

White County School Nutrition

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
WC AR			
000003	BROCCOLI	1/2 CUP	6.03
900007	APPLES,Fresh	EACH	25.13
900009	APPLESAUCE	HALF CUP	23.00
900010	APPLESAUCE, USDA	HALF CUP	20.25
000240	Asian Beef and Broccoli	8 oz	46.35
000076	BAKED BEANS VEGETARIAN SUMMER	1/2 CUP	29.60
900019	BAKED POTATO	EACH	42.72
900024	BANANAS	EACH	23.07
000117	BASE SALAD MIX WC	1.5 CUPS	4.25
900027	BBQ BROOKWOOD MEAT ONLY	SERVING	17.06
000188	BBQ CHICKEN CHUNKS	SERVINGS	19.50
900031	BBQ SANDWICH, BROOKWOOD	EACH	48.06
900032	BBQ SAUCE	EACH	5.29
000215	BBQ SLIDERS, BROOKWOOD	SVG	55.06
000198	BBQChicken Nuggets, G'kist	3.9 oz	20.18
000124	BEEFY CHEESY NACHOS	3 OZ	25.46
900045	BISCUIT	EACH	24.00
000057	BISCUIT AND GRAVY	EA	30.00
900047	BISCUIT W/ CHICKEN-1 GRAIN	EACH	28.00
000178	BISCUIT, EGG AND CHEESE	1 EA	24.88
001074	BISCUITS W/SAUSAGE	EACH	24.50
900052	BLACKEYE PEAS	HALF CUP	26.57
000255	BLUEBERRIES,Fresh	1/2 cup	11.17
000214	Blueberry Coleslaw	2 oz	5.12
000170	BLUEBERRY CRISP	1/2 CUP	41.46
900069	BROCCOLI	HALF CUP	4.75
900064	BROCCOLI & CHEESE SOUP, JTM	SERVING	14.00
000181	BROCCOLI AND CHEESE	1/2 CUP	6.11
000172	Broccoli Soup WCHS	6 oz	21.60
000023	BURRITO	EA	51.48
900077	BURRITO, CHEESE & CHICKEN	EACH	33.00
900084	CALIFORNIA BLEND	HALF CUP	4.84
000116	CALIFORNIA BLEND	1/2 CUP	8.00
900085	CARROT & CELERY STICKS	HALF CUP	3.70
000072	CARROT AND CELERY STICKS	EA	4.07
900086	CARROT STICKS	HALF CUP	5.65
900090	CARROTS:FROZEN	HALF CUP	8.77
000191	CHEESE PIZZA, RND, NARDONES	5.4 OZ	31.00
000144	CHEESE QUESADILLA, THE MAX	5 OZ	41.00
900100	CHEESEBURGER	EACH	1.70
000122	CHEESEBURGER WC	EACH	22.56
000143	CHEESY BREADSTICKS	4.42 OZ	36.00
000200	CHEF SALAD HS-CHICKEN SALAD	EA	70.43
000199	CHEF SALAD HS-HARD BOILED EGG	EA	63.69
000107	CHEF SALAD HS-TURKEY OR HAM	EA	64.08
000103	CHEF SALAD/WRAP	EA	24.28
000021	CHICKEN ALFREDO	.75 CUP	21.87
000193	CHICKEN AND RICE SOUP WC	6 OZ	8.13
000102	CHICKEN AND RICE SOUP WC	6 OZ	6.89
000155	CHICKEN CHUNKS, GOLDKIST	3.75 OZ	15.00
000182	CHICKEN CLUB SANDWICH WC	EACH	47.11
000212	CHICKEN DRUMSTICK, TYSON	SVG	5.00
000138	CHICKEN FAJITA NACHOS	SERVING	25.00
000070	CHICKEN FAJITA WC	3.4 oz	23.80
000192	CHICKEN NOODLE SOUP WC	6 OZ	4.66
000185	Chicken Nuggets, G'kist	3.9 oz	15.00
900122	CHICKEN PARMASAN /Elem.	EACH	6.20
000173	CHICKEN PARMASAN HS ONLY	EACH	43.80
000202	CHICKEN PARMASAN MS/NGA	EACH	22.20
000125	CHICKEN POT PIE WC	CUP	23.20

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000216	CHICKEN QUESADILLA	EA	37.00
000104	CHICKEN SALAD WCHS	.5 CUP	7.87
000020	CHICKEN SANDWICH, ELEM, WC	EA	44.00
900135	CHICKEN SANDWICH, WC, MS/HS	EACH	47.00
000189	CHICKEN SANDWICH,SPICY, MS/HS	EACH	47.00
900128	CHICKEN TENDERS	SERVING (3.5OZ)	26.00
000220	CHICKEN WRAP	EA	85.18
900125	CHICKEN, POPCORN	SERVING (10)	17.57
000204	CHILI CHEESE FRIES	servings	36.63
000180	CHILI WC	4 OZ	11.53
000123	COLESLAW	1/2 CUP	11.60
000244	COLESLAW/COOKOUT	1/2 CUP	11.60
000032	CORN ON THE COB	EACH	18.98
900162	CORN-(FROZEN)	HALF CUP	22.30
000160	CORNBREAD, WC	1 PIECE	27.77
000067	CORNDOG WC	EA	29.63
000164	COWBOY BEANS	1/2 CUP	24.62
000177	Craisins	ind. package	27.13
000154	Creole Jambalaya	4 oz	16.40
000236	Croissant, BaconEggCheese	1 EA	13.88
900174	CUBAN	EACH	42.50
900177	DELI SANDWICH	EACH	38.52
900338	DICED SWEET POTATOES, GLZD	HALF CUP	27.11
900182	DOMINO'S CHEESE PIZZA	SLICE	31.00
900183	DOMINO'S PEPPERONI PIZZA	SLICE	32.00
900190	EGG ROLL	EACH	24.00
000095	FAJITA PIZZA	SLICE	44.42
000196	FIELD TRIP SACK #1	EA	76.03
000197	FIELD TRIP SACK #2	EA	78.05
900193	FISH & CHIPS	SERVING	39.00
000207	FISH SANDWICH	EA	46.83
000186	French Bread Pizza	SERVING	29.00
000141	FRENCH FRIES WC	1 CUP	59.81
900202	FRITO PONCHO	SERVINGS(5.33)	44.50
900217	FRUIT COCKTAIL	HALF CUP	17.89
000118	FRUIT PUNCH	8 oz	30.00
900222	GELATIN W/ TOPPING	HALF CUP	19.73
900271	GENERAL TSO MEATBALLS	SERVING (4)	20.88
900223	GENERAL TSO'S CHICKEN	SERVINGS	57.30
000015	GLAZED CARROTS	1/2 CUP	9.22
000422	GRAPES,Fresh	1/2 cup	14.78
000010	GREEN BEANS	1/2 CUP	5.58
000174	GREEN BEANS W/HAM BASE	1/2 CUP	5.70
900313	GREEN PEAS	HALF CUP	16.71
900236	GRILLED CHEESE SANDWICH	EACH	32.11
000187	GUMBO W/ RICE	HALF CUP	3.17
000130	HAM WRAP WC	EACH	36.45
000161	HAMBURGER ON WG BUN	EACH	32.00
900244	HONEY MUSTARD	EACH	5.00
000243	HOT DOG ON A WG BUN:	EACH	34.00
900245	HOT DOG ON A WG BUN:	EACH	34.00
000127	HOT HAM AND CHEESE SANDWICH WC	EA	35.11
900246	HOT SAUCE	EACH	0.00
900253	KETCHUP: IND	EACH	3.00
900254	LETTUCE &TOMATO/sandwich	SERVING	2.77
000034	LETTUCE AND TOMATO SHREDDED	1/2 CUP	2.14
000158	Lima Beans, frozen	1/2 cup	26.31
000168	Macaroni and Cheese, WC	1/2 cup	20.80
000175	Mandarin Oranges	1/2 cup	12.90
000074	MARGARINE PKG	EA	0.00
900264	MARINARA SAUCE	2 oz	6.20
900267	MASHED POTATOES	HALF CUP	17.92
900268	MAYONNAISE, LIGHT	EACH	1.00

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900272	MELON CUP	HALF CUP	6.53
000011	MEXICAN RICE	1/2 CUP	26.70
000239	Middle Eastern Rice	.5 cup	34.78
900275	MILK, 1 %	CUP	13.00
900276	MILK, CHOCOLATE FF	CUP	20.00
900278	MILK, SKIM FF	CUP	13.00
900279	MILK,STRAWBERRY	CARTON	19.00
000147	MINI CORNDOGS	4 OZ	27.19
000081	MIXED FRUIT	.5 CUP	17.88
900288	MUSTARD, IND	EACH	0.00
900298	ORANGES	EACH	11.28
000249	ORANGES/COOKOUT	EACH	11.28
000163	Pancakes and Sausage, ES	EA	41.00
000194	PASTA FAGIOLI SOUP	6 OZ	17.36
000169	Pasta Salad, WC	1/2 cup	19.62
900306	PB&J BASKET	EACH	53.00
000213	PB&J SANDWICH, TWIN PACK	5.6 OZ	79.65
000206	PEACH CUPS, FRZ	4.4OZ	19.00
000088	PEACHES,FRESH	EACH	14.31
000087	PEANUT BUTTER & JELLY SANDWICH	EA	60.02
000090	PEARS,FRESH	EACH	27.11
900214	PEARS: SLICES LS	HALF CUP	18.30
000190	PEPPERONI PIZZA, RND, NARDONES	5.5 OZ	30.00
000108	PEPPERS AND ONIONS WC	2 OZ	2.88
900314	PHILLY CHEESE STEAK	SERVING	42.13
900215	PINEAPPLE TIDBITS	HALF CUP	17.83
000013	PINTO BEANS	1/2 CUP	7.14
000114	PIZZA QUESADILLA	5 OZ	41.00
900322	PIZZA, CHEESE wild mikes	SLICE	34.00
000171	Potato Soup	6 oz	20.81
000075	POTATO WEDGES WC	1/2 cup	16.59
900337	POTATOE, SMILES	SERVINGS (6 PC	34.43
900344	PUDDING, VANILLA W/ TOPPING	HALF CUP	26.57
000159	PULLED PORK , SEMI DRY	2.5 OZ	2.00
900346	QUESO BLANCO W/ PASTA	.5 cup	18.21
000218	QUESO SAUCE	2 oz	2.00
900347	RAISINS	PACKAGE	29.98
900258	RANCH DRESSING	1 oz	1.89
000105	RANCH DRESSING FROM MIX	2 OZ	1.80
000205	RANCH DRESSING, BBQ, FROM MIX	2 OZ	22.68
000142	RANCH-STYLE BEANS	1/2 CUP	18.11
000235	Ravioli	8.3 OZ	30.00
900349	REFRIED BEANS	HALF CUP	21.36
000126	RIB B QUE WC	EA	44.00
000166	Rice, White	1/2 cup	24.06
000165	Roasted Potatoes	1/2 cup	14.88
900354	ROASTED VEGGIES	HALF CUP	5.38
900355	ROLL, DINNER 2.5-PROOF n BAKE	ROLL	28.00
900358	ROLLS, W W HOMEMADE	EACH	31.50
000146	ROSATI ICE	4.4 OZ	25.00
000237	SALAD BAR-MS	SERVING	10.01
000139	SALAD,TOSSED: no dressing	1.0 cup	2.31
900364	SALSA	2 OZ	3.97
000121	SHREDDED CHEESE	1.5 OZ	0.89
000176	SLICED APPLES, CANNED	1/2 CUP	13.21
900373	SLIDER CHICKEN	EACH	26.33
000140	SLOPPY JOE WCMS	3 OZ	8.98
900377	SOUR CREAM	EACH	4.00
900382	SPAGHETTI W/ SAUCE & PASTA-	SERVINGS (CUP	40.64
900384	SPANISH RICE	HALF CUP	24.94
000203	SPICED APPLES	1/2 CUP	22.98
900137	SPICY CHICKEN SANDWICH	SERVING	45.00
900387	SPINACH& MANDARIN ORANGE	1 cup	18.17

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000002	STEAK FINGERS AND GRAVY	3.8 OZ	19.28
000061	STEAK PATTY AND GRAVY	3 OZ	21.69
900080	STEAMED CABBAGE	HALF CUP	6.47
900393	STRAWBERRIES,FRESH	HALF CUP	6.97
900394	STRAWBERRIES: frozen	HALF CUP	29.39
000241	Sunbutter Sandwich	EA	28.00
000201	TACO SOUP	6 OZ	23.55
000128	TACO WC	SERVINGS	22.84
900413	TATER TOTS	1/2 cup	31.47
900414	TEA, SMART SNACK	CUPS	10.16
000184	Texas Toast, Coles	1 slice	11.14
000024	TOASTED CHEESE SANDWICH WC	EA	30.37
000195	TOMATO SOUP WC	6 OZ	11.71
900425	TURNIP GREENS	HALF CUP	5.81
000238	Tzatziki Sauce	1.5 oz	1.29
000242	Vegetable Soup	4 oz	6.36
000079	VEGETABLE/SALAD BAR	1.5	7.73
000089	VEGGIE DIPPERS	1/2 cup	4.69
900433	WHEAT CRACKERS	SERVING	24.00
000120	WHEAT ROLL WHOLE WHEAT WCHS	EA	28.02
000208	WILD MIKES CHEESE PIZZA	SVG	35.00
000209	WILD MIKES PEPPERONI PIZZA	SVG	34.00
900436	YOGURT &CHEESE PLATE	SERVING	32.05
000183	YOGURT &MUFFIN PLATE	SERVING	50.00
000179	YOGURT &TEDDY GRAHAM PLATE	SERVING	41.33
000136	Yogurt parfait	10 OZ	60.47
000219	YUM YUM SAUCE	2 OZ	4.80

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