Lunch Recipes/Items	Total Carbohydrate (g)

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

(10810) Applesauce	Total Carbohydrate (g)	
	4oz Serving	Serving (1/2 C.)
Applesauce, Unsweetened, 6/10#	13	13
	13	**13**

(110361) Applesauce Cup	Total Carbohydrate (g)	
	Recipe	Each
Applesauce Cup, 96/4.5, -ACC	14	14
	14	**14**

(12075) Baked Beans, Vegetarian 1/2 cup	Total Carbohydrate (g)	
	Recipe	Servings (1/2 C.)
Beans, Vegetarian Baked, 6/10#	30	30
	30	**30**

(63) Baked Beans, Vegetarian 3/4 cup	Total Carbohydrate (g)	
	Recipe	Serving (3/4 Cup)
Beans, Vegetarian Baked 3/4 Cup	30	45
	30	**45**

(13407) Banana	Total Carbohydrate (g)
	Each
Bananas, Large, Green, 40 lb. (100 ct.) -ROYAL PURCHASE	31.06
	31.06

(10470) Barbeque Sauce, Cup	Total Carbohydrate (g)	
	Recipe	Each
BBQ Sauce, Individual Packs, 100/1 oz.	8	8.1
	8	**8.1**

(14450) Barbeque Sauce, Packet	Total Carbohydrate (g)	
	Recipe	Each
Sauce, BBQ Packets, 200/Case	5	5
	5	**5**

(R232) BBQ Fajita Chicken w/ Roll	Total Carbohydrate (g)
	Serving (3.4 oz chicken, 1 roll)
BBQ Sauce, Sweet Baby Rays, Original, 4/1 gallons	19.97
Chicken Fajita Strips, CTN-30# -ACC	2.01
Bread, Dinner Roll, 1/24 ct. Package	17
	38.98

(R16) BBQ On Bun, USDA	Total Carbohydrate (g)	
	Recipe	Sandwich
Pork, BBQ (Brookwood Processed), 4/5#- ACC	17	17
Bread, Hamburger Bun, 4" Whole Grain, 1/12 ct. Package	30	30
	47	**47**

(R200) BBQ Pork Rib Tips w/ Roll	Total Carbohydrate (g)	
	Recipe	Serving (3oz rib tips, 1 roll)
Pork, Smoked Rib Tips, 0.75" Sliced, 5 lb. Package, 4/Case	0	0
BBQ Sauce, Sweet Baby Rays, Original, 4/1 gallons	8.91	8.91
Bread, Dinner Roll, 1/24 ct. Package	17	17
	25.91	**25.91**

(R60) Beefy Nachos (USDA Beef Taco & Shredded Cheese)	Total Carbohydrate (g)
	Serving
Beef, Taco Filling, (JTM Processed) 6/5 # -ACC	5
Cheese,Mozzarella, Shredded, Frozen- Box 30#, ACC DISTRIBUT	2.02
Chips, Tortilla, Reduced Fat, WG, Single Serve, 64/1.45 oz.	29
	36.02

(R57) Beefy Nachos (USDA Beef Taco)	Total Carbohydrate (g)
	Serving
Sauce, Queso Blanco Cheese, 6/5#	2
Beef, Taco Filling, (JTM Processed) 6/5 # -ACC	5
Chips, Tortilla, Reduced Fat, WG, Single Serve, 64/1.45 oz.	29
	36

(R183) Black Bean & Corn Salsa	Total Carbohydrate (g)	
	1/2 Cup(s)	Cup
Beans, Black, Canned, 6/10#	9.68	19.36
Salsa, Prepared, Ready to Serve, 6/10#	1.27	2.53
Corn, WK, Yellow, 30# Bag	16.88	33.77
	27.83	**55.66**

(12092) Black Beans	Total Carbohydrate (g)	
	Recipe	Servings (1/2 C.)
Beans, Black, Canned, 6/10#	20	20
	20	**20**

(12321) Bread, Dinner Roll	Total Carbohydrate (g)	
	Recipe	Roll
Bread, Dinner Roll, 1/24 ct. Package	17	17
	17	**17**

(16R95) Broccoli Florets, Fresh	Total Carbohydrate (g)	
	Recipe	1/2 Cup
Broccoli Florets, 3#, FFAVORS	6.64	2.92
	6.64	**2.92**

(4) Broccoli, Steamed	Total Carbohydrate (g)
	Servings (1/2 C.)
Mrs.Dash Seasoning, Powder, 6/21 oz.	0
Broccoli, Florets, 6/4#	5.33
Salt, Iodized Gran Box, 15/2.25#	0
	5.33

(R61) Brown Rice	Total Carbohydrate (g)
	1 Cup(s)
BEVERAGES,H2O,TAP WATER,DRINKING	0
Pepper, Black, 5# Jug	0
Salt, Iodized Gran Box, 15/2.25#	0
Rice, Brown, WG, 25# bag	45.93
Garlic Powder, 21 oz. Jar	0
	45.93

(16A12) Carrot Sticks	Total Carbohydrate (g)	
	Recipe	Each
Carrots, CHL Baby Whl., 100/2.6 oz. FFAVORS	8	8
	8	**8**

(16V94) Celery, Sticks	Total Carbohydrate (g)	
	Recipe	Serving (1/2 C.)
Celery, CHL Sticks 4/5# Bag, FFAVORS	2.97	1.51
	2.97	**1.51**

(R38) Cheeseburger	Total Carbohydrate (g)	
	Recipe	Sandwich
Beef Patties, Charbroiled, Cooked, Frozen, 136/2.4 oz.	1	1
Bread, Hamburger Bun, 4" Whole Grain, 1/12 ct. Package	30	30
Cheese, Reduced Fat, American, Sliced, 4/5#	1	1
	32	**32**

(R145) Cheeseburger Sack Lunch	Total Carbohydrate (g)	
	Recipe	Sack
Fresh Fruit	18.88	18.88
Carrots, CHL Baby Whl., 100/2.6 oz. FFAVORS	8	8
Cheeseburger	32	32
Chips, Assorted	20	20
	78.88	**78.88**

(R180) Cheesy Beefaroni	Total Carbohydrate (g)
	Cup(s)
BEVERAGES,H2O,TAP WATER,DRINKING	
Pasta, Macaroni, Elbows, 2/10#	32.8
Onions, Yel. Dry, 5# Bag, FFAVORS	1.49
Beef, Ground, Fresh, Bulk, 6/10#	
Spaghetti Sauce, Meatless, Can-6/10, ACC DISTRIBUTORS	7.21
Cheese, Cheddar Yellow Shredded-6/5#, -ACC	
Salt, Iodized Gran Box, 15/2.25#	
Cheese,Mozzarella, Shredded, Frozen- Box 30#, ACC DISTRIBUT	0.4
Pepper, Black, 16 oz. Jar	
Seasoning Mix, Spaghetti, 6/11.25 ounces	
	41.91 *

(R110) Chicken Alfredo w/ Rotini Pasta & Roll	Total Carbohydrate (g)
	Serving (2/3 cup)
Chicken Fajita Strips, CTN-30# -ACC	1.01
Bread, Dinner Roll, 1/24 ct. Package	17
Alfredo Sauce, Frozen, 5# Bag/6 per Case	6.25
Pasta, Rotini, WG, 2/10# Bags	46.86
	71.11

(R55) Chicken & Waffles (GC, Elementary Lunch)	Total Carbohydrate (g)	
	Recipe	Serving
Waffles, Jumbo, Frozen, 144/1.3 oz	24	24
Chicken, Filet, Breakfast (Gold Creek), 256/2oz. -ACC	6	6
	30	**30**

(R56) Chicken & Waffles (GC, MIDDLE/HIGH LUNCH)	Total Carbohydrate (g)	
	Recipe	Serving
Chicken, Tenders (Gold Creek), 113/4.5 oz.- ACC	14	14
Waffles, Jumbo, Frozen, 144/1.3 oz	24	24
	38	**38**

(R64) Chicken & Waffles (PV, Elementary Lunch)	Total Carbohydrate (g)	
	Recipe	Serving
Chicken, Filet, Breakfast WG Breaded, 2 oz. 4/5#	8	8
Waffles, Jumbo, Frozen, 144/1.3 oz	24	24
	32	**32**

(R87) Chicken Alfredo w/ Roll	Total Carbohydrate (g)
	Serving (5 oz)
BEVERAGES,H2O,TAP WATER,DRINKING	0
Pasta, Egg Noodle, 2/5#	20.41
Pan Coating, Pam, 17 oz. Jar	0
Chicken Fajita Strips, CTN-30# -ACC	0.66
Bread, Dinner Roll, 1/24 ct. Package	17
Alfredo Sauce, Frozen, 5# Bag/6 per Case	4.9
Cheese. Mozzarella, Feather Shredded, 4/5#	0.2
	43.17

(R109) Chicken Drumstick w/ Roll	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Drumsticks, Breaded, WG, Cooked, Frozen 4/7.4# bags	6	6
Bread, Dinner Roll, 1/24 ct. Package	17	17
	23	**23**

(100117) Chicken Fajita Fiesta Strips	Total Carbohydrate (g)	
	Recipe	Serving (3.4 oz)
Chicken Fajita Strips, CTN-30# -ACC	2.08	2
	2.08	**2**

(R66) Chicken Nuggets w/ Roll (Elem/Middle/PK)	Total Carbohydrate (g)	
	Recipe	Serving (5 nuggets, 1 roll)
Chicken, Chunks, Dill, Nuggets, Breaded, WG, 4/5#	17.54	17.54
Bread, Dinner Roll, 1/24 ct. Package	17	17
	34.54	**34.54**

(R128) Chicken Nuggets w/ Rolls (High Schools)	Total Carbohydrate (g)	
	Recipe	Serving
Chicken, Chunks, Dill, Nuggets, Breaded, WG, 4/5#	17.54	17.54
Bread, Dinner Roll, 1/24 ct. Package	34	34
	51.54	**51.54**

(R177) Chicken Parmesan w/ Buttered Noodles	Total Carbohydrate (g)	
	Recipe	Serving
Pasta, Spaghetti Noodles, WG, 2/10#	41	41
Spaghetti Sauce, Meatless, Can-6/10, ACC DISTRIBUTORS	6	6
Margarine, Trans, Fat Free, 30/1#		
Cheese,Mozzarella, Shredded, Frozen- Box 30#, ACC DISTRIBUT	1.01	1.01
Chicken, Breaded Filet, (Gold Creek) USDA, 128/4 oz. -ACC	13	13
Seasoning Mix, Spaghetti, 6/11.25 ounces		
	61.01 *	**61.01 ***

(R144) Chicken Sandwich Sack Lunch	Total Carbohydrate (g)	
	Recipe	Sack
Fresh Fruit	18.88	18.88
Carrots, CHL Baby Whl., 100/2.6 oz. FFAVORS	8	8
Chips, Assorted	20	20
Chicken Sandwich, USDA Goldcreek	43	43
	89.88	**89.88**

(R23) Chicken Sandwich, USDA Goldcreek	Total Carbohydrate (g)	
	Recipe	sandwich
Chicken, Breaded Filet, (Gold Creek) USDA, 128/4 oz. - ACC	13	13
Bread, Hamburger Bun, 4" Whole Grain, 1/12 ct. Package	30	30
	43	**43**

(R52) Chicken Strips w/ Mac & Cheese	Total Carbohydrate (g)	
	Recipe	Serving
Chicken, Tenders (Gold Creek), 113/4.5 oz.- ACC	9.33	9.33
Macaroni & Cheese	18.82	18.82
	28.15	**28.15**

(R170) Chicken Taco Garden Salad Tray	Total Carbohydrate (g)	
	Recipe	Salad
Fresh Fruit	18.88	18.88
RANCH DRESSING	3.36	3.36
Tomatoes, Cherry 2/1 PT, FFAVORS	1.45	1.45
Lettuce, CHL Shredded 4/5# Bag, FFAVORS	1.34	1.34
Salsa, Prepared, Ready to Serve, 6/10#	3.96	3.96
Cheese, Cheddar Yellow Shredded-6/5#, -ACC	0	0
Chicken Fajita Strips, CTN-30# -ACC	1.18	1.18
Chips, Tortilla, Reduced Fat, WG, Single Serve, 64/1.45 oz.	29	29
Carrots, CHL Baby Whl., 100/2.6 oz. FFAVORS	8	8
	67.16	**67.16**

(R53) Chicken w/ Mac & Cheese (Elementary)	Total Carbohydrate (g)	
	Recipe	Serving
Chicken, Filet, Breakfast (Gold Creek), 256/2oz. -ACC	6	6
Macaroni & Cheese	18.82	18.82
	24.82	**24.82**

(R48) Chicken Wrap Tray (Fajita Chicken)(M/H)	Total Carbohydrate (g)	
	Recipe	Tray
Fresh Fruit	18.88	18.88
RANCH DRESSING	3.36	3.36
Lettuce, CHL Shredded 4/5# Bag, FFAVORS	0.33	0.33
Tomatoes, 5X6, 5# Case, FFAVORS	1.56	1.56
Tortillas, Whole Wheat, 10", 12/12 count	31	31
Cheese, Cheddar Red Fat Yellow Shredded, Bag 6/5#, ACC, USDA	1.01	1.01
Chicken Fajita Strips, CTN-30# -ACC	2	2
Chips, Assorted	20	20
	78.14	**78.14**

(11573) Chicken, Teriyaki	Total Carbohydrate (g)
	Serving (3oz)
Chicken, Teriyaki Entree Kit, 6/7.15# Bags	21.05
	21.05

(R35) Chips, Assorted Doritos	Total Carbohydrate (g)
	Recipe
Smart Snack Chips, Tortilla, Cool Ranch, SS, 72/1 oz. bags	20
Smart Snack Chips, Tortilla Spicy Sweet Chili, SS, 72/1 oz.	20
Smart Snack Chips, Nacho Cheese tortilla, SS, 72/1 oz. bags	20
Chips, Tortilla Bold and Spicy, 72/ 1 oz. Bags	20
	20

(R103) Cinnamon Sweet Potatoes	Total Carbohydrate (g)
	1/2 Cup
BEVERAGES,H2O,TAP WATER,DRINKING	
Potato, Sweet CHL Peeled, Diced, 5# Bag, FFAVORS	30.42
Cinnamon, Pure Ground, 15 oz. Jar	
	30.42 *

(R30) Cole Slaw	Total Carbohydrate (g)
	0.5 Cup
Mayonnaise, Reduced Calorie, 4/1 gal.	1.6
Pickle Relish, Sweet, 4/1 gal.	0.49
Cole Slaw, MIX CHL 1/5# Bag, FFAVORS	5.34
Sugar, Granulated, 50#	6
Pepper, Black, 16 oz. Jar	0
	13.43

(R125) Collard Greens	Total Carbohydrate (g)
	Serving (1/2 C.)
BEVERAGES,H2O,TAP WATER,DRINKING	0
Greens, Collard CHL Chopped 5/2#, FFAVORS	3.93
Onions, Yel. Dry, 5# Bag, FFAVORS	2.54
Peppers, Green, Diced 5# Bag, FFAVORS	0.26
Oil, Vegetable, 6/1 gal.	0
Soup Base, Real Chicken, 6/1#	0.1
Sugar, Granulated, 50#	3.4
Granulated Garlic, 24 oz. Jar	0.03
	10.18

(20793) Cookie, Chocolate Chip Fresh Baked	Total Carbohydrate (g)	
	Recipe	Each
Cookie Dough, Chocolate Chip, 240/1.5 oz.	27	27
	27	**27**

(SUB-16388) Cookie, Fall Themed, Harvest	Total Carbohydrate (g)	
	Recipe	EACH
SUB-Cookie Dough, Fall Themed, Harvest, 1.2 oz. 144/Case	18	18
	18	**18**

(11307) Corn Dog	Total Carbohydrate (g)	
	Recipe	Each
Corn Dogs, Chicken, WG, Reduced Fat and Sodium, 72/4 oz.	30	30
	30	**30**

(R67) Corn Dog Sack Lunch	Total Carbohydrate (g)	
	Recipe	Sack
Fresh Fruit	18.88	18.88
Corn Dogs, Chicken, WG, Reduced Fat and Sodium, 72/4 oz.	30	30
Carrots, CHL Baby Whl., 100/2.6 oz. FFAVORS	8	8
Chips, Assorted	20	20
	76.88	**76.88**

(17D60) Corn on the Cob, Fresh	Total Carbohydrate (g)	
	Recipe	Each
Corn on the Cob, 22-24 # (80 count)-FFAVORS	22	22
	22	**22**

(R32) Corn, Whole Kernel	Total Carbohydrate (g)
	Servings (1/2 C.)
BEVERAGES,H2O,TAP WATER,DRINKING	0
Butter Buds, 24/4 oz.	0
Corn, Frozen, CTN-30#, -ACC	16.85
	16.85

(R114) Cornbread Dressing, Stuffing	Total Carbohydrate (g)
	Serving (1/2 C.)
BEVERAGES,H2O,TAP WATER,DRINKING	0
Stuffing, Uncle Ben's Cornbread Dressing, 6/case/56 oz. each	12.41
Margarine, Trans, Fat Free, 30/1#	0
	12.41

(R119) Cornbread, Homemade	Total Carbohydrate (g)
	Serving(s)
Oil, Vegetable, 6/1 gal.	0
Salt, Iodized Gran Box, 15/2.25#	0
Corn Meal, PLN Yellow, 25# Stiver's Best	8.56
Flour, All Purpose, 50#	8.22
Sugar, Granulated, 50#	3.4
Eggs, Fresh, Large, Dozen -ROYAL PURCHASE	0.02
Milk, Skim, Gallon	1.11
Baking Powder, 6/5#	0.3
	21.61

(R123) Cornbread, WG Mix	Total Carbohydrate (g)
	Serving(s)
BEVERAGES,H2O,TAP WATER,DRINKING	0
Cornbread Mix, Honey, 6/5#	32.4
	32.4

(R101) Cowboy BBQ Nachos	Total Carbohydrate (g)	
	Recipe	Serving(s)
BBQ Pork, Pulled with Sauce, 2/5#	20	20
Sauce, Queso Blanco Cheese, 6/5#	1	1
Chips, Tortilla, Reduced Fat, WG, Single Serve, 64/1.45 oz.	29	29
	50	**50**

(R113) Cowboy USDA BBQ Nachos	Total Carbohydrate (g)	
	Recipe	Serving(s)
Pork, BBQ (Brookwood Processed), 4/5#- ACC	17.06	17.06
Sauce, Queso Blanco Cheese, 6/5#	1	1
Chips, Tortilla, Reduced Fat, WG, Single Serve, 64/1.45 oz.	29	29
	47.06	**47.06**

(10813) Cranberry Sauce, 6/110 oz. cans	Total Carbohydrate (g)	
	Recipe	Serving (2 oz.)
Cranberry Sauce, 6/110 oz. cans	28	28
	28	**28**

(19748) Crispito, WG (Elementary)	Total Carbohydrate (g)
	Each
1 Crispito, Chicken Chili Filled, Tortilla, WG, 3.45 oz. 72/cs	23.19
	23.19

(R37) Crispitos (Middle/High)	Total Carbohydrate (g)	
	Recipe	Serving (2 Each)
2 Crispitos, Chicken Chili Filled, Tortilla, WG, 3.45 oz. 72/cs	46.38	46.38
	46.38	**46.38**

(R95) Cucumber Salad	Total Carbohydrate (g)
	1/2 Cup
Tomatoes, Cherry, US#1, 12 PT 10#, FFAVORS	1.38
Cucumbers, FR 5# Case, FFAVORS	1
	2.38

(R108) Deli Turkey Sack Lunch	Total Carbohydrate (g)	
	Recipe	Serving
Fresh Fruit	18.88	18.88
Deli Turkey Sandwich	32	32
Carrots, CHL Baby Whl., 100/2.6 oz. FFAVORS	8	8
Ranch, Low Sodium, Individual Packets, 200 ct.	2	2
Chips, Assorted	20	20
	80.88	**80.88**

(R27) Deli Turkey Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Turkey, Sliced, Oven Roasted, 0.5 oz. 16 oz. Package-12/Case	0	0
Bread, Hamburger Bun, 4" Whole Grain, 1/12 ct. Package	30	30
Cheese, Reduced Fat, American, Sliced, 4/5#	2	2
	32	**32**

(R86) Deli Turkey Sandwich w/ Chips	Total Carbohydrate (g)	
	Recipe	Serving
Deli Turkey Sandwich	32	32
Chips, Assorted	20	20
	52	**52**

(16885) DO NOT USE	Total Carbohydrate (g)	
	Recipe	Each
DO NOT USE- Cookie, Holiday, Sugar, Shapes, 4 Trays, 72/Tray	23	23
	23	**23**

(R233) Fajita Chicken Quesadilla w/ Salsa (Elementary)	Total Carbohydrate (g)
	EACH
Tortillas, Whole Wheat, 10", 12/12 count	15.5
Seasoning, Taco Mix, 6/9 oz. Package	0.71
Salsa, Prepared, Ready to Serve, 6/10#	1.98
Cheese,Mozzarella, Shredded, Frozen- Box 30#, ACC DISTRIBUT	1.52
Chicken Fajita Strips, CTN-30# -ACC	1
	20.7

(R230) Fajita Chicken Quesadilla w/ Salsa (Middle/High)	Total Carbohydrate (g)	
	Recipe	EACH
Tortillas, Whole Wheat, 10", 12/12 count	31	31
Seasoning, Taco Mix, 6/9 oz. Package	1.42	1.42
Salsa, Prepared, Ready to Serve, 6/10#	3.96	3.96
Cheese,Mozzarella, Shredded, Frozen- Box 30#, ACC DISTRIBUT	3.04	3.04
Chicken Fajita Strips, CTN-30# -ACC	2	2
	41.41	**41.41**

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

(10909) Frozen Juice Cup, Cherry	Total Carbohydrate (g)	
	Recipe	Each
Juice Cup, Wild Cherry, Frozen, 96/4 oz.	19	19
	19	**19**

(10907) Frozen Juice Cup, Swirl	Total Carbohydrate (g)	
	Recipe	Each
Whole Fruit Juice Cup-3 Flavor Swirl, 96/4.4 oz.	18	18
	18	**18**

(10814) Fruit Cocktail	Total Carbohydrate (g)	
	Recipe	Servings (1/2 C.)
Fruit Cocktail, 6/10#	16	16
	16	**16**

(R44) Garden Salad	Total Carbohydrate (g)
	Cup(s)
Lettuce, Romaine US#1, 3 CT 4# Case, FFAVORS	0.93
Salad, Spring Mix 3# Bag, FFAVORS	0.6
	1.53

(R43) Garden Salad w/ Chicken Fajita	Total Carbohydrate (g)	
	Recipe	Salad
Fresh Fruit	18.88	18.88
Garden Salad	2.3	2.3
RANCH DRESSING	6.71	6.71
Tomatoes, Cherry 2/1 PT, FFAVORS	2.9	2.9
Broccoli Florets, 3#, FFAVORS	1.46	1.46
Cucumbers, Medium, 5 lbs.- ROYAL PURCHASE	0.3	0.3
Cheese, Cheddar Yellow Shredded-6/5#, -ACC	0	0
Chicken Fajita Strips, CTN-30# -ACC	2	2
Carrots, CHL Baby Whl., 100/2.6 oz. FFAVORS	8	8
Crackers, Saltines, Keebler, Indv. Packs, 500/2 ea per pack	30	30
	72.55	**72.55**

(R208) GARDEN SALAD W/ TURKEY & CHEESE	Total Carbohydrate (g)	
	Recipe	Salad
Fresh Fruit	18.88	18.88
Garden Salad	2.3	2.3
RANCH DRESSING	6.71	6.71
Tomatoes, Cherry 2/1 PT, FFAVORS	2.9	2.9
Broccoli Florets, 3#, FFAVORS	1.46	1.46
Cucumbers, Medium, 5 lbs.- ROYAL PURCHASE	0.3	0.3
Turkey Breast, Deli Sliced, Frozen, Package 8/5#, -ACC	0	0
Cheese,Mozzarella, Shredded, Frozen- Box 30#, ACC DISTRIBUT	1.01	1.01
Carrots, CHL Baby Whl., 100/2.6 oz. FFAVORS	8	8
Crackers, Saltines, Keebler, Indv. Packs, 500/2 ea per pack	20	20
	61.57	**61.57**

(R140) Garden Salad w/Chicken Fajita	Total Carbohydrate (g)	
	Recipe	Salad
Fresh Fruit	18.88	18.88
Garden Salad	2.3	2.3
RANCH DRESSING	3.36	3.36
Tomatoes, Cherry 2/1 PT, FFAVORS	2.9	2.9
Broccoli Florets, 3#, FFAVORS	1.46	1.46
Cucumbers, Medium, 5 lbs.- ROYAL PURCHASE	0.3	0.3
Cheese, Cheddar Yellow Shredded-6/5#, -ACC	0	0
Chicken Fajita Strips, CTN-30# -ACC	2	2
Carrots, CHL Baby Whl., 100/2.6 oz. FFAVORS	8	8
Crackers, Saltines, Keebler, Indv. Packs, 500/2 ea per pack	30	30
	69.2	**69.2**

(R13) Garlic Toast	Total Carbohydrate (g)	
	Recipe	1 Each
Margarine, Trans, Fat Free, 30/1#	0	0
Bread, Sliced Whole Grain White,1/24 oz. Package-22 slices	15	15
Garlic Powder, 21 oz. Jar	0	0
	15	**15**

(R83) Glazed Carrots	Total Carbohydrate (g)
	Serving (1/2 C.)
Sugar, Dark Brown, 12/2#	4.67
Carrots, Whole, Sliced, 6/10#	4.13
Margarine, Trans, Fat Free, 30/1#	0
	8.8

(R92) Green Beans	Total Carbohydrate (g)
	Serving (1/2 C.)
Soup Base, Real Beef, 6/1#	0.04
Beans, Green, Cut, 6/10#	4.02
	4.05

(12180) Green Peas	Total Carbohydrate (g)
	Servings (1/2 C.)
Peas, Green, FCY FRZN, 30# Bag	10.79
	10.79

(R129) Grilled Cheese Sack Lunch	Total Carbohydrate (g)	
	Recipe	Sack
Sandwich, Grilled Cheese, WG, IW, Bake Crafters	26.99	26.99
Fresh Fruit	18.88	18.88
Carrots, CHL Baby Whl., 100/2.6 oz. FFAVORS	8	8
Chips, Assorted	20	20

	73.88	**73.88**

(12157) Honey Mustard, Dressing, Sauce	Total Carbohydrate (g)
	Each
Dressing, Honey Mustard, SS, 1 oz. 100/Case	5.06
	5.06

(R17) Hot Dog on WG Bun	Total Carbohydrate (g)	
	Recipe	Serving
Wieners, Beef Franks, Cooked, Frozen, Reduced Sodium, 80/2oz	1	1
Bread, White, Hot Dog Buns, Whole Grain, 1/16 ct. Package	30	30
	31	**31**

(R134) Hot Dog Sack Lunch	Total Carbohydrate (g)	
	Recipe	Sack
Fresh Fruit	18.88	18.88
Carrots, CHL Baby Whl., 100/2.6 oz. FFAVORS	8	8
Chips, Assorted	20	20
Hot Dog on WG Bun	31	31
	77.88	**77.88**

(10587) Ice Cream Cups, Vanilla	Total Carbohydrate (g)	
	Recipe	Each
Ice Cream Cups, Vanilla, 48/Case, 4 oz. Each	16	16
	16	**16**

(SUB-17349) Italian Ice, Sour Apple (Preordered)	Total Carbohydrate (g)	
	Recipe	Each (Carton)
SUB-Italian Ice, Sour Apple, 4.4 oz. 90/Case	25	25
	25	**25**

(10240) Juice, Apple, 100%	Total Carbohydrate (g)	
	Recipe	Each
Juice, Apple, 100%, 72/4 oz.	14	14
	14	**14**

(10426) Ketchup, Packet	Total Carbohydrate (g)	
	Recipe	Each
Ketchup, Tomato, Individual, 1000 ct.	2	2
	2	**2**

(R158) Lemon Pepper Wings w/ Ranch & Roll (Middle)	Total Carbohydrate (g)
	Serving (4 wings, 1 roll)
Ranch, Light, 100/1 oz. cup	1
Bread, Dinner Roll, 1/24 ct. Package	17
Seasoning, Lemon Pepper, 20.6 oz jar	
Chicken, Wings, Bone In, Glazed, Oven Roasted, 4/7.5# Bags	0.75
	18.75 *

(R160) Lemon Pepper Wings w/ Ranch & Rolls (High)	Total Carbohydrate (g)
	Serving (4 wings, 2 rolls)
Ranch, Light, 100/1 oz. cup	1
Bread, Dinner Roll, 1/24 ct. Package	34
Seasoning, Lemon Pepper, 20.6 oz jar	
Chicken, Wings, Bone In, Glazed, Oven Roasted, 4/7.5# Bags	0.75
	35.75 *

(R159) Lemon Pepper Wings w/ Ranch & Roll (Elementary)	Total Carbohydrate (g)
	Serving (3 wings, 1 roll)
Ranch, Light, 100/1 oz. cup	1
Bread, Dinner Roll, 1/24 ct. Package	17
Seasoning, Lemon Pepper, 20.6 oz jar	
Chicken, Wings, Bone In, Glazed, Oven Roasted, 4/7.5# Bags	0.56
	18.56 *

(R70) Lettuce & Tomato	Total Carbohydrate (g)	
	Recipe	Serving
Lettuce, CHL Shredded 4/5# Bag, FFAVORS	0.84	0.84
Tomatoes, 5X6, 5# Case, FFAVORS	1.56	1.56
	2.39	**2.39**

(R197) Lil Smokes w/ Mac & Cheese	Total Carbohydrate (g)	
	Recipe	Serving
Sausage, Cocktail, Smoked Beef and Pork, 3.33 lb. 3/Case	1	1
Macaroni & Cheese	18.82	18.82
	19.82	**19.82**

(R51) Macaroni & Cheese	Total Carbohydrate (g)
	Serving (1/2 C.)
BEVERAGES,H2O,TAP WATER,DRINKING	0
Pasta, Macaroni, Elbows, 2/10#	16.4
Cheese, Mild Cheddar, Shredded, 4/5#	1
Pan Coating, Pam, 17 oz. Jar	0
Sauce, Cheese, Cheddar, 6/5#	1.42
	18.82

(R133) Manager's Choice Lunch Entree	Total Carbohydrate (g)	
	Recipe	Serving
See Manager's Choice Item		

(R50) Mashed Potatoes	Total Carbohydrate (g)
	Serving (1/2 C.)
BEVERAGES,H2O,TAP WATER,DRINKING	0
Potatoes, Mashed, Dried, 6 Cartons/ Case	16.41
Salt, Iodized Gran Box, 15/2.25#	0
Butter Buds, 24/4 oz.	0
	16.41

(11739) Max Snax Tacos	Total Carbohydrate (g)	
	Recipe	Each
Max Snax WG Totally Taco, 288/1.36 oz.	30	30
	30	**30**

(10407) Mayonnaise, Reduced Fat Indv. Packets	Total Carbohydrate (g)	
	Recipe	Each
Mayonnaise, Reduced Fat Indv. Packets, 200 ct.	1	1
	1	**1**

(12404) Milk, FF Chocolate	Total Carbohydrate (g)	
	Recipe	Each
Milk, Chocolate, Fat Free, Half Pints	19	19
	19	**19**

(12405) Milk, FF Strawberry	Total Carbohydrate (g)	
	Recipe	Each
Milk, Strawberry, Fat Free, Half Pints	18	18
	18	**18**

(18458) Milk, Lactose Free, FF, Borden	Total Carbohydrate (g)	
	Recipe	Each
Milk, Lactose Free, FF, Half Pint, (27 per case)	12	12
	12	**12**

(12403) Milk, Plain 1%	Total Carbohydrate (g)	
	Recipe	Each
Milk, 1% Half Pints	12	12
	12	**12**

(11308) Mini Corn Dogs	Total Carbohydrate (g)	
	Recipe	Serving (6 each)
Corn Dogs, Mini, Chicken, 2/5#	30	30
	30	**30**

(10409) Mustard, Packet	Total Carbohydrate (g)	
	Recipe	Packet(s)
Mustard, Yellow, Prepared, Individual Packets, 500 ct.	0	0
	0	**0**

(R206) Nacho Soup w/ Tortilla Chips	Total Carbohydrate (g)
	Cup(s)
BEVERAGES,H2O,TAP WATER,DRINKING	
Seasoning, Taco Mix, 6/9 oz. Package	1.28
Beans, Black, Canned, 6/10#	0.8
Beans, Pinto, 6/10#	13.76
Salsa, Prepared, Ready to Serve, 6/10#	4.07
Beef, Taco Filling, (JTM Processed) 6/5 # -ACC	5
Corn, WK, Yellow, 30# Bag	6.75
Cheese,Mozzarella, Shredded, Frozen- Box 30#, ACC DISTRIBUT	2.02
Chips, Tortilla, Reduced Fat, WG, Single Serve, 64/1.45 oz.	29
	62.69

(R68) Orange Chicken w/Rice	Total Carbohydrate (g)	
	Recipe	SERVING
Chicken, Mandarin Orange with Sauce, 6/5#	19	19
Brown Rice	45.93	45.93
	64.93	**64.93**

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

(10820) Oranges, Mandarin (Canned)	Total Carbohydrate (g)	
	Recipe	Servings (1/2 C.)
Oranges, Mandarin, 6/10#	14	14
	14	**14**

(18F30) Oranges, Mandarin, Fresh	Total Carbohydrate (g)	
	Recipe	Each
Oranges, Mandarin, 20lb. Case-FFAVORS, 100 Count	13.34	13.34
	13.34	**13.34**

(R62) PBJ Sack Lunch (ES/MS)	Total Carbohydrate (g)	
	Recipe	Serving
Fresh Fruit	18.88	18.88
PBJ Uncrustables, 72/2.6 oz.	32	32
Carrots, CHL Baby Whl., 100/2.6 oz. FFAVORS	8	8
Cheese, Moz. String, IW Stick, 168/1 oz.	1	1
Ranch, Low Sodium, Individual Packets, 200 ct.	2	2
Chips, Assorted	20	20
	81.89	**81.89**

(R34) PBJ w/Cheesestick & Chips (PK-8)	Total Carbohydrate (g)	
	Recipe	Serving (1 of Each Item)
Cheese, Stick, String, Mozzarella, IW, 1 oz. 168/Case	1	1
PBJ Uncrustables, 72/2.6 oz.	32	32
Chips, Assorted	20	20
	53	**53**

(R36) PBJ w/Chips, High Schools Only	Total Carbohydrate (g)	
	Recipe	Serving
PBJ Uncrustables, 72/**5.3 oz.**	64	64
Chips, Assorted	20	20
	84	**84**

(R107) PBJs 2 Each (small, 2.6oz) & Chips (High School Only)	Total Carbohydrate (g)	
	Recipe	Serving
2 PBJ Uncrustables, 72/**2.6 oz.**	64	64
Chips, Assorted	20	20
	84	**84**

(10219) Peach Cobbler, Homestyle	Total Carbohydrate (g)	
	Recipe	Serving (4 oz)
Peach Cobbler, Homestyle, Frozen, 6 lb. Tray, 4/Case	40.99	40.99
	40.99	**40.99**

(15Z59) Peach, Fresh	Total Carbohydrate (g)	
	Cup (slices)	EACH
Peaches, Fresh, 25# case, FFAVORS	14.69	14.31
	14.69	**14.31**

(10803) Peaches, Sliced	Total Carbohydrate (g)	
	Recipe	Serving (1/2 C.)
Peaches, Sliced, 6/10#	12	12
	12	**12**

(10817) Pears, Sliced	Total Carbohydrate (g)	
	Recipe	Serving (1/2 C.)
Pears, Sliced, 6/10#	16	16
	16	**16**

(10807) Pineapple, Tidbits	Total Carbohydrate (g)	
	Recipe	Serving (1/2 C.)
Pineapple, Tidbits, Unsweetened Juice, 6/10#	20	20
	20	**20**

(R39) Popcorn Chicken USDA w/ Roll	Total Carbohydrate (g)	
	Recipe	Serving
Chicken, Popcorn/Nuggets (Gold Creek) 113/4.5 oz.-ACC	16	16
Bread, Dinner Roll, 1/24 ct. Package	17	17
	33	**33**

(R40) Popcorn Chicken w/ Roll	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Nuggets, Breaded, Popcorn, WG,4/5# (266 each in bag)	16	16
Bread, Dinner Roll, 1/24 ct. Package	17	17
	33	**33**

(12115) Potato Tots	Total Carbohydrate (g)	
	Each	Serving
Potatoes, Tater Tots, 6/5# Package	1.75	14
	1.75	**14**

(12015) Potatoes, Sweet	Total Carbohydrate (g)
	Serving (1/2 C.)
Potatoes, Sweet, Cut, In Light Syrup, 6/10	23.56
	23.56

(10410) Ranch, Low Sodium, Individual Packets	Total Carbohydrate (g)	
	Recipe	Each
Ranch, Low Sodium, Individual Packets, 200 ct.	2	2
	2	**2**

(R104) Ravioli w/ Roll	Total Carbohydrate (g)	
	Recipe	Serving
Ravioli, Beef, 6/10#	30	30
Bread, Dinner Roll, 1/24 ct. Package	17	17
	47	**47**

(12086) Salsa	Total Carbohydrate (g)	
	Recipe	Serving (2oz)
Salsa, Prepared, Ready to Serve, 6/10#	3	3.96
	3	**3.96**

(17028) Sandwich, Grilled Cheese w/ Mozzarella, WG	Total Carbohydrate (g)	
	Recipe	Each
Sandwich, Grilled Cheese, WG, IW, Bake Crafters	26.99	26.99
	26.99	**26.99**

(12267) Sandwich, Grilled Cheese-SUB	Total Carbohydrate (g)	
	Recipe	Each (sandwich)
SUB-Sandwich, Grilled Cheese, WG Ind. Wrapped, 72/4.19 oz.	30.9	30.9
	30.9	**30.9**

(10218) Sauce, Hot, Packet, 200/Case	Total Carbohydrate (g)	
	Recipe	Each
Sauce, Hot, Packet, 200/Case		0
	*	**0.00** *

(R63) Savory Rice	Total Carbohydrate (g)	
	Serving (1 Cup)	Serving (1/2 C.)
BEVERAGES,H2O,TAP WATER,DRINKING	0	0
Onions, Yel. Dry, 5# Bag, FFAVORS	0.21	0.11
Oil, Vegetable, 6/1 gal.	0	0
Rice Blend (Long Grain and Wild Rice) 6/36 oz.	8.5	4.25
Soup Base, Real Chicken, 6/1#	0	0
Rice, Brown, WG, 25# bag	39.12	19.56
Parsley Flakes, Dried, 11 oz. Jug	0.06	0.03
	47.9	**23.95**

(89768) Seasoned Fries, Crinkle Cut	Total Carbohydrate (g)	
	Recipe	1/2 Cup
Fries, Crinkle Cut, Seasoned, Frozen, McCain, 6/5#	15	15
	15	**15**

(R91) Sloppy Joe Sandwich	Total Carbohydrate (g)
	Sandwich
Beef, Ground, Fresh, Bulk, 6/10#	0
Sauce, Sloppy Joe, 6/#10 Cans	6.95
Bread, Hamburger Bun, 4" Whole Grain, 1/12 ct. Package	30
	36.95

(R132) Spaghetti	Total Carbohydrate (g)
	Cups
Sugar, Dark Brown, 12/2#	3.85
BEVERAGES,H2O,TAP WATER,DRINKING	
Pasta, Spaghetti Noodles, WG, 2/10#	29.82
Oil, Vegetable, 6/1 gal.	
Beef, Ground, Fresh, Bulk, 6/10#	
Spaghetti Sauce, 6/10#	9.58
Salt, Iodized Gran Box, 15/2.25#	
Seasoning Mix, Spaghetti, 6/11.25 ounces	
	43.24 *

(R105) Spicy Chicken Sandwich	Total Carbohydrate (g)	
	Recipe	sandwich
Chicken, Patties, Spicy, Breaded, Cooked, 3.75 oz.4 Bags/CS	9	9
Bread, Hamburger Bun, 4" Whole Grain, 1/12 ct. Package	30	30
	39	**39**

(R187) Spicy Chicken Sandwich Sack Lunch	Total Carbohydrate (g)	
	Recipe	Sack
Fresh Fruit	18.88	18.88
Carrots, CHL Baby Whl., 100/2.6 oz. FFAVORS	8	8
Chips, Assorted	20	20
Spicy Chicken Sandwich	39	39
	85.88	**85.88**

(16B54) Squash, Butternut	Total Carbohydrate (g)	
	Recipe	1/2 Cup(s)
Squash, Butternut Cubed, 5#, FFAVORS	10.49	10.49
	10.49	**10.49**

(R198) Steamed Cabbage	Total Carbohydrate (g)
	1/2 Cup(s)
Salt, Iodized Gran Box, 15/2.25#	0
Cabbage, Green, 40lb.- ROYAL PURCHASE	3.51
Sugar, Granulated, 50#	0.11
Pepper, Black, 16 oz. Jar	0
	3.62

(18N78) Strawberries, Cup	Total Carbohydrate (g)
	Each
Strawberries, 50 each 3oz. Cups	6.53
	6.53

(17W87) STRAWBERRIES, FRESH	Total Carbohydrate (g)
	Serving (1/2 C.)
Strawberries, Clamshell 8/1#, FFAVORS	5.76
	5.76

(100254) Strawberry Slices, USDA	Total Carbohydrate (g)
	1/2 Cup(s) Sliced
Strawberry Slices, USDA, Frozen, CTN-30#, -ACC	18.14
	18.14

(11766) Stuffed Crust Cheese Pizza	Total Carbohydrate (g)	
	Recipe	Each
Pizza, Cheese, Wedge Stuffed, 70/4.95 oz.	30	30
	30	**30**

(11765) Stuffed Crust Pepperoni Pizza	Total Carbohydrate (g)	
	Recipe	Each
Pizza, Pepperoni 8" Wedge Stuffed, 70/5 oz.	30	30
	30	**30**

(12143) Sweet Potato Fries	Total Carbohydrate (g)	
	Recipe	Serving (1/2 C.)
Fries, Sweet Potato, Seasoned, Waffle, 6/2.5#	23	23
	23	**23**

(10491) Syrup, Maple, Individual Cups	Total Carbohydrate (g)	
	Recipe	Each
Syrup, Maple, Individual Cups, 100/1.5 oz.	30	30.37
	30	**30.37**

(R127) Teriyaki Chicken & Rice	Total Carbohydrate (g)	
	Recipe	Serving (s)
Chicken, Teriyaki Entree Kit, 6/7.15# Bags	21.05	21.05
Brown Rice	45.93	45.93
	66.98	**66.98**

(15785) Treat, Rice Krispie, Mini, WG	Total Carbohydrate (g)	
	Recipe	Each
Snack Bar, Rice Krispie, Mini, WG, 600/Case	9	9
	9	**9**

(R211) Turkey & Cheese Wrap Tray	Total Carbohydrate (g)	
	Recipe	Tray
Turkey & Cheese Wrap	37.26	37.26
Fresh Fruit	18.88	18.88
Chips, Assorted	20	20
	76.14	**76.14**

(10318) Turkey Roast, Gordon	Total Carbohydrate (g)	
	Recipe	Serving (2oz)
Turkey Roast, Breast and Thigh, Boneless, 9 lb. 2/Case	0	0
	0	**0**

(100125) Turkey Roast-ACC	Total Carbohydrate (g)	
	Recipe	Serving (2 oz.)
Turkey Roast, Frozen, CTN 32-48#, -ACC	0	0
	0	**0**

(R26) Turkey Sandwich, Courtesy/Alternate Meal	Total Carbohydrate (g)	
	Recipe	Each
Turkey Breast, Deli Sliced, Frozen, Package 8/5#, -ACC	0	0
Bread, Hamburger Bun, 4" Whole Grain, 1/12 ct. Package	30	30
	30	**30**

(R117) USDA Deli Turkey Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Turkey Breast, Deli Sliced, Frozen, Package 8/5#, -ACC	0	0
Bread, Hamburger Bun, 4" Whole Grain, 1/12 ct. Package	30	30
Cheese, Reduced Fat, American, Sliced, 4/5#	1	1
	31	**31**

(R118) USDA Deli Turkey Sandwich Tray	Total Carbohydrate (g)	
	Recipe	Tray/Bag
Fresh Fruit	18.88	18.88
USDA Deli Turkey Sandwich	31	31
Chips, Assorted	20	20
	69.88	**69.88**

(15R03) WATERMELON, CHUNKS	Total Carbohydrate (g)
	1/2 Cup
Watermelon, Chunks 1/5# Bag, FFAVORS	5.74
	5.74

(R102) Wow Butter Sack Lunch	Total Carbohydrate (g)	
	Recipe	Serving
Fresh Fruit	18.88	18.88
Sandwich, WOW Butter and Jelly, 72/2.4 oz.	28	28
Carrots, CHL Baby Whl., 100/2.6 oz. FFAVORS	16	16
Ranch, Low Sodium, Individual Packets, 200 ct.	0.17	0.17
Chips, Assorted	20	20
	83.05	**83.05**

(R85) Wow Butter w/Chips & Cheesestick (PK-8)	Total Carbohydrate (g)	
	Recipe	Serving (1 of Each Item)
Cheese, Stick, String, Mozzarella, IW, 1 oz. 168/Case	1	1
Sandwich, WOW Butter and Jelly, 72/2.4 oz.	28	28
Chips, Assorted	20	20
	49	**49**