



(F16211621 2) Bean and Cheese Pupusa GF	Total Carbohydrate (g)		
	Recipe	Each	Serving 2 each
Bean and Cheese Pupusa GF	34.01	34.01	68.01
	34.01	34.01	68.01

* Total includes one or more missing nutrient data.

(190101) Bean Salad	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 cup
Spice - Garlic Powder	7.05	0.03
Corn, Canned, Drained	2198.49	8.62
Spice - Onion Powder	5.46	0.02
Beans, Kidney	673.13	2.64
Black Beans	1959.52	7.68
Vinegar - Red Wine	1.38	0.01
Vinegar - Rice	0.00	0.00
Red Onion	84.73	0.33
Beans, Garbanzo	1252.46	4.91
Oil - Blended Oil	0.00	0.00
Salt, Granulated Iodized	0.00	0.00
	6182.22	24.24

* Total includes one or more missing nutrient data.

(F02211818092015) Bean, Cheese & Rice Burrito IW	Total Carbohydrate (g)	
	Recipe	Burrito - 6.55oz
Bean, Cheese & Rice Burrito IW	44.99	44.99
	44.99	44.99

* Total includes one or more missing nutrient data.

(REC16092626 6) Beef & Pork Pepperoni Pizza	Total Carbohydrate (g)	
	Recipe	Slice(s)
Pizza 16" Cheese Big Daddy	297.81	37.23
Pepperoni Pork/Beef Slices	1.52	0.19
	299.32	37.42

* Total includes one or more missing nutrient data.



(REC020505060218) Beef and Broccoli Rice Bowl	Total Carbohydrate (g)	
	Recipe	Bowl
Beef Mix (Beef and Broccoli), sub-recipe	13.25	13.25
Rice, Brown, Prepared Steamed	53.45	53.45
Broccoli - Frozen		
Bell Pepper - Red	1.71	1.71
	68.41 *	68.41 *

* Total includes one or more missing nutrient data.

(REC0205050608181901) Beef Harissa Ragu, Couscous & Green Beans	Total Carbohydrate (g)	
	Recipe	1 bowl
Steamed Pearled Couscous	1794.02	57.87
Harissa Beef Ragu	519.64	16.76
Spinach, Raw	16.47	0.53
	2330.12	75.17

* Total includes one or more missing nutrient data.

(REC08152004) Beef Hot Dog on a Bun	Total Carbohydrate (g)	
	Recipe	Hot Dog
Bun, Hotdog 144ct	24.16	24.16
Beef Franks (hotdogs)	1.97	1.97
	26.12	26.12

* Total includes one or more missing nutrient data.

(REC02050506161225) Beef Philly Cheesesteak Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Peppers and Onions IQF	960.00	3.56
Oil - Canola	0.00	0.00
Cream Cheese - SUB	302.40	1.12
Spice - Onion Powder	221.54	0.82
Spice - Salt Kosher	0.00	0.00
Spice - Paprika Sweet Hungarian	64.79	0.24
Spice - Pepper, black ground	0.00	0.00
Beef Bouillon Roasted RS Organic	66.67	0.25
Garlic, Raw	132.24	0.49
Cheese Mozzarella Shredded Bulk	160.00	0.59

* Total includes one or more missing nutrient data.



(REC02050506161225) Beef Philly Cheesesteak Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Water - AP,DRINKING, BEVERAGES,H2O	0.00	0.00
Worcestershire Sauce	107.35	0.40
Bread, Parisian Sourdough Baguette - Par baked	10530.01	39.00
Beef Crumble w/spp	1133.98	4.20
	13678.97	50.66

* Total includes one or more missing nutrient data.

(REC02050506 3) Beef Stroganoff with Egg Noodles	Total Carbohydrate (g)	
	Recipe	Serving - 13 oz
Sauce, Beef Stroganoff Meat Sauce	5.97	5.97
Egg Noodles with Beef Stroganoff Cream Sauce	48.95	48.95
	54.92	54.92

* Total includes one or more missing nutrient data.

(REC022118) Beef, Bean, Rice & Cheese Burrito	Total Carbohydrate (g)	
	Recipe	Burrito
Cheese Cheddar Shredded	45.36	0.12
Tortilla, Whole Wheat Flour 10"	12489.11	33.75
Black Beans	2612.69	7.06
Beef Unstuffed Bell Peppers	427.61	1.16
	15574.77 *	42.09 *

* Total includes one or more missing nutrient data.

(F3800) Bread Cheese Stick	Total Carbohydrate (g)				
	Recipe	1 elementary serving=2pc	1 MS Serving = 3pc	1 PS serving = 1pc	X1 Elem Serving = 2 pc
Bread Cheese Stick - Bosco	17.00	33.81	50.72	16.91	33.81
	17.00	33.81	50.72	16.91	33.81

* Total includes one or more missing nutrient data.

(REC03080903 2) Buffalo Chicken Sandwich with Coleslaw	Total Carbohydrate (g)	
	Recipe	Serving
Buffalo Wing Sauce	0.15	0.15

* Total includes one or more missing nutrient data.



(REC03080903 2) Buffalo Chicken Sandwich with Coleslaw	Total Carbohydrate (g)	
	Recipe	Serving
Coleslaw Salad	2.62	2.62
Buns Hamburger WG - 144ct	41.80	41.80
Chicken Patty - Breaded	14.97	14.97
	59.54	59.54

* Total includes one or more missing nutrient data.

(REC02211207) Bulgogi Rice Bowl Cold Kit	Total Carbohydrate (g)	
	Recipe	Kit
Gochujang Mayo	3.78	3.78
Cilantro, fresh	0.11	0.11
Cucumber	2.06	2.06
	5.94	5.94

* Total includes one or more missing nutrient data.

(REC0308090311 2) Butter Chicken, Rice & Naan Bread	Total Carbohydrate (g)	
	Recipe	Serving
Rice, White, Prepared	24.12	24.12
Butter Simmer Sauce	0.14	0.14
Naan Bread	13.43	13.43
Chicken, Strips unseasoned	0.00	0.00
	37.69	37.69

* Total includes one or more missing nutrient data.

(REC0308011401-1) Chana Masala with Rice and Naan	Total Carbohydrate (g)	
	Recipe	1 bowl
Rice, Brown, Prepared Steamed	53.45	53.45
Chana Masala, subrecipe	34.84	34.84
Naan Bread	13.43	13.43
	101.73	101.73

* Total includes one or more missing nutrient data.

(F0801131) Cheese burger Sliders	Total Carbohydrate (g)	
	Recipe	Each
Cheese burgers, Mini Twin Pack Ballpark IW	40.00	40.00
	40.00	40.00



* Total includes one or more missing nutrient data.

(F16900) Cheese Pizza	Total Carbohydrate (g)	
	Recipe	Slice
Pizza 16" Cheese Big Daddy	35.00	37.23
	35.00	37.23

* Total includes one or more missing nutrient data.

(REC20151820) Cheese Tortellini with Spaghetti Sauce & Garlic Toast	Total Carbohydrate (g)	
	Recipe	Serving
Toast Texas - Garlic Bread - IW	14.00	14.00
Cheese Shredded Parmesan	5.67	5.67
Spaghetti Sauce Bulk	1.25	1.25
Tortellini Cheese WG	40.00	40.00
	60.92	60.92

* Total includes one or more missing nutrient data.

(F03080505) Cheezy Mozzarella Bites	Total Carbohydrate (g)	
	Recipe	Each
Cheezy Mozzarella Bites	28.00	28.00
	28.00	28.00

* Total includes one or more missing nutrient data.

(REC0008) Chicken Alfredo Pasta	Total Carbohydrate (g)	
	Recipe	Serving - 10.66oz
Cheese Shredded Parmesan	510.29	5.67
Chicken , diced	0.00	0.00
Alfredo Sauce RF	765.90	8.51
Milk 1%	128.00	1.42
Penne Dry Pasta	4920.00	54.67
	6324.19	70.27

* Total includes one or more missing nutrient data.



(REC0020) Chicken Caesar Salad with Crackers (MS)	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Shredded Parmesan	5.67	5.67
Crackers - Wheat	30.00	30.00
Dressing, Caesar - 1.5oz IW	1.00	1.00
Lettuce, Romaine	5.97	5.97
Chicken, Strips unseasoned	0.00	0.00
	42.64	42.64

* Total includes one or more missing nutrient data.

(F031501) Chicken Corn Dog	Total Carbohydrate (g)	
	Recipe	Each
Chicken Corn Dog	30.00	30.00
	30.00	30.00

* Total includes one or more missing nutrient data.

(REC0013) Chicken Nuggets with French Fries	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Breaded Bites/Chunks	23.00	23.00
Potato, Fries Crinkle - Gluten Free Seasoned	29.03	29.03
	52.03	52.03

* Total includes one or more missing nutrient data.

(REC00202 3) Chicken Parmesan Sandwich	Total Carbohydrate (g)	
	Recipe	Serving
Buns Hamburger WG - 144ct	961.48	41.80
Cheese Shredded Parmesan	22.68	0.99
Marinara Sauce Enhanced Bulk - Sub	65.32	2.84
Sauce - Pesto Mayo Sauce	54.42	2.37
Cheese Mozzarella Shredded Bulk	7.90	0.34
Chicken Patty - Breaded	344.22	14.97
	1456.03	63.31

* Total includes one or more missing nutrient data.



(REC0308090311) Chicken Tikka Masala, Rice & Naan Bread	Total Carbohydrate (g)	
	Recipe	Serving
Rice, Brown, Prepared Steamed	53.45	53.45
Tikka Masala Simmer Sauce	0.16	0.16
Naan Bread	13.43	13.43
Chicken, Strips unseasoned	0.00	0.00
	67.04	67.04

* Total includes one or more missing nutrient data.

(REC030809003) Crispy Chicken Sandwich with Spicy Signature Sauce	Total Carbohydrate (g)	
	Recipe	Serving
Buns Hamburger WG - 144ct	41.80	41.80
Tomatos, Roma	0.38	0.38
Spicy Signature Sauce	3.46	3.46
Lettuce, Green Leaf #10	0.16	0.16
Pickle chips dill		
Chicken Patty Breaded Crunchy for MS only	19.00	19.00
	64.81 *	64.81 *

* Total includes one or more missing nutrient data.

(REC06091908) Crispy Fish Fillet Sandwich with side of Tartar Sauce	Total Carbohydrate (g)	
	Recipe	Serving
Tartar Sauce	3.15	3.15
Fish, WG Breaded Pollock Squares	18.93	18.93
Buns Hamburger WG - 144ct	41.80	41.80
	63.89	63.89

* Total includes one or more missing nutrient data.

(D41800) Dressing, Buttermilk Ranch, 12 g	Total Carbohydrate (g)	
	Recipe	Package
Dressing, Buttermilk Ranch, 12 g	8.52	1.02
	8.52	1.02

* Total includes one or more missing nutrient data.



(R13901) Fat Free Chocolate Milk	Total Carbohydrate (g)	
	Recipe	Carton
Milk Chocolate FF	21.00	21.00
	21.00	21.00

* 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)	7.60	15.66
	7.60	15.66

* Total includes one or more missing nutrient data.

(F1910020) Grilled Cheese Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Sandwich Grilled Cheese	41.00	41.00
	41.00	41.00

* Total includes one or more missing nutrient data.

(REC020505060725) Ground Beef Gyro Wrap with Tzatziki	Total Carbohydrate (g)	
	Recipe	1 wrap
Spice, Thyme leaves, dried	0.00	0.00
Lettuce, Iceberg Shredded	161.66	0.85
Spice - Garlic Powder	145.46	0.77
Tomatos, Roma	73.56	0.39
Spice - Onion Powder	158.24	0.83
Spice - Salt Kosher	0.00	0.00
Tzatziki Sauce	965.59	5.08
Spice - Oregano leaves	55.14	0.29
Lavash Wrap 8x10	5669.90	29.84
Spice - Paprika Sweet Hungarian	64.79	0.34
Spice - Allspice Ground	28.85	0.15
Water - AP, DRINKING, BEVERAGES, H2O	0.00	0.00
Red Onion	254.19	1.34
Corn Starch	73.02	0.38
Spice - Parsley, dried	20.26	0.11
Beef Crumble w/spp	1133.98	5.97
Dill, dried	44.66	0.24
Oil - Blended Oil	0.00	0.00

* Total includes one or more missing nutrient data.



(REC020505060725) Ground Beef Gyro Wrap with Tzatziki	Total Carbohydrate (g)	
	Recipe	1 wrap
Spice - Cumin Ground	35.39	0.19
	8884.67	46.76

* Total includes one or more missing nutrient data.

(REC16092626) Hawaiian Pizza	Total Carbohydrate (g)	
	Recipe	Slice
Turkey Ham Smked Slice	0.49	0.49
Pizza 16" Cheese Big Daddy	37.23	37.23
Pineapple chunks	3.37	3.37
	41.09	41.09

* Total includes one or more missing nutrient data.

(D1150) Ketchup Packets	Total Carbohydrate (g)	
	Recipe	Each
Ketchup Packets	3.00	4.00
	3.00	4.00

* Total includes one or more missing nutrient data.

(REC130103) Macaroni & Cheese	Total Carbohydrate (g)	
	Recipe	Serving(s) - 1 cup
Cheese Cheddar Shredded	8.50	0.28
Alfredo Sauce RF	191.47	6.38
Pasta - Elbow Dry WG	820.00	27.33
Cheese Yellow Sauce Pouch	176.67	5.89
	1196.65	39.89

* Total includes one or more missing nutrient data.

(D1300) Marinara Sauce	Total Carbohydrate (g)	
	Recipe	Each
Marinara IW	7.00	7.00
	7.00	7.00

* Total includes one or more missing nutrient data.



(D1303) Mayonnaise Packets	Total Carbohydrate (g)		
	Recipe	Case	packet
Mayonnaise Packets	7.60	0.68	0.68
	7.60	0.68	0.68

* Total includes one or more missing nutrient data.

(D1321) Mustard Packets	Total Carbohydrate (g)	
	Recipe	Package
Mustard Packets	4.00	0.22
	4.00	0.22

* Total includes one or more missing nutrient data.

(REC0014 1) Orange Chicken w/Veggie Fried Rice	Total Carbohydrate (g)	
	Recipe	Serving
Rice - WG Vegetable Fried - Minh	77.00	77.00
Chicken Mandarin Orange Jr.	19.00	19.00
	96.00	96.00

* Total includes one or more missing nutrient data.

(REC030809 8 1) Pollo Loco Chicken Drumstick, Mash Potato & Honey Cornbread	Total Carbohydrate (g)	
	Recipe	Serving
Muffin, Honey Cornbread	15.32	15.32
Potatoes, Mashed Fresh	17.00	17.00
Chicken Drumstick - Pollo Loco	1.53	1.53
	33.85	33.85

* Total includes one or more missing nutrient data.

(REC1901120104 2) Salad - Southwest Fiesta Chicken	Total Carbohydrate (g)	
	Recipe	Salad
Corn, Flame Roasted Sweet Cut	8.03	8.03
Black Beans Seasoned - subrecipe	6.72	6.72
Chicken diced w/ Fajita Seasoning	0.11	0.11
Cheese Cheddar Shredded	0.28	0.28
Chips Tortilla Rounds	40.50	40.50

* Total includes one or more missing nutrient data.



(REC1901120104 2) Salad - Southwest Fiesta Chicken	Total Carbohydrate (g)	
	Recipe	Salad
Tomatos, Cherry/Grape	1.10	1.10
Lettuce, Romaine	5.97	5.97
Chipotle Ranch Dressing	1.83	1.83
	64.55	64.55

* Total includes one or more missing nutrient data.

(REC0041) Salad Bar/ Pack Salad	Total Carbohydrate (g)	
	Recipe	Serving
Tomatos, Cherry/Grape	1.10	1.10
Lettuce, Romaine	1.49	1.49
Cucumber	3.09	3.09
	5.68	5.68

* Total includes one or more missing nutrient data.

(D190112) Salsa Cups - Gluten Free	Total Carbohydrate (g)	
	Recipe	Each
Salsa Cups IW - Gluten Free	5.00	4.17
	5.00	4.17

* Total includes one or more missing nutrient data.

(REC1901140423) Sandwich - Turkey Bacon Club	Total Carbohydrate (g)	
	Recipe	Sandwich
Bread - Sliced Sourdough Wheat	44.76	44.76
Turkey Smoked Sliced	1.51	1.51
Cheese American Processed	1.98	1.98
Mayonnaise Packets	0.68	0.68
Tomatos, Roma	0.38	0.38
Turkey Bacon	0.60	0.60
Lettuce, Green Leaf #10	0.33	0.33
	50.24	50.24

* Total includes one or more missing nutrient data.

(REC0006 1) Soybutter sandwich/Cheese/Cheez-it Pack	Total Carbohydrate (g)	
	Recipe	Serving
Cracker Cheez-Its	14.17	14.17

* Total includes one or more missing nutrient data.



(REC0006 1) Soybutter sandwich/Cheese/Cheez-it Pack	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Mozzarella String Light	1.00	1.00
Soybutter & Strawberry Jelly - Wowbutter - 2.4oz	25.00	25.00
	40.17	40.17

* Total includes one or more missing nutrient data.

(REC0013 1) Spicy Chicken Burger with French Fries	Total Carbohydrate (g)	
	Recipe	Serving
Buns Hamburger WG - 144ct	41.80	41.80
Potato, Fries Crinkle - Gluten Free Seasoned	15.24	15.24
Chicken Patty, Spicy	15.00	15.00
	72.04	72.04

* Total includes one or more missing nutrient data.

(REC0021) Spicy Chicken Salad w/Ranch & Crackers	Total Carbohydrate (g)	
	Recipe	Salad
Tomatos, Cherry/Grape	1.65	1.65
Cracker Cheez-Its	14.17	14.17
Chicken Patty, Spicy	15.00	15.00
Homemade Ranch Dressing	2.21	2.21
Lettuce, Romaine	1.49	1.49
Cucumber	6.17	6.17
	40.70	40.70

* Total includes one or more missing nutrient data.

(REC20150621 3) Tofu Tikka Masala with Rice and Naan	Total Carbohydrate (g)	
	Recipe	1 serving
Tofu tossed in Tikka Masala, sub-recipe	4.44	4.44
Rice, Brown, Prepared Steamed	53.45	53.45
Tikka Masala Simmer Sauce	0.12	0.12
Naan Bread	13.43	13.43
	71.45	71.45

* Total includes one or more missing nutrient data.



(REC20211401 1) Tuna Salad on Parisian Bread	Total Carbohydrate (g)	
	Recipe	Sandwich
Tuna Salad	3.47	3.47
Lettuce, Green Leaf #10	0.16	0.16
Bread, Parisian Sourdough Baguette - Par baked	39.00	39.00
	42.64	42.64

* Total includes one or more missing nutrient data.

(F191005) Turkey Beef Pepperoni Pizza Sandwich	Total Carbohydrate (g)	
	Recipe	Each
Pizza Sandwich Turkey Beef Pepperoni IW	31.00	31.00
	31.00	31.00

* Total includes one or more missing nutrient data.

(REC0007 2) Turkey Nachos with Chips	Total Carbohydrate (g)	
	Recipe	Serving
Chips Tortilla Rounds	40.50	40.50
Turkey Taco Filling	0.05	0.05
Cheese Yellow Sauce Pouch	5.00	5.00
Beans, Pinto LS	24.01	24.01
	69.55	69.55

* Total includes one or more missing nutrient data.

(REC030809 8) Vegetarian Chili with Cheese and Chips	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Cheddar Shredded	0.75	0.75
Chips Tortilla Rounds	40.50	40.50
Chili 3 Bean Vegetarian	65.62	65.62
	106.87	106.87

* Total includes one or more missing nutrient data.

(REC160119) Vegetarian Florentine Pasta	Total Carbohydrate (g)	
	Recipe	Serving - 1 cup
Cheese Shredded Parmesan	1088.62	5.67
Alfredo Sauce RF	1148.85	5.98
Spinach, Raw	61.75	0.32

* Total includes one or more missing nutrient data.



(REC160119) Vegetarian Florentine Pasta	Total Carbohydrate (g)	
	Recipe	Serving - 1 cup
Penne Dry Pasta	6560.00	34.17
Spaghetti Sauce Bulk	1571.70	8.19
	10430.91	54.33

* Total includes one or more missing nutrient data.

(REC22050731816) Vegetarian Wrap with Ranch Cream Cheese	Total Carbohydrate (g)	
	Recipe	1 wrap
Carrots, Shredded	21.73	0.91
Cheese Cheddar Shredded	8.16	0.34
Cream Cheese - SUB	90.72	3.78
Tomatos, Roma	9.19	0.38
Lavash Wrap 8x10	716.20	29.84
Milk 1%	7.00	0.29
Dry Ranch Dressing Mix - Foothill	0.00	0.00
Bell Pepper - Red	27.35	1.14
Lettuce, Romaine	29.85	1.24
	910.20	37.93

* Total includes one or more missing nutrient data.

(REC0011) Veggie Burger and French Fries	Total Carbohydrate (g)	
	Recipe	Serving
Buns Hamburger WG - 144ct	41.80	41.80
Potato, Fries Crinkle - Gluten Free Seasoned	15.24	15.24
Veggie Burger Patty Bulk	6.00	6.00
	63.04	63.04

* Total includes one or more missing nutrient data.

(REC0010) Veggie Nuggets with French Fries and Crackers	Total Carbohydrate (g)	
	Recipe	Serving
Potato, Fries Crinkle - Gluten Free Seasoned	15.24	15.24
Crackers - Wheat	30.00	30.00
Vegetarian Nuggets, Vegan Soy Morningstar	19.00	19.00
	64.24	64.24

* Total includes one or more missing nutrient data.



(REC0005 1) Yogurt/Cheese/Biscuit Pack	Total Carbohydrate (g)	
	Recipe	Serving
Yogurt NF Strawberry Banana GF	15.05	15.05
Belvita Blueberry Biscuits	36.08	36.08
Cheese Mozzarella String Light	1.00	1.00
	52.12	52.12

* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 3/2/2026, End = 3/31/2026)
Menu Plans	(MS Lunch 2025-26)
Nutrients	(Total Carbohydrate)