

KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Recipe Carbohydrates List Between 1 and 1000 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
001211	AMAZIN' RAISIN STRAWBERRY	PACKAGE	25.00
000815	APPLES,FRESH,W/SKIN	EACH	20.58
001106	APPLESAUCE UNSWEETENED CUPS	EA	14.64
000411	APPLESAUCE, CINNAMON CUP	EA	22.00
000515	APPLESAUCE, UNSWEETENED	.5 CUP	13.79
001187	APPLESAUCE, UNSWEETENED 1 cup	CUP	27.57
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
001254	BBQ BEEF ON BUN	SANDWICH	38.35
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	58.00
001137	BEANS BAKED 1/2	1/2 CUP	29.00
001116	BEANS BAKED 3/4	.75 c	43.50
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
001155	BEEF FINGERS CNTRY FRD (4)	3.88	19.00
000981	BEEF FINGERS stick each	each stick	4.75
001033	BEEF PATTY MESQUITE CHARBROILE	SANDWICH	31.40
001238	BISCUIT WG	EACH	26.86
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
000857	BREAD STICK WG BROWN SERVE	STICK	14.00
000992	BREAD, TOAST GARLIC MINI	1 oz SLICE	12.00
001112	BREAD, TOAST GARLIC MINI (2)	2 oz SLICE	24.00
001256	BREADED CHICKEN PIECES WG	SERVING	6.00
001232	BREAKFAST BAR CINN TOAST CRUNC	BAR	30.00
001231	BREAKFAST BAR COCOA PUFFS	BAR	30.00
001200	BREAKFAST PIZZA BACON N EGG	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 cup	cup	3.72
000968	BROCCOLI RAW EL 1/2	1/2 C	1.86
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
000521	BUTTERMILK, LOWFAT 1% MILKFAT	CUP	13.00
001225	CAESAR DRESSING CREAMY	SERVING	13.00
000934	Carrot & Celery Sticks	portion	12.71
000879	CARROTS, BABY RAW SB 2 OZ	2 OZ	4.86
000757	CARROTS, RAW BABY EL 4 oz	4 OZ	9.72
001124	CARROTS, RAW BABY EL 6 OZ	6 OZ	14.58
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
000839	CHEESE, AMERICAN RF 1 slice	SLICE	1.00
001132	CHEWY OATMEAL BITES	PACKAGE	24.00

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No.	Description	Portion Size	Carbohydrates (Grams)
000596	CHICKEN BREAD K-6 san new BUN	SANDWICH	42.21
001252	CHICKEN CORDON BLUE SANDWICH	EACH	38.74
000299	CHICKEN FAJITA CHEESE QUESA	2.2 OZ	77.24
001182	CHICKEN FAJITA QUES 7-12	EACH	36.84
000798	CHICKEN FAJITA QUES W/BEAN K-8	EACH	46.47
000508	CHICKEN FAJITA WRAP	EA	25.91
001174	chicken nugget ea	EACH NUGGET	2.42
000891	CHICKEN NUGGETS,(5 EACH)	SERVING	12.12
000767	CHICKEN SAND BREAD 7-12 NEW BU	SANDWICH	36.11
001022	CHICKEN SAND BREAD K-6	SANDWICH	44.21
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	12 PIECES	15.25
000818	CHILI CON CARNE W/ BEANS	CUP	33.27
001219	CHILI CON CARNE W/ BEANS	1/2 CUP	16.63
500076	CHILI CON CARNE W/ BEANS	1/2 CUP	10.67
001253	CHILI CON CARNE W/ BEANS 1/4 C	1/4 cup	8.32
000995	CHOC CHIP w/M&M COOKIE	1 OZ COOKIE	19.00
001213	CIABATTA BREAD	PIECE	30.00
001246	CIABATTA, CHEESE OMELET/ HAM	EACH	31.25
001220	CIABATTA, TURKEY 9-12 GRADE	EACH	37.61
001234	CIABATTA, TURKEY W/ ITALIAN	EACH	35.51
001245	CLUB HOAGIE	EACH	18.32
001164	COOKIE, CHOC CHIP WG	COOKIE	18.00
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
001222	CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	28.00
001175	CREAM CHEESE PAULY PASTEURIZED	OZ	2.00
000329	CREAM CHEESE SPREAD	OZ	1.91
001255	CUCUMBER AND TOMATO SALAD	1/2 CUP	3.49
005047	CUCUMBER SAUCE	OZ	1.28
001091	DIPPING SAUCE 6-12 4 oz	4 oz	11.76
001250	DIPPING SAUCE K-5 1oz = 2 T	1 OZ	2.94
000340	DIPPING SAUCE K-5 2 oz	2 OZ	5.88
000946	EDAMANE SUCCOTASH	4 OZ	13.33
001094	EGG ROLL (1 EACH)	ROLL	20.00
001142	EGG ROLL 2 EACH	ROLL	40.01
000895	FRCH TOAST STICKS,WG:2 EA K-5	2 EACH	17.09
000902	FRENCH TOAST STICKS, WG :3 EA	3 EA	25.64
001241	FROZEN JUICE BAR	EACH	10.00
001210	FROZEN JUICE BAR GRAPE	EACH	9.78
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
000820	GRAPES,FRESH	1/2 C SERVING	19.84
000963	GRAVY BROWN	2 OZ	4.00
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

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001249	GYRO, BEEF	EACH	34.28
001098	HAM	2 OZ	1.01
000875	HAM & CHEESE HOAGIE GRADE 9-12	EA	32.34
000408	HAM & CHEESE HOAGIE GRADE K-8	EA	32.30
000811	HAM, WATER ADD, COOK SLICED FR	SERVING	3.75
000780	HAMBURGER ON BUN	EACH	29.00
001044	HOAGY ROLL	ROLL	29.00
001157	HONEY NUT CHEX CEREAL GF	BOWL	27.90
001208	HOT DOT W/ BUN	EACH	21.00
001139	HUMMAS DIP TRADITIONAL .25 V	EACH	12.00
001138	HUMMAS DIP TRADITIONAL M/MA	EACH	12.00
500112	ITALIAN DRESSING	2 TBSP	1.47
001224	JELLO / CHERRY	1/2 CUP	17.00
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
001228	LASAGNA W/ BEEF secondary	SERVINGS	33.74
000163	LASAGNA WITH GROUND BEEF	SERVINGS	24.37
000532	LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	1.62
001209	MACARONI N CHEESE	2/3 CUP	29.02
001216	MACARONI N CHEESE 1 cup	1 cup	43.53
001248	MANDARIN ORANGE FRESH	EACH	12.00
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
001212	MEATBALL BEEF DELUXE	SERVING	3.00
000661	MEATBALL MARINARA CIABATTA	EACH	39.15
001244	MEATBALL MARINARA HOAGIE	EACH	38.15
001199	MEATLOAF /CHEESEBURGER	PATTY	8.00
001243	MEATLOAF ON A BUN	EACH	35.00
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
000498	NACHO MEAT	2 OZ	1.42
000504	NACHO w/ MEAT SECONDARY	SERVG	42.89
000553	NACHO WRAPS	SERVINGS	27.98
000952	OATMEAL WITH BROWN SUGAR (PRE	6 OZ	39.12
001207	OMELET W/ COLBY CHEESE	EACH	1.00
000363	ORANGE JUICE CUP	EACH	13.00
001001	ORANGE-PINEAPPLE GELATIN	SERVINGS	21.64
000541	ORANGES,FRESH	EACH	11.28
001150	PANCAKE MINI CINNAMON ROLL IW	PACKAGE	41.00
001251	PARMESAN CHICKEN SAND 7-12	EACH	41.43
500142	PASTA SALAD	3/8 CUP	16.83
000138	PASTA SALAD	3/8 CUP	16.03
001221	PASTA SALAD SW CHICKEN CEASAR	CUP	46.55
000506	PASTA SPAGHETTI, WHOLE GRAIN F	OZ	18.58
000982	PB & J SANDWICH	EACH	35.00

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001097	PB&J STRAWBERRY	EA	34.00
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
000677	PHILLY STEAK CIABATTA	EACH	34.85
001242	PHILLY STEAK WRAP	EACH	40.76
001192	PINEAPPLE CHUNKS 1 C	cup	34.43
000812	PINEAPPLE CHUNKS 1/2 C	1/2 CUP	17.21
001169	PINEAPPLE CHUNKS 3/4 C	3/4 C	25.82
000927	PIZZA 4X6 TONY'S	SLICE	33.00
001240	PIZZA BUFFALO CHICKEN	SLICE	35.00
000966	PIZZA PRIMO BIG DADDY 16"	SLICE	35.96
001135	PIZZA STICK BOSCO 7 "	STICK	29.00
001217	PIZZA STICK BOSCO 7 " @2	@2 EACH	58.00
000729	PIZZA, BREAKFAST PIZZA SAUSAGE	SLICE	26.00
001090	POPCORN CHICKE 1/2 POTATO BOWL	BOWL	34.33
001172	POPCORN CHICKE 3/4 POTATO BOWL	BOWL	42.83
000480	PORK PATTY (BBQ)	EACH	39.00
001117	POTATO JO-JO 1/2 (1-2 EA)	1/2 C	15.00
001233	POTATO JO-JO 1CUP (3-4 EA)	CUP	30.00
000945	POTATO JO-JO 3/4 (2-3 EA)	3/4 C (2-3 EA)	22.50
000608	POTATO, TATER TOTS K-5 (8)	serving 10	13.89
000903	POTATO, TATER TOTS: 6-12 (12)	12 EACH	20.84
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 WG	BAG	16.00
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.1 CUP	CUP	54.00
001223	RICE FRIED VEG.1/2 CUP	1/2 CUP	27.00
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	17.00
001114	SACK LUNCH	1 EA	104.32
000332	SALAD DRESSING, RANCH	1.5 OZ	2.73
001247	SALAD DRESSING, RANCH 2 OZ	2.0 OZ	3.68
000740	SALAD, CHEF SECONDARY	SERVING	13.06
000800	SALAD, ROMAINE 2016	SRV	12.68
000917	SALAD, ROMAINE: 50	srv	12.65
000859	SALAD, SW CHICKEN FAJITA	EA	26.74
001198	SALISBURY STEAK	PATTY	5.00
000524	SALSA , GREEN CHILI TOMATO, CH	2 oz	2.77
000969	SAUSAGE LINKS lower sod (2)	ser -2	2.00
001045	SLOPPY JOE MINI'S	3 OZ	40.55
000601	SLOPPY JOE, MANWICH SAUCE	CUP	28.00
000505	SPAGHETTI AND MEAT SAUCE	1 CUP	40.98
001158	SPAGHETTI AND MEAT SAUCE- 3/4C	3/4 CUP	40.98
000899	SPINACH & FRUIT SALAD 1 1/2	1.5 cup	23.26
001215	SPINACH & FRUIT SALAD 2 cup	serving (2 cup)	25.84

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001257	STEWED TOMATES 1 CUP	CUP	9.99
000591	STRAWBERRY CUP	EACH	21.93
000726	SUGAR,BROWN	OZ	27.81
000389	SWEET & SOUR SAUCE PKT	PACKAGE	8.00
000461	SYRUP CUP, REDUCED CALORIE	EACH	13.00
001201	TACO BOAT	SERVG	23.61
001235	TACO BOAT 2 ea 4-12	SERVG	44.61
000762	TACO MEAT,W/BEEF & BEAN	1 OZ	4.35
001218	TACO MEAT,W/BEEF & BEAN 2 oz	2 OZ	7.98
500186	TACO SALAD	SERVINGS	20.11
000140	TACO SALAD	SERVING	6.46
000499	TACO SAUCE	OZ	2.00
000500	TACO SEASONING	OZ	8.00
001010	TERIYAKI CHICKEN STIR FRY KIT	2.8 OZ	8.00
001019	TOMATO GRAPE FRESH	SERVING (12)	6.00
001239	TORTILLA CHIPS WG	OZ	19.24
001226	TORTILLA STRIPS TRI COLOR	TABLESPOON	2.00
001040	TORTILLA TOMATO BASIL R S	EA	26.00
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
001236	TURKEY ROAST 2 OZ	SERVING 2 OZ	1.52
001237	TURKEY ROAST 3 OZ	SERVING 3 OZ	2.28
000657	UNCRUSTABLE, PB & J WHEAT 5 oz	EACH	56.90
000678	VEGETABLES, ONION & PEPPER	OZ	6.49
001026	VEGETABLE BAR HS	SERVINGS	12.10
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	42.01
001039	WRAP TURKEY K-5	EA	39.44
001227	WRAP, GREEK TURKEY	EACH	32.48
000510	WRAP, HAM 9-12 GRADE	EACH	38.99
000870	WRAP, TURKEY & HAM 9-12 GRADE	EACH	42.30
000511	WRAP, TURKEY 7-12 GRADE	EACH	43.61
001179	YOGURT VARIETY UPSTATE	4 OZ	19.05
000847	YOGURT, LIL YAMI VARIETY	4 OZ	18.17

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