

# st johns county school district

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000023	apple crisp- topping mix 1/2 c	1/2 cup	42.69
000636	Apple Juice - 4 OZ	4 OZ	13.00
000635	Apple Juice, 100% suncup	6 OZ	20.00
000064	APPLES,Fresh	EACH	14.64
000209	Applesauce, orginal, Motts, pc	each	24.00
000212	Applesauce, Strawberry, Motts	each	23.00
000356	APPLESAUCE,SWEETENED	1/2 cup	22.31
000215	Bagel-Fuls, Apple Cinnamon	each	35.00
000682	Bagel-Fuls, Cinnamon	each	32.00
000683	Bagel-Fuls, original	each	28.00
000601	BAKED BEANS (VEGETARIAN) 2	1/2 cup	33.55
000068	BANANAS	EACH	18.65
000492	BBQ CHICKEN on bun	1 sandwich	32.12
000329	BBQ Pork Sandwich	1 sandwich	32.12
000493	BBQ Sauce - Heinz PC pckt	1 each	12.03
000072	BBQ Sauce - Kens Dunk Cup	each	10.45
000515	Beans and Franks	1 cup	53.28
000243	Beef Pizza Quesadilla Max	each	41.00
001074	BISCUITS*SAUSAGE	EACH	33.82
000192	Blueberry Crisp	1/2 cup	40.87
000189	Blueberry Pancake Wrap	1 each	25.00
000240	Breaded Beef Fingers	serving	14.00
001052	Breaded Chicken Sandwich	1 EACH	37.00
000673	Breakfast biscuit	each	24.16
000193	Breakfast Burrito,Egg & Cheese	each	29.00
000595	broccoli floret,frozen,steamed	1/2 CUP	3.89
000685	Brookwood Farms BBQ Pork	4 oz	39.82
000048	Cafe favorites grilled cheese	sandwich	34.00
000403	Cake, blueberry	2x2	46.01
000318	California Mix(broc,cauli,car)	1/2 cup	4.68
000512	CARROT bitesw/Ranch	1/2 CUP	5.98*
000446	Carrots, frozen	1/2 CUP	7.35
000567	Carrots,frozen, glazed	1/2 CUP	8.46
000570	Carrots,fzn,chicken base	1/2 CUP	7.34
000458	CARROTS: can,cooked	1/2 CUP	5.95
000267	CELERY STICKS	CUP	4.41
000647	Cereal, Cinnamon Toast Crunch	EACH	22.00
000216	Cereal, Frosted Flakes, MG RS	each	24.00
000220	Cereal, Honey Nut Cheerios	each	22.00
000218	Cereal, Lucky Charms, bowlpak	each	21.00
000120	CEREAL, total raisin bran	1 bowlpak	25.00
000219	Cereal,Golden Grahams, bowlpak	each	24.00
000648	CEREAL,REESE PUFF	EACH	21.24
000241	Cheese Tortellini	4 oz	35.51
000161	CHEESEBURGER ON A BUN	1 each	25.10
000607	Chicken & Gravy	1/2 cup	6.13
000488	Chicken and Noodles - Local	8 oz	23.83
000600	Chicken and Rice	1 cup	19.86
000496	Chicken Nugget	5 each	12.99
000134	Chicken Quesadilla Max	each	38.00
000606	Chili w/ commodity crumbles	1/2 CUP	8.52
000626	Chili w/ Pierre crumbles	1/2 CUP	9.55
000303	CINNAMON TASTRIES	1 each	36.79
000634	colby cheese omelet	2.1 oz	3.00
000138	Colby Jack String Cheese Stick	1 oz	0.00
000694	Colossal Crisp oven fry	1/2 cup	26.67
000505	Corn Dog,turkey,Foster Farms	1 each	27.34
000574	CORN ON THE COB: frozen	1 each (3" ear)	14.07
000032	CORN ON THE COB: frozen	2 each (3" ear)	28.14
000689	Corn, canned yellow	1/2 cup	18.65
000271	CORN: frozen, yellow	1/2 CUP	15.78
000350	CRACKERS,SALTINES(INCL OYSTER,	4 pack	8.92
000272	CRANBERRY SAUCE: canned,swtnd	1 oz	13.44

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000352	CROUTONS,SEASONED	1 package	18.03
000377	CUCUMBER,RAW	1 OZ	0.61
000684	Dipping Sauce	2 oz	4.92
000182	Egg Patties, Grilled	each	1.00
000370	EGG,HARD-BOILED	1 EACH	0.56
000185	EggStravaganza- Bacon & Cheese	serving	1.00
000478	FIESTA CORN	1/2 CUP	18.15
000242	Fiestada Beef Pizza	each	41.00
000534	FISH NUGGET	4 nuggets	20.00
000187	Fish Sandwich	each	38.00
000124	Flat bread, cheesy garlic	each	44.00
000487	FRENCH FRIES: oven heat	4 OZ	13.44
000178	French Toast Sticks	serving	28.00
000177	French Toast, Cinnamon Glazed	each	31.00
000089	Fresh Apple Slices	package	7.96
000637	Fruit Punch, 6 oz	6 OZ	22.00
000310	Fruit, fresh,variety	EA	17.93
000245	FRUIT,FRESH ASSORTED	EACH	16.53
000107	Garlic Breadstick	each	16.00
000672	Graham Crackers	packs	16.00
000639	Grape Juice, 6 oz	6 OZ	28.00
000640	Grape Juice- 4 OZ	4 OZ	18.00
000422	GRAPES,Fresh	1/2 cup	14.00
000154	Green Bean Casserole	3/8 cup	6.42
000530	Green Beans, canned	1/2 cup	3.50
000417	Green Beans,frozen	1/2 CUP	4.55
000002	Green Beans,frozen w/ ham base	1/2 CUP	4.67
000577	grill cheese sandwich	sandwich	29.31
000632	Grilled Chicken Sandwich	each	26.05
000074	Ham, Baked - Purchased	3 oz	11.16
000500	Ham. baked- commodity	2.44 oz	15.06
000111	Heinz BBQ Dipping Sauce	1 oz	8.00
000110	Heinz Honey Mustard Dip Sauce	1 oz	9.00
001050	Heinz Mayonnaise PC	1 packet	0.41
000109	Heinz Sweet n Sour Sauce	1 oz	8.00
000133	Homestyle Mac & Cheese	servings	29.00
000162	HOT DOG ON A BUN:turkey hot	1 each	23.00
000095	Hot Pocket, breakfast pizza	each	19.99
000314	Hot Pocket, egg n cheese	1 each	18.11
000481	Hot Pocket, taco	1 each	29.00
000157	Icing	cake pieces	17.07
000602	Italian dressing, kens fat fre	packet	5.00
000533	Italian Veg, frozen	1/2 cup	5.36
000561	Jello, all flavors, w/fruit	1/2 cup	76.18
000345	JELLY	1 each	13.29
000363	Ketchup,dispenser,Heinz	serving	6.67
000082	Ketchup,pc, Red Gold	2 packet	6.00
000168	Lasagna RollUp, cheese	4.15 oz	23.62
000381	LETT, PICK,TOM:1 leaf,3ea,1sl	1 lf,3 ea,1 slc	1.47
000034	LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	1.11
000014	Lima Beans, canned	1/2 cup	16.84
000668	Lima Beans, frozen	1/2 cup	15.90
000079	Lima Beans, frozen w/ base	1/2 cup	16.00
000113	Mashed Potatoes w/ vit-c	1/2 cup	14.00
000316	MaxStix - Mozzarella filled Br	2 EA	32.00
000582	meatloaf	each	6.00
000172	Milk, Chocolate, Fat Free	container	24.00
000171	Milk, Skim Half Pint, TG Lee	half pint	12.00
000681	Mini Corn Dogs	each	21.00
000529	Mixed Fruit	1/2 cup	18.00
000433	MIXED VEGETABLES:frozen,boiled	1/2 cup	13.08
000140	Mozzarella String Cheese Stick	1 oz	1.00
000223	MUSTARD: individual PC	1 packet	0.27

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No.	Description	Portion Size	Carbohydrates (Grams)
000119	MVP Breakfast PLUS	EACH	43.00
000167	NO BREAKFAST	SERVING	0.00
000156	NO LUNCH	SERVING	0.00
000145	NO SCHOOL TODAY	SERVING	0.00
000642	Orange Juice - 4 OZ	4 OZ	13.00
000641	Orange Juice, 6 oz	6 OZ	19.00
000086	ORANGES- whole	1 each	11.33
000027	oriental blend vegetables	1/2 CUP	4.84
000580	Oven Baked Chicken	each	0.00
000046	Oven Baked Chicken w/ BBQ sauc	EACH	7.68
000499	Oven Fries	1/2 cup	26.67
000207	Pancake Sandwich	each	35.00
000312	Pancakes,1.2ounce,Aunt Jemima	2 EA	28.00
000108	Parkerhouse Roll	serving	12.00
000204	PB Jamwich	servings	67.00
000033	peach crisp- topping mix 1/2 c	1/2 cup	49.87
000093	Peaches - single serving	4.4 oz	29.98
000062	Peaches, frozen	3/8 cup	22.84
000088	PEACHES,FRESH	EACH	8.30
000437	PEACHES: can,light syrup	1/2 CUP	18.22
000612	Peanut Butter & Jelly Sandwich	each	67.86
000039	pear crisp- topping mix 1/2 c	1/2 cup	50.61
000205	Pear Cup	each	24.08
000537	Pears	1/2 cup	18.99
000392	Pears, rosy	1/2 cup	20.80
000090	PEARS,FRESH	EACH	21.49
000692	PEAS & CARROTS: canned	1/2 cup	12.64
000439	PEAS & CARROTS: frozen,boiled	1/2 cup	9.12
000445	Peas, frozen	1/2 CUP	13.60
000572	PEAS: can,cooked	1/2 CUP	13.72
000092	PINEAPPLE CHNKS:can,Itsyr	1/2 CUP	16.17
000013	PINEAPPLE tidbits:can,Itsyr	1/2 CUP	16.17
000504	Pizza, Breakfast, Bacon Scramb	each	20.00
000087	Pizza, Breakfast, Saus Scramb	each	19.85
000121	Pizza, Nacho N' Chips	each	41.00
000122	Pizza, Sicilian Cheese	each	48.00
000123	Pizza, Sicilian Style Pepperon	each	48.00
000519	Pizza, Tony's SmartPizza 4x6 c	1 each	32.07
000520	Pizza, Tony's SmartPizza4x6pep	1 each	32.01
000106	Pizza, twisted crust 3 meat	slice	46.00
000522	Pizza, whole grain stfd cst ch	1 each	44.00
900046	Pizza,cheese,Galaxy 4in.	EA	28.58
000382	Pizza,peperoni,Galaxy 4in.	EA	28.43
000523	Pizza,whole grain stfd cst pep	1 each	44.00
000186	Popcorn Chicken	14 pieces	12.00
900050	POT WEDGES,FRZ,CKD	1/2 cup	15.11
000152	Potato Triangle	2 each	24.00
000541	POTATO, TOTS,FRZ,CKD	1/2 cup(10each)	25.17
900052	RAISINS,SEEDLESS	1.33 OZ	29.85
000578	ranch dressing, packet, heinz	packet	*N/A*
900054	Ravioli,Chef Boyardee	8 ravioli	28.02
000224	RELISH: individual PC	PC packet	3.51
000166	Rice, Brown, cooked	1/2 cup	17.15
000198	RICE,Cooked White	1/2 cup	29.76
000146	Ridgefields Sidekicks	4.4 oz	20.00
000144	Ridgefields Slushie Cups	5.5 oz	22.00
000518	Roll, Honey wheat	1 each	19.56
900058	Salad Dressings,RANCH,dunk cup	each	4.00
000016	Salad, Chef Shaker - 1 EACH	EA	9.92
000343	Salad, Chef Shaker - 10 EACH	EA	9.92
000015	Salad, Chef Shaker - 20 EACH	EA	9.92
000017	Salad, Chef Shaker - 50 EACH	EA	9.97
000020	Salad,Caesar,Shaker - 10 EACH	EA	5.78

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000018	Salad,Caesar,Shaker - 20 EACH	EA	5.78
000139	SALAD,TOSSED: no dressing	1/2 CUP	1.74
000197	salsa	1/4 cup	4.00
000532	SANDWICH, ham & cheese	whole	26.90
000571	Sauce, for Cheese Sticks	2 fl oz	6.05
000315	SAUCE,TACO,MILD	7 GM	0.91
000695	Scalloped / AuGratin Potatoes	4 oz	16.79
000183	Scrambled Eggs, precooked	1 oz	1.00
000031	Sliced Apples	1/2 cup	17.88
000131	Sliced Cheese, LF Yellow Amer	2 slices	2.00
000148	Sliced Turkey Breast & Gravy	4.4 oz	3.99
000467	Sloppy Joe w/ commodity crumbl	EA	34.02
000624	Sloppy Joe-mix- Pierre crumble	EA	36.07
000208	Snack'n Waffles, Maple	each	35.00
000622	SPAGHETTI AND MEAT SAUCE- comm	1 CUP	18.32
000627	SPAGHETTI AND MEAT SAUCE- pier	1 CUP	20.37
000098	STRAWBERRIES: frozen	1/2 CUP	4.08
000176	Sweet Diamond Yeast Roll	each	28.00
000349	SYRUP,PANCAKE	1 packet	12.06
000179	Tac-Go w/ Egg cheese & sausage	each	14.00
000180	Tac-Go, egg, ham & cheese	each	15.00
000545	Taco Sauce, pc	pckt	1.03
000206	Taco, turkey, culinary standar	each	24.33
000665	taco-commod beef-season mix	2 EACH	17.17
000021	taco-pierre beef-season mix	2 EACH	17.57
000100	TANGERINES,FRESH	EACH	11.21
000544	Tarter Sauce, pc	1 packet	1.41
000633	Texas Toast	slice	19.00
000411	TOAST with Cheese	EA	28.43
900063	TOAST, WHITE BREAD	SLICE	26.43
000412	TOAST- cinn/sugar,butter spray	1 each	30.72
000058	TOMATOES: canned	CUP	20.64
000030	TUNA SALAD SANDWICH-whole	whole	26.94
000075	Turk Ham & chz sandwich- whole	sandwiches	25.68
001054	Turkey & Cheese Sand - whole	sandwiches	26.67
000629	Turkey & Gravy - diced	1/2 cup	6.13
000630	Turkey & Gravy - roast turkey	2 oz wt	13.91
000317	Turkey - Noodle Casserole	1 CUP	20.30
000521	Turkey and Gravy, Jennie O	6 fl oz	7.78
000142	Twisted Edge Mozz Pizza	slice	44.00
000143	Twisted Stix	2 sticks	66.00
000158	UBR - ultimate breakfast round	each	44.00
000214	Ultra Baked Cinnamon Bun	each	37.00
000126	Uncle Bens flavored rice	1/2 cup	19.68
000592	uncrustable PB&J,4.8 oz,white	1 each	54.00
000234	VACATION	EACH	0.00
000155	Vanilla Cream Frosting	cake pieces	18.05
000387	Veg, frozen	1/2 CUP	14.70
000552	Veg, mixed	1/2 cup	12.54
000414	Veg, mixed, chicken base	.5 CUP	14.90
000415	Veg, winter blend,chicken base	1/2 CUP	5.30
000553	Waffles	3	32.00
000598	Whipped Sweet Potato Bake	1/2 cup	39.47
000009	WHITE CAKE	3 1/4" X 2 1/2"	33.26
000617	Whole wheat roll, 1.5 oz	1.5 oz	19.40
000546	Winter Mix	1/2 CUP	3.80
000235	Yogurt, Upstate Farms, Peach	4 oz	18.93
000554	Yogurt, Upstate, Cherry Van	4 oz	18.93
000236	Yogurt, Upstate, Raspberry	4 oz	18.93
000238	Yogurt, Upstate, Strawb banana	4 oz	18.93
000239	Yogurt, Upstate, Strawberry	4 oz	18.93

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