

st johns county school district

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000636	Apple Juice - 4 OZ	4 OZ	14.00
000635	Apple Juice, 6oz	6 OZ	20.00
000847	Apples, Fresh, Whole	each	25.13
000064	APPLES,Fresh	EACH	14.64
000356	APPLESAUCE,SWEETENED	1/2 cup	22.31
000601	BAKED BEANS (VEGETARIAN) 2	1/2 cup	33.45
000068	BANANAS	EACH	18.65
000046	BBQ Chicken	EACH	4.87
000493	BBQ Sauce - PC pkt	1 each	12.03
000111	BBQ Sauce Dunk Cup	1 oz	8.00
000718	Biscuit	each	28.00
000701	Black Beans	1/2 cup	22.91
000848	blueberries, fresh	1/2 cup	8.03
000193	Breakfast Burrito,Egg & Cheese	each	29.00
000722	Breakfast Skillet (Frittata)	each	2.00
000805	Broccoli Floret Dippers	1/2 cup	2.11
000595	broccoli floret,frozen,steamed	1/2 CUP	3.89
000772	Buffalo Lunch Box - High	each	72.00
000775	Buffalo Lunch Box - Middle	each	59.00
000477	Carrot & Celery Dippers	1/2 cup	4.07
000476	Carrot & Cucumber Dipper	1/2 cup	4.47
000512	Carrot Bites	1/2 CUP	6.17
000446	Carrots, frozen	1/2 CUP	7.34
000458	CARROTS: can,cooked	1/2 CUP	5.95
000795	Celery Stick & Cucumber Dipper	1/2 cup	1.93
000470	Celery Sticks	1/2 cup	1.95
000190	Cereal, Apple Cinnamon Cheerio	.875 oz	19.84
000822	Cereal, Cinnamon Chex	each	22.00
000647	Cereal, Cinnamon Toast Crunch	EACH	22.00
000728	Cereal, Cocoa Puffs	bowlpak	25.00
000216	Cereal, Frosted Flakes, MG RS	each	24.00
000702	Cereal, Fruit Loops MG RS	each	24.00
000220	Cereal, Honey Nut Cheerios	each	22.00
000218	Cereal, Lucky Charms WG	each	23.00
000724	Cereal, Rice Chex WG	each	24.00
000645	CEREAL,FRUITY CHEERIOS	EACH	23.00
000219	Cereal,Golden Grahams WG	each	24.00
000769	Cheese Calzonette	3 each	35.00
000823	Cheese Stuffed Breadsticks	2 each	35.77
000801	Cheese, Fruit & Veggie Cup	each	22.90
000779	Cheeseburger Lunch Box	each	60.51
000161	CHEESEBURGER ON A BUN	1 each	36.10
000787	Chicken Marinara & Penne	servings	39.69
000496	Chicken Nugget	5 each	12.00
000746	Chicken Nugget - HIGH SCHOOL	8 each	19.20
000751	Chicken Nugget Salad	each	15.15
000134	Chicken Quesadilla Max	each	38.00
000781	Chicken Sandwich Lunch	each	65.19
000841	Chicken Smackers	10 pieces	17.00
000733	Chicken Tender Basket	each	38.00
000839	Chicken Tenders	2 ea	11.00
000840	Chix Tenders, High	3	16.50
000031	Cinnamon Apples	1/2 cup	13.85
000634	colby cheese omelet	2.1 oz	1.00
000138	Colby Jack String Cheese Stick	1 oz	0.00
000811	Cool Box 1	each	48.53
000813	Cool Box 2	each	40.57
000505	Corn Dog	1 each	28.00
000689	Corn, canned yellow	1/2 cup	13.00
000271	CORN: frozen, yellow	1/2 CUP	15.78
000738	Cracker, Graham Chocolate Bear	each	20.25
000737	Cracker, Graham, Honey	each	20.25
000736	Cracker, Graham, Vanilla Bear	each	20.25

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000792	Craisins, Orange Cranberry	each	28.00
000734	Cranberries	each	28.00
000272	CRANBERRY SAUCE: canned,swtnd	1 oz	13.44
000377	CUCUMBER,RAW	1/2 cup	2.72
000771	dill sandwich	each	44.00
000843	DOD Cantaloupe Cubes	pckg	4.63
000845	DOD Grapes indiv pack	pckg	9.72
000844	DOD HoneyDew Cubes	pckg	5.15
000842	DOD Pineapple Cubes	pckg	7.44
000846	DOD Strawberries	1/2 cup	6.97
000471	Dressing, Ranch Light Dunk cup	dunk cup	1.39
000276	Egg & Cheese Slider	each	18.00
000182	Egg Patties, Grilled	each	1.00
000370	EGG,HARD-BOILED	1 EACH	0.56
000185	EggStravaganza- Bacon & Cheese	serving	1.00
000712	Fajita Chicken Salad - 10 EACH	EA	10.11
000508	Fajita Chicken Wrap - HS	EA	28.35
000463	Fajita Chicken Wrap- Elem	EA	22.35
000543	Fajita Chicken Wrap- Middle	EA	22.35
000749	French Bread Pizza	each	29.00
000089	Fresh Apple Slices	package	7.96
000637	Fruit Punch, 6 oz	6 OZ	22.00
000721	Fruitables Plus	each	14.00
000791	Garlic Breadstick	Each	17.00
000107	Garlic Toast	each	11.00
000790	Garlic Toast - High	2 each	22.00
000834	Glazed Hot N' Spicy Chicken Sa	each	32.00
000833	Goldrush, Fruitable Plus	each	12.00
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
000530	Green Beans, canned	1/2 cup	3.50
000417	Green Beans,frozen	1/2 CUP	4.54
000817	Grilled Chicken Salad	EA	11.31
000816	Grilled Chicken Wrap - HS	EA	28.53
000814	Grilled Chicken Wrap- Elem	EA	22.53
000815	Grilled Chicken Wrap- Middle	EA	22.53
000379	HAMBURGER ON A BUN	1 each	34.50
001050	Heinz Mayonnaise PC	1 packet	0.41
001052	Homestyle Chicken Sandwich	1 EACH	43.19
000133	Homestyle Mac & Cheese	servings	29.00
000110	Honey Mustard Dip Sauce	1 oz	9.00
000162	HOT DOG ON A BUN	1 each	24.96
000345	JELLY	1 each	13.29
000764	juice, apple cherry -4oz	each	14.00
000269	juice, apple cherry 6oz	6 oz	21.00
000835	juice, orange pineapple	4 oz	13.00
000826	Katie Chicken Salad	each	8.99
000082	Ketchup,pc	2 packet	4.00
000849	kiwi, sliced, package	each	13.23
000794	lemonade	12 oz	15.07
000381	Lettuce & Tomato Cup	1 lf, 1 slc	1.33
000827	Lisa's Garlic Parm chix sand	serving	28.25
000685	Loaded BBQ Fries Elem	each	28.60
000850	Loaded BBQ Fries M/H	each	34.70
000800	Lunch Salad	each	4.40
000703	Mandarin Oranges	1/2 cup	20.00
000118	MAX STICKS - HS	3 EA	48.00
000316	MaxStix - Elem/Middle	2 EA	32.00
000172	Milk, Chocolate, Fat Free	container	20.00
000171	Milk, Skim Half Pint, TG Lee	half pint	12.00
000768	Milk, Strawberry FF TruMoo	container	19.00
000170	Milk,1% Half Pint, TG Lee	half pint	13.00

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No.	Description	Portion Size	Carbohydrates (Grams)
000681	Mini Corn Dogs	6 each	30.00
000529	Mixed Fruit	1/2 cup	17.00
000825	Mixed Fruit Cups	each	16.00
000223	MUSTARD: individual PC	1 packet	0.27
000821	Nacho Lil' Bites	8 pieces	32.00
000740	Nachos	each	37.54
000083	NECTARINES,FRESH	EACH	16.46
000167	NO BREAKFAST	SERVING	0.00
000156	NO LUNCH	SERVING	0.00
000145	NO SCHOOL TODAY	SERVING	0.00
000774	Nugget Lunch Box - High	each	68.20
000773	Nugget Lunch Box - Middle	each	48.00
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
000580	Oven Baked Chicken	each	0.00
000189	Pancake Sausage Minis el/mi	4 each	20.00
000207	Pancakes, Mini Maple	pouch	40.97
000761	Pancakes, Mini Strawberry	pouch	42.03
000788	Pasta & Chicken - HS	servings	60.98
000715	Pasta & Meatballs	servings	41.23
000714	Pasta & Meatballs - HS	servings	62.47
000062	Peach cups, frozen	each	9.50
000093	Peaches - single serving	4.5 oz	16.00
000088	PEACHES,FRESH	EACH	14.31
000437	PEACHES: sliced	1/2 CUP	16.00
000612	Peanut Butter & Jelly Sandwich	each	67.86
000205	Pear Cup	each	24.08
000537	Pears, diced	1/2 cup	14.00
000392	Pears, rosy	1/2 cup	20.80
000090	PEARS,FRESH	EACH	21.17
000445	Peas, frozen	1/2 CUP	13.60
000572	PEAS: can,cooked	1/2 CUP	13.72
000770	pepperoni calzonette	3 each	35.00
000092	PINEAPPLE CHNKS:can,Itsyr	1/2 CUP	16.17
000824	Pineapple Cup	each	18.00
000013	Pineapple Tidbits	1/2 CUP	16.00
000087	Pizza, Breakfast, turkey saus	each	22.00
000837	Pizza, Cheese Wedge 8in w/ pep	slice	30.00
000378	Pizza, Cheese WG Wedge 8in	slice	30.00
000760	Pizza, Cheese, 16in	each	43.00
000758	Pizza, Egg Bacon & Cheese	each	20.00
000759	Pizza, sausage & gravy	each	24.00
000799	Pizza, X Pepperoni	each	36.29
000838	Pizza,Cheese,16in W/ added pep	each	43.30
000094	PLUMS,FRESH	EACH	7.45
000186	Popcorn Chicken	10 pieces	12.00
000777	Popcorn Lunch Box - High	each	61.00
000776	Popcorn Lunch Box - Middle	each	48.00
000152	Potato Triangle	2 each	24.00
000765	Potato, 3/8 Regular Cut	serving, 3 oz	22.00
000808	Premium Chicken Chunk	serving	12.00
000731	PVHS salad	each	16.17
000745	Raisels, Watermelon Shock	box	35.00
900052	RAISINS,SEEDLESS	1.33 OZ	29.85
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
000789	Rodeo Cheeseburger	1 each	35.73
000518	Roll, White Wheat 2oz	1 each	27.00
000197	salsa	1/4 cup	4.00
000532	SANDWICH, ham & cheese	whole	36.11

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000571	Sauce, Marinara	1/2 cup	12.08
000762	Sausage Biscuit	EACH	27.00
001074	Sausage Slider	EACH	18.01
000673	Scrambled Egg Biscuit	each	29.01
000763	Scrambled Egg Slider	each	20.02
000183	Scrambled Eggs, precooked	1 oz	1.00
000279	side salad, dark greens	1 cup	0.63
000131	Sliced Cheese, LF Yellow Amer	1 slice	1.01
000148	Sliced Turkey Breast & Gravy	4.4 oz	3.99
000806	Smoothie - Island Oasis	12 OZ	36.25
000735	Soy Milk	each	20.00
000275	Soybutter & Jelly Sandwich	each	29.00
000710	Spicy Chicken Sandwich	EACH	43.19
000780	Spicy Chix Sandwich Lunch Box	EACH	65.19
000720	Strawberries,Frozen, ss	each	22.00
000098	STRAWBERRIES: frozen	1/2 CUP	33.18
000109	Sweet n Sour Sauce	1 oz	8.00
000398	Sweet Potato Bites	11 pieces	21.00
000112	Sweet Potato Fries, Crisscut	3 oz	24.00
000807	Sweet Red Peppers & Celery	1/2 cup	2.99
000829	Sweet Thai Chili Chicken Bowl	each	35.74
000349	SYRUP,PANCAKE	each	25.00
000545	Taco Sauce, pc	pckt	1.03
000757	Taco, Chorizo	each	15.00
000180	Taco, egg, ham & cheese	each	15.00
000100	TANGERINES,FRESH	EACH	11.21
000793	Tea	12 oz	14.67
000832	Teriyaki Chicken Bowl	each	35.05
000726	Toast -double	2 slices	28.00
000725	Toast -single	slice	14.00
000475	Tomato & Celery Dippers	1/2 cup	2.68
000473	Tomato Dippers	1/2 cup	3.20
000716	Tony's 5" cheese pizza	each	39.00
000830	Tropical Fruit Pearls	each	9.00
000638	Tropical Punch - 4 OZ	4 OZ	14.00
000075	Turk Ham & chz sandwich- whole	sandwiches	34.68
001054	Turkey & Cheese Sand - whole	sandwiches	35.67
000750	WG Donut	each	38.00
000617	White Wheat Roll, 1oz	each	14.00
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
000828	Zinger Basket	boat	24.97

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