

ABC UNIFIED SCHOOL DISTRICT

Recipe Carbohydrates List

| No. | Description | Portion Size | Carbohydrates (Grams) |
|------------------|--------------------------------|--------------|--------------------------|
| <i>DL</i> | | | |
| 000668 | BAR, BFAST, BAN CHOC-E.S, M.S. | EACH | 48.00 |
| 001125 | BAR, BFAST, OATMEAL, CHOC | Bar | 46.92 |
| 000821 | BEANS, BAKED | SERVINGS | 28.97 |
| 000909 | BURRITO, BEAN & CHSE- ALL SCHS | EACH | 56.00 |
| 000307 | CARROTS- ALL SCHOOLS | 1/2 CUP | 7.01 |
| 001113 | CEREAL, CINNAMON TOASTERS | BOWL | 46.24 |
| 001114 | CEREAL, HONEY NUT, SCOOTERS | BOWL | 38.89 |
| 001112 | CEREAL, MARSHMALLOW MATEYS | BOWL | 47.00 |
| 001115 | CEREAL, RAISIN BRAN | BOWL | 45.00 |
| 000881 | CHEESE PIZZA SLIDERS- ES | EACH | 29.31 |
| 000991 | CHEESEBURGER TWINS- E.S&M.S. | each | 31.30 |
| 001137 | CHEESY STUFFED BREAD | 4 oz | 29.00 |
| 000818 | CHICKEN NUGGETS- E.S. | SERVING | 16.00 |
| 000887 | CHIX PATTY SANDWICH- E.S. | SANDWICH | 45.22 |
| 000803 | CORN, CANNED- ALL SCHOOLS | 1/2 CUP | 15.00 |
| 000667 | FRUIT: ASSORTED DRIED-ALL SCHS | SERVINGS | 28.15 |
| 000245 | FRUIT: ASSORTED FRESH-ALL SCHS | EACH | 22.09 |
| 000767 | FRUIT: ASSORTED JUICE | EACH | 5.80 |
| 000142 | FRUIT: ASSRTD CANNED- ALL SCHS | SERVINGS | 18.30 |
| 001010 | HOT DOG, TURKEY - ES | SERVING | 27.00 |
| 000847 | MARINARA SAUCE- ES | PORTION | 11.00 |
| 000242 | MILK - 1% WHITE- ALL SCHOOLS | 1/2 Pint | 14.00 |
| 000243 | MILK - NONFAT CHOC -ALL SCHS | 1/2 Pint | 22.00 |
| 001144 | PAN DULCE - 2GRAIN | EACH | 34.00 |
| 000464 | PORK RIB-B-QUE SANDWICH | each | 40.85 |
| 000725 | SALSA - ALL SCHOOLS | SERVING | 8.00 |
| 000856 | TURKEY TACO EMPANDAD- ES | EACH | 40.00 |

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

NOTICE: The data contained within this report and the NUTRIKIDS® 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.