

# 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	4 oz	23.00
000601	BAKED BEANS (VEGETARIAN) 2	1/2 cup	33.74
000068	BANANAS	EACH	18.65
000072	BBQ Sauce - Kens Dunk Cup	each	0.00
000493	BBQ Sauce - PC pkt	1 each	12.03
000111	BBQ Sauce Dunk Cup	1 oz	8.00
000718	Biscuit	each	25.00
000848	blueberries, fresh	1/2 cup	8.03
000860	Breakfast Bites	servings	17.00
000805	Broccoli Floret Dippers	1/2 cup	2.11
000595	broccoli floret,frozen,steamed	1/2 CUP	3.89
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
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	19.82
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
000864	Cheese Filled Pizza Sticks	2 each	32.00
000865	Cheese Filled Pizza Sticks, 3	3 each	48.00
000867	cheese sandwich, 1m/ma	sandwich	32.03
000801	Cheese, Fruit & Veggie Cup	each	22.90
000161	Cheeseburger	1 each	36.31
000779	Cheeseburger Lunch Box	each	58.32
000496	Chicken Nugget	5 each	16.00
000746	Chicken Nugget - HIGH SCHOOL	8 each	25.60
000751	Chicken Nugget Salad	each	22.12
000781	Chicken Sandwich Lunch	each	65.19
000866	Chicken Tenders	3 pieces	15.99
000858	Chicken Wrap - Elem	EA	31.08
000859	Chicken Wrap - Middle	EA	31.08
000138	Colby Jack String Cheese Stick	1 oz	0.00
000811	Cool Box 1	each	54.20
000813	Cool Box 2	each	73.19
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
000792	Craisins, Orange Cranberry	each	28.00
000734	Cranberries	each	28.00
000377	CUCUMBER,RAW	1/2 cup	2.72
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
000862	Egg & Cheese Rolled Taco - K-8	each	17.00
000863	Egg & Cheese Rolled Taco, 9-12	2 each	34.00
000182	Egg Patties, Grilled	each	1.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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No.	Description	Portion Size	Carbohydrates (Grams)
000370	EGG,HARD-BOILED	1 EACH	0.56
000368	French Toast Sticks	servings	43.00
000089	Fresh Apple Slices	package	7.96
000637	Fruit Punch, 6 oz	6 OZ	21.00
000310	Fruit, fresh,variety	EA	17.93
000791	Garlic Toast	Each	15.00
000790	Garlic Toast - High	2 each	30.00
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
000280	grill cheese sandwich, 1m/ma	sandwich	20.00
000577	grill cheese sandwich, 2m/ma	sandwich	28.00
000817	Grilled Chicken Salad	EA	8.11
000816	Grilled Chicken Wrap - HS	EA	31.08
000814	Grilled Chicken Wrap- Elem	EA	33.21
000815	Grilled Chicken Wrap- Middle	EA	33.21
000379	Hamburger	1 each	32.27
001050	Heinz Mayonnaise PC	1 packet	0.41
001052	Homestyle Chicken Sandwich	1 EACH	45.27
000133	Homestyle Mac & Cheese	servings	29.00
000110	Honey Mustard Dip Sauce	1 oz	9.00
000162	Hot Dog	1 each	32.96
000345	JELLY	1 each	7.00
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
000861	Jungle Crackers	package	19.75
000082	Ketchup,pc	2 packet	4.00
000849	kiwi, sliced, package	each	13.23
000381	Lettuce & Tomato Cup	1 lf, 1 slc	1.33
000800	Lunch Salad	each	10.55
000703	Mandarin Oranges	1/2 cup	21.00
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
000681	Mini Corn Dogs	6 each	30.00
000529	Mixed Fruit	1/2 cup	17.00
000825	Mixed Fruit Cups	each	16.00
000140	Mozzarella String Cheese Stick	1 oz	2.00
000223	MUSTARD: individual PC	1 packet	0.29
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	60.60
000773	Nugget Lunch Box - Middle	each	53.00
000642	Orange Juice - 4 OZ	4 OZ	13.00
000641	Orange Juice, 6 oz	6 OZ	20.00
000086	ORANGES- whole	1 each	11.33
000204	PB Jamwich	servings	67.00
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
000205	Pear Cup	each	24.08
000537	Pears, diced	1/2 cup	14.00
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

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000824	Pineapple Cup	each	18.00
000013	Pineapple Tidbits	1/2 CUP	16.00
000378	Pizza, Cheese WG Wedge 8in	slice	30.00
000760	Pizza, Cheese, 16in	each	43.00
000837	Pizza, Pepperoni Wedge	slice	27.00
000094	PLUMS,FRESH	EACH	7.45
000868	POP.tart	each	37.00
000186	Popcorn Chicken	10 pieces	17.00
000777	Popcorn Lunch Box - High	each	52.00
000776	Popcorn Lunch Box - Middle	each	54.00
000765	Potato, 3/8 Regular Cut	serving, 3 oz	20.00
000745	Raisels, Watermelon Shock	box	35.00
900052	RAISINS,SEEDLESS	1.33 OZ	29.91
000146	Ridgefields Sidekicks	4.4 oz	20.00
000144	Ridgefields Slushie Cups	5.5 oz	22.00
000197	salsa	1/4 cup	4.00
000571	Sauce, Marinara	1/2 cup	12.08
000762	Sausage Biscuit	EACH	25.00
000673	Scrambled Egg Biscuit	each	26.01
000279	side salad, dark greens	1 cup	2.83
000131	Sliced Cheese, LF Yellow Amer	1 slice	1.01
000275	Soybutter & Jelly Sandwich	each	29.00
000710	Spicy Chicken Sandwich	EACH	47.28
000780	Spicy Chix Sandwich Lunch Box	EACH	69.28
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
000349	SYRUP,PANCAKE	each	25.00
000545	Taco Sauce, pc	pckt	1.03
000100	TANGERINES,FRESH	EACH	11.21
000725	Toast	slice	15.00
000726	Toast -high school	2 slices	30.00
000475	Tomato & Celery Dippers	1/2 cup	2.68
000473	Tomato Dippers	1/2 cup	3.20
000638	Tropical Punch - 4 OZ	4 OZ	14.00
000750	WG Donut	each	38.00
000238	Yogurt, Upstate, Strawb banana	4 oz	18.93
000239	Yogurt, Upstate, Strawberry	4 oz	18.93

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