

(15W83) Apple, Fresh	Total Carbohydrate (g)	
	Recipe	Each
Apples, Gala, 125 ct per case, FFAVORS	13.81	22.37
	13.81	22.37

* Total includes one or more missing nutrient data.

(10810) Applesauce	Total Carbohydrate (g)		
	Recipe	4oz Serving	Serving (1/2 C.)
Applesauce, Unsweetened, 6/10#	13.00	13.00	14.92
	13.00	13.00	14.92

* Total includes one or more missing nutrient data.

(12241) Bagels, Mini, Cinnamon Cream Cheese, 72/2.43 oz.	Total Carbohydrate (g)	
	Recipe	Each
Bagels, Mini, Cinnamon Cream Cheese, 72/2.43 oz.	42.00	41.93
	42.00	41.93

* Total includes one or more missing nutrient data.

(12248) Bagels, Mini, Strawberry Cream Cheese, 72/2.43 oz.	Total Carbohydrate (g)	
	Recipe	Each
Bagels, Mini, Strawberry Cream Cheese, 72/2.43 oz.	42.00	41.93
	42.00	41.93

* Total includes one or more missing nutrient data.

(13407) Banana	Total Carbohydrate (g)	
	Recipe	Each
Bananas, Large, Green, ROYAL PURCHASE, 100 ct.	22.84	31.06
	22.84	31.06

* Total includes one or more missing nutrient data.

(11763) Blueberry Pancake Wrap Stick	Total Carbohydrate (g)	
	Recipe	Each
Pancake Wraps, Maple, Turkey, Sticks, 56/2.85 oz.	17.00	17.00
	17.00	17.00

* Total includes one or more missing nutrient data.

(12260) Breakfast Bun	Total Carbohydrate (g)	
	Recipe	Each
Goodyman, Glazed Bun, 80/2.75 oz.	34.00	34.00
	34.00	34.00

* Total includes one or more missing nutrient data.

(11790) Breakfast Pizza	Total Carbohydrate (g)	
	Recipe	Each
Pizza, Breakfast, Sausage and Gravy, WG, 128/3 oz.	24.00	24.00
	24.00	24.00

* Total includes one or more missing nutrient data.

(Summer-20003) Cereal Bar Kit, Cinnamon Toast Crunch	Total Carbohydrate (g)	
	Recipe	Each
Summer-Cereal-	66.00	66.00
	66.00	66.00

* Total includes one or more missing nutrient data.

(Summer-20004) Cereal Bar Kit, Trix	Total Carbohydrate (g)	
	Recipe	Each
Summer- Cereal+	62.00	62.00
	62.00	62.00

* Total includes one or more missing nutrient data.

(Summer-20002) Cereal Kit, Cinnamon Toast Crunch	Total Carbohydrate (g)	
	Recipe	Each
Summer-Cereal *	55.00	55.00
	55.00	55.00

* Total includes one or more missing nutrient data.

(Summer-20000) Cereal Kit, Cocoa Puffs-Summer Feeding	Total Carbohydrate (g)	
	Recipe	Each
Summer-Cereal	54.00	54.00
	54.00	54.00

* Total includes one or more missing nutrient data.

(15787) Cereal Kit, Golden Grahams,72/Case SUMMER FEEDING-	Total Carbohydrate (g)	
	Recipe	Bag
SUMMER FEEDING- Cereal Kit, Golden Grahams,72/Case	59.00	59.00
	59.00	59.00

* Total includes one or more missing nutrient data.

(R20) Cereal w/ Toast (Elementary)	Total Carbohydrate (g)	
	Recipe	Serving (1 cereal, 1 toast)
Cereal, Assorted Elementary	22.93	22.93
Toast, WG	15.00	15.00
	37.93	37.93

* Total includes one or more missing nutrient data.

(R18) Cereal, Assorted Elementary	Total Carbohydrate (g)	
	Recipe	Each
Cereal, Apple Jacks, Bowl, 96/1 oz.	24.00	4.00
Cereal, Cheerios, Bowl, 96/1 oz.	21.00	3.50
Cereal, Fruit Loops, Bowl, 96/1 oz.	24.30	4.05
Cereal, Honey Nut Cheerios, Bowl, 96/1 oz.	23.00	3.83
Cereal, Lucky Charms, Bowl, 96/1 oz.	23.29	3.88
Cereal, Cinnamon Toast Crunch, Reduced Sugar, Bowl, 96/1 oz.	22.00	3.67
	137.59	22.93

* Total includes one or more missing nutrient data.

(R19) Cereal, Assorted Middle/High	Total Carbohydrate (g)	
	Recipe	Serving (2 Each)
Cereal, Apple Jacks, Bowl, 96/1 oz.	48.00	8.00
Cereal, Cheerios, Bowl, 96/1 oz.	42.00	7.00
Cereal, Fruit Loops, Bowl, 96/1 oz.	48.60	8.10
Cereal, Honey Nut Cheerios, Bowl, 96/1 oz.	46.00	7.67
Cereal, Lucky Charms, Bowl, 96/1 oz.	46.57	7.76
Cereal, Cinnamon Toast Crunch, Reduced Sugar, Bowl, 96/1 oz.	44.00	7.33
	275.17	45.86

* Total includes one or more missing nutrient data.

(R84) Cereal, Courtesy/Alternate Meal	Total Carbohydrate (g)	
	Recipe	Each
Cereal, Apple Jacks, Bowl, 96/1 oz.	24.00	3.43
Cereal, Cheerios, Bowl, 96/1 oz.	21.00	3.00
Cereal, Fruit Loops, Bowl, 96/1 oz.	24.30	3.47
Cereal, Honey Nut Cheerios, Bowl, 96/1 oz.	23.00	3.29
Cereal, Lucky Charms, Bowl, 96/1 oz.	23.29	3.33
Cereal, Cinnamon Toast Crunch, Reduced Sugar, Bowl, 96/1 oz.	22.00	3.14
	137.59	19.66

* Total includes one or more missing nutrient data.

(R191) Cereal, Lucky Charms Gluten Free	Total Carbohydrate (g)	
	Recipe	Each (bowl)
Cereal, Lucky Charms, Bowl, 96/1 oz.	23.00	23.00
	23.00	23.00

* Total includes one or more missing nutrient data.

(R29) Cheese Grits w/ Toast	Total Carbohydrate (g)	
	Recipe	Serving
Grits (Cheese)	12.89	12.89
Toast, WG	15.00	15.00
	27.89	27.89

* Total includes one or more missing nutrient data.

(R33) Chicken Biscuit, USDA Gold Creek	Total Carbohydrate (g)	
	Recipe	Sandwich
Biscuits, Frozen, 216/2.2 oz	2159.96	27.00
Chicken, Filet, Breakfast (Gold Creek), USDA, ACC-Processed	480.00	6.00
	2639.96	33.00

* Total includes one or more missing nutrient data.

(R23) Chicken Sandwich, USDA Goldcreek	Total Carbohydrate (g)	
	Recipe	sandwich
Chicken, Breaded Filet, (Gold Creek) USDA, ACC-Processed	13.00	13.00
Bread, Hamburger Bun, 4" Whole Grain, 1/12 ct. Package	30.00	30.00
	43.00	43.00

* Total includes one or more missing nutrient data.

(R35) Chips, Assorted	Total Carbohydrate (g)	
	Recipe	Bag
Smart Snack Chips, Cheese Puff, SS, 72/0.7 oz. bag	13.00	3.25
Smart Snack Chips, Tortilla, Cool Ranch, SS, 72/1 oz. bags	20.00	5.00
Smart Snack Chips, Tortilla Spicy Sweet Chili, SS, 72/1 oz.	20.00	5.00
Smart Snack Chips, Nacho Cheese tortilla, SS, 72/1 oz. bags	20.00	5.00
	73.00	18.25

* Total includes one or more missing nutrient data.

(10700) Cookies, Mini Chocolate Chip	Total Carbohydrate (g)	
	Recipe	Bags
Cookies, Mini Chocolate Chip, 80/1.22 oz.	25.00	25.00
	25.00	25.00

* Total includes one or more missing nutrient data.

(11307) Corn Dog	Total Carbohydrate (g)	
	Recipe	Each
Corn Dogs, Chicken, WG, Reduced Fat and Sodium, 72/4 oz.	30.00	30.00
	30.00	30.00

* Total includes one or more missing nutrient data.

(10651) Crackers, Goldfish, Cheddar	Total Carbohydrate (g)	
	Recipe	Bags
Crackers, Goldfish, Cheddar Indv. Packs, 300/0.75 oz.	14.00	14.00
	14.00	14.00

* Total includes one or more missing nutrient data.

(R154) Croissant, Turkey ham & Cheese	Total Carbohydrate (g)	
	Recipe	Sandwich
Sliced Turkey Ham, Uncured, Cooked 6 Bags/Case	1.56	1.56
Cheese, American, Sliced, 6/5#	1.00	1.00
Croissants, Margarine, WG Frozen, 210/1.25 oz.	15.00	15.00
	17.56	17.56

* Total includes one or more missing nutrient data.

(17589) Donut, Powdered, Mini, IW, 72/Case	Total Carbohydrate (g)	
	Recipe	Each (pack)
Donut, Powdered, Mini, IW, 72/Case	41.00	41.00
	41.00	41.00

* Total includes one or more missing nutrient data.

(R4) Fresh Fruit	Total Carbohydrate (g)	
	Recipe	Each
Apples, Gala, 125 ct per case, FFAVORS	22.37	11.19
Oranges, US#1, 88-138 CT 40 LB CS, FFAVORS	15.39	7.70
	37.76	18.88

* Total includes one or more missing nutrient data.

(10672) Frosted Breakfast Pastry, Strawberry	Total Carbohydrate (g)		
	Recipe	Each Pastry	Each Pouch
Pop-Tarts, Strawberry, Frst. 72/2 count	73.00	36.50	73.00
	73.00	36.50	73.00

* Total includes one or more missing nutrient data.

(10673) Frosted Pastry, Cinnamon	Total Carbohydrate (g)		
	Recipe	Each Pastry	Each Pouch
Pop-Tarts, Cinnamon, Frst. 72/2 CT. Per Case	73.00	36.50	73.00
	73.00	36.50	73.00

* Total includes one or more missing nutrient data.

(12249) Frudel, Apple, 72/2.9 oz.	Total Carbohydrate (g)	
	Recipe	Each
Frudel, Apple, 72/2.9 oz.	36.00	36.00
	36.00	36.00

* Total includes one or more missing nutrient data.

(10814) Fruit Cocktail	Total Carbohydrate (g)	
	Recipe	Servings (1/2 C.)
Fruit Cocktail, 6/10#	16.00	16.00
	16.00	16.00

* Total includes one or more missing nutrient data.

(10618) Graham Crackers, Character, Indv. Packets, WG	Total Carbohydrate (g)	
	Recipe	Each
Graham Crackers, Character, Indv. Packets, WG, 150/Case	21.00	21.00
	21.00	21.00

* Total includes one or more missing nutrient data.

(10404) Jelly, Cups, Strawberry/Grape/Mixed Fruit	Total Carbohydrate (g)	
	Recipe	Each
Jelly, Cups, Strawberry/Grape/Mixed fruit, 200/0.5 oz.	9.00	9.00
	9.00	9.00

* Total includes one or more missing nutrient data.

(10489) Jelly, Grape, Individual Cups	Total Carbohydrate (g)	
	Recipe	Each
Jelly, Grape, Individual Cups, 200/0.5 oz.	9.00	9.00
	9.00	9.00

* Total includes one or more missing nutrient data.

(10492) Jelly, Strawberry and Grape Indv. Cups	Total Carbohydrate (g)	
	Recipe	Each
Jelly, Strawberry and Grape Indv. Cups, 200/.5 oz.	9.00	9.00
	9.00	9.00

* Total includes one or more missing nutrient data.

(10288) Juice, Apple Cherry 100%	Total Carbohydrate (g)	
	Recipe	Each
Juice, Apple/Cherry 100%, 70/4 oz.	15.00	15.00
	15.00	15.00

* Total includes one or more missing nutrient data.

(10240) Juice, Apple, 100%	Total Carbohydrate (g)	
	Recipe	Each
Juice, Apple, 100%, 72/4 oz.	14.00	14.00
	14.00	14.00

* Total includes one or more missing nutrient data.

(10284) Juice, Fruit Punch, 100%	Total Carbohydrate (g)	
	Recipe	Each
Juice, Fruit Punch, 100% Frozen (Afterschool only)70/6 oz.	22.00	22.00
	22.00	22.00

* Total includes one or more missing nutrient data.

(10255) Juice, Orange	Total Carbohydrate (g)		
	Recipe	Container	Each
Juice, Orange 100% SS Frozen, 72/4 oz.	14.00	14.57	14.57
	14.00	14.57	14.57

* Total includes one or more missing nutrient data.

(12435) Lactose Free Milk	Total Carbohydrate (g)		
	Recipe	Cup	XEach
Milk, Dairy Ease, Lactose Free, Half Gallon	13.00	13.00	104.00
	13.00	13.00	104.00

* Total includes one or more missing nutrient data.

(12404) Milk, FF Chocolate	Total Carbohydrate (g)	
	Recipe	Each
Milk, Chocolate, Fat Free, Half Pints	19.00	19.00
	19.00	19.00

* Total includes one or more missing nutrient data.

(12405) Milk, FF Strawberry	Total Carbohydrate (g)	
	Recipe	Each
Milk, Strawberry, Fat Free, Half Pints	18.00	18.00
	18.00	18.00

* Total includes one or more missing nutrient data.

(18458) Milk, Lactose Free, FF	Total Carbohydrate (g)	
	Recipe	Each
Milk, Lactose Free, FF, Half Pint, (27 per case)	12.00	12.00
	12.00	12.00

* Total includes one or more missing nutrient data.

(12403) Milk, Plain 1%	Total Carbohydrate (g)	
	Recipe	Each
Milk, 1% Half Pints	12.00	12.00
	12.00	12.00

* Total includes one or more missing nutrient data.

(141113) Mini Cinnis Cinnamon Bagels	Total Carbohydrate (g)	
	Recipe	Each
Rolls, Cinnamon Mini Pull Apart, IW, 2.29 oz./72 Per Case	41.00	40.95
	41.00	40.95

* Total includes one or more missing nutrient data.

(11764) Mini Pancake Wraps	Total Carbohydrate (g)	
	Recipe	Serving (3 each)
Pancake Wraps, Turkey, Maple WG, Mini, 0.85 ounces, 2/5#	15.00	15.00
	15.00	15.00

* Total includes one or more missing nutrient data.

(R10) Muffin WG w/ Yogurt	Total Carbohydrate (g)	
	Recipe	1 Serving
Yogurt, Assorted	45.08	15.03
Muffin, IW, Reduced Fat Blueberry, 72/2 oz. package	30.00	10.00
Muffin, IW, Banana, 72/2 oz. package	30.00	10.00
Muffin, IW, Chocolate and Chocolate Chip, 72/2 oz. package	33.00	11.00
	138.08	46.03

* Total includes one or more missing nutrient data.

(R9) Muffin WG, Assorted	Total Carbohydrate (g)	
	Recipe	1 Muffin
Muffin, IW, Reduced Fat Blueberry, 72/2 oz. package	30.00	10.00
Muffin, IW, Banana, 72/2 oz. package	30.00	10.00
Muffin, IW, Chocolate and Chocolate Chip, 72/2 oz. package	33.00	11.00
	93.00	31.00

* Total includes one or more missing nutrient data.

(18J99) Orange, Fresh	Total Carbohydrate (g)	
	Recipe	Each
Oranges, US#1, 88-138 CT 40 LB CS, FFAVORS	11.75	15.39
	11.75	15.39

* Total includes one or more missing nutrient data.

(10820) Oranges, Mandarin	Total Carbohydrate (g)	
	Recipe	Servings (1/2 C.)
Oranges, Mandarin, 6/10#	14.00	14.00
	14.00	14.00

* Total includes one or more missing nutrient data.

(12257) Pancakes, Blueberry, Mini, Whole Grain, 72/3 oz.	Total Carbohydrate (g)		
	Recipe	Each	Package
Pancakes, Blueberry, Mini, Whole Grain, 72/3 oz.	36.00	35.98	35.98
	36.00	35.98	35.98

* Total includes one or more missing nutrient data.

(12255) Pancakes, Stawberry, Mini Whole Grain, 72/3 oz.	Total Carbohydrate (g)	
	Recipe	Each
Pancakes, Stawberry, Mini Whole Grain, 72/3 oz.	39.00	39.00
	39.00	39.00

* Total includes one or more missing nutrient data.

(10803) Peaches, Sliced	Total Carbohydrate (g)	
	Recipe	Serving (1/2 C.)
Peaches, Sliced, 6/10#	16.00	16.00
	16.00	16.00

* Total includes one or more missing nutrient data.

(10817) Pears, Sliced	Total Carbohydrate (g)	
	Recipe	Serving (1/2 C.)
Pears, Sliced, 6/10#	17.00	17.00
	17.00	17.00

* Total includes one or more missing nutrient data.

(10807) Pineapple, Tidbits	Total Carbohydrate (g)	
	Recipe	Serving (1/2 C.)
Pineapple, Tidbits, Unsweetened Juice, 6/10#	20.00	20.00
	20.00	20.00

* Total includes one or more missing nutrient data.

(10830) Raisins	Total Carbohydrate (g)	
	Recipe	Each
Raisins, Dried, Indv. Packs, 144/1.5 oz.	33.00	33.00
	33.00	33.00

* Total includes one or more missing nutrient data.

(R7) Sausage Biscuit, Pork	Total Carbohydrate (g)	
	Recipe	Sausage Biscuits
Sausage Patties, Cooked, 106/1.5 oz.	0.00	0.00
Biscuits, Frozen, 216/2.2 oz	27.00	27.00
	27.00	27.00

* Total includes one or more missing nutrient data.

(R6) Sausage Biscuit, Turkey	Total Carbohydrate (g)	
	Recipe	Each (biscuit)
Turkey Sausage, Fully Cooked Patties, 128/1.3 oz.	0.50	0.50
Biscuits, Frozen, 216/2.2 oz	27.00	27.00
	27.50	27.50

* Total includes one or more missing nutrient data.

(100219) Sliced Peaches, USDA	Total Carbohydrate (g)	
	Recipe	Servings (1/2 C.)
Peaches, Cling Sliced, EX LT, Can- 6/10, ACC DISTRIBUTORS	12.00	12.00
	12.00	12.00

* Total includes one or more missing nutrient data.

(R112) Smoothie, Strawberry	Total Carbohydrate (g)	
	Recipe	Each (16oz cup)
Yogurt, Lowfat Vanilla, Reduced Sugar 6/64 oz. bags	14.66	14.66
Strawberry Slices, USDA, Frozen, CTN-30#, ACC DISTRIBUTORS	29.39	29.39
Milk, Skim, Gallon	12.00	12.00

* Total includes one or more missing nutrient data.

(R112) Smoothie, Strawberry	Total Carbohydrate (g)	
	Recipe	Each (16oz cup)
	56.06	56.06

* Total includes one or more missing nutrient data.

(SUB-16985) SNACK Juice, Apple	Total Carbohydrate (g)	
	Recipe	Each
Juice, Apple, SNACK program only, Frozen, 6oz/48 each.	20.00	20.00
	20.00	20.00

* Total includes one or more missing nutrient data.

(40011) Soymilk, Vanilla, (Special Diet Approved Only)	Total Carbohydrate (g)	
	Recipe	Carton
Soymilk, Vanilla, Shelf Stable, 24/8 oz. Carton	17.00	17.00
	17.00	17.00

* Total includes one or more missing nutrient data.

(R182) Strawberry Smoothie w/ Crackers	Total Carbohydrate (g)	
	Recipe	Serving (1 of Each Item)
Cheez-it, Whole Grain Crackers, Ind. Packets, 175/75 oz.	14.00	14.00
Smoothie, Strawberry	56.06	56.06
	70.06	70.06

* Total includes one or more missing nutrient data.

(10491) Syrup, Maple, Individual Cups	Total Carbohydrate (g)	
	Recipe	Each
Syrup, Maple, Individual Cups, 100/1.5 oz.	30.00	30.37
	30.00	30.37

* Total includes one or more missing nutrient data.

(12244) Texas Toast, Apple Cinnamon WG, IW, 96/3.3 oz.	Total Carbohydrate (g)	
	Recipe	Each
Texas Toast, Apple Cinnamon WG, IW, 96/3.3 oz.	45.00	45.00
	45.00	45.00

* Total includes one or more missing nutrient data.

(R126) Yogurt Parfait, Strawberry (USDA, Sliced) & Granola	Total Carbohydrate (g)	
	Recipe	Serving
Granola, Bulk, 4/50 oz. Bag	20.10	20.10
Yogurt, Lowfat Vanilla, Reduced Sugar 6/64 oz. bags	14.66	14.66
Strawberry Slices, USDA, Frozen, CTN-30#, ACC DISTRIBUTORS	18.14	18.14
	52.91	52.91

* Total includes one or more missing nutrient data.

NOTICE: The data contained within this report and the LINQ® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.