

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

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Recipe Carbohydrates List

Apr 13, 2017

No.	Description	Portion Size	Carbohydrates (Grams)
001109	ALFREDO BUDS	2 TBSP	8.00
000815	APPLES,FRESH,W/SKIN	EACH	20.58
001106	APPLESAUCE UNSWEETENED CUPS	EA	14.00
000411	APPLESAUCE, CINNAMON CUP	EA	22.00
000787	APPLESAUCE, CUP STRAWBERRY	EACH	16.00
000515	APPLESAUCE, UNSWEETENED	.5 CUP	13.79
001187	APPLESAUCE, UNSWEETENED 1 cup	CUP	27.57
000876	BAJA FISH WG STICKS, 4 ea	4 PIECES	18.00
001134	BANANA BREAD ULTR SLICE	SLICE	44.00
000756	BANANAS,RAW FRESH	EACH	23.07
001148	BAR BENEFIT COCOA CHIP	BAR	48.00
000987	BAR FRENCH TOAST BENEFIT	BAR	47.00
000781	BBQ PORK HOAGIE	EACH	39.00
001036	BBQ PORK SAND	EA	39.00
000404	BBQ SAUCE, HICKORY SMOKE	OZ	7.94
001031	BEANS BAKED 1 CUP	CUP	50.00
001137	BEANS BAKED 1/2	1/2 CUP	25.00
001116	BEANS BAKED 3/4	.75 c	37.50
001016	BEANS, BLACK REDUCED SODIUM	OZ	5.02
000819	BEANS, PINTO CANNED WHOLE	1/2 CUP	17.29
001020	BEANS, RED, KIDNEY LOW-SODIUM	1/2 CUP	19.96
000482	BEEF CRUMBLES	OZ	0.50
001163	BEEF CRUMBLES / ALL MEAT 2 OZ	SERVING	0.00
001155	BEEF FINGERS CNTRY FRD (4)	3.88	18.32
000981	BEEF FINGERS stick each	each stick	4.75
001033	BEEF PATTY MESQUITE CHARBROILE	SANDWICH	31.40
000459	BEEF PATTY w/SPP 2.2 OZ	PATTY	2.00
001183	BEEF TERYAKI DIPPER 2 each **	1.4 oz	3.00
000877	BEEF TERYAKI DIPPER 4 each **	2.8 OZ	6.00
000947	BLACK BEANS WITH BRINE	2 oz	9.71
000980	BOSCO CHEESE STICK WG ELM	Bread Stick	17.00
000996	BOSCO CHEESE STICK WG-2	Bread Stick (2)	34.00
001099	BREAD BEEF FINGER BOWL	SV	71.32
000992	BREAD, TOAST GARLIC MINI	1 oz SLICE	12.00
001112	BREAD, TOAST GARLIC MINI (2)	2 oz SLICE	24.00
001200	BREAKFAST BACON N EGG PIZZA	EACH	23.10
001151	BREAKFAST WRAP EGG N CHEESE	EACH	14.00
000821	BROCCOLI FRESH salad bar	2OZ	3.76
001102	BROCCOLI RAW 3/4 C	.75 C	2.79
000967	BROCCOLI RAW HS 1/2C	cup	3.72
000968	BROCCOLI RAW EL 1/2	1/2 C	7.53
001190	BROCCOLI, FLOR, FROZ 1 cup	8 oz	9.86
000874	BROCCOLI, FLOR, FROZ 1/2 COM	1/2 C	4.93
001017	BROCCOLI, FLOR, FROZ 3/4 COM	3/4 C	7.40
001168	BUN, HAMB 100 % WW	BUN	27.00
000991	BUN, HAMBURGER 4" WG	BUN	29.00
000861	BUN, HAMBURGER WG 4" 2.25 OZ	EACH	28.00
001042	BURRITO BEAN & CHEESE ZESTY	EA	42.00
001008	BURRITO, BRK BACON & POTATO	EACH	25.00
000521	BUTTERMILK, LOWFAT 1% MILKFAT	CUP	13.00
000934	Carrot & Celery Sticks	portion	12.71
000022	CARROT STICKS	EACH	0.67
000879	CARROTS, BABY RAW SB 2 OZ	2 OZ	4.67
000757	CARROTS, RAW BABY EL 4 oz	4 OZ	9.34
001124	CARROTS, RAW BABY EL 6 OZ	6 OZ	14.02
000264	CAULIFLOWER,raw: fresh*	2 OZ	2.82
000267	CELERY STICKS*1/2 C	1/2 cup	2.21
001153	CELERY STICKS*1/4	1/4 CUP	1.10
000707	CEREAL, CINNAMON TOAST CRUNCH	BOWL	21.00
000563	CEREAL, COCOA PUFFS BOWL REDUC	BOWL	22.00
000709	CEREAL, FROSTED FLAKES REDUCED	BOWL	24.00
000713	CEREAL, FROSTED MINI WHEATS, C	BOWL	23.00
000848	CEREAL,1 BOWL VARIETY	SERVING	23.00

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No.	Description	Portion Size	Carbohydrates (Grams)
000341	CHEESE SAUCE CHEDDAR	OZ	6.00
000932	CHEESE SAUCE CHEDDAR 2 oz	2 OZ	6.00
000777	CHEESE, CHEDDAR REDUCED FAT M	OZ	0.57
000839	CHEESE, AMERICAN RF 1 slice	SLICE	1.00
001206	CHEESY ROTINI NOODLES	1 CUP	33.77
001205	CHEESY ROTINI WITH CHICKEN	1 CUP	33.77
001132	CHEWY OATMEAL BITES	PACKAGE	24.00
001108	CHICKEN ALFREDO	1 CUP	35.37
500306	CHICKEN ALFREDO WITH A TWIST	1 CUP	40.86
000596	CHICKEN BREAD K-6 san new BUN	SANDWICH	42.21
000556	CHICKEN BREADED 8-WAY PORTIONS	SERVG	12.00
000984	CHICKEN DRUMETTE SOUTHERN	3 EACH	9.00
001204	CHICKEN FAJITA MEAT SEASONED 2	2 oz	0.00
001162	CHICKEN FAJITA MEAT SEASONED 3	3 OZ	0.00
001182	CHICKEN FAJITA QUES 9-12	EACH	37.41
000798	CHICKEN FAJITA QUES W/BEAN K-8	EACH	46.47
000495	CHICKEN FAJITA WRAP 9-12 GRADE	EACH	39.85
001174	chicken nugget ea	2 each	6.40
000765	CHICKEN NUGGETS, WHOLE GRAIN C	3.04 oz	12.00
000891	CHICKEN NUGGETS,(5 EACH)	SERVING	16.00
001011	CHICKEN ORANGE KIT NO RICE	2.8	11.00
001021	CHICKEN PATTY BREADED 7-12 san	sandwich	38.11
000767	CHICKEN SAND BREAD 7-12 NEW BU	SANDWICH	36.11
001022	CHICKEN SAND BREAD K-6	SANDWICH	44.21
001191	CHICKEN SWEET n SOUR	3.6 oz ser	18.00
001096	CHICKEN SWEET nSOUR w fried Ri	3.6 oz ser	72.00
000979	CHICKEN TAQUITOS 2 ea	2 EACH	26.00
001186	CHICKEN TAQUITOS 3 ea	3 EACH	39.00
001100	CHICKEN TAQUITOS HS	4 EACH	52.00
000925	CHICKEN TERIYAKI STRIPS GLUT/F	2.85 OZ	14.00
000681	CHICKEN, POPCORN	serv 3.36 oz	16.21
500076	CHILI CON CARNE W/ BEANS	1/2 CUP	10.67
000995	CHOC CHIP w/M&M COOKIE	1 OZ COOKIE	19.00
001166	Cindys Fiesta Bowl 100 9-12	serving	47.54
000959	Cindys Fiesta Bowl 9-12 40 ea	servings	49.67
001167	Cindys Fiesta Bowl ea 1/2 rice	serving	36.35
001159	Cindys Fiesta Bowl each 3/4 ri	serving	47.54
000612	COOKIE, CHOC CHIP / M&M WG (1	EACH	19.00
001164	COOKIE, CHOC CHIP / M&M WG (2	2 EACH	38.00
001136	CORN DOG CHICKEN	EACH	30.00
000924	CORN PUPS, WHOLE GRAIN CHICKEN	6 EA	30.15
000882	CORN, CANNED, WHOLE-KERN: 1/2c	1/2 cup	15.24
000901	CORN, CANNED, WHOLE-KERN: 3/4c	3/4 C	22.87
000758	CORN, CANNED, WHOLE-KERN: cup	CUP	30.49
001156	CRACKER BUNNY GRAHAMS	PACKAGE	25.31
000462	CRACKERS, GOLD FISH CHEDDAR	PKG	14.00
001175	CREAM CHEESE PAULY PASTEURIZED	OZ	2.00
000329	CREAM CHEESE SPREAD	OZ	1.91
005047	CUCUMBER SAUCE	OZ	1.28
000377	CUCUMBER,RAW	1 OZ	0.61
001091	DIPPING SAUCE 6-12 4 oz	4 oz	11.76
000340	DIPPING SAUCE K-5 2 oz	2 OZ	5.88
000946	EDAMANE SUCCOTASH	4 OZ	13.33
001024	EGG N CHEESE SANDWICH	EACH	18.82
001094	EGG ROLL (1 EACH)	ROLL	20.00
001142	EGG ROLL 2 EACH	ROLL	40.01
000358	FAJITA, CHICKEN STRIPS	OZ	0.67
500313	FIESTA WRAP	WRAP	26.93
000895	FRCH TOAST STICKS,WG:2 EA K-5	2 EACH	17.09
000769	FRENCH TOAST STICKS, 1 STICK	EACH	8.55
000902	FRENCH TOAST STICKS, WG :3 EA	3 EA	25.64
001194	FRIED RICE FIESTA BOWL	serving	67.95
001195	FRIED RICE S&S CHICKEN BOWL	serving	72.00

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001027	FRUIT VARIETY HS	4 OZ	20.83
001025	FRUIT BAR FRESH HS	EACH	17.30
000889	FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	17.88
000641	FRUIT,MIXED,CND,LIGHT: 1CUP	cup	35.76
000885	FRUIT,MIXED,CND,LIGHT: 3/4 C	3/4 C	26.82
001202	GOLD RUSH FRUITABLE	BOX	10.00
001203	GRANOLA CEREAL FIELDSTONE	1/3 CUP	27.97
000820	GRAPES,FRESH	1/2 C SERVING	19.45
000963	GRAVY BROWN	2 OZ	0.00
000493	GRAVY MIX, CHICKEN INSTANT	2 OZ	4.00
000883	GREEN BEANS, CUT		
K-51/2 C	.50 CUP	3.04	
000517	GREEN BEANS,9-12 LOW SODIUM	3/4 CUP	4.56
001143	GREEN BEANS,9-12 LOW SODIUM 1C	CUP	6.08
001098	HAM	2 OZ	1.01
000875	HAM & CHEESE HOAGIE GRADE 9-12	EA	32.34
000408	HAM & CHEESE HOAGIE GRADE K-8	EA	31.43
000811	HAM, WATER ADD, COOK SLICED FR	SERVING	3.75
000780	HAMBURGER ELE	EACH	31.00
000941	HOAGIE HAM/CHEESE	EA	30.24
001044	HOAGY ROLL	ROLL	29.00
001157	HONEY NUT CHEX CEREAL GF	BOWL	27.90
001139	HUMMAS DIP TRADITIONAL .85 V	EACH	12.00
001138	HUMMAS DIP TRADITIONAL M/MA	EACH	12.00
001141	HUMMAS RANCH DIP M/MMA 1	SERVING	11.00
001140	HUMMAS RANCH DIP V.94	SERVING	11.00
000595	JUICE CUP, VARIETY	EACH	13.50
001034	JUICE VARIETY NEW	EA	13.50
000940	JUICE/FRUITABLES/TROPICAL	6.75 OZ	22.00
000628	KETCHUP, DESPENSER POUCH	OZ	8.00
000626	KETCHUP, PC 7 GR	PKG	2.00
000936	KETCHUP:3	PKG	2.00
000748	KIWI FRUIT,(CHINESE GOOSEBERRI	FRUIT	10.12
000532	LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	1.32
000779	LETTUCE, ICEBERG FRESH	TBSP	0.13
001199	MAETLOAF /CHEESEBURGER	PATTY	8.00
000855	MANDARIN ORANGE SEG LIGHT 3/4	3/4 C	31.50
001196	MANDARIN ORANGE SEGMENTS: 1 c	8 oz	42.00
000905	MANDARIN ORANGE SEGMENTS: 1/2c	.5 CUP	21.00
000114	MANWICH SLOPPY JOE	SERVINGS	35.68
000662	MANWICH SLOPPY JOE'S 9-12 GRAD	4 oz	36.64
000651	MANWICH SLOPPY JOE'S K-8 GRADE	3 OZ	34.76
000842	MARINARA SAUCE NUTRITIONALLY E	2 OZ	6.15
000644	MAYONNAISE, LIGHT PC POUCH	POUCH	1.00
000643	MAYONNAISE, LIGHT REDUCED CALO	CUP	15.12
000645	MAYONNAISE, LIGHT REDUCED TUB	CUP	16.20
001030	MILK 1% SMITH BROTHERS	HALF PINT	13.00
001178	MILK CHOCOLATE 1/2 GALLON DARI	CUP	31.00
001029	MILK CHOCOLATE: SMITH BROTHERS	HALF PIN	23.00
001177	MILK DARIGOLD 1/2 GALLON	CUP	13.00
001115	MILK UHT WHITE	EA	12.00
000223	MUSTARD: individual PC	Pkt 5g	0.29
000502	NACHO ELEM	SERVG	32.22
000498	NACHO MEAT	2 OZ	1.42
000568	NUTRI-GRAIN BAR, RASPBERRY	BAR	24.00
000569	NUTRI-GRAIN BAR, STRAWBERRY	BAR	24.00
000952	OATMEAL WITH BROWN SUGAR (PRE	6 OZ	39.12
001207	OMELET W/ COLBY CHEESE	EACH	1.00
001088	ORANGE CHICKEN RICE BOWL	BOWL	55.79
000363	ORANGE JUICE CUP	EACH	13.00
000541	ORANGES,FRESH	EACH	11.28
001150	PANCAKE MINI CINNAMON ROLL IW	PACKAGE	41.00
001122	PARFAIT	EA	41.48

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No.	Description	Portion Size	Carbohydrates (Grams)
000506	PASTA SPAGHETTI, WHOLE GRAIN F	OZ	18.58
000982	PB & J SANDWICH	EACH	35.00
001097	PB&J STRAWBERRY	EA	34.00
001145	PEACH CUBES 1 CUP	cup	17.00
001147	PEACH CUBES 1/2 CUP	1/2 cup	8.50
001146	PEACH CUBES 3/4 CUP	cup	12.75
001189	PEACHES, DICED LIGHT S: 1 C	8 oz	26.79
000886	PEACHES, DICED LIGHT S: 1/2 C	4 oz	13.39
001170	PEACHES, DICED LIGHT S: 3/4 C	6 OZ	20.09
000516	PEACHES, SLICED LIGHT S: 1/2 C	4 OZ	17.00
001188	PEARS, DICED LIGHT SYRUP 1 C	1 cup	30.23
000519	PEARS, DICED LIGHT SYRUP 1/2 C	.5 CUP	15.12
001171	PEARS, DICED LIGHT SYRUP 3/4 C	3/4 C	22.67
000897	PEARS, SLICED :1/2 C	1/2 C	20.00
000090	PEARS,FRESH	EACH	27.11
000829	PEAS,EDIBLE-PODDED,RAW	CUP	4.76
000814	PEPPER BLACK, GROUND	TSP	0.00
000653	PEPPERONI, SLICED	OZ	1.00
000649	PICKLES, DILL CHIPS 3/16 CRINK	SERVG	0.00
001192	PINEAPPLE CHUNKS 1 C	cup	38.31
000812	PINEAPPLE CHUNKS 1/2 C	1/2 CUP	19.15
001169	PINEAPPLE CHUNKS 3/4 C	3/4 C	28.73
000927	PIZZA 4X6 TONY'S	SLICE	33.00
000966	PIZZA PRIMO BIG DADDY 16"	SLICE	35.96
001135	PIZZA STICK BOSCO 7 "	STICK	29.00
000729	PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	26.00
000702	POP TART, WHOLE GRAIN STRAWBER	PASTRY	38.00
001090	POPCORN CHICKE 1/2 POTATO BOWL	BOWL	35.21
001172	POPCORN CHICKE 3/4 POTATO BOWL	BOWL	43.71
000480	PORK PATTY (BBQ)	EACH	39.00
001028	PORK RIBLETS HONEY	2.70	8.06
001117	POTATO JO-JO 1/2 (5 EA)	1/2 C	15.00
000945	POTATO JO-JO 3/4 (7-8 EA)	3/4 C (7-8 EA)	22.50
000884	POTATO, CRINKLE CUT: 4 OZ	4 OZ	25.33
000605	POTATO, KK OVENABLE 3 OZ	3 OZ	21.00
000608	POTATO, TATER TOTS K-5 (10)	serving 10	17.00
000903	POTATO, TATER TOTS: 6-12 (15)	15 each	25.50
000813	POTATOES, MASHED INSTANT	CUP	28.00
001185	POTATOES, MASHED INSTANT:1 c	cup	34.00
000911	POTATOES, MASHED INSTANT:1/2C	1/2 cup	17.00
000910	POTATOES, MASHED INSTANT:3/4 c	3/4 c	25.50
000983	PRETZEL GOLDFISH CRACKERS	BAG	16.00
001130	PRETZEL WG SOFT 2.2 OZ	EACH	26.40
001161	PRETZEL WG SOFT 2.2 oz.(1/2)	1/2	15.00
000831	RADISHES,FRESH	EACH	0.15
000682	RAVIOLI, BEEF about 8	EA 1 cup	30.00
000881	REFRIED BEANS, 3/4 TRAI NF	3/4 cup	27.00
000880	REFRIED BEANS, ELEM 1/2	1/2 CUP	18.00
000867	REFRIED BEANS, TRADITIO :1/2 C	1/2 C	18.00
000878	REFRIED BEANS, TRADITIONAL NF	CUP	36.00
001009	RICE FRIED VEG.	SERVING (3/4C)	54.00
001111	RICE, BROWN LONG, 1 CUP	1 cup	44.79
000922	RICE, BROWN LONG, 1/2 C	1/2 CUP	22.39
000583	RICE, BROWN LONG, 3/4 C	3/4 CUP	33.59
000993	ROLL DINNER WG BAKER BOY	ROLL	19.00
001181	Rotini with Italian Meat Sauce	1 CUP	35.54
001013	ROTINI, 100% WG	SERVING	18.58
001114	SACK LUNCH	1 EA	104.32
000332	SALAD DRESSING, RANCH	1.5 OZ	2.73
000800	SALAD, ROMAINE 2016	SRV	12.68
000917	SALAD, ROMAINE: 50	srv	12.65
001198	SALISBURY STEAK	PATTY	5.00
000524	SALSA , GREEN CHILI TOMATO, CH	2 oz	2.77

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000550	SALSA RANCH DRESSING	OZ	0.28
001125	SAUSAGE LINKS 2	2 EACH	1.00
001123	SAUSAGE LINKS L SODIUM 1 ea	1 EA	1.00
000969	SAUSAGE LINKS lower sod (2)	ser -2	2.00
000601	SLOPPY JOE, MANWICH SAUCE	CUP	28.00
001176	SOUR CREAM	TBSP	0.50
000505	SPAGHETTI AND MEAT SAUCE	1 CUP	40.98
001158	SPAGHETTI AND MEAT SAUCE- 3/4C	3/4 CUP	40.98
000935	SPINACH SALAD	SRV	6.82
000591	STRAWBERRY CUP	serving	20.93
000726	SUGAR,BROWN	OZ	27.81
000389	SWEET & SOUR SAUCE PKT	PACKAGE	8.00
001173	Sweet N Sour Chicken	3.9 oz	25.00
001128	SWEET POTATO LATTICE CUT FRIES	1/2 CUP (8each)	22.00
001184	SWEET POTATO LATTICE FF 1 c	cup	43.06
001129	SWEET POTATO LATTICE FF 3/4	3/4 CUP (12 EA)	32.29
000461	SYRUP CUP, REDUCED CALORIE	EACH	13.00
000763	TACO BEEF & BEAN 9-12 GRADE 3e	3 each	36.21
000761	TACO BEEF & BEAN K-8 GRADE	each	6.03
000904	TACO BEEF & BEAN K-8 GRADE:2	2 EACH	24.14
001201	TACO BOAT	SERVG	14.99
000762	TACO MEAT,W/BEEF & BEAN	1 OZ	4.35
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
001010	TERIYAKI CHICKEN STIR FRY KIT	2.8 OZ	8.00
001019	TOMATO GRAPE FRESH	SERVING (12)	6.00
000782	TOMATOES, FRESH RED RIPE	TBSP	0.44
001040	TORTILLA WHEAT & CHILE	EA	35.00
001041	TORTILLA WHEAT 10"	EA	36.00
001154	TORTILLA WHEAT 10"1/2 tortilla	1/2	18.00
000865	TURKEY & HAM HOAGIE 6-8 GRADE	EACH	28.10
000490	TURKEY & HAM HOAGIE 9 -12 GRAD	EACH	29.38
000418	TURKEY PRE-SLICED DELI	2 OZ SERVING	1.01
000657	UNCRUSTABLE, PB & J WHEAT 5 oz	EACH	56.90
000289	Vegetarian Chili 1 c	CUP	13.47
001180	Vegetarian Chili 1/2 c	1/2 cup	6.61
001026	VEGETABLE BAR HS	SERVINGS	9.84
000887	WINTER MIX 3/4 C K-5	3/4 C	4.00
001126	WINTER MIX K-12 1 c	CUP	10.67
001110	WINTER MIX :1/2 C K-5	1/2 C	2.65
000390	WINTER MIX CAUL& BROCC 6-12	CUP	5.30
000939	WRAP HAM ELEM	EACH	40.99
001039	WRAP TURKEY K-5	EA	39.44
000510	WRAP, HAM 9-12 GRADE	EACH	37.98
000870	WRAP, TURKEY & HAM 9-12 GRADE	EACH	6.30
000511	WRAP, TURKEY 9-12 GRADE	EACH	43.61
001179	YOGURT VARIETY UPSTATE	4 OZ	19.05
000847	YOGURT, L'L YAMI VARIETY	4 OZ	18.17

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