Zionsville Community Schools

Recipe Carbohydrates List
Between 0 and 99 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
001805	3 Cheese Cavitappi	6 oz	27.00
000009	Alfredo Sauce	1/2 cup	8.01
002023	Alfredo Sauce Chix and Pasta	1 bowl	28.28
001503	Apple Slices	1 pkg	7.00
002043	Apple, Whole	EACH	25.13
000064	Apples, Fresh 1/2 cup	ea	9.71
000011	Applesauce	1/2 cup	20.98
001477	Applesauce Cups	ea	14.00
001402	Applesauce, Blue Raspberry	container	14.00
001404	Applesauce, Cinnamon	Container	14.00
001737	Applesauce, Cup Unsweetened	container	14.00
001939	Applesauce, Lime	1/2 cup	30.49
001878	Applesauce, Mixed Berry	Container	21.69
001405	Applesauce, Strawberry	Container	14.00
001403	Applesauce, Watermelon	Container	14.00
000694	Apricots	1/2 cup	1.04
002042	Arroz Con Pollo	EACH	29.83
000989	Baby Carrots 1/2 cup	1/2cup	6.07
001781	Bagel & Yogurt	1 ea	40.00
000923	Bagel & Yogurt w/ Cheese Stick	1 ea	40.00
000016	Bagel, IW	1 ea	28.00
000582	Baked Apples	1/2 CUP	20.08
000021	Baked Beans (Bush's)	1/2 cup	32.41
000023	Banana Pepper	1 oz	1.10
000068	Bananas	EACH	26.95
001024	Bananas, Cinnamon	1 banana	23.28
000987	BBQ Baked Beans (Bush's)	1/2 cup	36.77
001944	BBQ Pork - Govt.	4 oz	28.58
000024	BBQ Sauce Cups	1 ea	14.17
000027	BBQ Sauce, PC	1 pkt	5.39
000263	Beef Patty, Hamburger	1 ea	0.01
001529	Beef Stick	each	1.00
002002	Biscuit Stick	1 stick	13.00
000829	Biscuit, Buttermilk	1 ea	27.00
002026	Bkfast Burrito, Egg & Sausage	1 EACH	22.01
000784	Black Bean Salad	1/2 cup	14.62
001720	Black Beans w/Corn	4.69 oz	22.53
002046	BLT Chicken Pasta Salad	EACH	40.60
001159	BLUEBERRIES	1/2 cup	7.14
002032	Bread, Sliced White Wheat	each	13.00
002036	Bread, Wheat Dinner Roll	EACH	13.00
000892	Breaded Mozzarella Sticks	6 ea	27.46
000905	Breadstick, Bosco 6"	2 ea	34.14
002041	Breadstick, Garlic Parmesan	EACH	14.00
001726	Breakfast Bar French Toast	ea	46.00
001009	Breakfast Bars, Chocolate Bana	1 ea	47.00
000736	Breakfast Bars, Chocolate Chip	1 bar	46.00
000642	Broccoli and Cauliflower Fresh	1.44 oz = 1/2 c	2.19
001310	Broccoli and Cheese Sauce	1/2 cup	7.85
000689	Broccoli Salad	1/2 cup	8.42
000037	Broccoli, Steamed	1/2 cup	6.74
000256	Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
001993	Brussel Sprouts, Roasted	1/2 Cup	11.18
002033	Bun, White Wheat Hamburger, 4"	EACH	28.00
002034	Bun, White Wheat Hot Dog	EACH	28.00
002035	Bun, White Wheat Sub Hinged 5"	EACH	31.00
000869	Butter, Whipped Cup	1 ea	0.00
001930	Buttered Noodles	1/2 cup	20.00
001496	Cali Blend and Cheese Sauce	1/2 cup	6.00
000407	California Blend Veg 1/2C	1/2 cup	4.69
001549	Canned Fruit, Asst	half cup	18.27

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Zionsville Community Schools

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No.	Description	Portion Size	Carbohydrates (Grams)
001272	Cantaloupe	1/2 cup	6.53
000859	Carrots, Steamed	1/2 cup	8.30
000062	Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
000065	Celery Sticks	6 sticks	1.92
000067	Cereal Bar, Cinnamon Toast Cru	1 ea	30.19
000107	Cereal, Honey Cheerios	1 ea	44.00
001658	Cereal, Lucky Charms	Bowl	45.00
001745	Cereal, RS Cinnamon Toast Crun	bowl	44.00
001746	Cereal, RS Cocoa Puffs	Bowl	47.00
001959	CEREAL, TRIX RS	BOWL	47.00
000519	Cheese and Lettuce Cups	1.25 oz	1.15
001034	Cheese Stuffed Breadstick	2 sticks	28.00
000115	Cheese, American, Sliced, Fres	1 slice	1.01
001007	Cheese, Cheddar Shredded	1 oz	1.00
000117	Cheese, Co-Jack, Portions, Fre	1 ea	0.99
000773	Cheese, Mozzarella, LMPS, Shre	1 oz	1.01
000118	Cheese, Pamesan pkt	1 pkt	0.88
000771	Cheese, Pepper Jack Slices	1 slice	1.00
000119	Cheese, Queso (nacho)	4 oz	2.00
001988	Cheese, Queso 2 oz	2 oz	1.00
000994	Cheese, Shredded Blend	1oz	1.01
000401	Cheese, String Mozzarella	1 ea	0.00
001934	Cheese, Swiss American	1 Slice	1.00
000995	Cheese,Cheddar Sauce LOL1 m/ma	3 oz	5.00
001806	Cheese,Cheddar Sauce LOL2 m/ma	6 oz	10.00
000266	Cheeseburger	1 ea	29.01
001890	Chef Salad	1 ea	34.21
001979	Chef Salad Caesar Brd. Chicken	1 ea	23.70
001454	Chef Salad Caesar Chicken	1 ea	18.61
002021	Chef Salad Elem	1 EACH	36.63
001888	Chef Salad w/Breaded Chicken	1 ea	38.60
001794	Chef Salad w/Grilled Chicken	1 ea	34.15
001792	Chef Salad w/Ham and Turkey	1 ea	8.99
001889	Chef Salad w/Spicy Chicken	1 ea	39.10
000890	Chef Salad w/Turkey	1 ea	35.11
001965	Cherry Coke	BOTTLE	0.00
000848	Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
000757	Chicken and Noodles	1 cup	19.53
001983	Chicken Chunks	4 oz	13.05
000121	Chicken Fajita Strips	3 oz	2.00
000120	Chicken Gravy	2 oz	3.19
000125	Chicken Nuggets	5 ea	10.93
000126	Chicken Poppers	12 ea	10.63
000619	Chicken Salad	1/2 CUP	1.21
001026	Chicken Salad Sandwich	1 EA	27.21
000945	Chicken Sand Spicy	1 ea	40.00
000587	Chicken Sandwich Breaded	1 ea	39.00
001793	Chicken Slider Bisc, breakfast	ea	34.00
001637	Chicken Slider, breakfast	ea	25.00
000127	Chicken Tenders	3 ea	10.63
001803	Chicken Tinga	2.54 oz	3.95
001802	Chicken, Drumstick	1 ea	15.55
000760	Chicken, Patty, breaded	ea	11.00
000152	Chip, Baked Potato 0.875oz	1 ea (31.5g)	18.00
000131	Chip, Baked Potato Chips, BBQ	1 ea (31.5g)	19.00
001250	Chip, Baked Sour Cream and Che	0.8 oz bag	17.00
001115	Chip, Cheetos RF 0.7 oz	package	13.00
000136	Chip, Cheetos, Flamin' Hot	1 ea (56g)	4.51
001452	Chip, Cheez-It WG	bag	14.17
000141	Chip, Chex Cheddar	pkg	20.06
000144	Chip, Dorito, Cool Ranch RF 72	1 ea (28g)	20.00

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Zionsville Community Schools

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Between 0 and 99 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
001156	CHIP, DORITOS RF Cheese	Package	19.00
001809	Chip, Popcorn Indiana	bag	21.00
001556	Chip, Tortilla Chip	BAG	22.00
000168	Chip, Tostito Scoops	1 ea	19.00
001884	Chips, Fritos Walking Taco	Bag	24.00
001982	Chips, Tortilla Bulk	1.5 oz	28.97
001104	Chuckwagon Corn	1/2 cup	13.64
000819	Cinnamon Applesauce	4 oz	21.50
002017	Cinnamon Roll, 1.5 oz, 2 ea	2 each	47.79
001382	CLEMENTINES,RAW	2 fruits	17.79
001907	Coke Zero Cherry	ea	0.00
001368	Coney Dog	1 ea	35.94
000174	Coney Sauce	2 oz	7.44
001610	Cookie, Cookie Tree Candy	ea	0.71
001611	Cookie, Cookie Tree CC	ea	27.00
001609	Cookie, Cookie Tree DFC	ea	24.00
001132	Cookie, CookieTree Sugar	each	26.00
002006	Cookie, Oatmeal CC homemade	ea	59.61
001311	Cookie, Sugar Frosted	Each	27.00
002012	Cookies, Dick & Jane President	1 OZ	22.00
000182	Corn Dog	1 ea	30.00
000183	Corn Dog Nuggets	6 ea	30.00
001105	Corn on the Cob	ea	19.00
000184	Corn, Steamed 1/2 C	1/2 cup	19.92
001861	couscous	half cup	23.77
000188	Cracker, Cheez-It	1 ea	14.17
000766	Cracker, Goldfish, Cheddar 100	1 pkg	14.00
000193	Cracker, Goldfish, Graham Cinn	1 ea	19.00
001960	CRACKER, SCOOBY DOO BONE CHOCO	PKG	21.00
002040	Craisins, Strawberry	package	28.00
001715	Craisins, Watermelon	package	27.00
000198	Cream Cheese 100/.75 oz	1 ea	1.48
000199	Creamer, Coffee Pkts	1 pkt	2.00
000202	Crystal Light, Fruit Punch	1 pkt	1.29
000203	Crystal Light, Lemonade	1 pkt	2.57
000205	Crystal Light, Raspberry Lemon	1 pkt	1.29
001220	Cucumber Slices	1/2 Cup	2.68
000745	Danimals Yogurt, All Flavors	1 ea	12.00
001455	Dasani Water	bottle	0.00
001905	Diet Coke	ea	0.00
001880	DONUT HOLE 384/.41Z	2 EACH	10.82
002024	Donut Hole Chocolate, 3 each	3 EACH	56.78
001772	Donut Holes, WG Glazed	pouch	39.00
001367	Donut w/Glaze	ea	39.48
001563	DRESSING, BALSAMIC OLIVE OIL	PKG	3.96
001690	Dressing, Caesar 1.5 oz	ea	3.00
000857	Dressing, French 12g	1 pkt	3.00
000215	Dressing, French Honey 1.5 oz	1 pkt	13.00
001947	Dressing, Harissa and Lemon Vi	oz	1.41
000216	Dressing, Italian FF 12g	1 pkt	1.00
000235	Dressing, Italian Golden1.5 oz	1 pkt	5.93
000218	Dressing, Italian Light 1.5oz	1 pkt	2.00
000237	Dressing, Ranch 1.5 oz	1 pkt	2.97
000781	Dressing, Ranch 12g	1 pkt	1.00
001788	Dressing, Ranch Gallon	1/2 oz	0.01
000239	Dressing, Ranch Light 1.5 oz	1 pkt	8.90
001562	Dressing, Raspberry Vinaigrett	PKG	10.88
001942	Dressing, Southwestern Ranch M	2 oz	14.30
002008	Dumpling-Chicken and Veg 3 ea	3 per serving	15.61
002013	Dumpling-Chicken and Veg 6 ea	6 per serving	31.00
001848	Egg and Cheese Biscuit	Each	28.00

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No.	Description	Portion Size	Carbohydrates (Grams)
001617	Egg Roll	ea	19.00
000621	Egg Salad	1/3 CUP	2.15
000648	Egg Salad Sandwich	1 EA	28.15
000370	Egg, Hard Boiled	EACH	1.11
001846	Egg, Patty Cooked	Patty	0.00
001614	Emoticons, Potatoes	4 ea	19.50
001844	F&Y Parfait Berries Bkfst	Parfait cup	50.28
001246	F&Y Parfait Berries HS	Parfait cup	87.92
001326	F&Y Parfait Berries MS/Elem	Parfait cup	54.16
001835	F&Y Parfait Caramel Apple HS	Parfait cup	89.34
001840	F&Y Parfait Cinn Apple MS/Elem	Parfait cup	59.60
002016	F&Y Parfait Mand Orange Brkst	1 serving	46.69
001836	F&Y Parfait Peaches HS	Parfait cup	80.08
001838	F&Y Parfait Peaches MS/Elem	Parfait cup	56.56
001837	F&Y Parfait Pineapple HS	Parfait cup	82.78
001839	F&Y Parfait Pineapple MS/Elem	Parfait cup	57.69
001906	Fanta Orange	ea	0.00
000897	Fiesta Relish Boat	1 boat	5.98
000767	Fish Sticks	4 ea	23.29
002047	Fish Sticks Baja Style	each	18.98
002009	Flat bread (2) and Hummus	each	33.00
001358	Flat Bread 4" whole grain	ea	12.50
001984	Flat bread and Hummus	each	32.17
000276	Flour Tortilla, 12"	1 ea	47.00
000269	Flour Tortilla, 6"	2 ea	30.00
000275	Flour Tortilla, WG 10"	1 ea	33.00
001008	French Toast Sticks, WG	3 sticks	42.00
001976	Fried Rice	1/2 cup	38.77
001178	Frozen Fruit Juice Cup, Berry	1 cup	19.00
001179	Frozen Fruit Juice Cup, Cherry	1 cup	19.00
001180	Frozen Fruit Juice Cup, Waterm	1 cup	25.00
001196	Frudel, Apple	1 ea	38.00
000279	Fruit Cocktail	1/2 cup	14.08
001733	Fruit Cocktail w/Cherries	1/2 cup	19.36
000280	Fruit Roll Ups, Crazy colors	1 ea	11.00
000835	Fruit Soaking Liquid	oz	0.71
001219	Garden Fresh Vegetables 1/2 C	1/2 c	5.97
000677	Garden Fresh Vegetables bulk	1/2 c	2.76
001800	Garlic Knot WG	ea	27.00
001052	General Tso Chicken	1 bowl	51.60
000961	General Tso's Sauce	2 oz	18.22
001652	GF BBQ Pork Sandwich	1 ea	53.08
001892	GF Calzone	ea	44.00
001656	GF Cereal, Honey Nut Cheerios	Bowl	44.00
001925	GF Cereal, Lucky Charms	Bowl	45.00
001923	GF Cheeseburger	1 ea	37.03
001926	GF Chef Salad	1 ea	9.21
001650	GF Chicken Tenders	3 ea	12.00
001653	GF Fruit and Yogurt Parfait	Parfait cup	44.25
001651	GF Nachos	1 EA	24.18
001927	GF Omelet, Colby Cheese	Each	0.99
001929	GF Saus, Egg, and Cheese Sand.	Each	38.01
001928	GF THREE CHEESE EGG BITE	EACH	1.98
001924	GF Turkey Sub - Government	1 ea	39.03
001245	Granola, Cinnamon	1/4 Cup	16.37
000080	GRAPEFRUIT HALVES	1/2 EACH	10.34
000838	Grapes, Red Seedless	0.5 cup	15.02
000304	Green Beans 1/2 C	1/2 cup	7.01
000573	Grilled Cheese Sandwich	1 ea	30.00
001328	Ham and Cheese Sub	1 ea	33.00
001226	Ham and Turkey Slices	6 slices	0.50

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No.	Description	Portion Size	Carbohydrates (Grams)
001430	Ham and Turkey Sub	ea	33.39
001885	Ham, Egg, and Cheese Biscu	Each	28.33
000652	Hamburger w/bun	1 ea	28.01
000632	Home Fries	3.2 OZ	20.94
000305	Honey	1 ea	7.00
000306	Honey Mustard Dipping Cup	1 ea	8.00
000309	Hot Dog on Bun	1 ea	28.98
000308	Hot Dog, 8:1	1 ea	0.98
001873	Hot Ham and Cheese on a Bun	1 ea	30.83
000792	Hot Italian Sub	1 sub	36.02
000971	Hot Sauce Pkt	1 pkt	0.00
001895	Hummus, Red Pepper	3 oz cont	18.00
001896	Hummus, Taco	3 oz cont	18.00
001264	Ice Cream, Chocolate Scooter B	1 ea	26.00
001255	Ice Cream, Cookies and Cream C	1 ea	24.00
001270	Ice Cream, Crazy Cone	1 ea	22.79
001539	Ice Cream, Fudge-O Bar	each	20.00
001897	ICE CREAM, JUICE RUSH CHERRY B	EA	12.00
001898	ICE CREAM, JUICE RUSH STRAWBER	EA	12.00
000873	Ice Cream, LF Chocolate Cup	ea	18.00
000334	Ice Cream, LF Strawberry Cup	1 EA	18.00
000338	Ice Cream, LF Yogurt, VANILLLA	1 EA	20.00
000876	Ice Cream, Monster Push Up	ea	16.00
000874	Ice Cream, Orange Sherbet	ea	23.00
001261	Ice Cream, Polar Blast Fruit B	1 ea	21.00
001542	Ice Cream, Raspberry Sherbet	ea	32.00
001541	Ice Cream, Sandwich Cookies an	each	47.10
001262	Ice Cream, Sandwich Mighty Min	1 ea	19.00
001265	Ice Cream, Strawberry Scooter	1 ea	25.00
001459	Ice Cream, Twist Cone	ea	23.00
001254	Ice Cream, Twister Cup Cotton	1 ea	19.00
001543	Ice Cream, Vanilla Cup	ea	16.00
001263	Ice Cream, Vanilla Sandwich RF	1 ea	27.22
000352	Jalapeno Pepper Slices	1 OZ	1.07
000359	Jelly, Grape, Bulk	2 TBSP	29.24
000360	Jelly, Packet, Grape	1 EA	9.11
000794	Jennie-O Turkey Ham	6.36 slices	1.06
000371	Juice, Apple Cup	ea	14.00
000372	Juice, Blue Razz Cup	1 ea	14.00
001383	Juice, Grape	cup	19.00
001620	Juice, Merry Cherry Cup	1 ea	14.00
000376	Juice, Orange Cup	1 ea	14.00
001732	Juice, Pineapple	4 oz	16.00
001376	Juice, Sunset Sip	ea	11.00
001771	Juice, Tangerine Orange	ea	15.00
000381	Ketchup, Packets	1 ea	2.00
001775	Kiwi	1.5 ea	15.17
001989	Kofta Meatballs	4 each	4.16
001588	L/O	_____	0.00
001893	Lemonade, Nature's Twist	ea	0.00
001862	Lettuce and Tomato Cups	Souffle Cup	1.49
000383	Lettuce, Shredded	1/2 CUP	0.94
001615	Mac and Cheese	6 oz	24.76
000388	Mandarin Oranges	1/2 cup	26.76
001114	Marinara Sauce Cups	PC	4.05
001991	Mashed Potato Chicken Bowl	each	31.57
002037	Mashed Potatoes, Idahoan	1/2 cup	14.34
000498	Mayonnaise Packet	1 ea	1.00
000888	Meatball Sub	1 EA	41.71
001729	Meatballs, Beef	4 ea	3.97
002031	Milk, 1% LF Choc Shelf Stable	each	22.00

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002030	Milk, 1% LF White Shelf Stable	EACH	13.00
002027	Milk, TruMoo, 1% Choc, 8 oz	EACH	24.00
002029	Milk, TruMoo, FF Strwbry, 8 oz	each	19.00
002028	Milk, White, 1%, 8 oz	EACH	13.00
000718	Mini Cinnis	1 ea	41.00
001864	Mixed Berry Cup	Cup	20.00
001240	Mixed Fruit	1/2 cup	17.38
000889	Mixed Greens Salad	cup	2.49
000400	Mixed Vegetables 1/2 C	1/2 cup	11.81
001918	Muffin, Blueberry HM	1 ea	40.70
001980	Muffin, Cornbread	each	18.79
000406	Mustard Packets	1 pkt	0.00
001223	Nachos and Cheese Sauce	1 EA	24.00
000581	Nachos, Meat and Cheese	1 EA	24.18
001363	Naked Juice, Mighty Mango	container	43.00
001624	Naked Juice, Straw Banana	Bottle	34.00
000410	Nutri-Grain, Strawberry	1 EA	25.00
000414	NY Garlic Toast	1 EA	9.95
000417	Olives, Ripe, Sliced	1 oz	1.90
001735	Omelet, Colby Cheese	Each	0.99
001987	Onion and Pepper Blend, Frozen	4 oz	4.11
000418	Onion, Red	1 OZ	3.53
000086	Orange - Whole	EACH	11.28
001696	Pancake, WG	2 ea	25.35
002000	Pancakes, Mini Maple	each	35.00
000894	Pasta, Rotini WG Barilla 1/2 c	1/2 cup	19.50
002044	PB Vanilla Yogurt Dip	3/8 cup	18.76
002045	PB Yogurt Dip Meal	EACH	63.76
000667	PB&J Sand Make Your Own, Grape	1 EA	71.23
000576	PB&J Sandwich	1 EA	71.23
000447	Peaches, Diced	1/2 CUP	15.96
001476	Peaches, Diced, Cups, Frozen	ea	19.00
000448	Peaches, Sliced	1/2 cup	12.93
001763	Peanut Butter 1 m/ma	2 tbsp	8.10
000450	Peanut Butter 2m/ma	4 tbsp	16.20
000451	Peanut Butter, PC	1 ea	5.06
000976	PEAR, BOSC, RAW, WHOLE	1/2 ea	12.83
000452	Pears, Diced	1/2 cup	18.48
000453	Pears, Sliced	1/2 cup	16.68
000439	PEAS & CARROTS Steamed	0.5 cup	12.22
000454	Peas, Steamed 1/2 cup	1/2 cup	13.49
000590	Penne Pasta w/Spaghetti Sauce	1 CUP	45.14
001992	Pepper, Zucchini, Tomato	1/2 cup	3.27
001997	Peppers, Green Strips	0.5 cup	2.21
001778	PEPPERS, RED STRIPS SWEET	0.5 cup	2.87
000455	Pickle Relish, pkt	1 pkt	2.00
000456	Pickles, Spears and Chips	1/4 cup	0.93
000457	Pineapple, Chunk	1/2 cup	15.76
000459	Pineapple, Tidbit	1/2 cup	16.71
001998	Pizza Cheese Crunchers	4 pieces	42.00
001856	Pizza, 16" BBQ Chicken	slice	41.94
002015	Pizza, 16" Buffalo Chicken	1 Slice	33.00
001857	Pizza, 16" Pepperoni	slice	49.03
001432	Pizza, 4x6 Cheese	Each	27.00
001153	Pizza, 4x6 Pepperoni	Each	27.00
001129	Pizza, 5" Cheese	each	31.00
001130	Pizza, 5" Pepperoni	each	33.00
001064	Pizza, Big Daddy Cheese	1 slice	39.97
001995	Pizza, Bkfast Bacon Scramble	1 piece	23.02
002001	Pizza, Breakfast Bagel	each	31.00
001039	Pizza, Calzone	1 ea	36.00

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000462	Pizza, Cheese Quesadilla	1 slice	34.23
001191	Pizza, French Bread	1 ea	34.98
001035	Pizza, Garlic French Bread	1 ea	34.98
001447	Pizza, Meatlovers	Slice	29.03
001381	Pizza, Rippers Cheese	Slice	30.11
001379	Pizza, Rippers Pepperoni	Slice	30.11
001128	Pizza, SC Cheese	each	31.22
001127	Pizza, SC Pepperoni	each	36.00
001978	Plantain	each	16.00
001990	Pollo Saltado - Chx Stir-Fry	3 oz	8.65
000474	Pop Tart, WG Brown Sugar Cinna	1 ea	36.92
000473	Pop Tart, WG Strawberry IW	1 ea	35.92
000475	Pork Tenderloin Patty	1 ea	17.50
000476	Pork Tenderloin Sandwich	1 ea	46.50
000477	Potato Wedges	1/2 cup (3 oz)	19.00
001986	Potato, Fry 3/8" Straight	3 oz	20.01
002039	Potato, Hashbrwn Cubes, Mccain	5# BAG	20.94
001325	Potato, Roasted Red	1/2 cup	20.00
001522	Potato, Waffle Fry	3.35 oz	24.20
002038	Potato, Wedges, Mccain	5# BAG	18.22
001530	Powerade, Zero, Fruit Punch	ea	0.00
001531	Powerade, Zero, Grape	ea	0.00
001532	Powerade, Zero, Mixed Berry	ea	0.00
001948	Premium Salad, Mediterranean	ea	59.71
000611	Premium Salad, Taco	1 EA	44.73
002018	Pretzel Dog, Beef	1 each	33.00
001323	Pretzel Rods, WG 1oz	1 each	14.50
001946	Pretzel Rods, WG 2	2 each	29.00
000483	Pretzel, 5oz soft	1 ea	69.44
001613	PROTEIN PACK SUNFLOWER SEED	PACK	30.00
000490	Raisins	1 box	34.11
000491	Refried Beans	1/2 cup	24.13
000860	Relish Boat	1 svg	2.67
000315	Rice	1/2 cup	22.75
001994	Rice Krispies Treat Mini	bar	9.14
001147	Rice Krispies Treat WG	each	30.00
000497	Rotini Pasta with Meat Sauce	7.44 oz	27.22
000756	Rotini with Meatballs	1 bowl	28.70
001914	Salad Bar Brd. Chicken	1.5 oz	5.50
001910	Salad Bar Broccoli	Floret	0.37
001913	Salad Bar Carrot	tsp.	0.25
002003	Salad Bar Carrot Matchstix	tbsp	0.53
001911	Salad Bar Cauliflower	floret	0.65
001912	Salad Bar Celery	tsp.	0.06
001335	Salad Bar Cheese	oz	1.00
001908	Salad Bar Cucumber Slice	1 slice	0.51
001333	Salad Bar Egg	Half	0.56
001332	Salad Bar Ham	1.53 oz	0.50
002005	Salad Bar Peas	TSP	0.38
001331	Salad Bar Salad	Each	4.40
001915	Salad Bar Spinach Salad	Each	3.48
001909	Salad Bar Tomatoes	each	0.66
001336	Salad Bar Turkey	svg	0.00
002004	Salad Bar Turkey, Govt	1.53 oz	1.00
001330	Salad Bar Veggies	Each	7.83
001441	Salad, Shaker Greek Pasta	each	41.38
001345	Salad, Shaker Pasta w/Chick, r	1 ea	42.81
001292	Salad, Shaker Pasta w/Chicken	1 ea	51.75
000499	Salsa	2 oz	4.03
001565	Salsa Cups	3 oz	5.92
001765	Sausage Cheese Biscuit	1 Sandwich	28.50

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Zionsville Community Schools

Recipe Carbohydrates List
Between 0 and 99 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
001872	Sausage Cheese Slider	1 Sandwich	19.50
001955	Sausage, Egg, and Cheese Bagel	Each	30.00
001847	Sausage, Egg, and Cheese Biscu	Each	29.00
001739	Sausage, Pork Patties 2 m/ma	2 ea	2.00
000503	Sausage, Pork Patty	1 ea	1.00
000518	Soft Tacos	2 ea	32.35
001972	Soft Tacos Homemade Beef	2 ea	36.41
000512	Sour Cream, pkt	1 ea	1.00
001632	Soy Milk, Vanilla	ea	13.00
000970	Soy Sauce pkt	1 pkt	0.00
001045	Spaghetti Sauce, 1/2 cup	1/2 cup	11.54
001098	Spanish Rice	1/2 cup	27.83
001962	SPARKLING ICE KIWI STRAWBERRY	BOTTLE	0.00
001964	SPARKLING ICE STARBURST CHERRY	BOTTLE	0.00
001963	SPARKLING ICE STARBURST STRAWB	BOTTLE	0.00
001291	Spiced Peaches	1/2 CUP	15.04
001904	Sprite Zero	ea	1.00
002019	Strawberries, Fresh	1/2 cup	5.53
000635	Strawberries, Frozen Cup	1 EA	21.92
001307	STRAWBERRIES,FRZ,UNSWTND	1/2 cup	20.48
001894	Strawberry Lemonade, Nature's	ea	0.00
000793	Sub Meat - Italian pack	6 slices	2.00
000513	Sub Meat, Traditional Pack	2.79 oz	1.58
000940	Sub Sand, Italian sub bun	1 sub	34.00
000514	Sub Sand, traditional sub bun	1 ea	33.58
002022	Sub Sand, Turkey & Cheese Elem	1 EACH	34.03
000515	Sunflower Seeds, Honey	1 ea	8.00
000516	Sunflower Seeds, Salted	1 ea	8.00
002010	Sweet and Sauce Sauce PC	1 OZ	11.14
001922	Sweet Potato Fries	69 g = 1/2 cup	23.13
001188	Sweet Potato Waffle Fries, 1/2	2.1oz (1/2 cup)	17.35
000517	Syrup, Pancake	1 PKT	30.00
001359	Taco Filling, Beef	svg	2.36
001552	Taco Filling, Scratch	3.3 oz	6.41
000763	Taco Sauce, 9g	1 pkt	1.00
001661	Tea, Gold Peak Zero Sugar	bottle	0.00
001784	Teriyaki Chicken	1 bowl	57.87
001975	Teriyaki Sauce	2 oz	24.49
001881	THREE CHEESE EGG BITE	EACH	1.98
000524	Tomato Slices	1 Slice	0.42
000525	Tri-Taters	2 ea	31.00
000528	Turkey American Sub	1 ea	32.00
001548	Turkey American Sub Government	1 ea	34.01
001874	Turkey Pepperjack on Wheat	1 ea	27.00
001868	Turkey Pepperjack Sub	1 ea	33.06
001870	Turkey Pepperjack Sub Govt.	1 ea	35.07
001590	Turkey Sandwich, Govt.	1 ea	29.01
001919	Turkey Sliced, Govt. 1.59 oz	1 slice	1.01
001941	Turkey Sliced, Govt. 4 oz	1 slice	2.52
001063	Turkey, Reduced Sodium Sliced	4 slices	0.00
000531	Uncrustable Grape Jelly on Whe	1 ea	32.00
002025	Uncrustable PB & Honey Wheat	1 each	32.00
000533	Uncrustable PB & Straw jam on	1 EA	32.00
001485	Uncrustable, Grape 5.3 oz	ea	64.11
001437	Waffle	ea	11.36
001877	Waffle, Eggoji	2 ea	27.90
001999	Waffle, Snack'n Blueberry	each	37.02
001973	Waffles	2 ea	22.72
001974	Waffles Maple, Snackn	ea	37.02
000673	Walking Taco	1 EA	26.34
001996	Walking Taco - Beef Crumbles	1 each	30.41

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Zionsville Community Schools

Recipe Carbohydrates List
Between 0 and 99 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
001281	Watermelon	1/2 Cup	7.26
001150	Welch's Fruit Snacks, Mixed Fr	Bag	34.00
001967	Wrap, Brd Spicy Chicken 10"	EA	49.22
001966	Wrap, Breaded Chicken 10"	EA	48.28
001969	Wrap, Buffalo Chicken 10"	ea	41.84
001968	Wrap, Chicken Caesar 10"	1 EA	43.89
001970	Wrap, Chicken Salad 10"	1/2 Wrap	37.23
000958	Wrap, Italian Sub	1 - 1/2 wrap	30.41
001954	Wrap, Turkey Club	EA	51.62
002020	Wrap, Turkey Club MS	1 wrap	37.30
001971	Wrap, Veggie 10"	1 EA	45.49
000569	Z'rib Patty	1 EA	11.00
000570	Z'rib Sandwich	1 EA	43.06

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