

STUDENT NUTRITION RECIPES /CARBS AND CALORIES /UP-DATED FEB. 2019

Recipe No. Recipe Name	Portion Size	Cals'(kcal)	Carbs (g)
APPLES,RAW,WITH SKIN 163 CT.	EACH	55.000	14.640
APPLESAUCE, UNSWEETENED CANNED	1/2 CUP	51	14
APPLESAUCE, UNSWEETENED CANNED	3/4 CUP	76.5	21
APPLESAUCE, UNSWEETENED CANNED	1 Cup	102	28
BABY CARROTS & PEA PODS 1 CUP	CUP	38.78	8.335
BABY CARROTS & PEA PODS 3/4 CUP	CUP	35.378	7.269
BACON, TURKEY FC	SLICE	25	0.000
BANANA BREAD, SLICE	SLICE	280.000	44.000
BANANAS,RAW	EACH	121.040	31.062
BAR, COCOA CHIP BENEFIT	BAR	270.000	48.000
BAR,FRENCH TOAST BENEFIT	BAR	290.000	47.000
BASE, CHICKEN LOW SODIUM	CUP	15.000	2.000
BBQ BEEF HOAGIE	HOAGIE	277.799	38.505
BEANS GREEN , LOW SODIUM, CANNED 1 CUP	1 Cup	31.986	5.991
BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	15.993	2.995
BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP	3/4 Cup	19.991	3.744
BEANS, BAKED 1 CUP	CUP	280	58.000
BEANS, BAKED 1/2 CUP	1/2 CUP	140	29.000
BEANS, BAKED 3/4 CUP	3/4 CUP	210	43.500
BEANS, BLACK LS 1 CUP	1 CUP	240.000	46.000
BEANS, BLACK LS 1/2 CUP	1/2 CUP	120.000	23.000
BEANS, BLACK LS 3/4 CUP	3/4 CUP	180.000	34.500
BEANS, REFRIED 1 CUP	1 CUP	240.000	36.000
BEANS, REFRIED 1/2 CUP	1/2 CUP	120.000	18.000
BEANS, REFRIED 3/4 CUP	3/4 CUP	180.000	27.000
BEEF CRUMBLES, COOKED USDA	1.15 OZ	67.000	2.000
BEEF FINGERS, BREADED	SERVING (4 EA)	350.000	19.000
BEEF HOT DOG SANDWICH	SANDWICH	300.000	22.000
BEEF MEATLOAF, COOKED	Patty	190.000	8.000
BEEF PATTY, COOKED USDA	PATTY	130.000	0.000
BEEF PATTY, FLAMEGRILLED	2.30 OZ	150.000	0.000
BEEF, BBQ SUB	SUB	277.799	36.505
BEEF, HOT DOG 6"	EACH	190.000	1.000
BEEF, MEATBALLS	5 EACH	225.000	2.500
BEEF, PHILLY STEAK STRIPS	3 OZ	120.000	1.500
BEEF, RAVIOLI	CUP	250.000	30.000
BEEF, SALISBURY STEAK LS	PATTY	157.000	5.000
BISCUIT, WG HONEY WHEAT	BISCUIT	100.000	16.000
BLUEBERRY MUFFIN	MUFFIN	190	30.000
BREAD STICK WG	1 OZ	90	14.000
BREAD, GF WHITE	SLICE	75	14.000
BROCCOLI, FROZEN CUTS 1 c	1 CUP	30.000	5.000
BROCCOLI, FROZEN CUTS 1/2 c	1/2 CUP	15.000	2.500

BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	22.5	3.750
BROCCOLI, FROZEN, NO SALT FROZEN 1 c	1 Cup	52.000	10.000
BROCCOLI, FROZEN, NO SALT FROZEN 110473 1/2 c	.5 Cup	26.000	5.000
BROCCOLI, FROZEN, NO SALT FROZEN 110473 3/4 c	.75 Cup	39.000	7.500
BROCCOLI, RAW FRESH	1/2 CUP	14.960	2.922
BROCCOLI, RAW FRESH	3/4 CUP	22.440	4.382
BROCCOLI, RAW FRESH	1 CUP	29.920	5.843
BUN, HAMBURGER	BUN	140.000	29.000
BUN, HOT DOG	BUN	110.000	21.000
BUNNY GRAHAMS, ANNIE'S	1.25 OZ	160.000	25.000
BURRITO, SANTA FE CHICKEN W/ RICE	EACH	429.466	62.497
BUTTERMILK 1 % , LOWFAT	CUP	110.000	13.000
CARROTS, BABY FRESH	SERVING	24.500	5.768
CARROTS, BABY FRESH	3/4 CUP	36.750	8.652
CARROTS, BABY FRESH	CUP (12 ea)	49.000	11.536
CEREAL BAR, CINN TOAST CRUNCH	BAR	150.000	30.000
CEREAL BAR, COCOA PUFFS	BAR	150.961	30.192
CEREAL BOWL, COCOA PUFF 25%LS	BOWL	110.000	25.000
CEREAL FROSTED FLAKES RS	BOWL	100.000	24.000
CEREAL, CINN. TOAST CRUNCH	BOWL	111.373	22.275
CEREAL, GF HONEY NUT CHEX	BOWL	120.000	27.000
CEREAL, MINI WHEATS CHOC	BOWL	100.000	23.000
CHALUPA, BEEF N CHEESE	EACH	244.491	11.180
CHEESE SAUCE, CHEDDAR 1.5 OZ	1.5 OZ	65.037	2.501
CHEESE SAUCE, CHEDDAR 2 OZ	2 OZ	94.824	3.647
CHEESE SAUCE, CHEDDAR 3 OZ	3 OZ	130.000	5.000
CHEESE STICK BOSCO 6" 1 STICK	STICK	150.000	17.000
CHEESE STICK BOSCO 6" 2-STICKS	STICKS	300.000	34.000
CHEESE STICK, MOZZARELLA CN 1 STICK	STICK	150.040	17.005
CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	300.080	34.009
CHEESE, CHEDDAR, REDUCED FAT, SHREDDED	OZ	80.000	1.000
CHEESE, SLICED CHEDDAR RS/RF	SLICE	35.000	1.000
CHEESE, SLICED CHEDDAR RS/RF	2 SLICE	70.000	2.000
CHEESE, STRING STICK	EACH	80.000	0.000
CHEESEBURGER	SANDWICH	325.000	30.000
CHEESEBURGER	SANDWICH	305.000	30.000
CHEESY BREAD W/ DUNKER SAUCE ELEM.	SERVINGS	281.361	25.688
CHEESY BREAD W/ DUNKER SAUCE SECONDARY	SERVINGS	411.612	44.838
CHEESY HOAGIE W/ DUNKER SAUCE ELEM.	SERVINGS	281.361	26.688
CHEESY HOAGIE W/ DUNKER SAUCE SECONDARY	SERVINGS	411.612	46.838
CHEWY OATMEAL BITES	PACKAGE	150.000	24.000
CHICKEN BACON SWISS SANDWICH	SANDWICH	410.000	38.500
CHICKEN CORDON BLEU SANDWICH	SANDWICH	400.562	38.756
CHICKEN FAJITA WRAP/QUESADILLA	EACH	375.616	39.841
CHICKEN NUGGETS, WG	5 NUGGETS	184.000	12.000
CHICKEN PASTA BAKE	SERVINGS	252.798	23.570
CHICKEN POT PIE	SERVING 1 CUP	187.871	22.153

CHICKEN SANDWICH BREADED ELEMENTARY	SANDWICH	380.000	44.000
CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	340.000	38.000
CHICKEN STRIPS, BREADED	3 EA	285.000	16.500
CHICKEN TAQUITOS	3 EA	330.000	39.000
CHICKEN TAQUITOS 2 EA	2 EA	220.000	26.000
CHICKEN TAQUITOS 4 EA	4 EA	440.000	52.000
CHICKEN, 1/2" DICED MEAT	2.75 OZ	95.000	1.000
CHICKEN, BREADED PATTY ELEM	PATTY	240.000	15.000
CHICKEN, BREADED PATTY SEC	PATTY	200.000	9.000
CHICKEN, CORN PUPS	6 EACH	270.000	30.000
CHICKEN, CORN PUPS	5 EACH	222.750	24.750
CHICKEN, CORN PUPS	4 EACH	178.200	19.800
CHICKEN, FAJITA STRIPS	1.7 OZ	61.000	1.000
CHICKEN, POPCORN WG	3.3 OZ	250.000	15.000
CHICKEN, SWEET N SOUR	SERVING	150.000	9.000
CHICKEN, SWEET N SOUR W/ RICE SEC	SERVING	323.542	45.750
CHICKEN, TERIYAKI	2.85 OZ	146.000	14.000
CHICKEN, TERIYAKI GF	2.85 OZ	150.000	14.000
CHIPS, YELLOW TORTILLA TRIANGLES	OZ	140.000	19.000
CHURROS, RASPBERRY	EACH	160.000	28.000
CLUB HOAGIE	HOAGIE	262.900	33.502
CLUB SUB	SANDWICH	262.900	31.502
COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	320.000	52.000
COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	160.000	26.000
CORN KERNEL 1/2 C	1/2 CUP	65.000	15.000
CORN KERNEL 3/4 C	3/4 CUP	97.500	22.500
CORN KERNEL 1 C	1 CUP	130.000	30.000
COTTAGE PIE	SERVINGS	362.146	48.687
CRACKER, CHEDDAR GOLDFISH	EACH	100.000	14.000
CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	110.000	28.000
CRANBERRY, WHOLE DRIED	1.4 OZ	138.913	35.720
CREAM CHEESE SPREAD/ RANCH	1 OZ	70.000	0.800
CUCUMBER AND TOMATO SALAD	1/2 CUP	35.210	5.208
CUCUMBER AND TOMATO SALAD	3/4 CUP	47.580	7.038
CUCUMBER SAUCE	OZ	32.709	1.773
CUTTIE/ MANDARIN ORANGE	MEDIUM	47.143	11.524
DIPPING SAUCE - (4 OZ)	4 OZ	50.083	11.234
DIPPING SAUCE	OZ	12.521	2.809
DOUGH,SHEET WHITE WHOLE WHEAT	SERVING 2 OZ	1800.000	336.000
FRENCH DIP	SANDWICH	305.000	28.750
FRENCH TOAST STICKS	3 STICKS	210.547	26.068
FRENCH TOAST STICKS	1 STICKS	70.134	8.683
FRENCH TOAST STICKS SECONDARY	4 STICKS	280.535	34.733
FRUIT BAR	EACH	102.345	25.516
FRUITABLE , GOLD RUSH	BOX	40.000	10.000
FRUITABLE / TROPICAL TWIST	JUICE BOX	90.000	22.000
GARLIC TOAST	SLICE	70.000	12.000

GARLIC TOAST -2	2 OZ	140.000	24.000
GOLDFISH WG CRACKER	PACKAGE	90.000	16.000
GRAPES FRESH	CUP	110.000	28.000
GRAPES FRESH	3/4 CUP	82.500	21.000
GRAPES FRESH	1/2 CUP	55.000	14.000
GRAVY, BEEF LS	2 oz servings	18.032	3.607
GRAVY, CHICKEN	SERVING	23.485	3.758
HAM N CHEESE CIABATTA	SANDWICH	255.000	32.000
HAM N CHEESE PANINI	SANDWICH	265.000	32.000
HAM, SLICED	2 OZ	60.000	1.000
HAMBURGER	SANDWICH	270.000	29.000
HOT HAM N CHEESE SUB	SANDWICH	255.000	29.000
HUMMUS	CONTAINER	110.000	12.000
ITALIAN DRESSING	2 TBSP	183.634	0.780
ITALIAN DRY DRESSING MIX PREPARED	OZ	121.012	12.908
ITALIAN DUNKER SAUCE ELEMENTARY	4 OZ	80.936	10.771
ITALIAN DUNKER SAUCE SECONDARY	6 OZ	122.630	16.320
JELLO, CHERRY	1/2 CUP	70.000	17.000
JELLY GRAPE PC	CONTAINER	35.000	9.000
JO JO'S, .75 C SEASONEDCRISP SAVORY WEDGE	SERVING	173.432	28.016
JO JO'S, 1 C SEASONED CRISP SAVORY WEDGE	SERVING	260.148	42.024
JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	130.074	21.012
JUICE, APPLE	4 oz	60.000	14.000
JUICE, ORANGE	EACH	50.000	13.000
KIWI, FRESH	2 EACH	83.865	20.208
LASAGNA W/GROUND BEEF	2" x 3 3/4"	286.505	22.687
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	9.300	2.002
LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	2 OZ	7.938	1.684
MACARONI & CHEESE RF	2/3 CUP	280.000	29.000
MACARONI & CHEESE RF	CUP	420.000	43.500
MACARONI & CHEESE RF	1 1/3 CUP	560.000	58.000
MANDARIN ORANGE, CANNED	1/2 CUP	80.000	19.000
MANDARIN ORANGE, CANNED	3/4 CUP	120.000	28.500
MANDARIN ORANGE, CANNED	1 CUP	160.000	38.000
MEATBALL MARINARA SUB	EACH	473.451	34.943
MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	160.000	27.000
MILK, CHOC FF CARTON	CARTON	130.000	23.000
MILK, LF 1/2 GALLON WHITE	8 OZ POURED	110.000	13.000
MILK, LF 1/2 GALLON WHITE (6 OZ)	6 OZ POURED	82.500	9.750
MILK, SOY ULTRA	CONTAINER	144.375	12.375
MILK,LACTOSE FREE FF	CUP	90.000	13.000
MILK,LOW FAT WHITE CARTON	CARTON	110.000	13.000
MIXED FRUIT COCKTAIL	1/2 CUP	60.000	15.000
MIXED FRUIT COCKTAIL	3/4 CUP	60.000	15.000
MIXED FRUIT COCKTAIL	1 CUP	72.381	18.095
NACHO MEAT	2 OZ	117.888	4.721
NACHO'S ELEM	SERVING	382.302	42.028

NACHO'S SEC	SERVING	441.246	44.389
OATMEAL, STEEL CUT	BOWL	186.000	39.000
OMELET AND HAM ON BISCUIT	EACH	185.000	17.000
OMELET COLBY CHEESE SKILLET	EACH	110.000	1.000
OMELET W/ BACON & BISCUIT	EACH	180.000	16.500
ORANGE	EACH	60.000	15.000
PARMESAN CHICKEN SANDWICH ELEMENTARY	SANDWICH	438.083	47.315
PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	398.083	41.315
PASTA, LASAGNA SHEETS FRZ PRECOOKED	OZ	50.000	10.000
PASTA, SPAGHETTI NESTS FRZ PRECOOKED	SERVING	340.000	68.000
PB&J SANDWICH, GRAPE WG	2.8 OZ	300.000	34.000
PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	60.000	14.000
PEACHES DICED EXTRA LIGHT SYRUP	3/4 CUP	90.000	21.000
PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	120.000	28.000
PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	60.000	16.000
PEARS, DICED EXTRA LIGHT SYRUP	3/4 CUP	90.000	24.000
PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	120.000	32.000
PEARS,RAW	EACH	101.460	27.109
PEAS,EDIBLE-PODDED,RAW	10 PODS	14.280	2.567
PEAS,EDIBLE-PODDED,RAW	15 PODS	21.420	3.851
PEPPERONI, SLICED	1 OZ	150.000	0.000
PEPPERS AND ONIONS, ROASTED 1/2 c	1/2 Cup	70.000	13.000
PEPPERS AND ONIONS, ROASTED 1/4 c	1/4 Cup	35.070	6.513
PHILLY STEAK CHEESE BREAD	SANDWICH	377.040	31.997
PINEAPPLE TIDBITS,NAT JUICE	1/2 CUP	69.714	13.943
PINEAPPLE TIDBITS,NAT JUICE	3/4 CUP	104.571	20.914
PINEAPPLE TIDBITS,NAT JUICE	1 CUP	139.429	27.886
PITA POCKET WG 6"	POCKET	140.000	27.000
PITA, CHICKEN SALAD	PITA	292.691	37.074
PITA, GREEK TURKEY	SERVING	280.487	38.139
PITA, GYRO	PITA POCKET	320.542	35.442
PITA, VEGGIE W/CUCUMBER SAUCE	PITA POCKET	538.716	55.276
PIZZA BURGER ON BUN ELEM	SERVINGS	321.252	38.748
PIZZA BURGER ON BUN SEC	SERVINGS	416.210	42.705
PIZZA STICK, PEPPERONI WG	STICK	240.000	29.000
PIZZA STICK, PEPPERONI WG	2 STICK	480.000	58.000
PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	210.000	27.000
PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	390.000	35.000
PIZZA, CHEESE 16"	SLICE	370.000	35.000
PIZZA, CHEESE 4X6 WG	4.5 OZ	300.000	33.000
PORK, BBQ RIB PATTY	PATTY	250.000	10.000
PORK, SAUSAGE LINKS, COOKED	LINKS	50.000	0.000
PORK, SAUSAGE LINKS, COOKED @2	LINKS	100.000	0.000
POTATO, SIDEWINDERS	4 ea/ 1/2c	90.000	14.000
POTATO, SIDEWINDERS	3/4 c / 6 ea	134.787	20.967
POTATO, SIDEWINDERS	8 ea/ 1 cup	180.000	28.000
POTATO, TATER TOTS	1/2 CUP	130.000	15.000

POTATO, TATER TOTS	3/4 CUP	193.452	22.321
POTATO, TATER TOTS	1 CUP	257.937	29.762
POTATOES, DEHYDRATED MASHED 1 C	1 Cup, Prepar	180.000	32.000
POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	90.000	16.000
POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	135.000	24.000
RANCH SALAD DRESSING @ 1 oz	OZ	51.875	0.813
RANCH SALAD DRESSING @ 2 oz	OZ	103.750	1.625
RF SWISS CHEESE	SLICE	45.000	0.500
RICE CRISPY TREAT WG	PACKAGE	98.607	15.777
RICE, BROWN,	1/4 Cup, Prepar	43.038	9.114
RICE, BROWN,	1/2 Cup, Prepar	85.000	18.000
RICE, BROWN,	3/4 Cup, Prepar	127.500	27.000
RICE, BROWN,	1 Cup, Prepar	173.542	36.750
ROLL, DINNER WG	ROLL	100.000	17.000
ROLL, DINNER WHITE WG	ROLL	70.000	13.000
ROLL, DINNER WHITE WG @2	ROLLS	140.000	26.000
ROTINI TRI-COLOR NOODLES	5 oZ	200.000	41.000
SALAD, CHEF	SALAD	429.911	37.856
SALAD, ROMAINE TOSSED	SERVINGS	55.468	12.435
SALAD, SPINACH,CRANBERRY, MANDARIN	2 CUP	208.779	38.175
SALAD, SW CHICKEN FAJITA FRESH VEG	SALAD	321.595	22.216
SALAD, SW CHICKEN FAJITA GRILLED VEG	SALAD	606.782	60.824
SALAD, SW CHICKEN PASTA	EACH	663.137	98.959
SALAD, TACO	SALAD	504.733	55.959
SALISBURY CHEESEBURGER	EACH	332.000	35.000
SALSA RANCH DRESSING	OZ	40.001	1.275
SALSA, GREEN CHILI	1/4 Cup	20.000	4.000
SANDWICH, BBQ PULLED PORK	SANDWICH	324.635	46.010
SANDWICH, BBQ PULLED PORK W/SLAW	SANDWICH	323.839	45.967
SANDWICH, PB&J STRAWBERRY WG	2.8 OZ	300.000	34.000
SANTA FE CHICKEN	3 OZ	186.428	19.383
SANTA FE CHICKEN TORTILLA BOWL	BOWL	351.428	52.383
SIDEWINDER, BBQ PORK FRIES	SERVING	362.237	44.589
SIDEWINDER, PHILLY CHEESE STEAK FRIES	SERVING	421.644	38.690
SLOPPY JOE ELEMENTARY	3 OZ SERVINGS	284.380	40.324
SLOPPY JOE SECONDARY	4 OZ SERVINGS	333.881	44.206
SPAGHETTI AND MEAT SAUCE	1 CUP	306.719	44.707
SRYUP CUP, LITE	CARTON	50.000	14.000
STRAWBERRIES, DICED, CUP, FROZEN	EACH	89.700	21.927
SUB, PHILLY STEAK	SANDWICH	377.040	31.997
SWISS BACON BURGER	SANDWICH	360.000	29.500
TACO BOAT ELEM	EACH	190.150	19.593
TACO BOAT SECONDARY	EACH	374.144	37.855
TACO MEAT	2 oz	126.094	5.230
TACO MEAT W/ BLACK BEANS	2 OZ	182.442	16.030
TACO SEASONING (SCRATCH) BULK	CUPS	394.263	68.015
TAQUITO, BREAKFAST MAPLE,EGG SAUSAGE	TAQUITIO	180.000	24.000

