

ABC UNIFIED SCHOOL DISTRICT

No.	Description	Portion Size	Carbohydrates (Grams)
2017			
000997	ALFREDO CHICKEN BAKE	SERV	56.05
000462	APPLESAUCE: COMMODITY	1/2 Cup	14.00
001027	APRICOT, FROZEN 4.5 OZ CUPS	EACH	25.00
000990	ASIAN CHIX LEG & FRD RCE MS HS	SERVINGS	54.81
000956	BBQ PORK W/MASHED POTATO- HS	SERVING	28.85
000459	BBQ SAUCE PACKET- ALL SCHOOLS	EACH	4.00
000954	BEANS, BBQ-E.S., M.S.	SERVING	33.39
000820	BEANS, RANCHERO-E.S., M.S.	1/2 Cup	16.28
000876	BEEF -CHILI & CHIPS	PORTION	46.72
001015	BREAKFAST BURRITO - BACON HS	EACH	39.67
001014	BREAKFAST BURRITO - EGG- H.S.	EACH	40.04
000995	BREAKFAST BURRITO -CHORIZO-H.S	EACH	40.19
000190	BREAKFAST BURRITO-SAUSAGE- H.S	EACH	40.04
000907	BREAKFAST PIZZA- ES, MS	EACH	18.45
001033	BREAKFAST SANDWICH- ALL SCHOOL	EACH	16.00
000668	BRKFST BAR, BAN CHOC-E.S, M.S.	EACH	48.00
000658	BROCCOLI W/CHEDDAR-E.S.,M.S.	Each	5.85
001034	BURRITO, BEAN, CHSE, GRN CHILI	EACH	40.98
001092	CARROTS, FROZEN	LB	35.06
000307	CARROTS- ALL SCHOOLS	1/2 CUP	7.01
001002	CELERY, ELEMEN	1/2 Cup	1.94
000371	CEREAL, ASSORTED-ALL SCHOOLS	EACH	44.28
000881	CHEESE PIZZA SLIDERS- ES	EACH	29.31
001032	CHEESE STICK, RF, COLBY JACK	EACH	0.00
000991	CHEESEBURGER TWINS- E.S&M.S.	each	31.30
000144	CHEESEBURGER- H.S.	SANDWICH	31.00
000773	CHEESY BEEF NACHOS- HS	EACH	54.75
001030	CHEX, SIMPLY-CHOCOLATE CARAMEL	EACH	21.00
000983	CHICKEN DRUMSTICK - E.S.	EACH	5.00
001024	CHICKEN DRUMSTIX & ROLL - H.S.	EACH	33.00
000789	CHICKEN FAJITAS- E.S.	EACH	26.19
000818	CHICKEN NUGGETS- E.S.	SERVING	16.00
000955	CHICKEN W/MASHED POTATO- HS	SERVING	30.62
000887	CHIX PATTY SANDWICH- E.S.	SANDWICH	45.22
000987	CHIX W/MASHED POT & GRAVY -ES	SERVING	18.50
000929	CINNAMON ROLL- ES, MS	EACH	46.00
000944	COOKIE DAY - ALL SCHOOLS	EACH	22.00
000901	COOKIE, MINI CHOC CHIP- MS	EACH	22.00
000803	CORN, CANNED- ALL SCHOOLS	1/2 CUP	15.00
001031	CRISPS-CINNAMON	PKG	25.00
001035	CUCUMBER -ALL SCHOOLS	EACH	10.93
000823	DRESSING, FRENCH	1 OZ	6.40
000769	DRESSING, ITALIAN- HS	PACKET	1.20
000723	DRESSING, PIZZA SALAD	1 OZ	0.16
000765	DRESSING, RANCH- ALL SCHOOLS	PACKET	1.05
000925	DRESSING, SMOKEY RANCH	GALLON	256.01
001029	FIESTA BITES	SERVING	32.00
000976	FREEZIE FRUIT SLUSHIE- MS	SERVING	22.50
000903	FRENCH TST STIX CINN -LUNCH-ES	SERVING	29.01
000667	FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	28.43
000245	FRUIT: ASSORTED FRESH-ALL SCHS	EACH	18.99
000142	FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	18.24
000849	FUN PACK MEAL- ES	EACH	38.17
000937	GO 'BONZO'S - HS	EACH	24.00
000958	GOLDFISH, H&S CHEDDAR-ES, MS	EACH	28.00
000300	HAMBURGER- HS	SANDWICH	30.00
001090	HEADSTART- EGG, HARD BOILED	CONTAINER	0.28
001053	HEADSTART- PEAS & CARROTS	CONTAINER	4.05
001098	HEADSTART-BAGEL, MINI	EACH	7.50
001097	HEADSTART-BEANS, BLACK	SERVING	19.00

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Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
001096	HEADSTART-BEANS, GARBANZO	SERVING	27.14
001093	HEADSTART-BEANS, PINTO	SERVING	18.30
001094	HEADSTART-BEANS, PINTO W CHSE	SERVING	18.80
001095	HEADSTART-BEANS, VEGETARIAN	SERVING	26.85
001068	HEADSTART-BEEF CHILI	CONTAINER	18.22
001037	HEADSTART-BEEF TERIYAKI	CONTAINER	7.50
001063	HEADSTART-BEEF, CRUMBLE	CONTAINER	0.00
001044	HEADSTART-BREADSTICK	CONTAINER	11.00
001057	HEADSTART-BROCCOLI	CONTAINER	2.28
001055	HEADSTART-CARROTS	CONTAINER	2.82
001088	HEADSTART-CEREAL, CHEERIOS	BAG	10.00
001087	HEADSTART-CEREAL, KIX	BAG	12.74
001036	HEADSTART-CHICKEN NUGGETS	CONTAINER	12.80
001060	HEADSTART-CHICKEN STRPS, UNSEA	CONTAINER	0.00
001058	HEADSTART-CHICKEN, DICED	CONTAINER	0.00
001085	HEADSTART-EGGS, SCRAMBLED	CONTAINER	0.50
001045	HEADSTART-ELBOW MACARONI	CONTAINER	9.11
001064	HEADSTART-FRENCH TOAST, CINN	CONTAINER	9.33
001040	HEADSTART-MARINARA	SERVING	5.50
001041	HEADSTART-MASHED POTATO	CONTAINER	8.25
001069	HEADSTART-MINI MAPLE PANCAKES	POUCH	9.51
001089	HEADSTART-PORK	CONTAINER	0.02
001038	HEADSTART-RICE	CONTAINER	11.20
001039	HEADSTART-SALSA	SERVING	3.97
001042	HEADSTART-TACO CRUMBLE	CONTAINER	1.20
001099	HEADSTART-TORTILLA, CHIPS	BAG	9.50
001043	HEADSTART-TORTILLA, CORN	CONTAINER	7.00
001066	HEADSTART-WHITE BEAN CHILI	CONTAINER	42.44
000162	HOT DOG, CHICKEN- ES	SERVING	34.00
001010	HOT DOG, TURKEY - ES	SERVING	31.00
000657	JICAMA STICKS-ES	CUP	6.00
000940	JUICE - ASSORTED 6oz	EACH	21.75
000309	JUICE - ASSORTED-MS	EACH	18.69
000340	KETCHUP- ALL SCHOOLS	PACKET	3.00
000898	KOREAN BBQ CHIX W/RICE-HS	EACH	75.86
000989	KOREAN BBQ PORK SLIDERS	SERVING	48.76
000998	KOREAN BBQ PORK TACOS	SERVING	44.76
000792	LETTUCE, ROMAINE- ES	SERV	1.40
000847	MARINARA SAUCE- ES	PORTION	11.00
000070	MAYONNAISE- ALL SCHOOLS	Packet	2.00
000242	MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	14.00
000243	MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	22.00
000926	MILK - NONFAT WHITE- ALL SCHS	1/2 Pint	12.00
001091	MILK, WHOLE	OZ	1.36
000906	MINI MAPLE PANCAKES- ALL SCHS	3 OZ	36.00
001026	MIXED FRUIT, IN JUICE, JACK PO	SERVING	11.25
000848	MOZZARELLA BREAD STICK-ES	EACH	28.00
000391	MUSTARD, PACKET-ALL SCHOOLS	EACH	0.00
000842	PANCAKE SAUSAGE STICK- ES	EACH	17.00
000437	PEACHES: COMMODITY	SERVING	14.00
000438	PEARS: COMMODITY	SERVING	20.00
000722	PEPPERONI PIZZA SALAD- ES, MS	each	4.15
000886	PIZZA WEDGE, PEPPERONI- ES	EACH	32.00
001016	PIZZA, PAPA J CHEESE- ES, MS	SLICE	40.00
001017	PIZZA, PAPA J CHEESE- HS	SLICE	49.00
001018	PIZZA, PAPA J HAWAIIAN- HS	SLICE	52.00
001019	PIZZA, PAPA J HAWAIIAN- MS	SLICE	42.00
001020	PIZZA, PAPA J PEPP- MS	SLICE	40.00
001021	PIZZA, PAPA J PEPPERONI- HS	SLICE	49.00
001022	PIZZA, PAPA J VEGGIE- HS	SLICE	53.00
001023	PIZZA, PAPA J VEGGIE- MS	SLICE	41.00
000986	PORK W/MASHED POT & GRAVY -ES	SERVING	18.52
000896	PORK, CK COOKED	OZ	0.01

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000736	POTATO BAKED W/TACO & CHSE-HS	EACH	65.81
000808	POTATO SALAD - HS	EACH	18.00
000809	POTATO TOTS- ALL SCHOOLS	EACH	19.99
000854	RIB-B-QUE, PORK- MS	EACH	39.00
000946	RICE & BEANS - SPECIAL MEAL	SERV	63.08
000805	RICE BOWL, FIRECRACKER CHICKEN	each	67.80
000859	RICE BOWL, ORANGE CHIX- HS	each	68.70
000733	RICE BOWL, TERIYAKI CHIX - HS	each	49.70
000902	ROASTED BBQ CHIX- MS	EACH	36.33
000984	ROLL, WHOLE WHEAT- ES	EACH	28.00
000361	ROLL: WHOLE WHEAT- HS	Each	28.00
000869	SALAD, HAND TOSSED- HS	EACH	62.07
001101	SALAD, TACO SALAD	SERVING	60.44
000725	SALSA - ALL SCHOOLS	SERVING	7.94
000386	SANDWICH, PBJ - MS & HS	SANDWICH	32.00
001013	SANDWICH, PBJ, UNCRUSTABLE 5.3	EACH	64.00
000726	SANDWICH,GRILLED CHEESE- ES,MS	EACH	31.58
000970	SAUCE, SWEET & SOUR- ES	SERVING	12.00
000788	SIDE SALAD - MS, HS	EACH	4.28
000127	SPICY CHIX SANDWICH-MS, HS	SANDWICH	41.00
000816	SPINACH SALAD- ES, MS	each	4.32
001100	STRAWBERRY, FRZN CUPS, 4.5 OZ	4.5 OZ	22.00
000911	TAMALE, PORK & CHEESE- MS	EACH	53.76
000005	TERIYAKI BEEF W/RICE- ELEM	each	46.62
000996	TERIYAKI GLAZE	TBSP	9.75
000395	TORTILLA CHIPS - HS	BAG	27.00
000856	TURKEY TACO EMPANDAD- ES	EACH	40.00
000891	WAFFLE, MAPLE- ALL SCHOOLS	EACH	42.00
000839	WESTERN BURGER - HS	SANDWICH	41.68
000951	WHITE BEAN CHILI W/DORITOS ES	SERVING	61.49
000899	YOGURT & BAR (GREEK) - HS	EACH	38.00
000900	YOGURT & BAR (REGULAR) - HS	EACH	43.00

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