

st johns county school district

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Recipe Carbohydrates List

Aug 4, 2026

No.	Description	Portion Size	Carbohydrates (Grams)
000882	Amazin Raisins	each	25.00
000929	APPLE CRISP w/ Oat Topping	1/2cup	42.83
000933	APPLE CRISP w/ Oats ORIGINALjd	1/2cup	57.00
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	26.75
000068	BANANAS	EACH	18.65
000927	BBQ Chicken Quesa- Hi NEW	servings	48.27
000904	BBQ Chicken Quesadilla- EL/Mi	EA	32.32
000906	BBQ Chicken Quesadilla- Hi	servings	49.44
000936	BBQ Chicken Sandwich	2.5oz	39.87
000926	BBQ Chix Quesadilla- EL/Mi NEW	EA	32.18
000072	BBQ Sauce	each	9.00
000856	BBQ Turkey Sandwich	each	45.83
000196	Beef Chili with beans	3/4 cup	16.00
000905	Beef Chili with beans -HS	1 cup	20.80
000942	Beef Taco ES	1 taco	22.71
000943	Beef Tacos MS-HS	2 tacos	44.51
000718	Biscuit	each	23.00
000947	Bkfast Bite Chicken Panck 4ea	4 each	17.00
000879	Black Cherry Froot Jooce Ice	each	22.00
000192	Blueberry Crisp	1/2 cup	40.71
000935	Blueberry Crisp	1/2cup	29.00
000410	Breadstick, Rip Stick	each	14.00
000504	Breakfast Pizza, EBSC	each	14.00
000923	Breakfast Scrambler	each	31.00
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
000915	Cereal, Apple Jacks	each	24.00
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
000916	Cereal, Frosted Mini Wheats	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
000907	cheese cup / garnish	.5	0.00
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	23.51
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
000924	Cheesy Pull-Aparts	each	32.00
000945	Chicken Fillet Sandwich GC	each	43.23
000877	Chicken Nugget - HIGH GC	8 each	17.60
000878	Chicken Nugget - Mid GC	6 each	13.20
000876	Chicken Nugget Elem GC 5 each	5 each	11.00
000751	Chicken Nugget Salad	each	22.73
000886	Chicken Slider Biscuit (1ea)	each	30.00
000887	Chicken Slider Biscuit (2ea)	2 each	60.00
000940	Chicken Taco - ES	each	21.50
000941	Chicken Taco MS-HS	2 tacos	42.51
000733	Chicken Tender Basket	each	30.00

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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
000031	Cinnamon Apples	1/2 cup	13.85
000921	Cinnamon Glaze Pancakes	2 each	35.98
000922	Cinnamon Toast Crunch Muffin	muffin	50.07
000811	Cool Box 1	each	50.83
000873	Cool Box 1.5	each	45.12
000813	Cool Box 2	each	69.82
000874	Cool Box 2.5	each	64.12
000910	Cool Box 3	each	45.07
000911	Cool Box 3.5	each	64.07
000792	Craisins	each	28.00
000928	Craisins, Strawberry	each	27.00
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
000901	Egg & Cheese Brk Sandwich	2.35	19.00
000182	Egg Patties, Grilled	each	0.00
000185	EggStravaganza- Bacon & Cheese	serving	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
000637	Fruit Punch, 6 oz	6 OZ	21.00
000310	Fruit, fresh,variety	EA	17.93
000640	Grape Juice- 4 OZ	4 OZ	21.00
000422	GRAPES,Fresh	1/2 cup	14.00
000530	Green Beans, canned	1/2 cup	3.64
000417	Green Beans,frozen	1/2 CUP	5.11
000425	GREEN BEANS: fresh,boiled	CUP	9.85
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	6.00
000930	Honeydew, chunks, DOD	cup	15.45
000162	Hot Dog	1 each	32.96
000920	Hot Dog with chili	1 each	35.43
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
000913	Loaded Philly Tots	serving (2.5oz)	16.00
000800	Lunch Salad	each	11.16
000703	Mandarin Oranges	1/2 cup	21.00
000880	Mango Froot Jooce Ice	each	22.00
000931	Mango, chunks, DOD	CUP	24.72
000937	Meat Sauce	6oz	14.00
000709	Meatball Marinara Sub	4 each	39.28
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
000681	Mini Corn Dogs	6 each	30.00
000529	Mixed Fruit	1/2 cup	17.00
000825	Mixed Fruit Cups	each	16.00

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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
000693	Pasta & Meat Sauce	1 cup	46.30
000932	Pasta w/ Marinara & Cheese	1/2 cup	21.98
000925	Pasta, Spaghetti, WGR, COMM	1/2cup	8.45
000939	Peach Crisp	1/2 cup	41.86
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	16.00
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
000919	Philly Steak Sandwich	each	32.00
000092	PINEAPPLE CHNKS:can,Itsyr	1/2 CUP	16.17
000824	Pineapple Cup	each	18.00
000013	Pineapple Tidbits	1/2 CUP	16.00
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
000944	Quesadilla-Tky Chorizo &Cheese	1 each	35.00
000934	Queso Blanco R/S	1 oz	0.50
900052	RAISINS,SEEDLESS	1.33 OZ	29.91
000471	Ranch, Light Dunk cup	dunk cup	2.00
000146	Ridgefields Sidekicks	4.4 oz	20.00
000197	salsa	1/4 cup	4.00
000571	Sauce, Marinara	1/2 cup	12.08
000315	SAUCE,TACO,MILD	7 GM	0.91
000673	Scrambled Egg Biscuit	each	23.00
000279	side salad, dark greens	1 cup	2.83
000275	Soybutter & Jelly Sandwich	each	29.00
000946	Spicy Chicken Fillet Sandwi GC	1 each	48.21
000710	Spicy Chicken Sandwich - GC	EACH	43.27
000780	Spicy Chix Sandwich Combo	EACH	63.27
000917	Squash, raw	1/2 cup	1.91
000720	Strawberries,Frozen, ss	each	22.00
000912	Strawberry Froot Jooce Ice	each	22.00
000908	Sweet & Sour Sauce	each	13.00
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 Tots	8 pieces	14.00
000725	Toast	slice	15.00
000726	Toast -high school	2 slices	30.00
000948	Toast Garlic TX Style 1ea	1 each	15.01
000475	Tomato & Celery Dippers	1/2 cup	2.68
000473	Tomato Dippers	1/2 cup	3.20
000938	Tostitos, RF WGR	bag	18.00

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000638	Tropical Punch - 4 OZ	4 OZ	14.00
000101	WATERMELON,CHUNKS	CUP	12.08
000949	Yogurt, Upstate, Blueberry	1 each	15.00
000914	Yogurt, Upstate, Peach	4 oz	14.95
000239	Yogurt, Upstate, Strawberry	4 oz	14.95
000918	Zucchini, raw	1/2 cup	1.77

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