

Washington Lunch

Public Name	Serving Size	Serving Type	Carbohydrate Grams
BBQ Sauce	1.00	Each	9.999
Beans Baked	1.00	Serving (0.5 cup)	29.773
Beans Fiesta	1.00	Serving (1/2 cup)	19.634
Beans Refried	1.00	Serving (1/2 cup)	30.600
Beef Country Fried Steak	1.00	Each	16.000
Bread Flat	1.00	Each	26.000
Bread Garlic	1.00	Each	22.000
Bread Roll	1.00	Each	26.859
Breadstick	1.00	Each	13.000
Breadstick	1.00	Serving (2 each)	26.000
Burrito Bean and Cheese	1.00	Each	44.285
California Veggies	1.00	Serving	3.498
Calzone Mini	1.00	Serving	53.333
Cheese Shredded	1.00	Tablespoon	0.253
Cheese Slice	1.00	Slice	1.012
Cheese String	1.00	Each	1.012
Chef Salad	1.00	Serving	45.895
Chicken Fajita Strips	1.00	Serving	2.000
Chicken Mandarin Orange	1.00	Serving	19.136
Chicken Popcorn	1.00	Serving	15.773
Chicken Strips	1.00	Serving	14.819
Chicken Sweet and Sour	1.00	Serving	18.128
Chili	1.00	Cup	30.791
Chip Cheddar Sunchips	1.00	Each	17.999
Chip Cheeto Baked	1.00	Each	16.002
Chip Flaming Hot Cheetos	1.00	Each	17.002
Chip French Onion Sun	1.00	Each	17.999
Chip Fritos	1.00	Each	15.000
Chip Nacho Cheese Doritos	1.00	Each	20.001
Chip Ranch Doritos	1.00	Each	19.000
Chip Salsa Sunchips	1.00	Each	19.000
Chip Spicy Doritos	1.00	Each	20.001
Chip Sunchips	1.00	Each	19.000
Chip Top n Go Nacho Cheese	1.00	Each	28
Chocolate Pudding	1.00	Each	21.000
Cookie Chocolate Chip	1.00	Each	22.912
Cookie Frosted	1.00	Each	23.961
Cookie Mini Chocolate Chip	1.00	Bag	20.000

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Corn	1.00	Serving	12.767
Corn Dog	1.00	Each	31.256
Crispy Chicken Sandwich	1.00	Serving	40.122
Dill Pickle Chips	1.00	Slice	0.169
Dressing Ranch	1.00	Each	2.024
Egg Roll	1.00	Each	12.009
Enchilada Creamy Chicken	1.00	Each	39.317
Fajita Veggies	1.00	0.5 Cup	3.330
French Fries	1.00	Serving	22.000
Fresh Pear	1.00	Each	34.542
Fresh Veggie Mix	1.00	Serving	3.710
Fries Curly	1.00	Serving	25.000
Fruit Applesauce Cup	1.00	Each	14.645
Fruit Banana	1.00	Each	28.778
Fruit Cocktail	1.00	Serving (1/2 cup)	19.506
Fruit Gala Apple	1.00	Each	25.057
Fruit Golden Apple	1.00	Each	18.127
Fruit Granny Smith Apple	1.00	Each	25.057
Fruit Grapes	1.00	Serving	14.155
Fruit Kiwi	1.00	Each	12.827
Fruit Mixed	1.00	Serving (1/2 cup)	22.433
Fruit Orange Wedge	1.00	Serving (1/2 cup)	16.523
Fruit Peach Cup Fz	1.00	Serving (1/2 cup)	19.392
Fruit Peaches	1.00	Serving (1/2 cup)	14.006
Fruit Pear Fresh	1.00	Each	34.542
Fruit Pears	1.00	Serving (1/2 cup)	18.995
Fruit Pineapple/Orange	1.00	Serving (1/2 cup)	22.243
Fruit Red Delish Apple	1.00	Each	20.045
Fruit Sliced Apple	1.00	Bag	7.961
Fruit Strawberries	1.00	Serving (1/2 cup)	21.080
Fruit Strawberry Applesauce	1.00	Each	13.994
Fry Sauce	1	Each	1.761
Gravy Country	1.00	Serving (1/4 cup)	5.537
Gravy Turkey	1.00	Serving (1/4 cup)	3.002
Green Beans	1.00	Serving	3.964
Hamburger	1.00	Each	34.148
Hot Dog	1.00	Each	32.965
Ketchup	1.00	Each	0
Lasagna	1.00	Serving	30.321

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Mac and Cheese	1.00	Serving (2/3 cup)	31.025
Marinara Sauce	1.00	Serving	14.425
Mashed Potatoes	1.00	Serving	17.860
Mayonnaise	1.00	Each	0.000
Milk 1%	1.00	Each	12.996
Milk Chocolate	1.00	Each	23.995
Milk Skim	1.00	Each	12.996
Mustard	1.00	Each	0.000
Mustard Honey	1.00	Each	9.112
Olives	1.00	TBSP**	0.526
Onion Red	1.00	Tablespoon	0.934
PB&J	1.00	Each	31.039
Peas	1.00	Serving	11.448
Pepper Banana	1.00	Serving	0.354
Pepper Jalapeno	1.00	Tablespoon	0.766
Pizza Hut Cheese Pizza	1.00	Slice	29.000
Pizza Hut Hawaiian Pizza	1.00	Slice	31.000
Pizza Hut Italian Sausage	1.00	Slice	28.000
Pizza Hut Pepperoni Pizza	1.00	Slice	29.000
Pork Breaded	1.00	Each	11.000
Rice Fried	1.00	Serving (1 cup)	47.789
Rice Seasoned	1.00	Serving (1 cup)	44.255
Rice Spanish	1.00	Serving (0.5 cup)	36.286
Salad Side	50.00	Serving	13.087
Salsa	1.00	0.25 cup	3.912
Salsa Cup	1.00	Serving	3.951
Sandwich Crispy Chicken	1.00	Each	40.122
Sandwich Fish	1.00	Each	45.277
Sandwich Ham and Cheese	1.00	Each	26.787
Sandwich Ham Wrap	1.00	Each	27.848
Sandwich Hamburger	1.00	Each	34.148
Sandwich PBJ Grape	1.00	Each	31.039
Sandwich PBJ Strawberry	1.00	Each	31.039
Sandwich Roast Beef Wrap	1.00	Each	27.155
Sandwich Spicy Chicken	1.00	Serving	20.950
Sandwich Toasted Cheese	1.00	Each	33.294
Sandwich Turkey and Ham	1.00	Each	26.408
Sandwich Turkey Provolone	1.00	Each	25.016
Sandwich Turkey Wrap	1.00	Each	27.486

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Seasoned Rice	1.00	Serving	44.255
Sliced Strawberries	1.00	Serving	22.988
Soft Taco	1.00	Serving	28.344
Sour Cream	1.00	Each	2.024
Spaghetti Meat Sauce	1.00	Serving (7 oz)	13.534
Spaghetti Noodles	1.00	Serving	20.500
Spanish Rice	1.00	Serving	36.286
Steamed Broccoli	1.00	Serving	5.065
Taco Fixings	1.00	Serving	5.528
Taco Meat	1.00	Serving	3.292
Tater Tots	1.00	Serving	16.000
Teriyaki Dippers	1.00	Serving (4 each)	5.912
Top n Go Nacho Cheese Chips	1.00	Each	28.000
Turkey Roast	1.00	Serving	1.740
Vanilla Pudding	1.00	Each	20.000
Veg California Blens	1.00	Serving (1/2 cup)	3.498
Veg Carrots Baby	1.00	Bag	3.738
Veg Celery Sticks	1.00	0.5 Cup	2.198
Veg Corn	1.00	Serving (1/2 cup)	12.767
Veg Fajita	1.00	Serving (1/2 cup)	3.330
Veg Fresh Veggie Mix	1.00	Serving (1/2 cup)	3.710
Veg Green Beans	1.00	Serving (1/2 cup)	3.964
Veg Lettuce Shredded	1.00	Ounce	0.936
Veg Peas	1.00	Serving (1/2 cup)	11.448
Veg Steamed Broccoli	1.00	Serving (1/2 cup)	5.065
Veg Tomato Slice	1.00	slice, thin/small**	0.584
Wrap Ham	1.00	Each	27.848
Wrap Turkey	1.00	Each	27.486