

ABC UNIFIED SCHOOL DISTRICT

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
2021			
000064	APPLES	EACH	19.06
000462	APPLESAUCE: COMMODITY	1/2 CUP	13.00
001027	APRICOT, FROZEN 4.5 OZ CUPS	EACH	25.00
001277	Bagels-Mini Cinnamon	Each	41.00
001310	Banana Bread	Each	44.00
000068	BANANAS	EACH	23.07
001223	Bean and Cheese Burrito-ES	Each	47.00
001281	Bean and Cheese Burrito-HS	Each	45.00
001305	Bean and Cheese Burrito-MS	Each	40.00
000821	BEANS, BAKED	Serving	28.97
001282	Bear Graham-Vanilla	Each	20.00
001283	Bear Grahams-Chocolate	Each	20.00
001218	Beef and Cheese Taco Stick	Each	31.87
001243	Beef Hot Dog on Hawaiian Roll	Each	30.00
001224	Beef Rib-B-Que	Each	32.40
001280	Belly Bears-Honey Graham	Each	20.00
001287	Bread-Sliced Lemon Bread	Each	44.00
001225	Breaded Chicken Burger	Each	40.42
000668	Breakfast Bar, Ban Chocolate	Each	48.00
001279	Breakfast Bar-French Toast	Each	47.00
001278	Breakfast Bar-Oat & Choc Chip	Each	47.00
001291	Breakfast Bar-Twin Bar	Each	43.00
001307	Breakfast Bar-WG	Each	43.00
001298	Breakfast Bar-Whole Wheat	Each	46.00
001232	Breakfast Burrito, Egg/Cheese	Each	29.35
001233	Breakfast Burrito, Sausage	Each	25.78
001276	Breakfast Burrito-Chorizo/Egg	Each	22.00
001311	Breakfast Sand-Pan Chx Sausage	Each	17.00
000256	BROCCOLI,raw: fresh	Serving	2.92
001269	Carrot & Celery Sticks	Serving	4.00
000307	CARROTS- ALL SCHOOLS	Serving	7.01
001268	Celery Sticks	Serving	4.00
001270	Celery, Carrot & Jicama Sticks	Serving	6.00
001236	Cereal, Cinn Toast Crunch	Each	44.00
001290	Cereal, Cinn Toast-Less Sugar	Each	44.00
001234	Cereal, Cocoa Puffs	Each	47.00
001114	Cereal, Honey Nut, Scooters	BOWL	38.89
001235	Cereal, Lucky Charms	Each	46.00
001226	Cheeseburger Sliders-ES & MS	Each	29.82
000991	Cheeseburger twins- E.S & M.S.	Each	31.30
001245	Cheeseburger-Hawaiian Bun-HS	Each	29.60
001288	Cheeseburger-WG Bun-ES & MS	Each	30.00
001137	Cheesy Stuffed Bread	Each	29.00
001222	Chicken Corn Dog	Each	27.80
000818	Chicken Nuggets- E.S.	Serving	16.00
001306	Chicken Nuggets-Alt	Serving	10.00
001230	Chocolate Chip Muffin	Each	39.50
001308	Cinnamon Bun-Ultra Baked	Each	38.00
001286	Cinnamon Bun-WG	Each	36.50
001229	Cinnamon Roll Mini's	Each	40.00
000803	CORN, CANNED- ALL SCHOOLS	Serving	15.00
001108	CRANBERRIES, DRIED	EACH	24.96
001035	CUCUMBER -ALL SCHOOLS	EACH	10.93
001267	Cucumber Slices	Serving	4.00
001180	Donut, WG, Chocolate	Package	42.00
001312	Donut-WG Glaze	Serving	30.00
001299	Donut-WG Super	Each	38.00
001177	Donuts, WG, Powdered Sugar	Package	45.00
001297	Double Dog-Chicken Dog	Each	31.50
000765	DRESSING, RANCH- ALL SCHOOLS	PACKET	1.05

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No.	Description	Portion Size	Carbohydrates (Grams)
001262	Edemame Beans	Serving	10.00
001309	French Toast Sticks-HS	Serving	38.00
001231	Frudel-Apple	Each	36.00
001285	Frudel-Cherry	Each	36.00
000667	FRUIT: ASSORTED DRIED-ALL SCHS	Serving	28.15
000767	FRUIT: ASSORTED JUICE	Each	5.80
001304	Goody Ring-WG	Each	30.00
001300	Grahams-Maple Waffle	Each	20.00
001227	Italian Cheese Calzone	Each	34.00
001261	Jicama Sticks	Serving	7.00
000340	KETCHUP- ALL SCHOOLS	PACKET	3.00
000792	LETTUCE, ROMAINE- ES	SERV	1.40
001239	Lunch Pack W/ Cheese & Cracker	Pack	43.00
001240	Macho Chili Cheese Burrito	Each	34.61
001274	Maple Turkey Pancake Wraps	Each	17.00
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
001162	Muffin, Chocolate Chip-WG	1	40.80
001301	Nacho Pretzel Pocket-WG	Each	38.00
000086	ORANGES	EACH	11.28
001144	Pan Dulce - WG	Each	34.00
000906	Pancakes, Mini Maple	Each	36.00
000458	PEACHES: Frozen	EACH	29.91
000437	PEACHES: COMMODITY	EACH	24.00
001247	Pepperoni and Cheese Flatbread	Each	30.00
001302	Pepperoni Pizza-OnFrench Bread	Each	32.43
000886	Pizza Wedge, Pepperoni	Each	32.00
001228	Pizza, Cheese-Galaxy	Each	26.00
000754	PIZZA, GOODY'S CHEESE- ES, MS	SLICE	29.00
000760	PIZZA, GOODY'S CHEESE- HS	SLICE	32.00
000755	PIZZA, GOODY'S PEPP- MS	SLICE	29.00
000759	PIZZA, GOODY'S PEPPERONI- HS	SLICE	32.00
001273	Pizza, Pepperoni -Galaxy	Each	26.00
001295	Pizza-Sicilian Cheese Wedge	Each	35.00
000464	Pork Rib-B-Que Sandwich	Each	40.85
000808	POTATO SALAD - HS	EACH	18.00
000809	POTATO TOTS- ALL SCHOOLS	Each	19.45
001272	Potato Wedge-Seasoned	Serving	21.00
000072	RAISINS, 1.33OZ BOX	box	29.91
000498	RICE, WHITE	CUP	41.16
000725	SALSA - ALL SCHOOLS	Serving	8.00
001246	Sand-Crispy Chx, Hawaiian Bun	Each	37.00
001244	Sand-Spicy Chick, Knot Bun	Each	46.00
001296	Sand-Spicy Chick, WG Bun	Each	40.00
001241	Sandwich, Peanut Butter Jelly	Each	64.00
000726	Sandwich, Grilled Cheese-ES,MS	EACH	30.96
001289	Sandwich-Breaded Chick-ES & MS	Each	21.00
001292	Sandwich-Turk, Salami & Cheese	Each	28.00
001293	Sandwich-Turkey & Cheese-Roll	Each	27.00
001257	Sandwich-Turkey, Ham & Cheese	Each	27.00
001237	Snack N' Waffle	Each	37.00
001100	STRAWBERRY, FRZN CUPS, 4.5 OZ	4.5 OZ	22.00
001251	String Cheese	Each	2.00
001258	Sugar Snap Peas	Serving	6.00
001266	Sweet Potato Choc Chip Muffin	Each	43.00
001303	Taquitos-Beef & Cheese	Each	26.80
000395	TORTILLA CHIPS - HS	BAG	23.00
001294	Turkey Pepperoni Pinwheel	Each	40.00
000856	Turkey Taco Empanada	Each	40.00
001284	Waffle Grahams-Strawberry	Each	21.00
001238	Waffle-HS	Each	38.00

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No.	Description	Portion Size	Carbohydrates (Grams)
001264	WG Banana Muffin 1.9 oz	Each	20.00
001263	WG Chocolate Chip Muffin 1.9	Each	19.80
001275	Wrapped Omelete, Sausage & Egg	Each	13.00
001260	Yams Sticks	Serving	28.00
001259	Zucchini Coins	Serving	2.00

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