KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Recipe Carbohydrates List
Between 0 and 2000 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
000460	APPLE JUICE,CUP,W/+VIT C	EACH	14.00
000441	APPLES, CANNED WATER PACKED SL	CUP	23.26
000815	APPLES,FRESH,W/SKIN	EACH	20.58
000411	APPLESAUCE, CINNAMON CUP	EA	30.00
000787	APPLESAUCE, CUP STRAWBERRY	EACH	16.00
000515	APPLESAUCE, UNSWEETENED	CUP	30.00
000816	BAKED SWEET POTATOES & APPLES	1/4 CUP	18.03
000756	BANANAS,RAW FRESH	EACH	23.07
000846	BAR, CHERRY APPLE CRUNCH	EACH	37.00
000781	BBQ PORK RIBWICH	EACH	38.00
000404	BBQ SAUCE, HICKORY SMOKE	OZ	7.94
000760	BEANS, BAKED ORIGINAL	CUP	58.00
000819	BEANS, PINTO DRY CANNED WHOLE	#10 DRAINED	285.77
000482	BEEF CRUMBLES	LB	0.58
000459	BEEF PATTY SMART PICKS 2.5 OZ	PATTY	1.00
000675	BEEF STRIPS, PHILLY SEASONED	SERVG	3.00
000320	BEEF TERIYAKI WONDERBITES	EACH	1.70
000598	BEEF, CHICKEN FRIED STEAK FING	EACH	4.65
000599	BEEF, MEATBALLS FULLY COOKED	EACH	1.00
000775	BERRY, PACIFIC BLEND	OZ	3.60
000857	BREAD STICK WG BROWN SERVE	STICK	14.00
000736	BREAKFAST BAR, SOFT-VARIETY PA	BAR	47.91
000874	BROCCOLI, FLORETS, FROZEN	CUP	8.00
000821	BROCCOLI,FRESH,RAW	OZ	1.88
000861	BUN, HAMBURGER WG 4" 2.25 OZ	EACH	28.00
000766	BURRITO, BEEF, BEAN & RED CHIL	EACH	35.12
000768	BURRITO, BREAKFAST EGG/CHEESE	EACH	25.00
000521	BUTTERMILK, LOWFAT 1% MILKFAT	CUP	13.00
000022	CARROT STICKS	EACH	0.67
000757	CARROTS, RAW BABY	OZ	2.34
000264	CAULIFLOWER,raw: fresh	OZ	1.41
000267	CELERY STICKS	EACH	0.12
000849	CEREAL, 2 BOWL VARIETY	SERVING	48.62
000494	CEREAL, APPLE JACKS 1/3 SUGAR	BOWL	18.00
000707	CEREAL, CINNAMON TOAST CRUNCH	BOWL	21.00
000563	CEREAL, COCOA PUFFS BOWL REDUC	BOWL	22.00
000630	CEREAL, FROSTED FLAKES 2 BOWL	BOWL	50.00
000709	CEREAL, FROSTED FLAKES REDUCED	BOWL	25.00
000713	CEREAL, FROSTED MINI WHEATS, C	BOWL	23.00
000632	CEREAL, HONEY GRAHAM 2 BOWL	BOWL	45.00
000848	CEREAL,1 BOWL VARIETY	SERVING	20.83
000503	CHEESE SAUCE CHEDDAR	OZ	3.00
000777	CHEESE, CHEDDAR REDUCED FAT M	OZ	2.00
000839	CHEESE, AMERICAN SLICED RED SO	SLICE	1.00
000149	CHEESEBURGER ON A BUN	EACH	30.00
000556	CHICKEN BREADED 8-WAY PORTIONS	SERVG	12.00
000837	CHICKEN BREAST FILLET, BBQ	EACH	15.00
000596	CHICKEN BREAST PATTY BREADED	PATTY	14.00
000798	CHICKEN FAJITA QUES W/BEAN K-8	EACH	30.47
000799	CHICKEN FAJITA QUESw/BEAN 9-12	EACH	61.36
000495	CHICKEN FAJITA WRAP 9-12 GRADE	EACH	23.85
000765	CHICKEN NUGGETS, WHOLE GRAIN C	EACH	2.61
000767	CHICKEN PATTY BREADED WHOLE GR	EACH	13.00
000824	CHICKEN STRIPS, SPICY	EACH	4.87
000306	CHICKEN TACO	2 EACH	18.17
001052	CHICKEN, BBQ FILLET BURGER	EACH	41.00
000866	CHICKEN, DICED COOKED, FROZEN	OZ	0.00
000850	CHICKEN, NEW ORLEANS MANDARIN	SERVG 2.85 OZ	14.00
000681	CHICKEN, POPCORN	SERV 3.85 OZ	17.56
000852	CHICKEN, TERIYAKI	SERVG 2.85 OZ	14.00
000818	CHILI CON CARNE W/ BEANS	1/2 CUP	17.43

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.

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Recipe Carbohydrates List
Between 0 and 2000 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
000612	COOKIE, CHOCOLATE CHIP RF WHOL	EACH	18.00
000704	COOKIE, SUGAR REDUCED FAT WHOL	EACH	18.19
000469	CORN PUPS, WHOLE GRAIN CHICKEN	EA	5.50
000758	CORN, CANNED, WHOLE-KERNEL, SU	CUP	30.49
000778	CRACKER, SCOOBY DOO GRAHAM	PKG	21.26
000864	CRACKERS, CHOCOLATE BELLY BEAR	PKG	20.00
000462	CRACKERS, GOLD FISH CHEDDAR	PKG	14.00
000329	CREAM CHEESE SPREAD	OZ	1.91
000134	CREAMY VEGETABLE DIP	OZ	1.96
005047	CUCUMBER SAUCE	OZ	1.28
000377	CUCUMBER,RAW	1 OZ	0.61
000340	DIPPING SAUCE	OZ	2.94
000872	DRESSING, FF CALIFORNIA FRENCH	PACKET	11.00
000873	DRESSING, FF ITALIAN PACKET	PACKET	5.00
000771	EGG ROLL SFS MINH TURKEY & VEG	EACH	27.00
000358	FAJITA, CHICKEN STRIPS	EACH	0.67
000786	FLATBREAD, BBQ CHICKEN	EACH	33.00
000806	FLATBREAD, SOUTHWESTERN CHICKE	EACH	28.00
000769	FRENCH TOAST STICKS, WG MAPLE	EACH	8.67
000776	FRUIT BLEND, PARADISE	OZ	3.00
000641	FRUIT,MIXED,CND,LIGHT SYRUP-CO	CUP	37.60
000696	GRAHAMS, WAFFLE BLUEBERRY	PKG	18.05
000820	GRAPES,FRESH	OZ	4.86
000493	GRAVY MIX, CHICKEN INSTANT	OZ	2.00
000517	GREEN BEANS, CUT	CUP	10.00
000811	HAM, WATER ADD, COOK SLICED FR	OZ	0.35
000780	HAMBURGER	EACH	29.00
000693	HOAGIE, WHOLE WHEAT 6" 2.25 OZ	ROLL	27.00
000595	JUICE CUP, VARIETY	EACH	13.50
000835	JUICE WH FRUIT CUP FZ MIX BER	EACH	18.00
000836	JUICE WH FRUIT CUP FZ, ORA/PIN	EACH	18.00
000445	KAISER	ROLL	44.00
000628	KETCHUP, DESPENSER POUCH	OZ	8.00
000626	KETCHUP, PC 7 GR	PKG	2.00
000748	KIWI FRUIT,(CHINESE GOOSEBERRI	FRUIT	10.12
000854	LASAGNA, WHOLE GRAIN	SERVG	26.98
000532	LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	1.32
000779	LETTUCE, ICEBERG FRESH	TBSP	0.13
000855	MANDARIN ORANGE SEGMENTS LIGHT	CUP	42.00
000662	MANWICH SLOPPY JOE'S 9-12 GRAD	4 oz	36.84
000651	MANWICH SLOPPY JOE'S K-8 GRADE	3 OZ	34.67
000724	MARGARINE EUROPEAN SYLE BUTTER	OZ	0.00
000842	MARINARA SAUCE NUTRITIONALLY E	OZ	3.08
000841	MAXSTIX WHOLE GRAIN	EACH	16.00
000644	MAYONNAISE, LIGHT PC POUCH	POUCH	1.00
000643	MAYONNAISE, LIGHT REDUCED CALO	CUP	15.12
000645	MAYONNAISE, LIGHT REDUCED TUB	CUP	16.20
000661	MEATBALL MARINARA SUB	EACH	37.15
000464	MILK DARIGOLD WHITE 1% HALF P	HALF PINT	13.00
000466	MILK VARIETY KPBSD	HALF PINT	25.00
000465	MILK, DARIGOLD CHOC FF HALF PI	HALF PINT	28.00
000223	MUSTARD: individual PC	Pkt 5g	0.27
000851	NOODLES, CHOW MEIN VEGETABLE T	OZ	8.75
000568	NUTRI-GRAIN BAR, RASPBERRY	BAR	26.00
000569	NUTRI-GRAIN BAR, STRAWBERRY	BAR	26.00
000363	ORANGE JUICE CUP	EACH	13.00
000541	ORANGES,FRESH	EACH	11.28
000506	PASTA SPAGHETTI, WHOLE GRAIN F	OZ	7.87
000516	PEACHES, SLICED LIGHT SYRUP	CUP	34.00
000519	PEARS, SLICED IN LIGHT SYRUP	CUP	40.00
000090	PEARS,FRESH	EACH	25.66

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.

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Recipe Carbohydrates List
Between 0 and 2000 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
000829	PEAS,EDIBLE-PODDED,RAW	CUP	4.76
000814	PEPPER BLACK, GROUND	TSP	0.00
000653	PEPPERONI, SLICED	OZ	1.00
000677	PHILLY STEAK HOAGIE	EACH	31.84
000649	PICKLES, DILL CHIPS 3/16 CRINK	SERVG	0.00
000812	PINEAPPLE CHUNKS IN JUICE	CUP	38.31
000683	PIZZA BIG DADDY HARVEST ROLLED	1/8 SLICE	51.00
000809	PIZZA, BBQ CHICKEN	SERVINGS	44.13
000684	PIZZA, BIG DADDY HARVEST ROLL	1/8 SLICE	51.00
000853	PIZZA, BIG DADDY'S BOLD 10 CUT	SLICE	34.00
000729	PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	22.51
000810	PIZZA, HAWAIIAN	SERVINGS	45.80
000443	PIZZA: PEPPERONI, TURKEY FFK	SLICE	31.00
000534	POLLOCK PATTY 3.6 OZ	PATTY	15.00
000871	POLLOCK BURGER	EACH	51.50
000802	POLLOCK, BREADED FISH NUGGETS	EACH	4.75
000702	POP TART, WHOLE GRAIN STRAWBER	PASTRY	35.00
000480	PORK PATTY (BBQ)	EACH	10.00
000774	POTATO CHIP, BAKED W/SEA SALT	BAG	17.01
000605	POTATO, CRINKLE CUT OVENABLE	OZ	6.33
000606	POTATO, CURLY FRIES	SERVING	20.00
000607	POTATO, SHOESTRINGS INFINITY	SERVING	25.00
000817	POTATO, SWEET CANNED CUT	CUP	55.50
000608	POTATO, TATER TOTS	EACH	1.90
000856	POTATO, WEDGE FRIES THIN 10 CU	OZ	5.58
000813	POTATOES, MASHED INSTANT	CUP	28.00
000862	PRETZEL, SOFT 2.5 OZ WG	EACH	36.00
000737	QUESADILLA, BREAKFAST	EACH	29.48
000831	RADISHES,FRESH	EACH	0.15
000682	RAVIOLI, BEEF W/WHEAT MACARONI	EACH	3.48
000867	REFRIED BEANS, NO FAT TRADITIO	CUP	36.00
000583	RICE, BROWN LONG, QUICK COOKED	CUP	44.78
000659	ROLLS, ROUND WHEAT DINNER	EACH	20.00
000332	SALAD DRESSING, RANCH	OZ	1.81
000740	SALAD, CHEF SECONDARY	SERVING	17.16
000859	SALAD, SW CHICKEN FAJITA	EA	29.21
000800	SALAD,ROMAINE TOSSED: no dress	CUP	8.35
000139	SALAD,TOSSED: no dressing	CUP	5.73
000524	SALSA , GREEN CHILI TOMATO, CH	OZ	1.39
000550	SALSA RANCH DRESSING	OZ	1.73
000783	SALSA,COMMODITY	OZ	1.98
000803	SANDWICH, GRILLED CHEESE	EACH	33.97
000609	SAUSAGE, LINKS LF SKINLESS	EACH	1.32
000601	SLOPPY JOE, MANWICH SAUCE	CUP	28.00
000505	SPAGHETTI AND MEAT SAUCE	1 CUP	16.90
000822	SPAGHETTI SAUCE W/M-BALL	CUP	15.88
000838	SPINACH & FRUIT SALAD	CUP	23.26
000099	STRAWBERRIES,FRESH	EACH	0.92
000591	STRAWBERRY CUP	EACH	33.05
000726	SUGAR,BROWN	OZ	27.81
000389	SWEET & SOUR SAUCE PKT	PACKAGE	8.00
000461	SYRUP CUP, REDUCED CALORIE	EACH	13.00
000763	TACO BEEF & BEAN 9-12 GRADE	EACH	14.34
000761	TACO BEEF & BEAN K-8 GRADE	EACH	12.12
000762	TACO MEAT,W/BEEF & BEAN	1 OZ	4.41
000499	TACO SAUCE	OZ	2.00
000500	TACO SEASONING	OZ	8.00
000833	TACO SEASONING (SCRATCH)	OZ	0.13
000126	TARTAR SAUCE: scratch	OZ	6.52
000782	TOMATOES, FRESH RED RIPE	TBSP	0.44
000860	TORTILLA STRIPS, TRI COLORED	TBS	4.00

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.

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Recipe Carbohydrates List
Between 0 and 2000 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
000773	TORTILLA, FLOUR 8" STRETCHED S	EACH	20.00
000858	TORTILLA, TOMATO BASIL 12"	EACH	52.00
000865	TURKEY & HAM HOAGIE 6-8 GRADE	EACH	28.97
000490	TURKEY & HAM HOAGIE 9 -12 GRAD	EACH	29.97
000418	TURKEY PRE-SLICED DELI	SLICE	0.67
000589	TURNOVER, CHERRY WW	EACH	53.60
000657	UNCRUSTABLE, PB & J WHEAT 5 oz	EACH	56.90
000868	VEGETABLE WRAP W/CUCUMBER SAUC	EACH	60.23
000869	VEGETABLE WRAP W/RANCH DRESSIN	EACH	60.76
000678	VEGETABLES, ONION & PEPPER	OZ	2.67
000686	VEGETABLES, SANTA FE BLEND	CUP	34.69
000289	VEGETARIAN CHILI	CUP	13.47
000390	WINTER MIX CAULIFLOWER & BROCC	CUP	9.86
000510	WRAP, HAM 9-12 GRADE	EACH	55.98
000870	WRAP, TURKEY & HAM 9-12 GRADE	EACH	56.74
000511	WRAP, TURKEY 9-12 GRADE	EACH	57.55
000847	YOGURT, LI'L YAMI VARIETY	4 OZ	18.17

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.