadstick	Each	13.000
BREADSTICK CHEESEY GARLIC	Breadstick	Serving (2 each)	26.000
BREAKFAST CRUMB CAKE	Crumb Cake	Each	29.000
BUFFALO CHICKEN RIPPER NOI	Buffalo Chicken Ripper	Serving	27.000
BURRITO SECONDARY	Bean and Cheese Burrito	Each	44.285
BUTTER HONEY PC	Honey Butter	Each	6.078
CALZONE PEPPERONI	Mini Calzones	Serving (4 each)	53.334

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Name	Public Name	Serving Type	Carbohydrate Grams
CARROTS BAGS BABY FRESH	Baby Carrots	Bag	3.738
CEREAL CHEERIOS WG	Cheerios	Each	23.287
CEREAL CINN TOAST WG	Cinnamon Toast Crunch	Each	22.275
CEREAL COCOA PUFF WG	Cocoa Puffs	Each	26.574
CEREAL FROSTED FLAKES	Frosted Flakes	Each	24.000
CEREAL FRUIT LOOPS	Fruit Loops	Each	24.000
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
CHEESE CHEDDAR SHRD NOI	Cheese	Tablespoon	0.253
CHEESE MAX STICKS SEC	Cheese Stuffed Breadsticks	Serving (3 sticks)	47.996
CHEESE STRING NOI	String Cheese	Each	1.012
CHICKEN DRUM BREAD NOI	Chicken Drumstick	Each	8.375
CHICKEN GENERAL TSO	General Tso's Chicken	Serving	23.164
CHICKEN MANDARIN ORANGE	Mandarin Orange Chicken	Serving	19.136
CHICKEN POPCORN	Popcorn Chicken	Serving	15.773
CHICKEN STRIP SPCY NOI	Spicy Chicken Strips	Serving (3 each)	14.470
CHICKEN STRIPS	Chicken Strips	Serving (3 each)	14.819
CHICKEN SWEET AND SOUR	Sweet and Sour Chicken	Serving	18.128
CHICKEN TERIYAKI	Teriyaki Chicken	Serving	10.494
CHILI BEEF BEAN	Chili	Cup	30.790
CHILI BEEF BEAN	Chili	Serving (0.75 cup)	23.089
CHIP CHEETO BAKED	Baked Cheetos	Each	16.002
CHIPS CHEETOS FLAMIN	Flaming Hot Cheetos	Each	17.002
CHIPS CORN TORTILLA ROUND	Corn Chips	Serving (22 chips)	40.000
CHIPS DORITO NACHO WG	Nacho Cheese Doritos	Each	20.001
CHIPS DORITO RANCH WG	Ranch Doritos	Each	19.000
CHIPS DORITO SW SPICY WG	Spicy Doritos	Each	20.001
CHIPS SUNCHIP GARDEN SALSA	Salsa Sunchips	Each	19.000
CHIPS SUNCHIP HARV CHED	Cheddar Sunchips	Each	17.999
CHIPS SUNCHIP ORIG	Sunchips	Each	19.000
COOKIE CARNIVAL WG	Carnival Cookie	Each	22.912
COOKIE CHOC CHIP A LA CARTE	Chocolate Chip Cookie	Each	36.452
COOKIE CHOCOLATE CHIP WG	Chocolate Chip Cookie	Each	22.912
COOKIE FUDGE A LA CARTE	Fudge Cookie	Each	35.438

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Name	Public Name	Serving Type	Carbohydrate Grams
COOKIE HOLIDAY ICED WG	Frosted Cookie	Each	23.961
COOKIE SUGAR	Sugar Cookie	Each	24.000
CORN BREAD	Corn Bread	Serving	49.504
CORNDOG CHICKEN WG	Corn Dog	Each	30.006
DRESSING ASIAN SESAME GALLON	Sesame Dressing	Serving	6.000
DRESSING CREAMY TOMATILLO	Creamy Tomatillo Dressing	Serving	6.052
DRESSING ITALIAN BULK	Italian Dressing	Serving	3.002
DRESSING RANCH PC	Ranch Dressing	Each	2.024
DRESSING RASPBERRY PC	Raspberry Dressing	Each	13.503
EGG OMELET SAUS & CHS NOI	Sausage and Cheese Omelet	Each	1.000
EGG ROLL VEG	Egg Roll	Each	12.009
EGG ROLL VEGETABLE	Egg Roll	Each	12.009
EGG SCRAM BCN & CH NOI	Scrambled Eggs w/Bacon	Serving	0.998
ENCHILADA BEEF SEC	Beef Enchiladas	Each	41.512
ENCHILADA CREAMY CHICKEN	Creamy Chicken Enchilada	Each	39.317
ENCHILADA EMPANADA	Enchilada Empanada	Each	32.000
ENCHILADA EMPANADA	Enchilada Empinada	Each	32.000
FRENCH TOAST STICKS BULK	French Toast Sticks	Serving (3 each)	36.318
FRENCH TST STIX	French Toast Sticks	Serving (3 each)	36.000
FROZEN JUICE BRAINFREEZE	Frozen Juice Brainfreeze	Serving	31.004
FRUIT PEACH CANNED	Peaches	Serving (0.5 cup)	14.006
FRUIT PEARS CANNED	Pears	Serving (0.5 cup)	17.167
FRUIT PINEAPPLE ORANGE	Tropical Fruit Cup	Serving (0.5 cup)	22.243
FRUIT SALAD TROP	Fruit Salad	Serving (0.5 cup)	22.517
FRUIT SALAD TROP	Fruit Salad	Serving (0.5 cup)	22.000
FRUIT STRAWBERRY FZ	Strawberries	Serving	21.080
FRUIT STRAWBERRY FZ	Strawberries	Serving (0.5 cup)	21.080
GATORADE FRUIT PUNCH	Fruit Punch Gatorade	Each	8.000
GATORADE GRAPE	Grape Gatorade	Each	8.000
GATORADE LEMON LIME	Lemon Lime Gatorde	Each	8.000
GATORADE ORANGE	Orange Gatorade	Each	8.000
GELATIN SNACK CUPS	Jello	Each	25.889
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

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Name	Public Name	Serving Type	Carbohydrate Grams
HAM WHOLE	Sliced Ham	Serving	2.665
HOT CHOC DUTCH	Hot Chocolate	Serving	16.199
HOT DOG	Hot Dog	Serving (2 each)	65.930
ICE CREAM BAR FUDGE	Ice Cream Fudge Bar	Each	25.999
ICE CREAM BAR ORANGE	Ice Cream Orange Bar	Each	20.002
ICE CREAM CREAMIES BANANA	Banana Creamie	Each	14.000
ICE CREAM CREAMIES CHOCOLATE	Chocolate Creamie	Each	14.000
ICE CREAM CREAMIES ORANGE	Orange Creamie	Each	14.000
JICAMA FRESH S/O	Jicama	Serving (0.5 cup)	11.470
JUICE APPLE 6.75oz SEC	Apple Juice	Each	23.997
JUICE BERRY 6.75oz SEC	Berry Juice	Each	23.997
JUICE BERRY NAKED	Naked Juice Berry	Each	36.997
JUICE BLUE NAKED	Naked Juice Blue	Each	50.000
JUICE GRAPE 6.75oz SEC	Grape Juice	Each	33.000
JUICE GREEN NAKED	Naked Juice Green	Each	40.994
JUICE MANGO NAKED	Naked Juice Mango	Each	43.999
JUICE ORANGE TANG 6.75oz SEC	Orange Juice	Each	27.001
JUICE STWBRY BAN NAKED	Naked Juice Strawberry	Each	37.989
KETCHUP PC NOI	Ketchup	Each	0.000
KETCHUP SRIRACHA PC NOI	Ketchup	Each	0.000
KETTLE CORN POPCORN	Kettle Corn	Bag	13.000
KIWI FRESH	Kiwi	Each	12.827
LASAGNA	Lasagna	Serving	30.321
LETTUCE SHRED FRESH	Lettuce	Ounce	0.936
LETTUCE SHRED FRESH	Lettuce	Serving	1.353
MAYONNAISE PC	Mayonnaise	Each	0.000
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 2OZ BLUEBERRY 163	Blueberry Muffin	Each	31.490
MUFFIN 2OZ CHOC 124	Chocolate Muffin	Each	34.179
MUFFIN 2OZ POPPYSEED 122	Poppyseed Muffin	Each	30.320
MUSTARD HONEY PC	Honey Mustard	Each	9.112
MUSTARD PC	Mustard	Each	0.000
OATMEAL INSTANT DINO	Dinosaur Oatmeal	Each	37.000

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Name	Public Name	Serving Type	Carbohydrate Grams
OATMEAL INSTANT MAPLE	Oatmeal	Each	31.650
OLIVE RIPE SL	Olives	TBSP**	0.526
ONION RED FRESH	Onions	Tablespoon	0.934
ORANGE MANDARIN DOLE	Mandarin Orange Cup	Each	22.000
ORANGES FRESH	Orange Wedges	Each	19.000
PANCAKE MAPLE MINI IW	Mini Pancakes	Each	36.000
PANCAKE MINI CONFETTI	Confetti Pancakes	Each	36.000
PANCAKE ON STICK	Pancake on a Stick	Each	19.000
PASTA MAC CHEESE SEC	Mac and Cheese	Serving (2/3 cup)	31.839
PASTA SPAGHETTI NOODLES	Spaghetti Noodles	Cup (1 cup)	41.000
PEACHES FRZ CUP BIC 100241	Peach Cup	Each	19.392
PEARS FRESH	Fresh Pear	Each	34.542
PEARS DICE 100225	Pears	Serving (0.5 cup)	17.062
PEPPER BANANA SL	Banana Pepper	Serving	0.354
PEPPER JALAPENO SL	Jalapeno Pepper	Tablespoon	0.766
PEPPER RED BELL FRESH	Red Peppers	Serving (0.5 cup)	4.492
PICKLE DILL CHIP	Dill Pickle Chips	Slice	0.169
PIZZA BREAK TURK S NOI	Breakfast Pizza	Each	26.951
PIZZA HUT CHEESE	Pizza Hut Cheese Pizza	Slice	29.000
PIZZA HUT HAWAIIAN	Pizza Hut Hawaiian Pizza	Slice	31.000
PIZZA HUT ITALIAN SAUSAGE	Pizza Hut Italian Sausage	Slice	28.000
PIZZA HUT PEPPERONI	Pizza Hut Pepperoni Pizza	Slice	29.000
PIZZA HUT VEGGIE	Pizza Hut	Slice	30.000
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
PORK BREADED PATTY	Breaded Pork	Each	11.000
POTATO FRIES	French Fries	Serving	11.006
POTATO FRIES CURLY NOI	Curly Fries	Serving	25.000
POTATO FRIES STRAIGHT NOI	French Fries	Serving	22.000
POTATO HASH BROWN TRI	Hashbrown	Serving (1 each)	12.000
POTATO INSTANT 2/3 CUP	Mashed Potatoes	Serving (2/3 cup)	17.860
POTATO TOT NOI	Tater Tots	Serving	16.000
POTATO TOTS	Tater Tots	Serving	22.384
POTATO TWISTER FRIES	Curly Fries	Serving	25.615

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Name	Public Name	Serving Type	Carbohydrate Grams
POTATO WEDGE SPICY NOI	Spicy Potato Wedge	Serving (0.5 cup)	19.000
POTATOES CHEESY	Cheesy Potatoes	Serving (1/2 cup)	20.122
PUDDING CHOCOLATE SNACK PK	Chocolate Pudding	Each	21.000
PUDDING VANILLA SNACK PK	Vanilla Pudding	Each	20.000
RELISH SWEET PC	Sweet Relish	Serving	3.000
RICE BROWN	Brown Rice	Serving	17.525
RICE FRIED	Fried Rice	Serving (1 cup)	47.789
RICE KRISPY TREAT	Rice Crispy Treat	Each	29.985
RICE SPANISH	Spanish Rice	Serving (0.5 cup)	36.286
RIPPER BUFFALO CHICKEN	Buffalo Chicken Ripper	Serving (3 sticks)	27.000
ROLL MINI CINNAMON	Mini Cinnamon Roll	Each	18.227
SALAD BAR HS CHEF	Salad Bar	Serving	28.118
SALAD BAR HS ORIENTAL	Salad Bar	Serving	26.285
SALAD BAR HS POTATO	Salad Bar	Serving	22.280
SALAD BAR HS TACO	Salad Bar	Serving	25.683
SALAD SIDE SECONDARY	Side Salad	Serving	13.087
SALSA CUP	Salsa Cup	Serving (0.25 cup)	3.951
SALSA MILD NOI	Salsa	0.25 cup	3.912
SANDWICH BBQ PORK RIB	BBQ Pork Rib Sandwich	Serving	37.122
SANDWICH CHEESEBURGER	Hamburger	Each	33.636
SANDWICH CHICKEN PATTY	Chicken Sandwich	Serving	47.498
SANDWICH CRISPY CHICKEN FILET	Crispy Chicken Sandwich	Serving	40.122
SANDWICH EGG/SAUS BREAKFAST	Egg Sausage Sandwich	Each	23.514
SANDWICH FISH	Fish Sandwich	Each	45.277
SANDWICH HAM AND CHEESE	Ham and Cheese Sandwich	Each	32.281
SANDWICH ROAST BEEF	Roast Beef Sandwich	Each (1 sandwich)	31.723
SANDWICH SPICY CHICKEN	Spicy Chicken Sandwich	Serving	48.338
SANDWICH TURKEY PROVOLONE	Turkey and Provolone Sandwich	Each	25.016
SANDWICH UNCRST GRAPE NOI	PB&J	Each	31.039
SANDWICH UNCRST STRAW NOI	PB&J	Each	31.039
SANDWICH WRAP HAM SECONDARY	Ham Wrap	Each	35.206
SANDWICH WRAP ROAST BEEF	Roast Beef Wrap	Each	26.234
SANDWICH WRAP TURKEY SECONDARY	Turkey Wrap	Each	27.486
SAUCE BBQ PC	BBQ Sauce	Each	9.999
SAUCE CHEESE	Cheese Sauce	Serving (3oz scoop)	6.617

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Name	Public Name	Serving Type	Carbohydrate Grams
SAUCE FRY PC	Fry Sauce	Each	1.761
SAUCE MARINARA	Marinara Sauce	Serving (0.25 cup)	7.211
SAUCE MARINARA PC HEINZ	Marinara Dip Cup	Each	7.000
SAUCE SPAGHETTI w/MEAT	Spaghetti Meat Sauce	Serving (7 oz)	13.534
SAUCE SWEET&SOUR PC	Sweet & Sour Sauce Cup	Each	11.979
SAUCE TABASCO	Tabasco Sauce	Teaspoon	0.038
SAUCE TACO PC	Taco Sauce	Each	1.040
SAUCE TARTAR PC	Tartar Sauce	Each	3.544
SORBET LIME 100% JUICE	Lime Sorbet	Each	27.001
SOUP BROCCOLI	Broccoli Soup	Cup	18.779
SOUP CHICKEN AND RICE	Chicken and Rice Soup	Cup	13.203
SOUP CHICKEN NOODLE	Chicken Noodle Soup	Cup	22.662
SOUP POTATO	Potato Soup	Cup	23.459
SOUP TACO	Taco Soup	Cup	30.552
SOUP TOMATO	Tomato Soup	Cup	20.953
SOUP WHITE CHICKEN CHILI	White Chicken Chili	Cup	33.126
SOUR CREAM PC	Sour Cream	Each	2.024
SUGAR SNAP PEA FRESH	Sugar Snap Peas	Serving (1/2 cup)	3.000
SYRUP MAPLE PC	Syrup Cup	Each	30.660
TACO MEAT	Taco Meat	Serving (3.4 oz)	3.492
TACO SOFT SHELL	Soft Taco	Serving	28.744
TOAST APPLE CINN IW	Texas Toast	Each	45.000
TOMATOES 5# WHL FRESH	Tomato	slice, thin/small**	0.584
TURKEY BACON NOI	Turkey Bacon	Serving	0.000
TURKEY CANADA BACON NOI	Canadian Bacon	Slice	0.480
TURKEY ROAST	Turkey Roast	Serving(2.47 oz)	0.000
TURKEY SAUSAGE PATTY	Pork Sausage Patty	Serving (1 each)	0.000
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	14.257
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 (0.25 cup)	1.855
VEG MIXED CUP	Fresh Veggie Mix	Serving (0.5 cup)	3.710
VEG PEAS FZ	Peas	Serving (0.5 cup)	11.448

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VEG POTATO BAKED	Baked Potato	Each	47.968
WAFFLE DUTCH	Dutch Waffle	Each	43.002
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