

## Jr High Breakfast and Lunch Carbs

Name	Public Name	Serving Type	Carbohydrate G
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 w/CREAM CHEESE	Bagel w/Cream Cheese	Serving	31.505
BANANAS FRESH	Banana	Each	28.778
BAR BERRIES AND CREAM	Berries and Cream Bar	Each	36.000
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 BAKED	Baked Beans	Serving (0.5 cup)	29.773
BEANS BLACK FIESTA	Fiesta Black Beans	Serving	9.817
BEANS REFRIED	Refried Beans	Serving (0.5 cup)	30.600
BEEF COUNTRY FR STK NOI	Beef Country Fried Steak	Each	16.000
BEEF SAUS SAND IW NOI	Breakfast Sausage Sandwich	Each	19.996
BERRY MIX FZ CUP BIC 110859	Mixed Berries	Each	17.190
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	Serving (2 each)	26.000
BREAKFAST CRUMB CAKE	Crumb Cake	Each	29.000
BURRITO BREAKFAST IW	Breakfast Burrito	Each	16.970
BURRITO SECONDARY	Bean and Cheese Burrito	Each	44.285
CALZONE PEPPERONI	Mini Calzones	Serving (4 each)	53.334

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Name	Public Name	Serving Type	Carbohydrate G
CARROTS BAGS BABY FRESH	Baby Carrots	Bag	3.738
CARROTS BULK FRESH	Carrots	Serving (1/2 cup)	6.706
CELERY STICK FRESH	Celery Sticks	Serving (1/2 cup)	2.198
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	Cheddar Cheese	Tablespoon	0.253
CHEESE CHEDDAR SHRD NOI	Cheddar Cheese	Tablespoon (2 Tbsp)	0.521
CHEESE MAX STICKS	Cheese Stuffed Breadsticks	Serving (2 sticks)	31.998
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 (12 each)	15.773
CHICKEN STRIP SPCY NOI	Spicy Chicken Strips	Serving (3 each)	14.470
CHICKEN SWEET AND SOUR	Sweet and Sour Chicken	Serving	18.128
CHICKEN TERIYAKI NOI	Teriyaki Chicken	Serving (3.28 oz)	8.200
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 CHOCOLATE CHIP WG	Chocolate Chip Cookie	Each	22.912
COOKIE HOLIDAY ICED WG	Frosted Cookie	Each	23.961

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Name	Public Name	Serving Type	Carbohydrate G
COOKIE SUGAR	Sugar Cookie	Each	24.000
CORN DOG	Corn Dog	Each	31.256
CRAISINS STRAW	Craisins	Each	28.000
DRESSING RANCH PC	Ranch Dressing	Each	2.024
EGG AND CHEESE SAND IW	Egg and Cheese Sandwich	Each	20.000
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
FRENCH TOAST IW BIC	French Toast Sticks	Each	37.932
FRENCH TOAST MINI CC IW	Mini Chocolate Chip French Toast	Each	38.079
FRENCH TOAST STICKS BULK	French Toast Sticks	Serving (3 each)	36.318
FRENCH TST STIX	French Toast Sticks	Serving (3 each)	36.000
FRUIT BLUE RASP/LEM SLUSH	Blue Raspberry Slushy	Each	20.000
FRUIT GRAPES	Grapes	Serving (0.5 cup)	14.155
FRUIT MIXED ZZ BIC NOI	Mixed Fruit Cup	Each	19.000
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)	22.000
FRUIT SALAD TROP	Fruit Salad	Serving (0.5 cup)	22.517
FRUIT STRAW/KIWI SLUSH	Strawberry Kiwi Slushy	Each	22.000
FRUIT STRAW/MANGO SLUSH	Strawberry Mango Slushy	Each	22.000
FRUIT STRAWBERRY FZ	Strawberries	Serving	21.080
FRUIT STRAWBERRY FZ	Strawberries	Serving (0.5 cup)	21.080
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
HAM WHOLE	Sliced Ham	Serving	2.665
HOT CHOC DUTCH	Hot Chocolate	Serving	16.199
HOT DOG	Hot Dog	Each	32.965

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Name	Public Name	Serving Type	Carbohydrate G
HUMMUS	Hummus	Serving (2 Tbsp)	7.000
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 GRAPE 6.75oz SEC	Grape Juice	Each	33.000
JUICE ORANGE TANG 6.75oz SEC	Orange Juice	Each	27.001
KETCHUP PC NOI	Ketchup	Each	0.000
KETCHUP SRIRACHA PC NOI	Ketchup	Each	0.000
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
MUFFIN 4 OZ BLUEBERRY126	Blueberry Muffin	Each	56.610
MUFFIN 4OZ CHOC 130	Chocolate Muffin	Each	59.115
MUFFIN 4OZ POPPYSEED 128	Poppyseed Muffin	Each	54.620
MUSTARD HONEY PC	Honey Mustard	Each	9.112
MUSTARD PC	Mustard	Each	0.000
NACHO SEC	Nachos	Serving	43.514
OATMEAL INSTANT DINO	Dinosaur Oatmeal	Each	37.000
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

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<b>Name</b>	<b>Public Name</b>	<b>Serving Type</b>	<b>Carbohydrate G</b>
PASTA MAC CHEESE SEC	Mac and Cheese	Serving (2/3 cup)	31.839
PASTA SPAGHETTI NOODLES	Spaghetti Noodles	Cup (1 cup)	41.000
PEACH CUP ZZ BIC NOI	Peach Cup	Each	18.000
PEACH TROP ZZ BIC NOI	Peach Cup	Each	18.000
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 Peppers	Serving	0.354
PEPPER JALAPENO SL	Jalapeno Peppers	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
POPTART 2 PK CINN	Cinnamon Poptart	Each	76.000
POPTART 2 PK STRAW	Strawberry Poptart	Each	76.000
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
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 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
RAISELS WATERMELON	Watermelon Raisels	Box	35.000
RELISH SWEET PC	Sweet Relish	Serving	3.000
RICE FRIED	Fried Rice	Serving (1 cup)	47.789
RICE KRISPY TREAT	Rice Crispy Treat	Each	29.985

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Name	Public Name	Serving Type	Carbohydrate G
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 CHEF	Chef Salad	Serving	45.895
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 CRISPY CHICKEN FILET	Crispy Chicken Sandwich	Serving	40.122
SANDWICH EGG/SAUS BREAKFAST	Egg Sausage Sandwich	Each	23.514
SANDWICH HAM AND CHEESE	Ham and Cheese Sandwich	Each	32.281
SANDWICH SPICY CHICKEN	Spicy Chicken Sandwich	Serving	48.338
SANDWICH TOASTED CHEESE	Toasted Cheese Sandwich	Each (4 slice cheese)	33.270
SANDWICH TURKEY CHEESE	Turkey and Cheese Sandwich	Each	25.516
SANDWICH TURKEY HAM CHEESE	Turkey and Ham Sandwich	Each	28.222
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 TURKEY SECONDARY	Turkey Wrap	Each	27.486
SAUCE BBQ PC	BBQ Sauce	Each	9.999
SAUCE CHEESE	Cheese Sauce	Serving (3oz scoop)	6.617
SAUCE FRY PC	Fry Sauce	Each	1.761
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
SHELL TACO	Taco Shell	Serving (2 each)	10.884
SLIDER SAUS/EGG/CH IW NOI	Sausage Pizza Sliders	Each	22.003
SORBET LIME 100% JUICE	Lime Sorbet	Each	27.001
SOUR CREAM PC	Sour Cream	Each	2.024
STRAWBERRY CUP FRZ BIC 100256	Strawberry Cup	Each	21.931

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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
TOAST APPLE CINN IW	Texas Toast	Each	45.000
TOMATOES 5# WHL FRESH	Tomatoes	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 (0.25 cup)	1.749
VEG CARROTS STEAMED	Steamed Carrots	Serving (0.5 cup)	7.013
VEG CELERY STICKS	Celery Sticks	Serving (0.5 cup)	1.925
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)	3.710
VEG MIXED CUP	Fresh Veggie Mix	Serving (0.25 cup)	1.855
VEG PEAS FZ	Peas	Serving (0.5 cup)	11.448
VEG VENDING MIX	Mega Mixed Veggies	Serving (3/4 cup)	11.527
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