

st johns county school district

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000882	Amazin Raisins	each	25.00
000636	Apple Juice - 4 OZ	4 OZ	14.00
000635	Apple Juice, 6oz	6 OZ	20.00
000847	Apples, Fresh, Whole	each	25.13
000356	APPLESAUCE, SWEETENED	4 oz	23.00
000601	BAKED BEANS (VEGETARIAN) 2	1/2 cup	26.80
000068	BANANAS	EACH	18.65
000072	BBQ Sauce - Kens Dunk Cup	each	18.00
000718	Biscuit	each	23.00
000879	Black Cherry Froot Jooce Ice	each	22.00
000848	blueberries, fresh	1/2 cup	8.03
000410	Breadstick, Rip Stick	each	14.00
000891	Breakfast Bagel	each	22.93
000871	Breakfast Pocket	servings	21.00
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
000795	Celery Stick & Cucumber Dipper	1/2 cup	1.93
000470	Celery Sticks	1/2 cup	1.95
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
000218	Cereal, Lucky Charms WG	each	23.00
000724	Cereal, Rice Chex WG	each	24.00
000864	Cheese Filled Pizza Sticks	2 each	32.00
000865	Cheese Filled Pizza Sticks, 3	3 each	48.00
000801	Cheese, Fruit & Veggie Cup	each	22.90
000161	Cheeseburger	1 each	32.27
000858	Cheesy Chicken Quesadilla - EL	EA	25.40
000903	Cheesy Chicken Quesadilla - Hi	servings	37.00
000902	Cheesy Chicken Quesadilla - Mi	EA	24.67
000876	Chicken Nugget - Elem GC	4 each	8.80
000877	Chicken Nugget - HIGH GC	8 each	17.60
000878	Chicken Nugget - Mid GC	6 each	13.20
000751	Chicken Nugget Salad	each	22.12
000886	Chicken Slider Biscuit (1ea)	each	30.00
000887	Chicken Slider Biscuit (2ea)	2 each	60.00
000866	Chicken Tenders	3 pieces	14.05
000899	Cinn French Toast Sticks - Hi	5 pieces	48.30
000896	Cinn Glaze French Toast Sticks	3 pieces	29.00
000811	Cool Box 1	each	54.20
000873	Cool Box 1.5	each	44.51
000813	Cool Box 2	each	73.19
000874	Cool Box 2.5	each	63.51
000792	Craisins	each	28.00
000377	CUCUMBER, RAW	1/2 cup	2.72
000843	DOD Cantaloupe Cubes	package	6.94
000845	DOD Grapes indiv pack	package	14.59
000844	DOD HoneyDew Cubes	pckg	7.73
000842	DOD Pineapple Cubes	package	11.16
000846	DOD Strawberries	1/2 cup	6.97
000471	Dressing, Ranch Light Dunk cup	dunk cup	1.39
000901	Egg & Cheese Brk Sandwich	2.35	19.00
000182	Egg Patties, Grilled	each	0.00
000185	EggStravaganza- Bacon & Cheese	servng	1.00
000749	French Bread Pizza	each	29.00
000900	French Toast (Scored)- hi	2 slice	50.00
000895	French Toast (Scored)Sticks	slice	25.00
000089	Fresh Apple Slices	package	7.96

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000637	Fruit Punch, 6 oz	6 OZ	21.00
000310	Fruit, fresh, variety	EA	17.93
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, elem	sandwich	32.03
000898	grill cheese sandwich, mid/hi	sandwich	34.05
000379	Hamburger	1 each	32.27
001050	Heinz Mayonnaise PC	1 packet	0.41
000875	Homestyle Chicken Sandwich GC	1 EACH	41.27
000133	Homestyle Mac & Cheese	serving	29.00
000110	Honey Mustard Dip Sauce	1 oz	9.00
000162	Hot Dog	1 each	32.96
000345	JELLY	1 each	7.00
000861	Jungle Crackers	package	19.75
000082	Ketchup, pc	2 packet	4.00
000849	kiwi, sliced, package	each	13.23
000800	Lunch Salad	each	10.55
000703	Mandarin Oranges	1/2 cup	21.00
000880	Mango Froot Jooce Ice	each	22.00
000715	Meatballs & Marinara	servings	15.77
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
000883	Mini Cinni Bites - El	4 each	24.39
000885	Mini Cinni Bites - High	8 each	48.78
000884	Mini Cinni Bites - Mid	6 ea	36.59
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
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
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
000572	PEAS: can, cooked	1/2 CUP	13.72
000892	Penne Pasta	servings	20.53
000894	Penne Pasta - High	servings	41.06
000872	Pepperoni Calzone	serving	30.05
000092	PINEAPPLE CHNKS: can, Itsyr	1/2 CUP	16.17
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 WG	slice	27.00
000094	PLUMS, FRESH	EACH	7.45
000868	POP.tart	each	37.00
000186	Popcorn Chicken - GoldCreek	12 pieces	11.00
000765	Potato, 3/8 Regular Cut	serving, 3 oz	20.00
900052	RAISINS, SEEDLESS	1.33 OZ	29.91
000146	Ridgefields Sidekicks	4.4 oz	20.00
000571	Sauce, Marinara	1/2 cup	12.08

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No.	Description	Portion Size	Carbohydrates (Grams)
000673	Scrambled Egg Biscuit	each	23.00
000279	side salad, dark greens	1 cup	2.83
000275	Soybutter & Jelly Sandwich	each	29.00
000710	Spicy Chicken Sandwich - GC	EACH	43.27
000780	Spicy Chix Sandwich Combo	EACH	63.27
000720	Strawberries,Frozen, ss	each	22.00
000112	Sweet Potato Fries	3 oz	24.00
000807	Sweet Red Peppers & Celery	1/2 cup	2.99
000545	Taco Sauce, pc	pckt	1.03
000100	TANGERINES,FRESH	EACH	11.21
000897	Tater Rounds	12 pieces	22.00
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
000238	Yogurt, Upstate, Strawb banana	4 oz	18.93
000239	Yogurt, Upstate, Strawberry	4 oz	18.93

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