



San-Mateo Foster City Elementary SD

(REC300) Alfredo Pasta Bulk	Total Carbohydrate (g)	
	Recipe	1 Cup Serving
Alfredo Sauce	1148.8487	7.1803
BEVERAGES,H2O,TAP,DRINKING	0	0
Penne Dry Pasta	6559.9984	41
	<b>7708.8472</b>	<b>48.1803</b>

\* Total includes one or more missing nutrient data.

(REC301) Assorted Cereal	Total Carbohydrate (g)	
	Recipe	Each
Cereal Honey Scooters LG	46	15.3333
Cereal Marshmallow Mateys LG	47	15.6667
Cereal Cinnamon Toasters LG	44	14.6667
	<b>136.9999</b>	<b>45.6666</b>

\* Total includes one or more missing nutrient data.

(F020100) Bagel	Total Carbohydrate (g)	
	Recipe	Each
Bagel	44.5999	44.5999
	<b>44.5999</b>	<b>44.5999</b>

\* Total includes one or more missing nutrient data.

(REC0002) Bagel and Cream Cheese	Total Carbohydrate (g)	
	Recipe	Serving
Cream Cheese	2	2
Bagel	44.5999	44.5999
	<b>46.6</b>	<b>46.6</b>

\* Total includes one or more missing nutrient data.

(REC0028) Baked Potato with Cheddar Cheese and Tortilla Chips	Total Carbohydrate (g)	
	Recipe	Potato
Chips Tortilla Rounds	30	30
Potato, Raw	53.9633	53.9633

\* Total includes one or more missing nutrient data.



(REC0028) Baked Potato with Cheddar Cheese and Tortilla Chips	Total Carbohydrate (g)	
	Recipe	Potato
Cheese Cheddar Sliced USDA	3.0374	3.0374
	<b>87.0007</b>	<b>87.0007</b>

\* Total includes one or more missing nutrient data.

(F21800) Banana Bread	Total Carbohydrate (g)	
	Recipe	Each
Bread Banana IW Integrated	50.51	50.51
	<b>50.51</b>	<b>50.51</b>

\* Total includes one or more missing nutrient data.

(F190115) BBQ Beef Rib Sandwich on WG Roll	Total Carbohydrate (g)	
	Recipe	Each
BBQ Beef Rib Sandwich on WG Roll	32.4	32.4
	<b>32.4</b>	<b>32.4</b>

\* Total includes one or more missing nutrient data.

(REC00016) BBQ Chicken Drumstick with French Fries	Total Carbohydrate (g)	
	Recipe	Serving
Potato, Fries Crinkle	16.8029	16.8029
Chicken, Glazed Drumsticks	2.5453	2.5453
	<b>19.3482</b>	<b>19.3482</b>

\* Total includes one or more missing nutrient data.

(REC0006 1) BBQ Chicken Meatballs & Mash Potato & Biscuit	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Meatballs	5.997	5.997
Potatoes, Mashed Homestyle	18.6206	18.6206
BBQ Sauce Bulk	2	2
Biscuit Split WG 2.25oz	27	27
	<b>53.6177</b>	<b>53.6177</b>

\* Total includes one or more missing nutrient data.



(D020217) BBQ Sauce Packets	Total Carbohydrate (g)	
	Recipe	Packet
BBQ Sauce Packets	5	5
	<b>5</b>	<b>5</b>

\* Total includes one or more missing nutrient data.

(Copy of 020507) Beans, Garbanzo	Total Carbohydrate (g)			
	Recipe	Serving - 1/4 cup	Serving - 1 oz	Serving-1/2 cup
Beans, Garbanzo	14.16	8.0286	4.0143	16.0572
	<b>14.16</b>	<b>8.0286</b>	<b>4.0143</b>	<b>16.0572</b>

\* Total includes one or more missing nutrient data.

(F081501) Beef Hotdog on a WW Bun IW	Total Carbohydrate (g)	
	Recipe	hotdog
Beef Hotdog on a WW Bun IW	41	41
	<b>41</b>	<b>41</b>

\* Total includes one or more missing nutrient data.

(REC0007 1) Beef Rotini Pasta with Garlic Toast	Total Carbohydrate (g)	
	Recipe	Serving
Pasta, WG Beef Rotini with Sauce	24.12	24.12
Toast Texas - Garlic Bread - Bulk	14	14
	<b>38.12</b>	<b>38.12</b>

\* Total includes one or more missing nutrient data.

(F190114) Beef Sausage & Pancake Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Beef Sausage & Pancake Sandwich	15.7	0.5538
	<b>15.7</b>	<b>0.5538</b>

\* Total includes one or more missing nutrient data.



(F2500) Benefit Bar - Banana Chocolate Chunk	Total Carbohydrate (g)	
	Recipe	Bar
Benefit Bar - Banana Chocolate Chunk	48	48
	<b>48</b>	<b>48</b>

\* Total includes one or more missing nutrient data.

(F2501) Benefit Bar - Oatmeal Chocolate Chunk	Total Carbohydrate (g)	
	Recipe	Bar
Benefit Bar - Oatmeal Chocolate Chunk	47	47
	<b>47</b>	<b>47</b>

\* Total includes one or more missing nutrient data.

(F3800) Bread Cheese Stick - Bosco	Total Carbohydrate (g)			
	Recipe	1 elementary serving=2pc	1 MS Serving = 3pc	X1 Elem Serving = 2 pc
Bread Cheese Stick - Bosco	17	33.815	50.7225	33.815
	<b>17</b>	<b>33.815</b>	<b>50.7225</b>	<b>33.815</b>

\* Total includes one or more missing nutrient data.

(REC00017) Breaded Chicken Drumstick with Garlic Bread	Total Carbohydrate (g)	
	Recipe	Serving
Toast Texas - Garlic Bread - Bulk	14	14
Chicken, Breaded Drumsticks	12	12
	<b>26</b>	<b>26</b>

\* Total includes one or more missing nutrient data.

(F021805) Breakfast Bun	Total Carbohydrate (g)	
	Recipe	Each
Breakfast Bun	38	38
	<b>38</b>	<b>38</b>

\* Total includes one or more missing nutrient data.

(F181514) Buns, Cinnamon Glazed	Total Carbohydrate (g)	
	Recipe	Bun
Buns, Cinnamon Glazed	38	38

\* Total includes one or more missing nutrient data.



(F181514) Buns, Cinnamon Glazed	Total Carbohydrate (g)	
	Recipe	Bun
	38	38

\* Total includes one or more missing nutrient data.

(F22101) Burrito - Bean & Cheese Los Cabos IW	Total Carbohydrate (g)	
	Recipe	Each
Burrito - Bean & Cheese Los Cabos IW	44.17	44.17
	44.17	44.17

\* Total includes one or more missing nutrient data.

(F22103) Burrito - Egg and Cheese Wrap	Total Carbohydrate (g)	
	Recipe	Each
Burrito - Egg and Cheese Wrap	16.68	16.68
	16.68	16.68

\* Total includes one or more missing nutrient data.

(REC0022 1) Burrito Turkey, Egg, Cheese, Tater Tot Breakfast	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Cheddar Shredded	0.2835	0.2835
Egg Patty 3.5" Bulk	1	1
Potato, Tater Tots RS	15.68	15.68
Tortilla, Whole Wheat Flour 10"	35	35
Turkey Taco Filling	3.5437	3.5437
	55.5071	55.5071

\* Total includes one or more missing nutrient data.

(REC0030 1) California Wrap	Total Carbohydrate (g)	
	Recipe	Serving
Dressing, Ranch Buttermilk Bulk	2.0249	2.0249
Tomatos, Roma	0.3831	0.3831
Tortilla, Spinach (50ct)	58	58
Turkey Bacon	0.2	0.2
Chicken , diced	0	0
Red Onion	1.0591	1.0591
Lettuce, Romaine	7.4709	7.4709

\* Total includes one or more missing nutrient data.



(REC0030 1) California Wrap	Total Carbohydrate (g)	
	Recipe	Serving
	69.138	69.138

\* Total includes one or more missing nutrient data.

(R3100) Carrot, Baby IW 2.6oz	Total Carbohydrate (g)	
	Recipe	Bag 2.6oz
Carrot, Baby IW 2.6oz	0.2142	6.0736
	0.2142	6.0736

\* Total includes one or more missing nutrient data.

(D3504) Cereal Cinnamon Toasters LG	Total Carbohydrate (g)	
	Recipe	Each
Cereal Cinnamon Toasters LG	44	44
	44	44

\* Total includes one or more missing nutrient data.

(D3501) Cereal Honey Scooters LG	Total Carbohydrate (g)	
	Recipe	Each
Cereal Honey Scooters LG	46	46
	46	46

\* Total includes one or more missing nutrient data.

(D3502) Cereal Marshmallow Mateys LG	Total Carbohydrate (g)	
	Recipe	Each
Cereal Marshmallow Mateys LG	47	47
	47	47

\* Total includes one or more missing nutrient data.

(F051403) Cheese Enchilada IW	Total Carbohydrate (g)	
	Recipe	Each
Cheese Enchilada IW	30.8301	30.8301
	30.8301	30.8301

\* Total includes one or more missing nutrient data.



(R3001) Cheese Mozzarella String	Total Carbohydrate (g)	
	Recipe	Stick
Cheese Mozzarella String	0	0
	<b>0</b>	<b>0</b>

\* Total includes one or more missing nutrient data.

(REC0003) Cheese Ravioli with Garlic Toast	Total Carbohydrate (g)	
	Recipe	Serving
Marinara Sauce Enhanced Bulk	16.3293	16.3293
Pasta, Ravioli, Cheese - Discontinued	35.1098	35.1098
Toast Texas - Garlic Bread - Bulk	14	14
	<b>65.4391</b>	<b>65.4391</b>

\* Total includes one or more missing nutrient data.

(Copy of REC0026) Chef Salad with Cheez-its	Total Carbohydrate (g)	
	Recipe	Serving
Turkey Ham Smked Slice	1.2987 *	1.2987 *
Cheese American Processed	0 *	0 *
Tomatos, Cherry/Grape	1.1028 *	1.1028 *
Turkey Bacon	0.4 *	0.4 *
Cracker Cheez-Its	14.1748 *	14.1748 *
Red Onion	1.0591 *	1.0591 *
Lettuce, Romaine	14.9418 *	14.9418 *
Cucumber	4.1163 *	4.1163 *
	<b>37.0935 *</b>	<b>37.0935 *</b>

\* Total includes one or more missing nutrient data.

(REC0005) Chicken & Veggie Dumplings w/Veggie Fried Rice	Total Carbohydrate (g)	
	Recipe	Serving
Rice - WG Vegetable Fried - Minh	36.6101	36.6101
Dumplings - Chicken and Vegetable	31.2604	31.2604
	<b>67.8705</b>	<b>67.8705</b>

\* Total includes one or more missing nutrient data.



(REC0008) Chicken Alfredo Pasta	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Shredded Parmesan	5.6699	5.6699
Chicken , diced	0	0
Alfredo Sauce	7.1803	7.1803
Penne Dry Pasta	41	41
	<b>53.8502</b>	<b>53.8502</b>

\* Total includes one or more missing nutrient data.

(F191004 1) Chicken and Cheese Pita Sandwich IW	Total Carbohydrate (g)	
	Recipe	Sandwich
Chicken and Cheese Pita Sandwich IW	31	31
	<b>31</b>	<b>31</b>

\* Total includes one or more missing nutrient data.

(REC0015) Chicken Burger with Fries	Total Carbohydrate (g)	
	Recipe	Serving
Buns Hamburger WG - 144ct	41.8035	41.8035
Chicken Patty - Breaded	12	12
Potato, Fries Crinkle	16.8029	16.8029
	<b>70.6064</b>	<b>70.6064</b>

\* Total includes one or more missing nutrient data.

(REC0020) Chicken Caesar Salad with Chips	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Shredded Parmesan	5.6699	5.6699
Chips Tortilla Rounds	30	30
Dressing, Caesar - Royal Dressing IW	2	2
Chicken , diced	0	0
Lettuce, Romaine	14.9418	14.9418
	<b>52.6116</b>	<b>52.6116</b>

\* Total includes one or more missing nutrient data.





(F031501) Chicken Corn Dog	Total Carbohydrate (g)	
	Recipe	Each
Chicken Corn Dog	30	30
	<b>30</b>	<b>30</b>

\* Total includes one or more missing nutrient data.

(REC0013) Chicken Nuggets with FF	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Breaded Bites/Chunks	22.9999	22.9999
Potato, Fries Crinkle	29.3501	29.3501
	<b>52.3501</b>	<b>52.3501</b>

\* Total includes one or more missing nutrient data.

(REC0009 1) Chicken Tamale with Rice	Total Carbohydrate (g)	
	Recipe	Serving
Rice - WG Vegetable Fried - Minh	53.9999	53.9999
Tamale Chicken in Red Sauce	26	26
	<b>79.9999</b>	<b>79.9999</b>

\* Total includes one or more missing nutrient data.

(REC002100) Chicken with Cheesy Mash Potatoes and Gravy	Total Carbohydrate (g)	
	Recipe	Serving
Potatoes, Mashed Homestyle	18.6206	18.6206
Gravy, Turkey	6	6
Biscuit Split WG 2.25oz	27	27
Cheese Cheddar Sliced USDA	2.025	2.025
	<b>53.6456</b>	<b>53.6456</b>

\* Total includes one or more missing nutrient data.

(REC0025) Chickpea Sandwich	Total Carbohydrate (g)	
	Recipe	Serving
Croissants, RF Sliced	231.9998 *	29 *
Mayonnaise Bulk	33.255 *	4.1569 *
Lettuce, Green Leaf #10	0 *	0 *
Garlic, Raw	1.5933 *	0.1992 *

\* Total includes one or more missing nutrient data.



(REC0025) Chickpea Sandwich	Total Carbohydrate (g)	
	Recipe	Serving
Beans, Garbanzo	417.4864 *	52.1858 *
	<b>684.3346 *</b>	<b>85.5418 *</b>

\* Total includes one or more missing nutrient data.

(REC0025 1) Chinese Chicken Salad with Chips	Total Carbohydrate (g)	
	Recipe	Serving
Dressing Asian Sesame IW	1.4175	1.4175
Carrots, Baby Bulk	0.9449	0.9449
Chips Tortilla Rounds	30	30
Chicken , diced	0	0
Lettuce, Romaine	14.9418	14.9418
	<b>47.3041</b>	<b>47.3041</b>

\* Total includes one or more missing nutrient data.

(F3150) Concha	Total Carbohydrate (g)	
	Recipe	Each
Concha	34	34
	<b>34</b>	<b>34</b>

\* Total includes one or more missing nutrient data.

(D031807) Cracker Cheez-Its	Total Carbohydrate (g)	
	Recipe	Bag
Cracker Cheez-Its	14	14.1748
	<b>14</b>	<b>14.1748</b>

\* Total includes one or more missing nutrient data.

(D031808 1) Cracker Cheez-Its - LG - Do not use	Total Carbohydrate (g)	
	Recipe	Bag
Cracker Cheez-Its - LG - Do not use	14	14.1748
	<b>14</b>	<b>14.1748</b>

\* Total includes one or more missing nutrient data.



(D31803) Cracker Scooby Snack	Total Carbohydrate (g)	
	Recipe	
Cracker Scooby Snack	21	
	21	

\* Total includes one or more missing nutrient data.

(F031821) Crumb Square WG	Total Carbohydrate (g)	
	Recipe	Each
Crumb Square WG	47	47
	47	47

\* Total includes one or more missing nutrient data.

(D41800) Dressing, Buttermilk Ranch, 12 g	Total Carbohydrate (g)	
	Recipe	Package
Dressing, Buttermilk Ranch, 12 g	0 *	0 *
	0 *	0 *

\* Total includes one or more missing nutrient data.

(D41803) Dressing, Ranch Buttermilk Bulk	Total Carbohydrate (g)	
	Recipe	
Dressing, Ranch Buttermilk Bulk	1	
	1	

\* Total includes one or more missing nutrient data.

(REC0024) Egg, Cheese, Tater Tot Breakfast Burrito	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Cheddar Shredded	0.2835	0.2835
Egg Patty 3.5" Bulk	1	1
Potato, Tater Tots RS	15.68	15.68
Salsa Bulk	1.9552	1.9552
Tortilla, Whole Wheat Flour 10"	35	35
	<b>53.9186</b>	<b>53.9186</b>

\* Total includes one or more missing nutrient data.



(Copy of REC0005) French Toast, Tater Tots & Turkey Sausages	Total Carbohydrate (g)	
	Recipe	Serving
French Toast Sticks Bulk (3pc svg)	40	40
Potato, Tater Tots RS	15.68	15.68
Sausage Turkey Link	0	0
	<b>55.6799</b>	<b>55.6799</b>

\* Total includes one or more missing nutrient data.

(R3002) Fruit (1/2 cup)	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 cup
Fruit (1/2 cup)	7.5955	7.5955
	<b>7.5955</b>	<b>7.5955</b>

\* Total includes one or more missing nutrient data.

(F061824) Fruit, Frozen Diced Peach Cups - 96ct	Total Carbohydrate (g)	
	Recipe	Cup
Fruit, Frozen Diced Peach Cups - 96ct	21	19.0509
	<b>21</b>	<b>19.0509</b>

\* Total includes one or more missing nutrient data.

(F061821) Fruit, Frozen Mixed Berry - 96ct	Total Carbohydrate (g)	
	Recipe	Cup
Fruit, Frozen Mixed Berry - 96ct	20	20.0704
	<b>20</b>	<b>20.0704</b>

\* Total includes one or more missing nutrient data.

(F061822) Fruit, Frozen Peach - 96ct	Total Carbohydrate (g)	
	Recipe	Cup
Fruit, Frozen Peach - 96ct	21	19.0509
	<b>21</b>	<b>19.0509</b>

\* Total includes one or more missing nutrient data.



(F061823) Fruit, Frozen Strawberry Cups - 96ct	Total Carbohydrate (g)	
	Recipe	Cup
Fruit, Frozen Strawberry Cups - 96ct	21	19.0509
	<b>21</b>	<b>19.0509</b>

\* Total includes one or more missing nutrient data.

(REC0001) GoGurt & Crackers	Total Carbohydrate (g)	
	Recipe	Serving
Yogurt Go-Gurt	7.671	7.671
Cracker Vanilla Bear	20	20
	<b>27.671</b>	<b>27.671</b>

\* Total includes one or more missing nutrient data.

(REC0012) Hamburger with Fries	Total Carbohydrate (g)	
	Recipe	Serving
Buns Hamburger WG - 144ct	41.8035	41.8035
Potato, Fries Crinkle	16.8029	16.8029
Beef Patty USDA	0.8733	0.8733
	<b>59.4797</b>	<b>59.4797</b>

\* Total includes one or more missing nutrient data.

(R8000) Hamburger, Cheese Sliders IW	Total Carbohydrate (g)	
	Recipe	Each
Hamburger, Cheese Sliders IW	31.3	31.2977
	<b>31.3</b>	<b>31.2977</b>

\* Total includes one or more missing nutrient data.

(REC0020 1) Hummus/Chip/Cheese/Carrot Pack	Total Carbohydrate (g)	
	Recipe	Serving
Carrot, Baby IW 2.6oz	6.0736	6.0736
Chips Tortilla Rounds	30	30
Cheese Mozzarella String	0	0
Beans, Garbanzo	16.0572	16.0572
	<b>52.1307</b>	<b>52.1307</b>

\* Total includes one or more missing nutrient data.



(D1001) Juice, Apple 4.23 Oz - 40ct	Total Carbohydrate (g)	
	Recipe	
Juice, Apple 4.23 Oz - 40ct	14	
	14	

\* Total includes one or more missing nutrient data.

(F1210) Juice, Frozen Orange Carton - 70ct	Total Carbohydrate (g)	
	Recipe	Carton
Juice, Frozen Orange Carton - 70ct	11.136	12.628
	11.136	12.628

\* Total includes one or more missing nutrient data.

(D1002) Juice, Vegetable, Paradise Punch 4.23 Oz - 40ct	Total Carbohydrate (g)	
	Recipe	Carton
Juice, Vegetable, Paradise Punch 4.23 Oz - 40ct	14	14
	14	14

\* Total includes one or more missing nutrient data.

(D1150) Ketchup Packets	Total Carbohydrate (g)	
	Recipe	Each
Ketchup Packets	28	3.36
	28	3.36

\* Total includes one or more missing nutrient data.

(D1300) Marinara IW	Total Carbohydrate (g)	
	Recipe	Each
Marinara IW	7	7
	7	7

\* Total includes one or more missing nutrient data.

(D1303) Mayonnaise Packets	Total Carbohydrate (g)	
	Recipe	Package
Mayonnaise Packets	0 *	0 *
	0 *	0 *

\* Total includes one or more missing nutrient data.



(R13900) Milk 1%	Total Carbohydrate (g)	
	Recipe	Carton
Milk 1%	16	16
	<b>16</b>	<b>16</b>

\* Total includes one or more missing nutrient data.

(R13901) Milk Chocolate FF	Total Carbohydrate (g)	
	Recipe	Carton
Milk Chocolate FF	20.9999	20.9999
	<b>20.9999</b>	<b>20.9999</b>

\* Total includes one or more missing nutrient data.

(F132101) Muffin, Blueberry 3oz - Elsa	Total Carbohydrate (g)	
	Recipe	Each
Muffin, Blueberry 3oz - Elsa	38	38
	<b>38</b>	<b>38</b>

\* Total includes one or more missing nutrient data.

(F132103) Muffin, Choc Chocolate Chip 3oz - Daves	Total Carbohydrate (g)	
	Recipe	Each
Muffin, Choc Chocolate Chip 3oz - Daves	39.9999	39.9999
	<b>39.9999</b>	<b>39.9999</b>

\* Total includes one or more missing nutrient data.

(D1321) Mustard Packets	Total Carbohydrate (g)	
	Recipe	Package
Mustard Packets	4	0.22
	<b>4</b>	<b>0.22</b>

\* Total includes one or more missing nutrient data.

(F16100) Pancakes, Confetti IW	Total Carbohydrate (g)	
	Recipe	Bag
Pancakes, Confetti IW	36	36

\* Total includes one or more missing nutrient data.



(F16100) Pancakes, Confetti IW	Total Carbohydrate (g)	
	Recipe	Bag
	36	36

\* Total includes one or more missing nutrient data.

(F16102) Pasta, WG Beef Rotini with Sauce	Total Carbohydrate (g)		
	Recipe	Serving - Elem 7.44oz	Serving - MS 8oz
Pasta, WG Beef Rotini with Sauce	24.12	24.12	25.9355
	24.12	24.12	25.9355

\* Total includes one or more missing nutrient data.

(F16900) Pizza 16" Cheese Big Daddy	Total Carbohydrate (g)	
	Recipe	Slice
Pizza 16" Cheese Big Daddy	35	37.2258
	35	37.2258

\* Total includes one or more missing nutrient data.

(F16901) Pizza 16" Pork Pepperoni Big Daddy	Total Carbohydrate (g)	
	Recipe	Slice
Pizza 16" Pork Pepperoni Big Daddy	42	42
	42	42

\* Total includes one or more missing nutrient data.

(F16902) Pizza Galaxy Cheese IW	Total Carbohydrate (g)	
	Recipe	Each
Pizza Galaxy Cheese IW	26	26
	26	26

\* Total includes one or more missing nutrient data.

(F160904) Pizza Sandwich Beef Pepperoni IW	Total Carbohydrate (g)
	Recipe
Pizza Sandwich Beef Pepperoni IW	31
	31

\* Total includes one or more missing nutrient data.





(F191005) Pizza Sandwich Turkey Beef Pepperoni IW	Total Carbohydrate (g)	
	Recipe	Each
Pizza Sandwich Turkey Beef Pepperoni IW	31	31
	<b>31</b>	<b>31</b>

\* Total includes one or more missing nutrient data.

(REC-20) Prepared Crumbles Fiesta/Mexican Meatless	Total Carbohydrate (g)	
	Recipe	Cup
Salsa Bulk	31.2824	3.9103
Crumbles Fiesta/Mexican Meatless	40.7524	5.094
BEVERAGES,H2O,TAP,DRINKING	0	0
	<b>72.0348</b>	<b>9.0044</b>

\* Total includes one or more missing nutrient data.

(F161805) Pretzel Stick Cinnamon Bun	Total Carbohydrate (g)	
	Recipe	
Pretzel Stick Cinnamon Bun	0 *	
	0 *	

\* Total includes one or more missing nutrient data.

(F172100) Quesadilla Cheese WG IW	Total Carbohydrate (g)	
	Recipe	Each
Quesadilla Cheese WG IW	0 *	0 *
	<b>0 *</b>	<b>0 *</b>

\* Total includes one or more missing nutrient data.

(D180100) Raisins	Total Carbohydrate (g)		
	Recipe	Bag	Each
Raisins	29	29	29
	<b>29</b>	<b>29</b>	<b>29</b>

\* Total includes one or more missing nutrient data.



(F021806) Raspberry Breakfast Square WG	Total Carbohydrate (g)	
	Recipe	Square
Raspberry Breakfast Square WG	36	36
	<b>36</b>	<b>36</b>

\* Total includes one or more missing nutrient data.

(REC180) Rice Prepared	Total Carbohydrate (g)			
	Recipe	Serving - 1 cup	Serving - 1/2 cup	Serving - 6 oz
BEVERAGES,H2O,TAP,DRINKING	0	0	0	0
RICE, LONG GRAIN, BROWN, QUICK-COOKING, DRY	704.429	88.0536	44.0268	70.4429
	<b>704.429</b>	<b>88.0536</b>	<b>44.0268</b>	<b>70.4429</b>

\* Total includes one or more missing nutrient data.

(100500) RICE, LONG GRAIN, BROWN, QUICK-COOKING, DRY	Total Carbohydrate (g)	
	Recipe	0.25 cup
RICE, LONG GRAIN, BROWN, QUICK-COOKING, DRY	35.719	35.719
	<b>35.719</b>	<b>35.719</b>

\* Total includes one or more missing nutrient data.

(F22100) Roll, Cinnamon	Total Carbohydrate (g)	
	Recipe	Each
Roll, Cinnamon	38	38
	<b>38</b>	<b>38</b>

\* Total includes one or more missing nutrient data.

(190101) Salad Bar/ Salad Pack	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 cup
Salad Mix	1.684	0.4811
Broccoli, Raw	7.5296	2.1513
Carrots, Baby Bulk	1.2284	0.351
Corn, Canned, Drained	20.7405	5.9259
Tomatos, Cherry/Grape	1.1028	0.3151
Spinach	4.1163	1.1761
Beans, Garbanzo	8.0286	2.2939
	<b>44.4302</b>	<b>12.6943</b>

\* Total includes one or more missing nutrient data.



(REC0021) Salad ONLY - 3/4 c Veggie +1/2c fruit+ Milk	Total Carbohydrate (g)	
	Recipe	Serving
Fruit (1/2 cup)	7.5955	7.5955
Salad Bar/ Salad Pack	25.3887	25.3887
	<b>32.9842</b>	<b>32.9842</b>

\* Total includes one or more missing nutrient data.

(D190112) Salsa Cups IW	Total Carbohydrate (g)	
	Recipe	Each
Salsa Cups IW	5	4.1667
	<b>5</b>	<b>4.1667</b>

\* Total includes one or more missing nutrient data.

(F191000) Sandwich Breakfast Turkey and Cheese on a Hawaiian Roll	Total Carbohydrate (g)	
	Recipe	Each
Sandwich Breakfast Turkey and Cheese on a Hawaiian Roll	27.2099	27.2099
	<b>27.2099</b>	<b>27.2099</b>

\* Total includes one or more missing nutrient data.

(F191002) Sandwich Grilled Cheese	Total Carbohydrate (g)	
	Recipe	Each
Sandwich Grilled Cheese	31.58	31.58
	<b>31.58</b>	<b>31.58</b>

\* Total includes one or more missing nutrient data.

(F191003) Sandwich Turkey Cheese Hoagie IW	Total Carbohydrate (g)	
	Recipe	Sandwich
Sandwich Turkey Cheese Hoagie IW	33	33
	<b>33</b>	<b>33</b>

\* Total includes one or more missing nutrient data.



(F191004 1) Sandwich Turkey Salami/Beef Bologna/Cheese Hoagie IW	Total Carbohydrate (g)	
	Recipe	Sandwich
Sandwich Turkey Salami/Beef Bologna/Cheese Hoagie IW	32	33.3499
	<b>32</b>	<b>33.3499</b>

\* Total includes one or more missing nutrient data.

(F191004) Sandwich WG Soybutter & Grape Jelly - Wowbutter	Total Carbohydrate (g)	
	Recipe	Sandwich
Sandwich WG Soybutter & Grape Jelly - Wowbutter	52.9999	52.9999
	<b>52.9999</b>	<b>52.9999</b>

\* Total includes one or more missing nutrient data.

(REC-200) Smoked Turkey & Cheese Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Turkey Ham Smked Slice	3 *	3 *
Buns Hamburger WG - 144ct	41.8035 *	41.8035 *
Cheese American Processed	0 *	0 *
	<b>44.8034 *</b>	<b>44.8034 *</b>

\* Total includes one or more missing nutrient data.

(D191525) Soy Milk	Total Carbohydrate (g)	
	Recipe	
Soy Milk	12.9999	
	<b>12.9999</b>	

\* Total includes one or more missing nutrient data.

(REC0013 1) Spicy Chicken Burger with Fries	Total Carbohydrate (g)	
	Recipe	Serving
Buns Hamburger WG - 144ct	41.8035	41.8035
Chicken Patty, Hot & Spicy	12	12
Potato, Fries Crinkle	16.8029	16.8029
	<b>70.6064</b>	<b>70.6064</b>

\* Total includes one or more missing nutrient data.



(REC0022) Spicy Chicken Wrap	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Patty, Hot & Spicy	12	12
Dressing, Ranch Buttermilk Bulk	1.0125	1.0125
Tomatos, Roma	0.3831	0.3831
Tortilla, Whole Wheat Flour 10"	35	35
Lettuce, Romaine	3.7354	3.7354
	<b>52.131</b>	<b>52.131</b>

\* Total includes one or more missing nutrient data.

(F201000) Taco, Beef Stick IW	Total Carbohydrate (g)	
	Recipe	Each
Taco, Beef Stick IW	31.87	31.87
	<b>31.87</b>	<b>31.87</b>

\* Total includes one or more missing nutrient data.

(F201001) Taco, Turkey Nada IW	Total Carbohydrate (g)	
	Recipe	Each
Taco, Turkey Nada IW	31.0001	31.0001
	<b>31.0001</b>	<b>31.0001</b>

\* Total includes one or more missing nutrient data.

(F200117) Taquito, Beef Bulk - Gluten Free	Total Carbohydrate (g)	
	Recipe	Each
Taquito, Beef Bulk - Gluten Free	27.7999	28.2924
	<b>27.7999</b>	<b>28.2924</b>

\* Total includes one or more missing nutrient data.

(REC0014) Teriyaki Chicken w/Veggie Fried Rice	Total Carbohydrate (g)	
	Recipe	Serving
Rice - WG Vegetable Fried - Minh	53.9999	53.9999
Chicken , diced	0	0
Sauce, Teriyaki	11.0248	11.0248
	<b>65.0247</b>	<b>65.0247</b>

\* Total includes one or more missing nutrient data.



(Copy of REC0015) Teriyaki Veggie Nugget w/Veggie Fried Rice	Total Carbohydrate (g)	
	Recipe	Serving
Rice - WG Vegetable Fried - Minh	53.9999	53.9999
Vegetarian Nuggets, Vegan Soy	13	13
Sauce, Teriyaki	11.0248	11.0248
	<b>78.0247</b>	<b>78.0247</b>

\* Total includes one or more missing nutrient data.

(F201500) Toast Texas - Garlic Bread - Bulk	Total Carbohydrate (g)	
	Recipe	Each
Toast Texas - Garlic Bread - Bulk	14	14
	<b>14</b>	<b>14</b>

\* Total includes one or more missing nutrient data.

(F201501) Toast Texas - Garlic Bread - IW	Total Carbohydrate (g)	
	Recipe	Each
Toast Texas - Garlic Bread - IW	14	14
	<b>14</b>	<b>14</b>

\* Total includes one or more missing nutrient data.

(REC190102) Turkey and Cheese Sandwich on a Croissant	Total Carbohydrate (g)	
	Recipe	Sandwich
Cheese American Processed	0 *	0 *
Croissants, RF Sliced	29 *	29 *
	<b>29 *</b>	<b>29 *</b>

\* Total includes one or more missing nutrient data.

(REC00021) Turkey Medallions with Mash Potatoes and a Biscuit	Total Carbohydrate (g)	
	Recipe	Serving
Potatoes, Mashed Homestyle	18.6206	18.6206
Gravy, Turkey	2	2
Turkey Medallions	2	2
Biscuit Split WG 2.25oz	27	27

\* Total includes one or more missing nutrient data.



(REC00021) Turkey Medallions with Mash Potatoes and a Biscuit	Total Carbohydrate (g)	
	Recipe	Serving
	49.6207	49.6207

\* Total includes one or more missing nutrient data.

(REC0007) Turkey Nachos with Chips	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Cheddar Shredded	0.2835	0.2835
Chips Tortilla Rounds	30	30
Turkey Taco Filling	12.1903	12.1903
Beans, Pinto LS	24.0064	24.0064
	<b>66.4801</b>	<b>66.4801</b>

\* Total includes one or more missing nutrient data.

(REC0024 1) Turkey Taco Salad with Chips	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Cheddar Shredded	0.567	0.567
Chips Tortilla Rounds	30	30
Corn, Canned, Drained	10.3702	10.3702
Salsa Bulk	3.9103	3.9103
Sour Cream	1.4175	1.4175
Turkey Taco Filling	5.3155	5.3155
Beans, Pinto LS	6.0016	6.0016
Lettuce, Romaine	14.9418	14.9418
	<b>72.5239</b>	<b>72.5239</b>

\* Total includes one or more missing nutrient data.

(REC0011) Veggie Burger with Fries	Total Carbohydrate (g)	
	Recipe	Serving
Buns Hamburger WG - 144ct	41.8035	41.8035
Potato, Fries Crinkle	16.8029	16.8029
Veggie Burger Patty Bulk	6	6
	<b>64.6064</b>	<b>64.6064</b>

\* Total includes one or more missing nutrient data.



(REC26) Veggie Nachos with Chips	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Cheddar Shredded	0.2835	0.2835
Prepared Crumbles Fiesta/Mexican Meatless	4.5022	4.5022
Beans, Pinto LS	24.0064	24.0064
	<b>28.792</b>	<b>28.792</b>

\* Total includes one or more missing nutrient data.

(REC0010) Veggie Nuggets with FF and Crackers	Total Carbohydrate (g)	
	Recipe	Serving
Cracker Cheddar Chex Mix	20.0627	20.0627
Potato, Fries Crinkle	16.8029	16.8029
Vegetarian Nuggets, Vegan Soy	13	13
	<b>49.8657</b>	<b>49.8657</b>

\* Total includes one or more missing nutrient data.

(F23100) Waffle - IW - Vanilla	Total Carbohydrate (g)	
	Recipe	Each
Waffle - IW - Vanilla	38	38
	<b>38</b>	<b>38</b>

\* Total includes one or more missing nutrient data.

(F23102) Waffles - IW - Mini Cinnamon	Total Carbohydrate (g)	
	Recipe	Bag
Waffles - IW - Mini Cinnamon	35	35
	<b>35</b>	<b>35</b>

\* Total includes one or more missing nutrient data.

(F23101) Waffles - IW - Mini Maple	Total Carbohydrate (g)	
	Recipe	Bag
Waffles - IW - Mini Maple	36	36
	<b>36</b>	<b>36</b>

\* Total includes one or more missing nutrient data.





(REC0003 1) Yogurt Parfait w/Granola	Total Carbohydrate (g)	
	Recipe	Serving
Fruit (1/2 cup)	7.5955	7.5955
Granola, Bulk	42.7729	42.7729
Yogurt Vanilla LF- Producers Dairy	0	0
	<b>50.3684</b>	<b>50.3684</b>

\* Total includes one or more missing nutrient data.

(REC0005 1) Yogurt/Cheese/Crackers Pack	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Mozzarella String	0	0
Yogurt Vanilla 4oz Danimals NF	28.0987	28.0987
Cracker Vanilla Bear	40	40
	<b>68.0987</b>	<b>68.0987</b>

\* Total includes one or more missing nutrient data.

**FILTERS**

Name(s)	Value(s)
Nutrients	(Total Carbohydrate)