

2018-2019
STUDENT NUTRITION
RECIPES
CARBS & CALORIES

Recipe No. Recipe Name	Portion Size	Cals ¹ (kcal)	Carbs (g)
1/2 PITA POCKET WG 6"	1/2	70.000	13.500
APPLE JUICE :cnnd,unswtn +vit C	4 fl.oz.	57.040	14.012
APPLES,RAW,WITH SKIN 163 CT.	EACH	55.000	14.640
APPLESAUCE CUPS, PLAIN	CUP	51.000	14.000
APPLESAUCE, UNSWEETENED CANNED	1/2 CUP	51.000	14.000
APPLESAUCE, UNSWEETENED CANNED	3/4 CUP	76.500	21.000
APPLESAUCE, UNSWEETENED CANNED	1 Cup	102.000	28.000
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	264.466	39.505
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	280.000	58.000
BEANS, BAKED 1/2 CUP	1/2 CUP	140.000	29.000
BEANS, BAKED 3/4 CUP	3/4 CUP	210.000	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, BBQ SUB	SUB	264.466	37.505
BEEF, MEATBALLS	5 EACH	180.000	3.000
BEEF, PHILLY STEAK STRIPS	3 OZ	100.000	3.000
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	190.000	30.000
BREAD STICK WG	1 OZ	90.000	14.000
BREAD, GF WHITE	SLICE	75.000	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	22.500	3.750
BROCCOLI, FROZEN, NO SALT FROZEN 1 c	1 Cup	52.000	10.000
BROCCOLI, FROZEN, NO SALT FROZEN 1/2 c	.5 Cup	26.000	5.000
BROCCOLI, FROZEN, NO SALT FROZEN 3/4 c	.75 Cup	39.000	7.500
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
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
CAULIFLOWER,raw: fresh	CUP	25.000	4.970
CELERY STICKS	CUP	19.200	3.564
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 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 2 STICK	SERVING (2)	300.080	34.009
CHEESE, MOZZ SHREDDED	oz	91.123	1.013
CHEESE, SLICED CHEDDAR RS/RF	2 SLICE	70.000	2.000
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

CHICKEN BACON SWISS SANDWICH	SANDWICH	410.000	38.500		
CHICKEN CORDON BLEU SANDWICH	SANDWICH	400.562	38.77		
CHICKEN FAJITA WRAP/QUESADILLA	EACH	375.616	39.841		
CHICKEN NUGGETS, WG	5 NUGGET S	184.000	12.000		
CHICKEN PASTA BAKE	SERVINGS	267.054	23.975		
CHICKEN POT PIE	SERVING 1 CUP	179.963	21.402		
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, BREADED PATTY ELEM	PATTY	240.000	15.000		
CHICKEN, BREADED PATTY SEC	PATTY	200.000	9.000		
CHICKEN, BREADED PIECES, BONE-IN	BREAST PIECE	190.000	6.000		
CHICKEN, BREADED PIECES, BONE-IN	DRUMSTICK	190.000	6.000		
CHICKEN, BREADED PIECES, BONE-IN	THIGH PIECE	190.000	6.000		
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, 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	490.000	81.00		
CHICKEN, TERIYAKI	2.85 OZ	146.000	14.00		
CHICKEN, TERIYAKI GF	2.85 OZ	150.000	14.720		
CHILI CON CARNE WITH BEANS	4 OZ	166.517	10.872		
CHILI CON CARNE WITHOUT BEANS	4 OZ	164.944	19.000		
CHIPS, YELLOW TORTILLA TRIANGLES	OZ	140.000	42.000		
CHURROS, APPLE	EACH	240.000	30.000		
CIABATTA BREAD	ROLL	160.000	33.502		
CLUB HOAGIE	HOAGIE	262.900	31.502		
CLUB SUB	SANDWICH	262.900	15.000		
CORN KERNEL 1/2 C	1/2 CUP	65.000	22.500		
CORN KERNEL 3/4 C	3/4 CUP	97.500	30.000		
CORN KERNEL 1 C	1 CUP	130.000	20.165		
CORNBREAD	SERVINGS	120.631	48.687		
COTTAGE PIE	SERVINGS	362.146	28.000		
CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	110.000	35.720		
CRANBERRY, WHOLE DRIED	1.4 OZ	138.913	11.524		
CUTTIE/ MANDARIN ORANGE	MEDIUM	47.143	11.54		
DOUGH,SHEET WHITE WHOLE WHEAT	SERVING 2 OZ	149.000	27.88		
FRENCH DIP	SANDWICH	288.333	26.068		
FRENCH TOAST STICKS	3 STICKS	210.547	8.683		
FRENCH TOAST STICKS	1 STICKS	70.134	34.733		
FRENCH TOAST STICKS SECONDARY	4 STICKS	280.535	25.516		
FRUIT BAR	EACH	102.345	36.131		
FRUIT COCKTAIL:canned,lt syrup	CUP	137.940	15.623		
FRUITABLE , GOLD RUSH	BOX	40.000	22.000		
FRUITABLE / TROPICAL TWIST	JUICE BOX	90.000	39.177		
GARLIC TOAST	SLICE	70.000	24.000		
GARLIC TOAST -2	2 OZ	140.000	16.000		
GOLDFISH WG CRACKER	PACKAGE	90.000	18.669		
GRAPES FRESH	CUP	110.000	21.000		
GRAPES FRESH	3/4 CUP	82.500	14.000		
GRAPES FRESH	1/2 CUP	55.000	15.778		
HAM N CHEESE CIABATTA	SANDWICH	255.000	32.000		
HAM N CHEESE PANINI	SANDWICH	265.000	29.000		
HAMBURGER	SANDWICH	270.000	22.238		
HOAGIE, ROLL WG	ROLL	160.000	35.948		
HUMMUS	CONTAINER	110.000	14.690		
JELLY GRAPE PC	CONTAINER	35.000	32.399		
JO JO'S, .75 C SEASONED SAVORY WEDGE	SERVING	222.746	43.199		
JO JO'S, 1 C SEASONED CRISP SAVORY WEDGE	SERVING	296.995	21.600		
JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	148.497	10.000		
JUICE BAR FROZEN, VERY BERRY	BAR	40.000	14.000		
JUICE, APPLE	4 oz	60.000	13.000		
JUICE, ORANGE	EACH	50.000	13.00		
KETCHUP: individual	Pkt 6g	9.090	2.47		
KIWI, FRESH	2 EACH	83.865	20.21		
LASAGNA W/GROUND BEEF	2" x 3 3/4 "	286.505	22.687		
LETTUCE &TOMATO:1	LEAF, 2 SLICE	9.300	2.002		
LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	2 OZ	7.938	1.684		
MACARONI & CHEESE RF	2/3 CUP	290.000	32.000		
MACARONI & CHEESE RF	CUP	435.000	48.000		
MACARONI & CHEESE RF	1 1/3 CUP	580.000	64.000		

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	
MAYONNAISE:individual PC	Pkt 7g	351.330	1.323	
MEATBALL MARINARA SUB	EACH	428.451	35.443	
MEATBALL MARINARA HOAGIE	EACH	428.451	37.443	
MILK , LF 1/2 GALLON CHOCOLATE	CUP	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 W/ BACON & BISCUIT	EACH	180.000	16.500	
ORANGE	EACH	60.000	15.000	
PANCAKE, MINI IW MAPLE	PACKAG	222.145	39.380	
PARMESAN CHICKEN SANDWICH ELEMENTARY	SANDWICH	438.083	47.315	
PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	398.083	41.315	
PASTA, LASAGNA SHEETS FRZPRECOOKED	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 & CARROTS, FRZ, UNPREP	CUP	82.306	14.815	
PEAS,EDIBLE- PODDED,RAW	10 PODS	14.280	2.567	
PEAS,EDIBLE- PODDED,RAW	15 PODS	21.420	3.851	
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	358.373	33.397	
PHILLY STEAK CIABATTA	SANDWICH	358.373	36.397	
PHILLY STEAK PANINI	SANDWICH	368.373	36.397	
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, GREEK TURKEY	SERVING	280.487	38.139	
PITA, GYRO	PITA POCKET	300.542	36.942	
PITA, VEGGIE W/CUCUMBER SAUCE	PITA POCKET	538.716	55.276	
PIZZA BURGER ON BUN ELEM	SERVING	321.252	38.748	
PIZZA BURGER ON BUN SEC	SERVING	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	
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 cup	1 Cup,	180.000	32.000	
POTATOES, DEHYDRATED MASHED 1/2 cup	1/2 Cup,	90.000	16.000	
POTATOES, DEHYDRATED MASHED	3/4 Cup,	135.000	24.000	
RICE BOWL W/TOASTED ALMONDS	CUP	237.593	33.262	
RICE, BROWN,	1/2 Cup, prepared	170.000	36.000	
RICE, BROWN,	3/4 Cup, prepared	255.000	54.000	
RICE, BROWN,	1 CUP	340.000	72.000	
RICE, FRIED VEG.	CUP	270.000	54.000	
RICE, FRIED VEG.	1/2 CUP	135.000	27.000	
RICE, FRIED VEG.	.75 CUP	202.500	40.500	
ROLL, DINNER WG	ROLL	100.000	17.000	
ROLL, DINNER WHITE WG	ROLL	70.000	13.000	
ROLL, DINNER WHITE WG	ROLLS	140.000	26.000	

ROTINI TRI-COLOR NOODLES	5 oZ	200.000	41.000	
SALAD, CHEF	SALAD	429.911	37.856	
SALAD, SW CHICKEN FAJITA FRESH VEG	SALAD	321.595	22.216	
SALAD, SW CHICKEN FAJITA GRILLED VEG	SALAD	606.782	60.824	
SALAD, TACO	SALAD	504.733	55.959	
SALSA, GREEN CHILI	1/4 Cup	20.000	4.000	
SANDWICH, PB&J STRAWBERRY WG	2.8 OZ	300.000	34.000	
SLOPPY JOE ELEMENTARY	3 OZ SERVING	284.380	40.324	
SLOPPY JOE SECONDARY	4 OZ SERVING	333.881	44.206	
SPAGHETTI AND MEAT SAUCE	1 CUP	306.719	44.707	
SRYPUP CUP, LITE	CARTON	50.000	14.000	
STRAWBERRIES, DICED, CUP, FROZEN	EACH	89.700	21.927	
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	
TERIYAKI MEATBALLS	SERVIN	208.800	9.720	
TOMATO GRAPE, FRESH	3 OZ	25.000	6.00	
TORTILLA BOWL	BOWL	80.000	15.000	
TORTILLA BOWL 2 EACH	2 BOWL	160.000	30.000	
TORTILLA FLOUR	TORTILLA	200.000	34.000	
TORTILLA GARDEN SPINACH	TORTILLA	210.000	35.000	
TURKEY, DELI SLICED	2 OZ	50.000	2.000	
TURKEY, HAM, & CHEESE CIABATTA	SANDWICH	250.000	32.500	
TURKEY, HAM, & CHEESE PANINI	SANDWICH	260.000	32.500	
TURKEY, ROAST 2 OZ SERVG	2 OZ SERVING	80.000	1.500	
TURKEY, ROAST 3 OZ SERVG	3 OZ	120.000	2.250	
UHT MILK CARTON LF	CARTON	100.000	12.000	
VARIETY CEREAL	BOWL	110.343	24.319	
VARIETY FRUIT	EACH	73.340	18.864	
VEGETABLE/ SALAD BAR	SERVIN	137.504	17.918	
WINTER MIX , VEG.	1/2 CUP	25.000	4.000	
WINTER MIX , VEG. .75	3/4 CUP	37.640	6.023	
WINTER MIX , VEG. 1 Cup	1 Cup	50.000	8.000	
WRAP, CHICKEN BACON RANCH	WRAP	685.670	50.070	
WRAP, GREEK TURKEY	WRAP	350.487	46.139	
WRAP, HAM N CHEESE	WRAP	431.186	40.160	
WRAP, TURKEY N HAM	WRAP	513.700	59.587	
WRAP, VEGGIE	WRAP	605.950	62.757	
YOGURT, NF SINGLE SERVE MIXED FLAVORS	CONTAINER 4 OZ	90.000	19.000	

