

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

\* 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
	<b>13.81</b>	<b>22.3722</b>

\* Total includes one or more missing nutrient data.

(14H87) Apples, Fresh Granny Smith	Total Carbohydrate (g)	
	Recipe	Each
Apples, FR G/S, 138 ct per case, FFAVORS	13.81	20.715
	<b>13.81</b>	<b>20.715</b>

\* 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
	<b>13</b>	<b>13</b>	<b>14.918</b>

\* 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
	<b>42</b>	<b>41.9326</b>

\* Total includes one or more missing nutrient data.

(12075) Baked Beans	Total Carbohydrate (g)	
	Recipe	Servings (1/2 C.)
Beans, Vegetarian Baked, 6/10#	30	30
	<b>30</b>	<b>30</b>

\* 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
	<b>22.84</b>	<b>31.0624</b>

\* Total includes one or more missing nutrient data.

(10470) Barbeque Sauce	Total Carbohydrate (g)	
	Recipe	Each
BBQ Sauce, Individual Packs, 100/1 oz.	8	8.0998
	<b>8</b>	<b>8.0998</b>

\* Total includes one or more missing nutrient data.

(R16) BBQ On Bun, USDA	Total Carbohydrate (g)	
	Recipe	Sandwich
Pork, BBQ (Brookwood Processed), ACC DISTRIBUTORS, USDA	16.9999	16.9999
Bread, Hamburger Bun, 4" Whole Grain, 1/12 ct. Package	30	30
	<b>46.9999</b>	<b>46.9999</b>

\* Total includes one or more missing nutrient data.

(12091) Beans, Pinto, 6/10#	Total Carbohydrate (g)		
	Recipe	Can	Serving (1/2 C.)
Beans, Pinto, 6/10#	21.17	688.025	27.0976
	<b>21.17</b>	<b>688.025</b>	<b>27.0976</b>

\* Total includes one or more missing nutrient data.

(63) Beans, Vegetarian Baked	Total Carbohydrate (g)	
	Recipe	Serving (3/4 Cup)
Beans, Vegetarian Baked 3/4 Cup	30	45
	<b>30</b>	<b>45</b>

\* Total includes one or more missing nutrient data.

(R60) Beefy Nachos (USDA Beef Taco & Shredded Cheese)	Total Carbohydrate (g)	
	Recipe	Serving
Cheese, Cheddar Red Fat Yellow Shredded, Bag 6/5#, ACC, USDA	303.6231	2.0242
Beef, Taco Filling, (JTM Processed) ACC DISTRIBUTORS, USDA	749.9972	5

\* Total includes one or more missing nutrient data.

(R60) Beefy Nachos (USDA Beef Taco & Shredded Cheese)	Total Carbohydrate (g)	
	Recipe	Serving
Chips, Tortilla, Reduced Fat, WG, Single Serve, 64/1.45 oz.	4349.9993	29
	<b>5403.6197</b>	<b>36.0241</b>

\* Total includes one or more missing nutrient data.

(R57) Beefy Nachos (USDA Beef Taco)	Total Carbohydrate (g)	
	Recipe	Serving
Sauce, Queso Blanco Cheese, 6/5#	300.0001	2
Beef, Taco Filling, (JTM Processed) ACC DISTRIBUTORS, USDA	749.9972	5
Chips, Tortilla, Reduced Fat, WG, Single Serve, 64/1.45 oz.	4349.9993	29
	<b>5399.9966</b>	<b>36</b>

\* Total includes one or more missing nutrient data.

(12092) Black Beans	Total Carbohydrate (g)	
	Recipe	Servings (1/2 C.)
Beans, Black, Canned, 6/10#	20	20
	<b>20</b>	<b>20</b>

\* 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
	<b>17</b>	<b>17</b>

\* Total includes one or more missing nutrient data.

(12321) Bread, Dinner Roll	Total Carbohydrate (g)	
	Recipe	Roll
Bread, Dinner Roll, 1/24 ct. Package	17	17
	<b>17</b>	<b>17</b>

\* 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
	<b>34</b>	<b>34</b>

\* 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
	<b>24</b>	<b>24</b>

\* Total includes one or more missing nutrient data.

(4) Broccoli, Steamed	Total Carbohydrate (g)	
	Recipe	Servings (1/2 C.)
Mrs.Dash Seasoning, Powder, 6/21 oz.	0	0
Broccoli, Florets, 6/4#	302.3964	6.0479
Salt, Iodized Gran Box, 15/2.25#	0	0
	<b>302.3964</b>	<b>6.0479</b>

\* Total includes one or more missing nutrient data.

(R61) Brown Rice	Total Carbohydrate (g)	
	Recipe	1 Cup(s)
BEVERAGES,H2O,TAP WATER,DRINKING	0	0
Pepper, Black, 5# Jug	0	0
Salt, Iodized Gran Box, 15/2.25#	0	0
Rice, Brown, WG, 25# bag	2296.3113	45.9262
Garlic Powder, 21 oz. Jar	0	0
	<b>2296.3113</b>	<b>45.9262</b>

\* Total includes one or more missing nutrient data.

(R175) Calzones w/ Tomato Sauce	Total Carbohydrate (g)	
	Recipe	Servings (3 each, 2oz sauce)
Spaghetti Sauce, Meatless, Can-6/10, ACC DISTRIBUTORS	240	5
Calzones, Mini Cheese, WG, Frozen, 144/Case	1919.999	40
	<b>2159.999</b>	<b>45</b>

\* Total includes one or more missing nutrient data.

(19986) Calzones, Mini Cheese	Total Carbohydrate (g)	
	Recipe	Serving (3 each)
Calzones, Mini Cheese, WG, Frozen, 144/Case	40	40
	<b>40</b>	<b>40</b>

\* Total includes one or more missing nutrient data.

(16A12) Carrot Sticks	Total Carbohydrate (g)	
	Recipe	Each
Carrots, CHL Baby Whl., 100/2.6 oz. FFAVORS	8	8
	<b>8</b>	<b>8</b>

\* Total includes one or more missing nutrient data.

(16V94) Celery, Sticks	Total Carbohydrate (g)	
	Recipe	Serving (1/2 C.)
Celery, CHL Sticks 4/5# Bag, FFAVORS	2.97	1.5147
	<b>2.97</b>	<b>1.5147</b>

\* 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
	<b>37.9311</b>	<b>37.9311</b>

\* Total includes one or more missing nutrient data.

(R18) Cereal, Assorted Elementary	Total Carbohydrate (g)	
	Recipe	Each
Cereal, Apple Jacks, Bowl, 96/1 oz.	24	4
Cereal, Cheerios, Bowl, 96/1 oz.	21	3.5
Cereal, Fruit Loops, Bowl, 96/1 oz.	24.2996	4.0499
Cereal, Honey Nut Cheerios, Bowl, 96/1 oz.	23	3.8333
Cereal, Lucky Charms, Bowl, 96/1 oz.	23.2871	3.8812
Cereal, Cinnamon Toast Crunch, Reduced Sugar, Bowl, 96/1 oz.	22	3.6667
	<b>137.5867</b>	<b>22.9311</b>

\* 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

\* Total includes one or more missing nutrient data.

(R19) Cereal, Assorted Middle/High	Total Carbohydrate (g)	
	Recipe	Serving (2 Each)
Cereal, Lucky Charms, Bowl, 96/1 oz.	46.5742	7.7624
Cereal, Cinnamon Toast Crunch, Reduced Sugar, Bowl, 96/1 oz.	44	7.3333
	<b>275.1734</b>	<b>45.8622</b>

\* 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
Cereal, Lucky Charms, Bowl, 96/1 oz.	23.2871	3.3267
Cereal, Cinnamon Toast Crunch, Reduced Sugar, Bowl, 96/1 oz.	22	3.1429
	<b>137.5867</b>	<b>19.6552</b>

\* 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
	<b>27.8889</b>	<b>27.8889</b>

\* Total includes one or more missing nutrient data.

(R38) Cheeseburger	Total Carbohydrate (g)	
	Recipe	Sandwich
Cheese, American, Sliced, 6/5#	1	1
Beef Patties, Charbroiled, Cooked, Frozen, 136/2.4 oz.	1	1
Bread, Hamburger Bun, 4" Whole Grain, 1/12 ct. Package	30	30
	<b>32</b>	<b>32</b>

\* Total includes one or more missing nutrient data.

(R110) Chicken Alfredo w/ Rotini Pasta & Roll	Total Carbohydrate (g)	
	Recipe	Serving (2/3 cup)
Chicken Fajita Strips, CTN-30# ACC DISTRIBUTORS, USDA	28.3042	1.0109
Bread, Dinner Roll, 1/24 ct. Package	476.0004	17
Alfredo Sauce, Frozen, 5# Bag/6 per Case	174.8644	6.2452
Pasta, Rotini, WG, 2/10# Bags	1311.9997	46.8571
	<b>1991.1687</b>	<b>71.1132</b>

\* Total includes one or more missing nutrient data.

(R55) Chicken & Waffles (GC, Elementary Lunch)	Total Carbohydrate (g)	
	Recipe	Serving
Waffles, Jumbo, Frozen, 144/1.3 oz	24	24
Chicken, Filet, Breakfast (Gold Creek), USDA, ACC-Processed	6	6
	<b>30</b>	<b>30</b>

\* Total includes one or more missing nutrient data.

(R56) Chicken & Waffles (GC, MIDDLE/HIGH LUNCH)	Total Carbohydrate (g)	
	Recipe	Serving
Chicken, Tenders (Gold Creek), USDA, ACC-Processed	14	14
Waffles, Jumbo, Frozen, 144/1.3 oz	24	24
	<b>37.9999</b>	<b>37.9999</b>

\* Total includes one or more missing nutrient data.

(R87) Chicken Alfredo w/ Roll	Total Carbohydrate (g)	
	Recipe	Serving (5 oz)
BEVERAGES,H2O,TAP WATER,DRINKING	0	0
Pasta, Egg Noodle, 2/5#	1020.5829	20.4117
Pan Coating, Pam, 12 oz. Jar	0	0
Chicken Fajita Strips, CTN-30# ACC DISTRIBUTORS, USDA	33.0215	0.6604
Bread, Dinner Roll, 1/24 ct. Package	850.0008	17
Alfredo Sauce, Frozen, 5# Bag/6 per Case	244.8102	4.8962
Cheese, Mozzarella, Feather Shredded, 4/5#	10.1247	0.2025
	<b>2158.5401</b>	<b>43.1708</b>

\* 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
	<b>2639.9604</b>	<b>32.9995</b>

\* Total includes one or more missing nutrient data.

(R124) Chicken Drumstick w/ Mac & Cheese	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Drumsticks, Breaded, WG, Cooked, Frozen 4/7.4# bags	6	6
Macaroni & Cheese	18.8296	18.8296
	<b>24.8295</b>	<b>24.8295</b>

\* Total includes one or more missing nutrient data.

(R109) Chicken Drumstick w/ Roll	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Drumsticks, Breaded, WG, Cooked, Frozen 4/7.4# bags	6	6
Bread, Dinner Roll, 1/24 ct. Package	17	17
	<b>23</b>	<b>23</b>

\* Total includes one or more missing nutrient data.

(R172) Chicken Noodle Soup (Turkey) w/ Roll	Total Carbohydrate (g)	
	Recipe	Cup(s)
Celery, CHL Stick, 5# Bag, FFAVORS	12.1198 *	0.2424 *
Onions, Yel. Dry, 5# Bag, FFAVORS	37.0698 *	0.7414 *
Broth, Chicken, Ready To Use, 6/4#	168.7362 *	3.3747 *
Turkey Roast, Frozen, CTN 32-48#, ACC DISTRIBUTORS		
Bread, Dinner Roll, 1/24 ct. Package	850.0008 *	17 *
Pepper, Black, 16 oz. Jar		
Seasoning, Poultry, 22 oz. Jar		
Pasta, Rotini, WG, 2/10# Bags	450.9998 *	9.02 *
	<b>1518.9264 *</b>	<b>30.3785 *</b>

\* Total includes one or more missing nutrient data.



(R66) Chicken Nuggets w/ Roll (Elem/Middle/PK)	Total Carbohydrate (g)	
	Recipe	Serving (5 nuggets, 1 roll)
Chicken Chunks, Dill, Nuggets, Breaded, WG, 4/5#	17.5384	17.5384
Bread, Dinner Roll, 1/24 ct. Package	17	17
	<b>34.5385</b>	<b>34.5385</b>

\* Total includes one or more missing nutrient data.

(R128) Chicken Nuggets w/ Rolls (High Schools)	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Chunks, Dill, Nuggets, Breaded, WG, 4/5#	17.5384	17.5384
Bread, Dinner Roll, 1/24 ct. Package	34	34
	<b>51.5385</b>	<b>51.5385</b>

\* Total includes one or more missing nutrient data.

(R177) Chicken Parmesan w/ Buttered Noodles	Total Carbohydrate (g)	
	Recipe	Serving
Pasta, Spaghetti Noodles, WG, 2/10#	41 *	41 *
Spaghetti Sauce, Meatless, Can-6/10, ACC DISTRIBUTORS	5 *	5 *
Margarine, Trans, Fat Free, 30/1#		
Cheese, Mozzarella, Part Skim, Frozen- Box 30#, ACC DISTRIBUT	1.0121 *	1.0121 *
Chicken, Breaded Filet, (Gold Creek) USDA, ACC- Processed	13 *	13 *
Seasoning Mix, Spaghetti, 6/11.25 ounces		
	<b>60.012 *</b>	<b>60.012 *</b>

\* Total includes one or more missing nutrient data.

(R2) Chicken Sandwich	Total Carbohydrate (g)	
	Recipe	sandwich
Bread, Hamburger Bun, 4" Whole Grain, 1/12 ct. Package	30	30
Chicken Breast, Breaded, Fully Cooked, WG, 4 oz. , 4/5#	15	15
	<b>44.9999</b>	<b>44.9999</b>

\* Total includes one or more missing nutrient data.

(R23) Chicken Sandwich, USDA Goldcreek	Total Carbohydrate (g)	
	Recipe	sandwich
Chicken, Breaded Filet, (Gold Creek) USDA, ACC-Processed	13	13
Bread, Hamburger Bun, 4" Whole Grain, 1/12 ct. Package	30	30
	<b>43</b>	<b>43</b>

\* Total includes one or more missing nutrient data.

(R52) Chicken Strips w/ Mac & Cheese	Total Carbohydrate (g)	
	Recipe	Serving
Chicken, Tenders (Gold Creek), USDA, ACC-Processed	9.3333	9.3333
Macaroni & Cheese	18.8296	18.8296
	<b>28.1629</b>	<b>28.1629</b>

\* Total includes one or more missing nutrient data.

(R72) Chicken Strips w/ Roll (Elem/Middle Schools)	Total Carbohydrate (g)	
	Recipe	Serving(s)
Chicken, Tenders (Gold Creek), USDA, ACC-Processed	9.3333	9.3333
Bread, Dinner Roll, 1/24 ct. Package	17	17
	<b>26.3333</b>	<b>26.3333</b>

\* Total includes one or more missing nutrient data.

(R71) Chicken Strips w/ Roll (High Schools)	Total Carbohydrate (g)	
	Recipe	Serving(s)
Chicken, Tenders (Gold Creek), USDA, ACC-Processed	14	14
Bread, Dinner Roll, 1/24 ct. Package	17	17
	<b>31</b>	<b>31</b>

\* Total includes one or more missing nutrient data.

(R170) Chicken Taco Garden Salad Tray	Total Carbohydrate (g)	
	Recipe	Salad
Fresh Fruit	18.8824	18.8824
RANCH DRESSING	3.3569	3.3569
Tomatoes, Cherry 2/1 PT, FFAVORS	1.449	1.449
Lettuce, CHL Shredded 4/5# Bag, FFAVORS	1.3365	1.3365
Salsa, Prepared, Ready to Serve, 6/10#	3.9557	3.9557

\* Total includes one or more missing nutrient data.

(R170) Chicken Taco Garden Salad Tray	Total Carbohydrate (g)	
	Recipe	Salad
Cheese, Cheddar Yellow Shredded-6/5#, ACC DISTRIBUTORS, USDA	0	0
Chicken Fajita Strips, CTN-30# ACC DISTRIBUTORS, USDA	1.1793	1.1793
Chips, Tortilla, Reduced Fat, WG, Single Serve, 64/1.45 oz.	29	29
Carrots, CHL Baby Whl., 100/2.6 oz. FFAVORS	8	8
	<b>67.1598</b>	<b>67.1598</b>

\* Total includes one or more missing nutrient data.

(R53) Chicken w/ Mac & Cheese (Elementary)	Total Carbohydrate (g)	
	Recipe	Serving
Chicken, Filet, Breakfast (Gold Creek), USDA, ACC-Processed	6	6
Macaroni & Cheese	18.8296	18.8296
	<b>24.8296</b>	<b>24.8296</b>

\* Total includes one or more missing nutrient data.

(R48) Chicken Wrap Tray (Fajita Chicken)(M/H)	Total Carbohydrate (g)	
	Recipe	Tray
Fresh Fruit	18.8824	18.8824
RANCH DRESSING	3.3569	3.3569
Lettuce, CHL Shredded 4/5# Bag, FFAVORS	0.3341	0.3341
Tomatoes, 5X6, 5# Case, FFAVORS	1.556	1.556
Tortillas, Whole Wheat, 10", 12/12 count	31	31
Cheese, Cheddar Red Fat Yellow Shredded, Bag 6/5#, ACC, USDA	1.0121	1.0121
Chicken Fajita Strips, CTN-30# ACC DISTRIBUTORS, USDA	1.9968	1.9968
Chips, Assorted	18.25	18.25
	<b>76.3882</b>	<b>76.3882</b>

\* Total includes one or more missing nutrient data.

(11573) Chicken, Teriyaki	Total Carbohydrate (g)	
	Recipe	Serving (3oz)
Chicken, Teriyaki Entree Kit, 6/7.15# Bags	20	21.0527
	<b>20</b>	<b>21.0527</b>

\* Total includes one or more missing nutrient data.

(R35) Chips, Assorted	Total Carbohydrate (g)	
	Recipe	Bag
Smart Snack Chips, Cheese Puff, SS, 72/0.7 oz. bag	13	3.25
Smart Snack Chips, Tortilla, Cool Ranch, SS, 72/1 oz. bags	20	5
Smart Snack Chips, Tortilla Spicy Sweet Chili, SS, 72/1 oz.	20	5
Smart Snack Chips, Nacho Cheese tortilla, SS, 72/1 oz. bags	20	5
	<b>73</b>	<b>18.25</b>

\* 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
	<b>19.0001</b>	<b>19.0001</b>

\* Total includes one or more missing nutrient data.

(11384) Cinnamon Rolls, WG	Total Carbohydrate (g)	
	Recipe	Each
Rolls, Cinnamon with Cream Cheese Icing, 105/Case	52	52
	<b>52</b>	<b>52</b>

\* Total includes one or more missing nutrient data.

(R103) Cinnamon Sweet Potatoes	Total Carbohydrate (g)	
	Recipe	1/2 Cup
BEVERAGES,H2O,TAP WATER,DRINKING		
Potato, Sweet CHL Peeled, Diced, 5# Bag, FFAVORS	456.314 *	30.4209 *
Cinnamon, Pure Ground, 15 oz. Jar		
	<b>456.314 *</b>	<b>30.4209 *</b>

\* Total includes one or more missing nutrient data.

(R30) Cole Slaw	Total Carbohydrate (g)	
	Recipe	0.5 Cup
Mayonnaise, Reduced Calorie, 4/1 gal.	40.0002	1.6
Pickle Relish, Sweet, 4/1 gal.	12.25	0.49
Cole Slaw, MIX CHL 1/5# Bag, FFAVORS	133.4106	5.3364
Sugar, Granulated, 50#	149.97	5.9988
Pepper, Black, 16 oz. Jar	0	0

\* Total includes one or more missing nutrient data.

(R30) Cole Slaw	Total Carbohydrate (g)	
	Recipe	0.5 Cup
	335.6308	13.4252

\* Total includes one or more missing nutrient data.

(R125) Collard Greens	Total Carbohydrate (g)	
	Recipe	Serving (1/2 C.)
BEVERAGES,H2O,TAP WATER,DRINKING	0	0
Greens, Collard CHL Chopped 5/2#, FFAVORS	196.6777	3.9336
Onions, Yel. Dry, 5# Bag, FFAVORS	127.0966	2.5419
Peppers, Green, Diced 5# Bag, FFAVORS	13.1542	0.2631
Oil, Vegetable, 6/1 gal.	0	0
Soup Base, Real Chicken, 6/1#	0	0
Sugar, Granulated, 50#	170.063	3.4013
Granulated Garlic, 24 oz. Jar	1.7455	0.0349
	508.7369	10.1747

\* Total includes one or more missing nutrient data.

(20791) Cookie, Carnival	Total Carbohydrate (g)	
	Recipe	Each
Cookie Dough, Carnival, 240/1.5 oz.	27	27
	27	27

\* Total includes one or more missing nutrient data.

(20793) Cookie, Chocolate Chip Fresh Baked	Total Carbohydrate (g)	
	Recipe	Each
Cookie Dough, Chocolate Chip, 240/1.5 oz.	27	27
	27	27

\* Total includes one or more missing nutrient data.

(10700) Cookies, Mini Chocolate Chip	Total Carbohydrate (g)	
	Recipe	Bags
Cookies, Mini Chocolate Chip, 80/1.22 oz.	25	25
	25	25

\* Total includes one or more missing nutrient data.

(11307) Corn Dog	Total Carbohydrate (g)	
	Recipe	Each
Corn Dogs, Chicken, WG, Reduced Fat and Sodium, 72/4 oz.	30	30
	<b>30</b>	<b>30</b>

\* Total includes one or more missing nutrient data.

(R67) Corn Dog Sack Lunch	Total Carbohydrate (g)	
	Recipe	Sack
Fresh Fruit	18.8824	18.8824
Corn Dogs, Chicken, WG, Reduced Fat and Sodium, 72/4 oz.	30	30
Carrots, CHL Baby Whl., 100/2.6 oz. FFAVORS	8	8
Chips, Assorted	18.25	18.25
	<b>75.1323</b>	<b>75.1323</b>

\* Total includes one or more missing nutrient data.

(18C95) Corn, on cob, Fresh	Total Carbohydrate (g)	
	Recipe	EACH
Corn on cob, Fresh, 48 ct, 12# Case.-FFAVORS	22.33	22.33
	<b>22.33</b>	<b>22.33</b>

\* Total includes one or more missing nutrient data.

(R32) Corn, Whole Kernel	Total Carbohydrate (g)	
	Recipe	Servings (1/2 C.)
BEVERAGES,H2O,TAP WATER,DRINKING	0	0
Butter Buds, 24/4 oz.	0	0
Corn, Frozen, CTN-30#, ACC DISTRIBUTORS, USDA	2780.0676	16.8489
	<b>2780.0676</b>	<b>16.8489</b>

\* Total includes one or more missing nutrient data.

(R114) Cornbread Dressing, Stuffing	Total Carbohydrate (g)	
	Recipe	Serving (1/2 C.)
BEVERAGES,H2O,TAP WATER,DRINKING	0	0
Stuffing, Uncle Ben's Cornbread Dressing, 6/case/56 oz. each	583.3327	12.4113
Margarine, Trans, Fat Free, 30/1#	0	0
	<b>583.3327</b>	<b>12.4113</b>

\* Total includes one or more missing nutrient data.

(R119) Cornbread, Homemade	Total Carbohydrate (g)	
	Recipe	Serving(s)
Oil, Vegetable, 6/1 gal.	0	0
Salt, Iodized Gran Box, 15/2.25#	0	0
Corn Meal, PLN Yellow, 25# Stiver's Best	1711.8008	8.559
Flour, All Purpose, 50#	1644.1475	8.2207
Sugar, Granulated, 50#	680.2523	3.4013
Eggs, Fresh Produce, ROYAL PURCHASE, Dozen (15 eggs)	4.32	0.0216
Milk, Skim, Gallon	222.0001	1.11
Baking Powder, 6/5#	59.8316	0.2992
	<b>4322.3523</b>	<b>21.6118</b>

\* Total includes one or more missing nutrient data.

(R123) Cornbread, WG Mix	Total Carbohydrate (g)	
	Recipe	Serving(s)
BEVERAGES,H2O,TAP WATER,DRINKING	0	0
Cornbread Mix, Whole Grain, 6/5#	1619.9734	32.3995
	<b>1619.9734</b>	<b>32.3995</b>

\* Total includes one or more missing nutrient data.

(R113) Cowboy USDA BBQ Nachos	Total Carbohydrate (g)	
	Recipe	Serving(s)
Pork, BBQ (Brookwood Processed), ACC DISTRIBUTORS, USDA	17.0598	17.0598
Sauce, Queso Blanco Cheese, 6/5#	1	1
Chips, Tortilla, Reduced Fat, WG, Single Serve, 64/1.45 oz.	29	29
	<b>47.0598</b>	<b>47.0598</b>

\* Total includes one or more missing nutrient data.

(10651) Crackers, Goldfish, Cheddar	Total Carbohydrate (g)	
	Recipe	Bags
Crackers, Goldfish, Cheddar Indv. Packs, 300/0.75 oz.	14	14
	<b>14</b>	<b>14</b>

\* Total includes one or more missing nutrient data.

(10813) Cranberry Sauce, 6/110 oz. cans	Total Carbohydrate (g)	
	Recipe	Serving (2 oz.)
Cranberry Sauce, 6/110 oz. cans	28	28

\* Total includes one or more missing nutrient data.

(10813) Cranberry Sauce, 6/110 oz. cans	Total Carbohydrate (g)	
	Recipe	Serving (2 oz.)
	28	28

\* Total includes one or more missing nutrient data.

(19748) Crispito, WG (Elementary)	Total Carbohydrate (g)	
	Recipe	Each
Crispito, Chicken Chili Filled, Tortilla, WG, 3.45 oz. 72/cs	23	23.191
	23	23.191

\* Total includes one or more missing nutrient data.

(R37) Crisпитos (Middle/High)	Total Carbohydrate (g)	
	Recipe	Serving (2 Each)
Crispito, Chicken Chili Filled, Tortilla, WG, 3.45 oz. 72/cs	46.382	46.382
	46.382	46.382

\* 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.

(R27) Deli Turkey Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Cheese, American, Sliced, 6/5#	2	2
Turkey, Sliced, Oven Roasted, 12/16 oz.	0	0
Bread, Hamburger Bun, 4" Whole Grain, 1/12 ct. Package	30	30
	32	32

\* Total includes one or more missing nutrient data.

(R86) Deli Turkey Sandwich w/ Chips	Total Carbohydrate (g)	
	Recipe	Serving
Deli Turkey Sandwich	32	32
Chips, Assorted	18.25	18.25
	50.25	50.25



\* 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
	<b>73</b>	<b>36.5</b>	<b>73</b>

\* 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
	<b>73</b>	<b>36.5</b>	<b>73</b>

\* Total includes one or more missing nutrient data.

(10909) Frozen Juice Cup, Cherry	Total Carbohydrate (g)	
	Recipe	Each
Juice Cup, Wild Cherry, Frozen, 96/4 oz.	19	19
	<b>19</b>	<b>19</b>

\* Total includes one or more missing nutrient data.

(10907) Frozen Juice Cup, Swirl	Total Carbohydrate (g)	
	Recipe	Each
Whole Fruit Juice Cup-3 Flavor Swirl, 96/4.4 oz.	18	18
	<b>18</b>	<b>18</b>

\* 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
	<b>36</b>	<b>36</b>

\* 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
	<b>16</b>	<b>16</b>

\* Total includes one or more missing nutrient data.

(R44) Garden Salad	Total Carbohydrate (g)	
	Recipe	Cup(s)
Lettuce, Romaine US#1, 3 CT 4# Case, FFAVORS	74.6159	0.9327
Salad, Spring Mix 3# Bag, FFAVORS	48.0001	0.6
	<b>122.616</b>	<b>1.5327</b>

\* Total includes one or more missing nutrient data.

(R43) Garden Salad w/ Chicken Fajita	Total Carbohydrate (g)	
	Recipe	Salad
Fresh Fruit	18.8824	18.8824
Garden Salad	2.2991	2.2991
RANCH DRESSING	6.7138	6.7138
Tomatoes, Cherry 2/1 PT, FFAVORS	2.8981	2.8981
Broccoli Florets, 3#, FFAVORS	1.4608	1.4608
Cucumbers, Medium, ROYAL PURCHASE, 5#	0.3024	0.3024
Cheese, Cheddar Yellow Shredded-6/5#, ACC DISTRIBUTORS, USDA	0	0
Chicken Fajita Strips, CTN- 30# ACC DISTRIBUTORS, USDA	1.9968	1.9968
Carrots, CHL Baby Whl., 100/2.6 oz. FFAVORS	8	8
Crackers, Saltines, Keebler, Indv. Packs, 500/2 ea per pack	30	30
	<b>72.5532</b>	<b>72.5532</b>

\* Total includes one or more missing nutrient data.

(R140) Garden Salad w/Chicken Fajita	Total Carbohydrate (g)	
	Recipe	Salad
Fresh Fruit	18.8824	18.8824
Garden Salad	2.2991	2.2991
RANCH DRESSING	3.3569	3.3569
Tomatoes, Cherry 2/1 PT, FFAVORS	2.8981	2.8981
Broccoli Florets, 3#, FFAVORS	1.4608	1.4608
Cucumbers, Medium, ROYAL PURCHASE, 5#	0.3024	0.3024
Cheese, Cheddar Yellow Shredded-6/5#, ACC DISTRIBUTORS, USDA	0	0
Chicken Fajita Strips, CTN- 30# ACC DISTRIBUTORS, USDA	1.9968	1.9968
Carrots, CHL Baby Whl., 100/2.6 oz. FFAVORS	8	8
Crackers, Saltines, Keebler, Indv. Packs, 500/2 ea per pack	30	30
	<b>69.1963</b>	<b>69.1963</b>

\* Total includes one or more missing nutrient data.

(R13) Garlic Toast	Total Carbohydrate (g)	
	Recipe	1 Each
Margarine, Trans, Fat Free, 30/1#	0	0
Bread, Sliced Whole Grain White, 1/24 oz. Package-22 slices	15	15
Garlic Powder, 21 oz. Jar	0	0
	<b>15</b>	<b>15</b>

\* Total includes one or more missing nutrient data.

(R83) Glazed Carrots	Total Carbohydrate (g)	
	Recipe	Serving (1/2 C.)
Carrots, Whole, Sliced, 6/10#	148.8349	6.2015
Sugar, Dark Brown, 12/2#	112	4.6667
Margarine, Trans, Fat Free, 30/1#	0	0
	<b>260.8348</b>	<b>10.8681</b>

\* Total includes one or more missing nutrient data.

(R92) Green Beans	Total Carbohydrate (g)	
	Recipe	Serving (1/2 C.)
Soup Base, Real Beef, 6/1#	2.6667	0.037
Beans, Green, Cut, 6/10#	289.162	4.0161
	<b>291.8287</b>	<b>4.0532</b>

\* Total includes one or more missing nutrient data.

(12180) Green Peas	Total Carbohydrate (g)	
	Recipe	Servings (1/2 C.)
Peas, Green, FCY FRZN, 30# Bag	12	10.7865
	<b>12</b>	<b>10.7865</b>

\* Total includes one or more missing nutrient data.

(10466) Honey Mustard Sauce	Total Carbohydrate (g)	
	Recipe	Each
Salad Dressing, Honey Mustard, Light, Cups, 100/1 oz.	5	5.0624
	<b>5</b>	<b>5.0624</b>

\* Total includes one or more missing nutrient data.

(R162) Hot & Spicy Chicken Strips w/ Roll (High Schools)	Total Carbohydrate (g)	
	Recipe	Serving(s)
Hot Sauce, Gallons, 4/1 gal.		
Chicken, Tenders (Gold Creek), USDA, ACC-Processed	1592.8858 *	14.4808 *
Bread, Dinner Roll, 1/24 ct. Package	1870.0018 *	17 *
	<b>3462.8875 *</b>	<b>31.4808 *</b>

\* Total includes one or more missing nutrient data.

(R163) Hot & Spicy Chicken Strips w/ Roll (Middle Schools)	Total Carbohydrate (g)	
	Recipe	Serving(s)
Hot Sauce, Gallons, 4/1 gal.		
Chicken, Tenders (Gold Creek), USDA, ACC-Processed	1592.8858 *	9.6539 *
Bread, Dinner Roll, 1/24 ct. Package	2805.0026 *	17 *
	<b>4397.8884 *</b>	<b>26.6539 *</b>

\* Total includes one or more missing nutrient data.

(R17) Hot Dog on WG Bun	Total Carbohydrate (g)	
	Recipe	Serving
Wieners, Beef Franks, Cooked, Frozen, Reduced Sodium, 80/2oz	1	1
Bread, White Hot Dog Buns, Whole Grain, 1/16 ct. Package	30	30
	<b>31</b>	<b>31</b>

\* Total includes one or more missing nutrient data.

(10587) Ice Cream Cups, Vanilla	Total Carbohydrate (g)	
	Recipe	Each
Ice Cream Cups, Vanilla, 48/Case	16	16
	<b>16</b>	<b>16</b>

\* 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
	<b>9</b>	<b>9</b>

\* 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
	<b>9</b>	<b>9</b>

\* 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
	<b>9</b>	<b>9</b>

\* Total includes one or more missing nutrient data.

(10288) Juice, Apple Cherry 100%	Total Carbohydrate (g)	
	Recipe	Each
Juice, Apple/Cherry 100%, 70/4 oz.	14.9999	14.9999
	<b>14.9999</b>	<b>14.9999</b>

\* 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
	<b>14</b>	<b>14</b>

\* Total includes one or more missing nutrient data.

(10284) Juice, Fruit Punch, 100%	Total Carbohydrate (g)	
	Recipe	Each
Juice, Fruit Punch, 100% Frozen (Afterschool only)70/6 oz.	22	22
	<b>22</b>	<b>22</b>

\* 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
	<b>14</b>	<b>14.5682</b>	<b>14.5682</b>

\* Total includes one or more missing nutrient data.

(10426) Ketchup, Packet	Total Carbohydrate (g)	
	Recipe	Each
Ketchup, Tomato, Individual, 1000 ct.	2	2
	<b>2</b>	<b>2</b>

\* 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
	<b>12.9999</b>	<b>12.9999</b>	<b>103.9996</b>

\* Total includes one or more missing nutrient data.

(R158) Lemon Pepper Wings w/ Ranch & Roll (Middle)	Total Carbohydrate (g)	
	Recipe	Serving (4 wings, 1 roll)
Ranch, Light, 100/1 oz. cup	25 *	1 *
Bread, Dinner Roll, 1/24 ct. Package	425.0004 *	17 *
Seasoning, Lemon Pepper, 20.6 oz jar		
Chicken Wings, Bone In, Glazed, Oven Roasted, 4/7.5# Bags	18.6898 *	0.7476 *
	<b>468.6902 *</b>	<b>18.7476 *</b>

\* Total includes one or more missing nutrient data.

(R160) Lemon Pepper Wings w/ Ranch & Rolls (High)	Total Carbohydrate (g)	
	Recipe	Serving (4 wings, 2 rolls)
Ranch, Light, 100/1 oz. cup	25 *	1 *
Bread, Dinner Roll, 1/24 ct. Package	850.0008 *	34 *
Seasoning, Lemon Pepper, 20.6 oz jar		
Chicken Wings, Bone In, Glazed, Oven Roasted, 4/7.5# Bags	18.6898 *	0.7476 *
	<b>893.6906 *</b>	<b>35.7476 *</b>

\* Total includes one or more missing nutrient data.

(R159) Lemon Pepper Wings w/ Ranch & Roll (Elementary)	Total Carbohydrate (g)	
	Recipe	Serving (3 wings, 1 roll)
Ranch, Light, 100/1 oz. cup	25 *	1 *
Bread, Dinner Roll, 1/24 ct. Package	425.0004 *	17 *
Seasoning, Lemon Pepper, 20.6 oz jar		

\* Total includes one or more missing nutrient data.

(R159) Lemon Pepper Wings w/ Ranch & Roll (Elementary)	Total Carbohydrate (g)	
	Recipe	Serving (3 wings, 1 roll)
Chicken Wings, Bone In, Glazed, Oven Roasted, 4/7.5# Bags	14.0174 *	0.5607 *
	<b>464.0178 *</b>	<b>18.5607 *</b>

\* Total includes one or more missing nutrient data.

(R70) Lettuce & Tomato	Total Carbohydrate (g)	
	Recipe	Serving
Lettuce, CHL Shredded 4/5# Bag, FFAVORS	0.8353	0.8353
Tomatoes, 5X6, 5# Case, FFAVORS	1.556	1.556
	<b>2.3913</b>	<b>2.3913</b>

\* Total includes one or more missing nutrient data.

(R50) Mashed Potatoes	Total Carbohydrate (g)	
	Recipe	Serving (1/2 C.)
BEVERAGES,H2O,TAP WATER,DRINKING	0	0
Potato, Mashed, Pearl, 12/28 oz. Bag	1116.8864	13.1398
Salt, Iodized Gran Box, 15/2.25#	0	0
Butter Buds, 24/4 oz.	0	0
	<b>1116.8864</b>	<b>13.1398</b>

\* Total includes one or more missing nutrient data.

(11739) Max Snax Tacos	Total Carbohydrate (g)	
	Recipe	Each
Max Snax WG Totally Taco, 288/1.36 oz.	30	30
	<b>30</b>	<b>30</b>

\* Total includes one or more missing nutrient data.

(10407) Mayonnaise, Reduced Fat Indv. Packets	Total Carbohydrate (g)	
	Recipe	Each
Mayonnaise, Reduced Fat Indv. Packets, 200 ct.	1	0.9997
	<b>1</b>	<b>0.9997</b>

\* 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

\* Total includes one or more missing nutrient data.

(18458) Milk, Lactose Free, FF, Half Pint	Total Carbohydrate (g)	
	Recipe	Each
	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.

(11308) Mini Corn Dogs	Total Carbohydrate (g)	
	Recipe	Serving (6 each)
Corn Dogs, Mini, Chicken, 2/5#	30	30
	30	30

\* 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.

(R9) Muffin WG, Assorted	Total Carbohydrate (g)	
	Recipe	1 Muffin
Muffin, IW, Reduced Fat Blueberry, 72/2 oz. package	30	10
Muffin, IW, Banana, 72/2 oz. package	30	10

\* Total includes one or more missing nutrient data.



(R9) Muffin WG, Assorted	Total Carbohydrate (g)	
	Recipe	1 Muffin
Muffin, IW, Chocolate and Chocolate Chip, 72/2 oz. package	33	11
	<b>93</b>	<b>31</b>

\* Total includes one or more missing nutrient data.

(10409) Mustard, Packet	Total Carbohydrate (g)	
	Recipe	Packet(s)
Mustard, Yellow, Prepared, Individual Packets, 500 ct.	0	0
	<b>0</b>	<b>0</b>

\* Total includes one or more missing nutrient data.

(R68) Orange Chicken w/Rice	Total Carbohydrate (g)	
	Recipe	SERVING
Chicken, Mandarin Orange with Sauce, 6/5#	19	19
Brown Rice	45.9262	45.9262
	<b>64.9262</b>	<b>64.9262</b>

\* 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
	<b>11.75</b>	<b>15.3925</b>

\* 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
	<b>14</b>	<b>14</b>

\* Total includes one or more missing nutrient data.

(18F30) Oranges, Mandarin, Fresh	Total Carbohydrate (g)	
	Recipe	Each
Oranges, Mandarin, 20lb. Case-FFAVORS	13.34	13.34
	<b>13.34</b>	<b>13.34</b>

\* 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
	<b>36</b>	<b>35.9795</b>	<b>35.9795</b>

\* 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
	<b>39</b>	<b>39</b>

\* Total includes one or more missing nutrient data.

(R62) PBJ Sack Lunch (ES/MS)	Total Carbohydrate (g)	
	Recipe	Serving
Fresh Fruit	18.8824	18.8824
PBJ Uncrustables, 72/2.6 oz.	32	32
Carrots, CHL Baby Whl., 100/2.6 oz. FFAVORS	8	8
Cheese, Moz. String, Ind. stick Wrapped, 168/1 oz.	1.0125	1.0125
Ranch, Low Sodium, Individual Packets, 200 ct.	2	2
Chips, Assorted	18.25	18.25
	<b>80.1448</b>	<b>80.1448</b>

\* Total includes one or more missing nutrient data.

(R34) PBJ w/Cheesestick & Chips (PK-8)	Total Carbohydrate (g)	
	Recipe	Serving (1 of Each Item)
PBJ Uncrustables, 72/2.6 oz.	32	32
Cheese, Moz. String, Ind. stick Wrapped, 168/1 oz.	1.0125	1.0125
Chips, Assorted	18.25	18.25
	<b>51.2625</b>	<b>51.2625</b>

\* Total includes one or more missing nutrient data.

(R36) PBJ w/Chips, High Schools Only	Total Carbohydrate (g)	
	Recipe	Serving
PBJ Uncrustables, 72/5.3 oz.	64	64
Chips, Assorted	18.25	18.25
	<b>82.25</b>	<b>82.25</b>

\* Total includes one or more missing nutrient data.

(15Z59) Peach, Fresh	Total Carbohydrate (g)		
	Recipe	Cup (slices)	EACH
Peaches, Fresh, 25# case, FFAVORS	9.54	14.6916	14.31
	<b>9.54</b>	<b>14.6916</b>	<b>14.31</b>

\* 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
	<b>16</b>	<b>16</b>

\* Total includes one or more missing nutrient data.

(14P24) PEARS, FRESH GREEN	Total Carbohydrate (g)	
	Recipe	Each (medium size)
Pears, D'anjou/Bartlett 44#, FFAVORS	15.23	25.2818
	<b>15.23</b>	<b>25.2818</b>

\* 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
	<b>17</b>	<b>17</b>

\* 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
	<b>20</b>	<b>20</b>

\* Total includes one or more missing nutrient data.

(SUB-18656) Pizza, Meateaters, WG	Total Carbohydrate (g)	
	Recipe	Each
SUB-Pizza, Meat, WW, 8/Case	27	27
	<b>27</b>	<b>27</b>

\* Total includes one or more missing nutrient data.

(5P12) Plum, Fresh	Total Carbohydrate (g)		
	Recipe	Each	Serving (2 Each)
Plums,, FR 28#/Case, FFAVORS	11.42	7.994	15.417
	<b>11.42</b>	<b>7.994</b>	<b>15.417</b>

\* Total includes one or more missing nutrient data.

(R40) Popcorn Chicken w/ Roll	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Nuggets, Breaded, Popcorn, WG,4/5# (266 each in bag)	16	16
Bread, Dinner Roll, 1/24 ct. Package	17	17
	<b>33</b>	<b>33</b>

\* Total includes one or more missing nutrient data.

(R39) Popcorn Chicken w/ Roll	Total Carbohydrate (g)	
	Recipe	Serving
Chicken, Popcorn/Nuggets (Gold Creek) USDA, ACC-Processed	16	16
Bread, Dinner Roll, 1/24 ct. Package	17	17
	<b>33</b>	<b>33</b>

\* Total includes one or more missing nutrient data.

(12115) Potato Tots	Total Carbohydrate (g)		
	Recipe	Each	Serving
Potatoes, Tater Tots, 6/5# Package	16	2.0011	16
	<b>16</b>	<b>2.0011</b>	<b>16</b>

\* Total includes one or more missing nutrient data.

(12015) Potatoes, Sweet	Total Carbohydrate (g)	
	Recipe	Serving (1/2 C.)
Potatoes, Sweet, Cut, In Light Syrup, 6/2.25 oz.	29	23.5625
	<b>29</b>	<b>23.5625</b>

\* 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
	<b>33</b>	<b>33</b>

\* Total includes one or more missing nutrient data.

(SUB-16748) Ranch, Light, 100/1 oz. cup	Total Carbohydrate (g)	
	Recipe	Each
Ranch, Light, 100/1 oz. cup	1	1
	<b>1</b>	<b>1</b>

\* Total includes one or more missing nutrient data.

(10410) Ranch, Low Sodium, Individual Packets	Total Carbohydrate (g)	
	Recipe	Each
Ranch, Low Sodium, Individual Packets, 200 ct.	2	2
	<b>2</b>	<b>2</b>

\* Total includes one or more missing nutrient data.

(R104) Ravioli w/ Roll	Total Carbohydrate (g)	
	Recipe	Serving
Ravioli, Beef, 6/10#	30	30
Bread, Dinner Roll, 1/24 ct. Package	17	17
	<b>47</b>	<b>47</b>

\* Total includes one or more missing nutrient data.

(12086) Salsa	Total Carbohydrate (g)	
	Recipe	Serving (2oz)
Salsa, Prepared, Ready to Serve, 6/10#	3	3.9557
	<b>3</b>	<b>3.9557</b>

\* Total includes one or more missing nutrient data.

(12267) Sandwich, Grilled Cheese	Total Carbohydrate (g)	
	Recipe	Each (sandwich)
Sandwich, Grilled Cheese, WG Ind. Wrapped, 72/4.19 oz.	30.9	30.9
	<b>30.9</b>	<b>30.9</b>

\* Total includes one or more missing nutrient data.

(10218) Sauce, Hot, Packet, 200/Case	Total Carbohydrate (g)	
	Recipe	Each
Sauce, Hot, Packet, 200/Case		0
		<b>0</b>

\* 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
	<b>26.9995</b>	<b>26.9995</b>

\* 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
	<b>27.4995</b>	<b>27.4995</b>

\* Total includes one or more missing nutrient data.

(89768) Seasoned Fries, Crinkle Cut	Total Carbohydrate (g)	
	Recipe	1/2 Cup
Fries, Crinkle Cut, Seasoned, Frozen, McCain, 6/5#	15	15
	<b>15</b>	<b>15</b>

\* 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
	<b>12</b>	<b>12</b>

\* Total includes one or more missing nutrient data.

(R91) Sloppy Joe Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Beef, Ground, Fresh, Bulk, 6/10#	0	0
Sauce, Sloppy Joe, 6/#10 Cans	347.2814	6.9456
Bread, Hamburger Bun, 4" Whole Grain, 1/12 ct. Package	1499.9992	30
	<b>1847.2805</b>	<b>36.9456</b>

\* Total includes one or more missing nutrient data.

(SUB-16985) SNACK Juice, Apple	Total Carbohydrate (g)	
	Recipe	Each
Juice, Apple, SNACK program only, Frozen, 6oz/48 each.	20	20

\* Total includes one or more missing nutrient data.

(SUB-16985) SNACK Juice, Apple	Total Carbohydrate (g)	
	Recipe	Each
	20	20

\* Total includes one or more missing nutrient data.

(40011) Soymilk, Vanilla, (Special Diet Approved Only)	Total Carbohydrate (g)	
	Recipe	Carton
Soymilk, Vanilla, Shelf Stable, 24/8 oz. Carton	16.9999	16.9999
	16.9999	16.9999

\* Total includes one or more missing nutrient data.

(R132) Spaghetti	Total Carbohydrate (g)	
	Recipe	Cups
BEVERAGES,H2O,TAP WATER,DRINKING		
Pasta, Spaghetti Noodles, WG, 2/10#	3279.9992 *	29.8182 *
Oil, Vegetable, 6/1 gal.		
Beef, Ground, Fresh, Bulk, 6/10#		
Spaghetti Sauce, 6/10#	1053.3003 *	9.5755 *
Sugar, Dark Brown, 12/2#	423.3528 *	3.8487 *
Salt, Iodized Gran Box, 15/2.25#		
Seasoning Mix, Spaghetti, 6/11.25 ounces		
	4756.6523 *	43.2423 *

\* Total includes one or more missing nutrient data.

(R3) Spaghetti, USDA Sauce	Total Carbohydrate (g)	
	Recipe	Cups
BEVERAGES,H2O,TAP WATER,DRINKING		
Pasta, Spaghetti Noodles, WG, 2/10#	3279.9992 *	29.8182 *
Oil, Vegetable, 6/1 gal.		
Beef, Ground, Fresh, Bulk, 6/10#		
Spaghetti Sauce, Meatless, Can-6/10, ACC DISTRIBUTORS	961.615 *	8.742 *
Sugar, Dark Brown, 12/2#	423.3528 *	3.8487 *
Salt, Iodized Gran Box, 15/2.25#		
Seasoning Mix, Spaghetti, 6/11.25 ounces		
	4664.967 *	42.4088 *

\* Total includes one or more missing nutrient data.

(R105) Spicy Chicken Sandwich	Total Carbohydrate (g)	
	Recipe	sandwich
Chicken Breast, Spicy, Breaded, Cooked, 3.75 oz.4 Bags/Case	9	9
Bread, Hamburger Bun, 4" Whole Grain, 1/12 ct. Package	30	30
	<b>39</b>	<b>39</b>

\* Total includes one or more missing nutrient data.

(R131) Strawberries & Bananas	Total Carbohydrate (g)	
	Recipe	1/2 Cup
Strawberry Slices, USDA, Frozen, CTN-30#, ACC DISTRIBUTORS	3527.1343	35.2713
Bananas, Large, Green, ROYAL PURCHASE, 100 ct.	2236.4928	22.3649
	<b>5763.6271</b>	<b>57.6363</b>

\* Total includes one or more missing nutrient data.

(17W87) STRAWBERRIES, FRESH	Total Carbohydrate (g)	
	Recipe	Serving (1/2 C.)
Strawberries, Clamshell 8/1#, FFAVORS	7.68	5.76
	<b>7.68</b>	<b>5.76</b>

\* 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
	<b>17.9999</b>	<b>17.9999</b>

\* Total includes one or more missing nutrient data.

(11766) Stuffed Crust Cheese Pizza	Total Carbohydrate (g)	
	Recipe	Each
Pizza, Cheese, Wedge Stuffed, 70/4.95 oz.	30	30
	<b>30</b>	<b>30</b>

\* Total includes one or more missing nutrient data.



(11765) Stuffed Crust Pepperoni Pizza	Total Carbohydrate (g)	
	Recipe	Each
Pizza, Pepperoni 8" Wedge Stuffed, 70/5 oz.	30	30
	<b>30</b>	<b>30</b>

\* Total includes one or more missing nutrient data.

(SUB-18585) SUB-Cookie, Heart Shaped, Read-Bake, 1.2 oz./144/Case	Total Carbohydrate (g)	
	Recipe	Each
SUB-Cookie, Heart Shaped, Read-Bake, 1.2 oz./144/Case	19	19
	<b>19</b>	<b>19</b>

\* 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
	<b>40.9999</b>	<b>40.9999</b>

\* Total includes one or more missing nutrient data.

(12143) Sweet Potato Fries	Total Carbohydrate (g)	
	Recipe	Serving (1/2 C.)
Fries, Sweet Potato, Seasoned, Waffle, 6/2.5#	23	23
	<b>23</b>	<b>23</b>

\* 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
	<b>30</b>	<b>30.3745</b>

\* Total includes one or more missing nutrient data.

(R171) Taco Soup w/ Tortilla Chips (Poultry)	Total Carbohydrate (g)	
	Recipe	Cup(s)
BEVERAGES,H2O,TAP WATER,DRINKING		
Soup Base, Real Chicken, 6/1#		
Seasoning, Taco Mix, 6/9 oz. Package	127.5728 *	1.2757 *
Beans, Pinto, 6/10#	1376.05 *	13.7605 *
Salsa, Prepared, Ready to Serve, 6/10#	407.4391 *	4.0744 *

\* Total includes one or more missing nutrient data.

(R171) Taco Soup w/ Tortilla Chips (Poultry)	Total Carbohydrate (g)	
	Recipe	Cup(s)
Cheese, Cheddar Red Fat Yellow Shredded, Bag 6/5#, ACC, USDA	202.4156 *	2.0242 *
Corn, WK, Yellow, 30# Bag		
Chips, Tortilla, Reduced Fat, WG, Single Serve, 64/1.45 oz.	2899.9996 *	29 *
Turkey Roast, Frozen, CTN 32-48#, ACC DISTRIBUTORS		
	<b>5013.477 *</b>	<b>50.1348 *</b>

\* Total includes one or more missing nutrient data.

(R155) Teriyaki Beef Strips w/ Roll	Total Carbohydrate (g)	
	Recipe	Serving (4 each, 1 roll)
Bread, Dinner Roll, 1/24 ct. Package	17	17
Beef Dippers, Flame Broiled W/Teriyaki Sauce, 400/ Case	6	6
	<b>23</b>	<b>23</b>

\* 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
	<b>45</b>	<b>45</b>

\* Total includes one or more missing nutrient data.

(10675) Treat, Rice Krispie , Mini	Total Carbohydrate (g)	
	Recipe	Each
SUB-Snack Bar, Rice Krispie , Mini, 600/.39 oz.	8	8
	<b>8</b>	<b>8</b>

\* Total includes one or more missing nutrient data.

(15785) Treat, Rice Krispie, Mini, WG	Total Carbohydrate (g)	
	Recipe	Each
Snack Bar, Rice Krispie, Mini, WG, 600/Case	9	9
	<b>9</b>	<b>9</b>

\* Total includes one or more missing nutrient data.

(100125) Turkey Roast	Total Carbohydrate (g)	
	Recipe	Serving (2 oz.)
Turkey Roast, Frozen, CTN 32-48#, ACC DISTRIBUTORS	0	0

\* Total includes one or more missing nutrient data.

(100125) Turkey Roast	Total Carbohydrate (g)	
	Recipe	Serving (2 oz.)
	0	0

\* Total includes one or more missing nutrient data.

(R26) Turkey Sandwich, Courtesy/Alternate Meal	Total Carbohydrate (g)	
	Recipe	Each
Turkey, Sliced, Oven Roasted, 12/16 oz.	0	0
Bread, Hamburger Bun, 4" Whole Grain, 1/12 ct. Package	30	30
	<b>30</b>	<b>30</b>

\* Total includes one or more missing nutrient data.

(R117) USDA Deli Turkey Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Cheese, American, Sliced, 6/5#	1	1
Turkey Breast, Deli Sliced, Frozen, Package 8/5#, ACC DISTR.	2.0979	2.0979
Bread, Hamburger Bun, 4" Whole Grain, 1/12 ct. Package	30	30
	<b>33.0979</b>	<b>33.0979</b>

\* Total includes one or more missing nutrient data.

(15R03) WATERMELON, CHUNKS	Total Carbohydrate (g)	
	Recipe	1/2 Cup
Watermelon, Chunks 1/5# Bag, FFAVORS	7.55	5.738
	<b>7.55</b>	<b>5.738</b>

\* Total includes one or more missing nutrient data.

(R102) Wow Butter Sack Lunch	Total Carbohydrate (g)	
	Recipe	Serving
Fresh Fruit	18.8824	18.8824
Sandwich, WOW Butter and Jelly, 72/2.4 oz.	28	28
Carrots, CHL Baby Whl., 100/2.6 oz. FFAVORS	15.9999	15.9999
Ranch, Low Sodium, Individual Packets, 200 ct.	0.1667	0.1667
Chips, Assorted	18.25	18.25
	<b>81.299</b>	<b>81.299</b>

\* Total includes one or more missing nutrient data.

(R85) Wow Butter w/Chips & Cheesestick (PK-8)	Total Carbohydrate (g)	
	Recipe	Serving (1 of Each Item)
Sandwich, WOW Butter and Jelly, 72/2.4 oz.	28	28
Cheese, Moz. String, Ind. stick Wrapped, 168/1 oz.	1.0125	1.0125
Chips, Assorted	18.25	18.25
	<b>47.2625</b>	<b>47.2625</b>

\* 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.