

(12403) 1% Milk, Plain	Total Carbohydrate (g)	
	Recipe	Each
Milk, 1% Half Pints	12	12
	12	12

* Total includes one or more missing nutrient data.

(15W83) Apple, Fresh	Total Carbohydrate (g)	
	Recipe	Each
Apples, Gala, 125 ct per case, FFAVORS	13.81	22.3722
	13.81	22.3722

* Total includes one or more missing nutrient data.

(10810) Applesauce	Total Carbohydrate (g)		
	Recipe	4oz Serving	Serving (1/2 C.)
Applesauce, Unsweetened, 6/10#	13	13	14.918
	13	13	14.918

* Total includes one or more missing nutrient data.

(12248) Bagels, Mini, Strawberry Cream Cheese, 72/2.43 oz.	Total Carbohydrate (g)	
	Recipe	Each
Bagels, Mini, Strawberry Cream Cheese, 72/2.43 oz.	42	41.9326
	42	41.9326

* Total includes one or more missing nutrient data.

(13407) Banana	Total Carbohydrate (g)	
	Recipe	Each
Bananas, Large, Green, ROYAL PURCHASE, 100 ct.	22.84	31.0624
	22.84	31.0624

* Total includes one or more missing nutrient data.

(11763) Blueberry Pancake Wrap Stick	Total Carbohydrate (g)	
	Recipe	Each
Pancake Wraps, Maple, Turkey, Sticks, 56/2.85 oz.	17	17
	17	17

* Total includes one or more missing nutrient data.

(12260) Breakfast Bun	Total Carbohydrate (g)	
	Recipe	Each
Goodyman, Glazed Bun, 80/2.75 oz.	34	34
	34	34

* Total includes one or more missing nutrient data.

(11790) Breakfast Pizza	Total Carbohydrate (g)	
	Recipe	Each
Pizza, Breakfast, Sausage and Gravy, WG, 128/3 oz.	24	24
	24	24

* Total includes one or more missing nutrient data.

(R20) Cereal w/ Toast (Elementary)	Total Carbohydrate (g)	
	Recipe	Serving (1 cereal, 1 toast)
Cereal, Assorted Elementary	22.9311	22.9311
Toast, WG	15	15
	37.9311	37.9311

* Total includes one or more missing nutrient data.

(R19) Cereal, Assorted Middle/High	Total Carbohydrate (g)	
	Recipe	Serving (2 Each)
Cereal, Apple Jacks, Bowl, 96/1 oz.	48	8
Cereal, Cheerios, Bowl, 96/1 oz.	42	7
Cereal, Fruit Loops, Bowl, 96/1 oz.	48.5992	8.0999
Cereal, Honey Nut Cheerios, Bowl, 96/1 oz.	46	7.6667
Cereal, Lucky Charms, Bowl, 96/1 oz.	46.5742	7.7624
Cereal, Cinnamon Toast Crunch, Reduced Sugar, Bowl, 96/1 oz.	44	7.3333
	275.1734	45.8622

* Total includes one or more missing nutrient data.

(R84) Cereal, Courtesy/Alternate Meal	Total Carbohydrate (g)	
	Recipe	Each
Cereal, Apple Jacks, Bowl, 96/1 oz.	24	3.4286
Cereal, Cheerios, Bowl, 96/1 oz.	21	3
Cereal, Fruit Loops, Bowl, 96/1 oz.	24.2996	3.4714
Cereal, Honey Nut Cheerios, Bowl, 96/1 oz.	23	3.2857

* Total includes one or more missing nutrient data.

(R84) Cereal, Courtesy/Alternate Meal	Total Carbohydrate (g)	
	Recipe	Each
Cereal, Lucky Charms, Bowl, 96/1 oz.	23.2871	3.3267
Cereal, Cinnamon Toast Crunch, Reduced Sugar, Bowl, 96/1 oz.	22	3.1429
	137.5867	19.6552

* Total includes one or more missing nutrient data.

(R29) Cheese Grits w/ Toast	Total Carbohydrate (g)	
	Recipe	Serving
Grits (Cheese)	12.8889	12.8889
Toast, WG	15	15
	27.8889	27.8889

* Total includes one or more missing nutrient data.

(R33) Chicken Biscuit, USDA Gold Creek	Total Carbohydrate (g)	
	Recipe	Sandwich
Biscuits, Frozen, 216/2.2 oz	2159.9597	26.9995
Chicken, Filet, Breakfast (Gold Creek), USDA, ACC- Processed	480.0006	6
	2639.9604	32.9995

* Total includes one or more missing nutrient data.

(12404) Chocolate Milk, FF	Total Carbohydrate (g)	
	Recipe	Each
Milk, Chocolate, Fat Free, Half Pints	19.0001	19.0001
	19.0001	19.0001

* Total includes one or more missing nutrient data.

(R154) Croissant, Turkey ham & Cheese	Total Carbohydrate (g)	
	Recipe	Sandwich
Sliced Turkey Ham, Uncured, Cooked 6 Bags/Case	1.5563	1.5563
Cheese, American, Sliced, 6/5#	1	1
Croissants, Margarine, WG Frozen, 210/1.25 oz.	15	15
	17.5563	17.5563

* Total includes one or more missing nutrient data.

(10672) Frosted Breakfast Pastry, Strawberry	Total Carbohydrate (g)		
	Recipe	Each Pastry	Each Pouch
Pop-Tarts, Strawberry, Frst. 72/2 count	73	36.5	73
	73	36.5	73

* Total includes one or more missing nutrient data.

(10673) Frosted Pastry, Cinnamon	Total Carbohydrate (g)		
	Recipe	Each Pastry	Each Pouch
Pop-Tarts, Cinnamon, Frst. 72/2 CT. Per Case	73	36.5	73
	73	36.5	73

* Total includes one or more missing nutrient data.

(12249) Frudel, Apple, 72/2.9 oz.	Total Carbohydrate (g)	
	Recipe	Each
Frudel, Apple, 72/2.9 oz.	36	36
	36	36

* Total includes one or more missing nutrient data.

(10814) Fruit Cocktail	Total Carbohydrate (g)	
	Recipe	Servings (1/2 C.)
Fruit Cocktail, 6/10#	16	16
	16	16

* Total includes one or more missing nutrient data.

(10404) Jelly, Cups, Strawberry/Grape/Mixed Fruit	Total Carbohydrate (g)	
	Recipe	Each
Jelly, Cups, Strawberry/Grape/Mixed fruit, 200/0.5 oz.	9	9
	9	9

* Total includes one or more missing nutrient data.

(10489) Jelly, Grape, Individual Cups	Total Carbohydrate (g)	
	Recipe	Each
Jelly, Grape, Individual Cups, 200/0.5 oz.	9	9
	9	9

* Total includes one or more missing nutrient data.

(10492) Jelly, Strawberry and Grape Indv. Cups	Total Carbohydrate (g)	
	Recipe	Each
Jelly, Strawberry and Grape Indv. Cups, 200/.5 oz.	9	9
	9	9

* Total includes one or more missing nutrient data.

(10240) Juice, Apple, 100%	Total Carbohydrate (g)	
	Recipe	Each
Juice, Apple, 100%, 72/4 oz.	14	14
	14	14

* Total includes one or more missing nutrient data.

(10255) Juice, Orange	Total Carbohydrate (g)		
	Recipe	Container	Each
Juice, Orange 100% SS Frozen, 72/4 oz.	14	14.5682	14.5682
	14	14.5682	14.5682

* Total includes one or more missing nutrient data.

(12435) Lactose Free Milk	Total Carbohydrate (g)		
	Recipe	Cup	XEach
Milk, Dairy Ease, Lactose Free, Half Gallon	12.9999	12.9999	103.9996
	12.9999	12.9999	103.9996

* Total includes one or more missing nutrient data.

(18458) Milk, Lactose Free, FF, Half Pint	Total Carbohydrate (g)	
	Recipe	Each
Milk, Lactose Free, FF, Half Pint, (27 per case)	12	12
	12	12

* Total includes one or more missing nutrient data.

(141113) Mini Cinnis Cinnamon Bagels	Total Carbohydrate (g)	
	Recipe	Each
Rolls, Cinnamon Mini Pull Apart, IW, 2.29 oz./72 Per Case	41	40.9497
	41	40.9497

* Total includes one or more missing nutrient data.

(11764) Mini Pancake Wraps	Total Carbohydrate (g)	
	Recipe	Serving (3 each)
Pancake Wraps, Turkey, Maple WG, Mini, 0.85 ounces, 2/5#	15	15
	15	15

* Total includes one or more missing nutrient data.

(R10) Muffin WG w/ Yogurt	Total Carbohydrate (g)	
	Recipe	1 Serving
Yogurt, Assorted	45.0791	15.0264
Muffin, IW, Reduced Fat Blueberry, 72/2 oz. package	30	10
Muffin, IW, Banana, 72/2 oz. package	30	10
Muffin, IW, Chocolate and Chocolate Chip, 72/2 oz. package	33	11
	138.0791	46.0264

* Total includes one or more missing nutrient data.

(18J99) Orange, Fresh	Total Carbohydrate (g)	
	Recipe	Each
Oranges, US#1, 88-138 CT 40 LB CS, FFAVORS	11.75	15.3925
	11.75	15.3925

* Total includes one or more missing nutrient data.

(10820) Oranges, Mandarin	Total Carbohydrate (g)	
	Recipe	Servings (1/2 C.)
Oranges, Mandarin, 6/10#	14	14
	14	14

* Total includes one or more missing nutrient data.

(12257) Pancakes, Blueberry, Mini, Whole Grain, 72/3 oz.	Total Carbohydrate (g)		
	Recipe	Each	Package
Pancakes, Blueberry, Mini, Whole Grain, 72/3 oz.	36	35.9795	35.9795
	36	35.9795	35.9795

* Total includes one or more missing nutrient data.

(12255) Pancakes, Stawberry, Mini Whole Grain, 72/3 oz.	Total Carbohydrate (g)	
	Recipe	Each
Pancakes, Stawberry, Mini Whole Grain, 72/3 oz.	39	39
	39	39

* Total includes one or more missing nutrient data.

(10803) Peaches, Sliced	Total Carbohydrate (g)	
	Recipe	Serving (1/2 C.)
Peaches, Sliced, 6/10#	16	16
	16	16

* Total includes one or more missing nutrient data.

(10817) Pears, Sliced	Total Carbohydrate (g)	
	Recipe	Serving (1/2 C.)
Pears, Sliced, 6/10#	17	17
	17	17

* Total includes one or more missing nutrient data.

(10807) Pineapple, Tidbits	Total Carbohydrate (g)	
	Recipe	Serving (1/2 C.)
Pineapple, Tidbits, Unsweetened Juice, 6/10#	20	20
	20	20

* Total includes one or more missing nutrient data.

(10830) Raisins	Total Carbohydrate (g)	
	Recipe	Each
Raisins, Dried, Indv. Packs, 144/1.5 oz.	33	33
	33	33

* Total includes one or more missing nutrient data.

(R7) Sausage Biscuit, Pork	Total Carbohydrate (g)	
	Recipe	Sausage Biscuits
Sausage Patties, Cooked, 106/1.5 oz.	0	0
Biscuits, Frozen, 216/2.2 oz	26.9995	26.9995
	26.9995	26.9995

* Total includes one or more missing nutrient data.

(R6) Sausage Biscuit, Turkey	Total Carbohydrate (g)	
	Recipe	Each (biscuit)
Turkey Sausage, Fully Cooked Patties, 128/1.3 oz.	0.5	0.5
Biscuits, Frozen, 216/2.2 oz	26.9995	26.9995
	27.4995	27.4995

* Total includes one or more missing nutrient data.

(100219) Sliced Peaches, USDA	Total Carbohydrate (g)	
	Recipe	Servings (1/2 C.)
Peaches, Cling Sliced, EX LT, Can- 6/10, ACC DISTRIBUTORS	12	12
	12	12

* Total includes one or more missing nutrient data.

(R112) Smoothie, Strawberry	Total Carbohydrate (g)	
	Recipe	Each (16oz cup)
Yogurt, Parfait Pro, Lowfat Vanilla, 6/4# bags	20.6667	20.6667
Strawberries, Sliced, Frozen, 6/6.5#	30.7795	30.7795
Milk, Skim, Gallon	12	12
	63.4462	63.4462

* Total includes one or more missing nutrient data.

(12405) Strawberry Milk, FF	Total Carbohydrate (g)	
	Recipe	Each
Milk, Strawberry, Fat Free, Half Pints	17.9999	17.9999
	17.9999	17.9999

* Total includes one or more missing nutrient data.

(SUB-17589) SUB-Donuts, Powdered, Mini, IW, 72/Case	Total Carbohydrate (g)	
	Recipe	Each (pack)
SUB-Donuts, Powdered, Mini, IW, 72/Case	40.9999	40.9999
	40.9999	40.9999

* Total includes one or more missing nutrient data.

(10491) Syrup, Maple, Individual Cups	Total Carbohydrate (g)	
	Recipe	Each
Syrup, Maple, Individual Cups, 100/1.5 oz.	30	30.3745
	30	30.3745

* Total includes one or more missing nutrient data.

(12244) Texas Toast, Apple Cinnamon WG, IW, 96/3.3 oz.	Total Carbohydrate (g)	
	Recipe	Each
Texas Toast, Apple Cinnamon WG, IW, 96/3.3 oz.	45	45
	45	45

* Total includes one or more missing nutrient data.

NOTICE: The data contained within this report and the LINQ® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.