

Washington High 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	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
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
BEANS BAKED	Baked Beans	Serving (0.5 cup)	29.773
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
BREAD ROLL 2 OZ	Roll	Each	26.859
BREAD TOAST GARLIC	Garlic Bread	Each	22.000
BREADSTICK CHEESY GARLIC	Cheesy Garlic Breadstick	Each	13.000
BREAKFAST CRUMB CAKE	Crumb Cake	Each	29.000
BROCCOLI FLORET FRESH	Fresh Broccoli	Serving (1/2 cup)	2.058
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
CARROTS BAGS BABY FRESH	Baby Carrots	Bag	3.738
CHALUPA BEAN CHEESE NOI	Bean and Cheese Chalupa	Each	21.140
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 STRIP SPCY NOI	Spicy Chicken Strips	Serving (3 each)	14.470
CHICKEN STRIP WG NOI	Chicken Strips	Serving (3 each)	14.786
CHICKEN TERIYAKI	Teriyaki Chicken	Serving	10.494
CHIP CHEETO BAKED	Baked Cheetos	Each	16.002
CHIPS CHEETOS FLAMIN	Flaming Hot Cheetos	Each	17.002
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

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Name	Public Name	Serving Type	Carbohydrate Grams
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
COOKIE SKEETER CC MINI	Mini Choc Chip Cookies	Bag	20.000
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 ROLL VEG	Egg Roll	Each	12.009
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
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 PINEAPPLE ORANGE	Tropical Fruit Cup	Serving (0.5 cup)	22.243
FRUIT SALAD TROP	Fruit Salad	Serving (0.5 cup)	22.000
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
GRAVY COUNTRY	Country Gravy	Serving (0.25 cup)	5.537
GRAVY TURKEY	Turkey Gravy	Serving (0.25 cup)	3.002
JICAMA FRESH	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 4 OZ BLUEBERRY126	Blueberry Muffin	Each	56.610

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Name	Public Name	Serving Type	Carbohydrate Grams
MUFFIN 4OZ CHOC 130	Chocolate Chip Muffin	Each	59.115
MUSTARD HONEY PC	Honey Mustard	Each	9.112
MUSTARD PC	Mustard	Each	0.000
NACHOS SECONDARY	Nachos	Serving (20 chip, 3.5 oz beef)	43.514
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
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 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 CHEESE BIG DAD NOI	Cheese Pizza	Slice	35.000
PIZZA HUT BBQ CHICKEN	Pizza Hut BBQ Chicken Pizza	Slice	32.000
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
PIZZA MAX STICK CHEESE NOI	Cheese Stuffed Breadstick	Serving	32.000
PIZZA PEPP BIG DAD NOI	Pepperoni Pizza	Slice	34.000
POPTART 2 PK CINN	Cinnamon Poptart	Each	76.000
POPTART 2 PK STRAW	Strawberry Poptart	Each	76.000
POTATO INSTANT 2/3 CUP	Mashed Potatoes	Serving (2/3 cup)	17.860
POTATO TWISTER FRIES	Curly Fries	Serving	25.615
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 Grams
RICE SPANISH	Spanish Rice	Serving (1 cup)	72.572
SALAD SIDE SECONDARY	Side Salad	Serving	13.087
SALSA MILD NOI	Salsa	0.25 cup	3.912
SANDWICH CHEESEBURGER	Hamburger	Each	33.636
SANDWICH CHICKEN FILET	Crispy Chicken Sandwich	Each	40.122
SANDWICH HAM AND CHEESE	Ham and Cheese Sandwich	Each	32.281
SANDWICH HOT HAM & CHEESE	Hot Ham & Cheese	Each (1 sandwich)	36.431
SANDWICH SPICY CHICKEN	Spicy Chicken Sandwich	Serving	48.338
SANDWICH TURKEY CHEESE	Turkey and Cheese Sandwich	Each	25.516
SANDWICH UNCRST GRAPE NOI	PB&J	Each	31.039
SAUCE BBQ PC	BBQ Sauce	Each	9.999
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
SLIDER SAUS/EGG/CH IW NOI	Sausage Pizza Sliders	Each	22.003
SOUP TOMATO	Tomato Soup	Serving (0.75 cup)	15.715
SOUR CREAM PC	Sour Cream	Each	2.024
STRAWBERRY CUP FRZ BIC	Strawberry Cup	Each	21.931
SUGAR SNAP PEA FRESH	Sugar Snap Peas	Serving (1/2 cup)	3.000
TACO HARD SHELL	Taco	Serving	14.882
TOAST APPLE CINN IW	Texas Toast	Each	45.000
TOMATOES 5# WHL FRESH	Tomatos	slice, thin/small**	0.584
TURKEY ROAST	Turkey Roast	Serving(2.47 oz)	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 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 PEAS FZ	Peas	Serving (0.5 cup)	11.448