

(17J35) APPLE SLICES	Total Carbohydrate (g)	
	Recipe	Each (IW bag)
Apples, CH, Red Slices , 50/2 oz. FFAVORS	21.00	8.37
	21.00	8.37

* 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	22.37
	13.81	22.37

* Total includes one or more missing nutrient data.

(SUB-18453) Applesauce, Fancy, Cup	Total Carbohydrate (g)	
	Recipe	Each
SUB-Applesauce, Fancy, Plastic Cup, 72/ Case	21.00	21.00
	21.00	21.00

* Total includes one or more missing nutrient data.

(12075) Baked Beans 1/2 cup	Total Carbohydrate (g)	
	Recipe	Servings (1/2 C.)
Beans, Vegetarian Baked, 6/10#	30.00	30.00
	30.00	30.00

* Total includes one or more missing nutrient data.

(13407) Banana	Total Carbohydrate (g)	
	Recipe	Each
Bananas, Large, Green, ROYAL PURCHASE, 100 ct.	22.84	31.06
	22.84	31.06

* Total includes one or more missing nutrient data.

(12260) Breakfast Bun	Total Carbohydrate (g)	
	Recipe	Each
Goodyman, Glazed Bun, 80/2.75 oz.	34.00	34.00
	34.00	34.00

* Total includes one or more missing nutrient data.

(18D12) Broccoli Florets, 50/2 oz. Bag, FFAVORS	Total Carbohydrate (g)	
	Recipe	Each
Broccoli Florets, 50/2 oz. Bag, FFAVORS	6.64	3.76
	6.64	3.76

* 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	8.00	8.00
	8.00	8.00

* 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	1.51
	2.97	1.51

* Total includes one or more missing nutrient data.

(Summer-20003) Cereal Bar Kit, Cinnamon Toast Crunch	Total Carbohydrate (g)	
	Recipe	Each
Summer-Cereal Bar Kit, Cinnamon Toast Crunch-Summer Feeding	66.00	66.00
	66.00	66.00

* Total includes one or more missing nutrient data.

(Summer-20004) Cereal Bar Kit, Trix	Total Carbohydrate (g)	
	Recipe	Each
Summer- Cereal Bar Kit, Trix, Summer Feeding	62.00	62.00
	62.00	62.00

* Total includes one or more missing nutrient data.

(Summer-20002) Cereal Kit, Cinnamon Toast Crunch	Total Carbohydrate (g)	
	Recipe	Each
Summer-Cereal Kit, Cinnamon Toast Crunch-Summer Feeding	55.00	55.00
	55.00	55.00

* Total includes one or more missing nutrient data.

(Summer-20000) Cereal Kit, Cocoa Puffs-Summer Feeding	Total Carbohydrate (g)	
	Recipe	Each
Summer-Cereal Kit, Cocoa Puffs-Summer Feeding	54.00	54.00
	54.00	54.00

* Total includes one or more missing nutrient data.

(15787) Cereal Kit, Golden Grahams,72/Case SUMMER FEEDING-	Total Carbohydrate (g)	
	Recipe	Bag
SUMMER FEEDING- Cereal Kit, Golden Grahams,72/Case	59.00	59.00
		0.00
		59.00

* Total includes one or more missing nutrient data.

(R191) Cereal, Lucky Charms Gluten Free	Total Carbohydrate (g)	
	Recipe	Each (bowl)
Cereal, Lucky Charms, Bowl, 96/1 oz.	23.00	23.00
	23.00	23.00

* 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	13.00	3.25
Smart Snack Chips, Tortilla, Cool Ranch, SS, 72/1 oz. bags	20.00	5.00
Smart Snack Chips, Tortilla Spicy Sweet Chili, SS, 72/1 oz.	20.00	5.00
Smart Snack Chips, Nacho Cheese tortilla, SS, 72/1 oz. bags	20.00	5.00
	73.00	18.25

* Total includes one or more missing nutrient data.

(SUB-18429) Croissant, Turkey Ham & Cheese, IW SUB	Total Carbohydrate (g)	
	Recipe	Each
SUB-Croissant, Turkey Ham & Cheese, IW 72/Case	30.00	30.00
	30.00	30.00

* Total includes one or more missing nutrient data.

(R27) Deli Turkey Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Cheese, American, Sliced, 6/5#	2.00	2.00
Turkey, Sliced, Oven Roasted, 12/16 oz.	0.00	0.00
Bread, Hamburger Bun, 4" Whole Grain, 1/12 ct. Package	30.00	30.00
	32.00	32.00

* Total includes one or more missing nutrient data.

(R4) Fresh Fruit	Total Carbohydrate (g)	
	Recipe	Each
Apples, Gala, 125 ct per case, FFAVORS	22.37	11.19
Oranges, US#1, 88-138 CT 40 LB CS, FFAVORS	15.39	7.70
	37.76	18.88

* Total includes one or more missing nutrient data.

(18D15) Grape Tomatoes, IW Bags	Total Carbohydrate (g)	
	Recipe	Each
Tomatoes, Grape 50/2 oz. Bags, FFAVORS	3.89	2.21
	3.89	2.21

* 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	1.00	1.00
Bread, White Hot Dog Buns, Whole Grain, 1/16 ct. Package	30.00	30.00
	31.00	31.00

* 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.	15.00	15.00
	15.00	15.00

* Total includes one or more missing nutrient data.

(10240) Juice, Apple, 100%	Total Carbohydrate (g)	
	Recipe	Each
Juice, Apple, 100%, 72/4 oz.	14.00	14.00
	14.00	14.00

* 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.	14.00	14.57	14.57
	14.00	14.57	14.57

* Total includes one or more missing nutrient data.

(10426) Ketchup, Packet	Total Carbohydrate (g)	
	Recipe	Each
Ketchup, Tomato, Individual, 1000 ct.	2.00	2.00
	2.00	2.00

* 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.	1.00	1.00
	1.00	1.00

* Total includes one or more missing nutrient data.

(12404) Milk, FF Chocolate	Total Carbohydrate (g)	
	Recipe	Each
Milk, Chocolate, Fat Free, Half Pints	19.00	19.00
	19.00	19.00

* Total includes one or more missing nutrient data.

(12405) Milk, FF Strawberry	Total Carbohydrate (g)	
	Recipe	Each
Milk, Strawberry, Fat Free, Half Pints	18.00	18.00
	18.00	18.00

* 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)	12.00	12.00
	12.00	12.00

* Total includes one or more missing nutrient data.

(12403) Milk, Plain 1%	Total Carbohydrate (g)	
	Recipe	Each
Milk, 1% Half Pints	12.00	12.00
	12.00	12.00

* 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	30.00	10.00
Muffin, IW, Banana, 72/2 oz. package	30.00	10.00
Muffin, IW, Chocolate and Chocolate Chip, 72/2 oz. package	33.00	11.00
	93.00	31.00

* Total includes one or more missing nutrient data.

(20783) Muffin, IW, Chocolate and Chocolate Chip, 72/2 oz. package	Total Carbohydrate (g)	
	Recipe	Each
Muffin, IW, Chocolate and Chocolate Chip, 72/2 oz. package	33.00	33.00
	33.00	33.00

* Total includes one or more missing nutrient data.

(20781) Muffin, WG Banana	Total Carbohydrate (g)	
	Recipe	Each
Muffin, IW, Banana, 72/2 oz. package	30.00	30.00
	30.00	30.00

* Total includes one or more missing nutrient data.

(20782) Muffin, WG Blueberry	Total Carbohydrate (g)		
	Recipe	1 Muffin	Each
Muffin, IW, Reduced Fat Blueberry, 72/2 oz. package	30.00	30.00	30.00
	30.00	30.00	30.00

* Total includes one or more missing nutrient data.

(10409) Mustard, Packet	Total Carbohydrate (g)	
	Recipe	Packet(s)
Mustard, Yellow, Prepared, Individual Packets, 500 ct.	0.00	0.00
	0.00	0.00

* 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	15.39
	11.75	15.39

* Total includes one or more missing nutrient data.

(12243) PBJ Uncrustables	Total Carbohydrate (g)	
	Recipe	Each
PBJ Uncrustables, 72/2.6 oz.	32.00	32.00
	32.00	32.00

* Total includes one or more missing nutrient data.

(5512) Peaches, Fresh Georgia, LOCAL ROYAL PRODUCE	Total Carbohydrate (g)	
	Recipe	Each
Peaches, Fresh Georgia, 70/ Case-ROYAL PRODUCE	9.54	14.31
	9.54	14.31

* 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	25.28
	15.23	25.28

* Total includes one or more missing nutrient data.

(18H79) Pears, Red 44#, FFAVORS	Total Carbohydrate (g)	
	Recipe	Each (medium size)
Pears, Red 44#, FFAVORS	10.65	24.50
	10.65	24.50

* Total includes one or more missing nutrient data.

(12115) Potato Tots	Total Carbohydrate (g)		
	Recipe	Each	Serving
Potatoes, Tater Tots, 6/5# Package	16.00	2.00	16.00
	16.00	2.00	16.00

* 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.	2.00	2.00
	2.00	2.00

* 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.	30.90	30.90
	30.90	30.90

* Total includes one or more missing nutrient data.

(12265) Sandwich, WOW Butter & Jelly	Total Carbohydrate (g)	
	Recipe	Each
Sandwich, WOW Butter and Jelly, 72/2.4 oz.	28.00	28.00
	28.00	28.00

* Total includes one or more missing nutrient data.

(10605) Smart Snack Chips, Cheese Puff, SS, 72/0.7 oz. bag	Total Carbohydrate (g)	
	Recipe	Bags
Smart Snack Chips, Cheese Puff, SS, 72/0.7 oz. bag	13.00	13.00
	13.00	13.00

* Total includes one or more missing nutrient data.

(10609) Smart Snack Chips, Nacho Cheese tortilla, SS, 72/1 oz. bags	Total Carbohydrate (g)	
	Recipe	Bags
Smart Snack Chips, Nacho Cheese tortilla, SS, 72/1 oz. bags	20.00	20.00
	20.00	20.00

* Total includes one or more missing nutrient data.

(10610) Smart Snack Chips, Tortilla Spicy Sweet Chili, SS, 72/1 oz.	Total Carbohydrate (g)	
	Recipe	Bags
Smart Snack Chips, Tortilla Spicy Sweet Chili, SS, 72/1 oz.	20.00	20.00
	20.00	20.00

* Total includes one or more missing nutrient data.

(10608) Smart Snack Chips, Tortilla, Cool Ranch, SS, 72/1 oz. bags	Total Carbohydrate (g)	
	Recipe	Bags
Smart Snack Chips, Tortilla, Cool Ranch, SS, 72/1 oz. bags	20.00	20.00
	20.00	20.00

* 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
	7.68	5.76

* 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	5.74
	7.55	5.74

* 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.

- Cereal Kit Contents-Manufacturers may switch out the juice or crackers for any kit. Nutrition facts are on the back of each product in the kits.
- Carbohydrate Grahams Per Product:
1. 23g=Golden Grahams Low Sugar Cereal Bowl
 2. 22g=Cinnamon Toast Crunch Low Sugar Cereal Bowl
 3. 25g=Cocoa Puffs Cereal Low Sugar Bowl
 4. 30g=Trix Cereal Bar
 5. 30g=Cinnamon Toast Crunch Cereal Bar
 6. 15g=Apple Juice Pouch
 7. 15g=Fruit Punch Juice Pouch
 8. 14g=Cheez It Crackers
 9. 16g=Giant Goldfish Crackers
 10. 16g=Mini Animal Graham Crackers
 11. 21g=Whole Grain Animal Crackers