

GUSD

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000089	Apple Golden Delicious	Each	14.64
000951	Apple Smash Up - HOTM	serving	6.57
000016	Apple, Fuji Small	each	12.97
901641	Apple, Gala Small	each	12.97
901495	Apple, green	each	16.16
000808	Apple, green sliced	oz	3.87
000479	Apple, green small	Serving	7.73
000580	Apple, Pink Lady small	Serving	11.75
901603	Apple, small red	each	16.16
000912	APPLES,SLICED,FROZEN,IQF-COMMO	Serving	0.03
901044	Applesauce:cnnd,unswtnd,+vit C	oz	3.19
900158	Apricots, Fresh	each	3.89
000248	APRICOTS: canned,light syrup	cup	41.72
000928	Asparagus, Fresh	Serving	5.00
000799	Bagel 2 oz with 1/2 oz c.c.	each	28.58
000275	Bagel, Dog Wrapped Cheese Pupp	Serving	28.00
000894	Bagel, plain, 2 oz Lenders	Each	28.00
902221	Bagels, sliced, assorted	each	194.00
901608	Banana, petite	each	23.66
000889	Bar, Breakfast Banana Chocolat	Each	47.32
000934	Bar, Oatmeal Raisin	serving	48.00
000360	Barbecue, Elem	1 Ea	183.82
902368	Beans, Baked	cup	55.10
901588	Beans, Garbanzo	cup	36.92
902292	Beans, Green - cooked	OZ	5.49
901353	Beans, Green - frozen	cup	2.18
000163	Beans, Pinto	Servings	14.92
000767	Beans, refried dry mix	ounce	2.01
000770	Beans, Vegetarian	cup	47.95
000810	Beans,Kidney,Red	Serving	4.42
000584	Beef and Broccoli	Servings	18.80*
000906	Beef Patty, CNQ26240K	Each	0.70
000922	Beef, Irregular sliced	Serving	1.01
000920	Beef, Shaved fully cooked	2 oz serving	0.00
000836	Beef, Shaved fully cooked	Serving	0.00
000944	Beets, Diced	#10 portions	0.20
000033	Beverage, Powerade	Serving	38.00
000790	Bowl Chicken, Swt/Sr - elem	1 each	48.79
000718	Bowl, Beef Dunkers, Teri Elem	each	32.64
000531	Bowl, Chicken Fiesta	Serving	30.13
000846	Bowl, Chow Mein /egg roll	Servings	28.90
000132	Bowl, Chow Mein Noodle	Servings	15.76
000576	Bowl, Fruit and Yogurt	Serving	75.53
000738	Bowl, Orange Chicken	1 each	34.39
000890	Bowl, Orange Chicken/Chow Mein	Servings	9.18
000742	Bowl, Southwest Fajita	each	31.55
000739	Bowl, Southwestern BBQ	each	85.26
000737	Bowl, Teriyaki Chicken - Elem	each	29.02
000242	Bread Basket, Asstd.	each	22.27
901946	Bread Basket, Breakfast	each	16.33
000185	Bread Flat, LoCo bread	Serving	25.00
000574	Bread, Garlic loaf	each	1.77
902349	Bread, sandwich, whole wheat	each	12.00
901661	Breadstick, Cheesey	each	23.51
000263	Breadstick, Chsy/Marinara	each	77.99
901674	Breadsticks, Plain	each	18.52
902212	Breakfast condiments	each	27.32
901294	Breakfast Pizza Bagel	each	23.16
000010	Breakfast Wrap, Sunny Fresh	Serving	16.00
901589	Broccoli,raw: fresh	oz	2.27
901368	Broccoli,raw: fresh	cup	4.61
000902	Bun, Hot Dog Wheat - Galasso	Each	48.61
000926	Burrito, bean and cheese break	Serving	39.04

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000122	Burrito, Bean and Cheese, 10oz	Each	98.82
000104	Burrito, Beef and Chicken	Serving	49.00
000129	Burrito, Beef, 10" Hand made	Servings	43.87
901274	Burrito, Breakfast -Elementary	each	18.92
000241	Burrito, Breakfast Extravaganz	Each	43.67
000880	Burrito, Brkst - Egg-bean-chs	serving	46.87
000865	Burrito, Butcher Boy Bean and	each	55.84
000159	Burrito, Chick.Rice and Cheese	each	0.00
000152	Burrito, Chicken fajita	servings	42.37
000877	Burrito, Chimichanga Posada	Each	28.60
000913	Burrito, Green Carnitas	Servings	55.89
000879	Burrito, Grilled Bean and Chse	Serving	51.00
000814	Burrito, Senor Felix - Fiesta	Each	40.00
990127	Burrito,Beef, Bean, Red Chili	each	33.00
901676	Cake, Birthday	each	21.94
000144	California Roll	each	8.97
000888	California Roll with Frd Rice	serving	26.90
900202	Carrot Coins	cup	3.09
901590	Carrot Sticks	cup	4.46
000313	Carrot, Cooked	servings	4.38
000120	Carrots, baby	Serving	4.67
901587	Carrots, baby, peeled	cup	11.98
000266	Carrots, baby, peeled package	2 oz	4.67
000119	Celery, Sticks	Serving	1.83
902225	Cereal Mix, Frosted Flakes	CUP	25.98
990053	Cereal Variety	each	19.00
902041	Cereal Variety, bowl	each	19.00
990043	Cereal, Lucky Charms Mix	CUP	12.61
000371	Chalupa, Bean and Cheese	1 ea	20.94
000867	Cheese burg bbq, secondary	each	82.08
000239	CHEESEBURGER CLASSIC QCB328, I	Each	25.40
000949	Cheeseburger Double on a Bun	each	27.88
000036	Cheeseburger on a Bun	each	26.48
000235	CHEESEBURGERMINI WRAPPED QCB32	EACH	25.40
000017	Cherries, dried	Oz	23.39
000476	Chick, grill filet-bun BBQ	Each	50.00
000013	Chicken chunks, whole grain	each	2.80
902372	Chicken Fajita	#6 scoop	0.00
000705	Chicken Grill Patty, bbq	servings	75.77
901664	Chicken nuggets	each	2.96
990110	Chicken salad	#12 scoops	1.46
901667	Chicken, Breaded Oven Baked	each	5.00
000908	Chicken, Curry Sauce. Bombay #	Each	4.00
000903	Chicken, Mandarin Orange Lings	Serving	9.18
000932	Chicken, Oven Roasted/rice	each	44.79
000901	Chicken, Patty on a Bun	each	40.77
000940	Chicken, roasted, parts Tys	Serving	0.00
901659	Chicken, Spicy Patty on a Bun	each	37.77
000831	Chili - Cheese Dogs	Servings	53.71
000021	Chili and Beans	Servings	9.82
000124	Chili and Beans - beef/turkey	Servings	9.70
901777	Chili Dog, Weinerschnitzel	each	31.00
902388	Chili, Ground Beef & Bean	#6 scoop	35.75
901268	Chilled Fruit, breakfast	cup	36.16
000076	Chips, baked, assorted	Servings	19.96
000919	Chow Mein crunchy noodles, La	1/8 cup	4.75
000651	Chowmein Noodles/Chicken	Servings	9.40
000860	Chowmein vege, mini egg rolls	servings	24.47
000771	Chowmein, Vegetables	oz	24.13
000866	Chsburger on a Bun Secondary	each	57.55
000833	Cinnamon Roll, whole grain 3.0	Serving	38.00
000179	coconut	servings	1.31
000404	Condiment Selection	1 Oz	3.55

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No.	Description	Portion Size	Carbohydrates (Grams)
000793	Condiment Selection/Salsa	1 Oz	1.18
000910	Confetti Slaw	Serving	0.69
000855	Cookie, Birthday wrapped	Serving	16.19
000070	Cookie, Chocolate Chip	Serving	32.47
000891	Cookie, Fortune	Serving	4.00
000511	Corn Cobbettes	Each	17.99
000652	Corn Dog, turkey - Don Lee	Each	26.80
901596	Corn on the cob: frozen,boiled	each	14.07
000854	CORN SALSA	OZ	3.74
000189	Corn, canned drained	cup	80.71
901421	Corn: frozen, yellow	ounce	5.47
901657	Crackers Pkt, Belly Bear	each	19.09
000950	Crackers, Cheddar Goldfish	serving	17.55
901668	Crackers, graham	pkg/4	21.50
000722	Crackers, packet Variety	Ea	21.00
000121	Crackers, Saltines	Package	4.25
000150	Cranberries, dried	cup	24.00
000911	Cranberries, whole	cup	12.20
000188	Crepe, fruit filled/crmd chse.	1.75 oz	19.84
901647	Croissant, mini	each	11.98
000857	Croutons, Kitchen made	servings	10.65
901593	Cucumber Slices	cup	0.00
000924	Cup of Noodle/Orange Chicken	Serving	42.59
000925	Cup of Noodle/TeriyakiChicken	Serving	40.31
000072	Cup of Noodles	Serving	38.00
000871	Cup of Noodles/1/2 sand combo	Serving	56.37
000870	Cup of Noodles/Okami combo	Serving	64.90
000706	Cupcake, Birthday Choc. cake	each	34.00
900796	Cupcake, Birthday White cake	each	37.00
000952	Dig into Roots - HOTM	serving	7.62
000823	Dressing selection	Serving	9.75
901614	Dressing, 1000 Island	fl oz	4.49
000105	Dressing, Lite Ranch	oz	1.89
901613	Dressing, Ranch	fl oz	4.00
901615	Dressing, salad Fat Free Ital	fl oz	2.49
000244	Edibowl, 4.5" tostada shell	Serving	12.00
000598	EEELP Menu	Each	*N/A*
000728	Egg Patty and Sausage patty	Serving	1.16
000845	Egg Roll, Vegetable 1.5 oz Cha	each	28.00
000829	Egg Roll, Whole Wheat Chick an	Each	36.00
990081	Egg salad	#10 scoops	2.58
990102	Egg Salad Sandwich, Secondary	each	35.01
000835	Egg, diced	pound	5.08
902378	Egg, hard cooked	each	0.56
000828	Egg, scrambled and hash brown	Serving	8.95
000197	Eggstravanza, bacon/ch	serving	1.50
000061	Empanada, Apple	Serving	45.22
000065	Empanada, Blueberry	Serving	44.97
000794	Enchilada, Cheese	servings	28.68
000953	Figs, Dried	Serving	24.00
000935	FISH PORTIONS&STKS,FRZ,PREHTD	Serving	23.72
901522	Fish Sliders Taco	Serving	57.46
000840	Fish Sliders, Sandwich , Fish	Serving	38.00
000157	Fish Sliders, Sea food	Serving	20.00
000861	Fish Sliders, Sea food/rice	Serving	64.79
901257	Fish, Rainbow Trout	serving/4 each	68.00
000844	Flauta, Chili Bean and Cheese	Each	20.61
902209	French Toast Sticks	each	32.00
901598	Fruit cocktail:canned,lt syrup	OZ	4.20
901642	Fruit, assorted	serving	23.72
901394	Fruit, fresh, asst. (seasonal)	each	143.90
000938	Fruit, fresh, for bowl	serving	51.96
901457	Garden Bar Entree #1	each	16.82

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901461	Garden Bar Entree #2	each	11.52
901417	Garden Bar Entree #3	each	54.30
901223	Garden Bar Entree #4	each	49.67
000822	Garden Bar Entree #5 limited	each	28.40
901860	Garden Bar, Burrito/Taco	each	112.45
000798	Garden Bar, Elementary Brkfast	Serving	25.17*
000575	Garlic Spread	Servings	1.02
901643	Gelatin, fruited	cup	37.07
900788	Gelatin, plain	cup	21.74
000812	GRAPEFRUIT,SECTIONS,CND,LT SYR	serving	4.38
901604	Grapes, red, Lunch Bunch	cup	15.78
000730	Gravy, beef	ounce	2.66
000954	Green Beans in Blanket - HOTM	serving	0.31
000477	Grilled Chicken Filet on a Bun	each	50.00
000815	HAM, FULLY COOKED, CHOPPED	POUND	31.99
000907	Hamburger barbecued, elem	each	27.98
902002	Hamburger barbecued, secondary	each	31.07
000948	Hamburger Double on a Bun	each	27.17
901569	Hamburger on a Bun	each	26.47
000276	Hamburger, Mini on a Bun	each	25.90
000277	Hamburger, Mini on a Bun/Chse	each	26.16
900569	HOLIDAY	SERVING	0.00
000214	Hot Dog	each	1.00
902367	Hot Dog and Bean Casserole	.66 cup	14.28
901554	Hot Dog on a Bun	each	26.00
000869	Hot Dog on a Bun Sec BBQ	each	49.61
000868	Hot Link Hot Dog BBQ Secondary	Serving	43.04
000711	Hot Pocket, Pepperoni Pizza	each	33.60
901675	Hot Pocket, Taco	each	43.00
000481	HUMMUS	CUPS	51.93*
000186	Hummus and Loco Flat bread	serving	29.00
000166	Hummus and Pita bread plate	serving	39.20
000780	Ice Cream Sundae	each	31.80
000057	Ice Cream, 3 oz cup	Each	12.00
000825	Ice Cream, Cookie and Cream	Each	18.00
000824	Ice Cream, Good Humor Vanilla	Each	26.00
000048	Ice Cream, Snickers	Each	30.00
000858	Jack O Lantern Smash	serving	1.08
000108	Jalapenos, Sliced	Serving	0.17
901356	Jicama Sticks	cup	13.20
901644	Juice Bars, Assorted	each	13.00
000826	Juice Ice Pop, Scribblers	Each	15.00
000470	Juice, 4 oz, apple	serving	15.00
901611	Juice, 4 oz, assorted	servings	13.95
000468	Juice, 4 oz, orange	servings	14.00
000472	Juice, 4 oz, wild berry	serving	14.50
000806	Juice, Apple and Eve asstd	each	95.00
000102	Juice, Fruit Freezie, Assort	Servings	21.00
000885	JUICE, PINEAPPLE, E-Z OPEN, AP	Serving	3.90
000897	Ketchup, 33%, Red Plastic Jug	SERVING	3.33
901605	Kiwi fruit, fresh, raw, medium	each	11.14
000165	Lahmajoon (pizza)	Servings	22.98
000140	Lasagna, cheese	Servings	44.01
000559	Lasagna, meat and cheese	Servings	45.05
902277	Lettuce & Pickle	each	1.01
000020	Lettuce WrapChick, Teryki,Lings	1 each	3.47
901597	Lettuce, Shredded	cup	1.15
900884	Macaroni and Cheese	#6 scoop	33.94
901663	Macaroni and Cheese RF	#6 scoop	33.00
000914	Macaroni and Cheese RF-WG	#6 scoop	31.00
901939	Mandarin Orange Chicken	serving/3.7 oz	17.09
901879	Mandarin Orange Chicken	serving/3.7 oz	17.09
902021	Mandarin Orange Chicken	serving/3.7 oz	17.09

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000014	Max Wrap, chili cheese	each	36.00
000611	MC DONALDS HAMBURGER	Each	35.00
000135	Meatballs, Beef	Serving	1.20
901183	Milk, 1% white	each	14.00
901619	Milk, 1% white	each	14.00
000882	Milk, Chocolate Nonfat 1%	serving	26.00
901620	Milk, nonfat Chocolate	each	28.00
000192	Muffin, Mini Apple Cinn,Dave's	each	25.00
000193	Muffin, Mini Banana, Dave's	each	25.00
000196	Muffin, mini blueberry, Dave's	each	24.00
000174	Muffin, Mini variety	each	74.00
901654	Muffin, Sweet Potato Choc Chip	each	34.48
901623	Mustard	oz	1.81
901665	Nachos with cheese	each	42.16
000917	Nachos with Jalapeno cheese	each	42.16
000083	NECTARINES,FRESH	EACH	14.35
901538	NO SCHOOL TODAY	SERVING	0.00
990054	Oatmeal, Maple & Brown Sugar	each	33.00
000827	Omlette, Asian	Servings	42.74
000172	Omlette, Colby Cheese Skillet	Serving	1.00
000471	Orange wedges	Serving	4.94
902204	Pan Dulce, assorted	each	38.25
000015	Pan Egg Cake, Maple	Serving	13.00
000874	Pancake, whole wheat 144/cs US	serving	25.34
000802	Pancakes (1), Sausage (1) Brek	Serving	13.17
000134	Pancakes (2), Saus Links (2)	Serving	26.08
000775	Pancakes (2), Sausage (2)	Serving	26.33
000194	PANCAKES W/BUT&SYRUP: 1 each	1 EACH	28.23
000762	Pancakes, whole grain-Aunt Jem	Serving	25.33
000905	Parfait, Apple, yogurt and cer	serving	59.23
000904	Parfait, Fruit, yogurt and cer	serving	60.11
000886	Party Pears - HOTM recipe	Serving	3.58
000942	Pasta Tortellini, cheese - Tab	Servings	31.11
000215	Pasta, Ravioli Cheese Tabatchn	serving	34.69
900892	Peaches, fresh	each	8.30
901600	Peaches: canned,light syrup	oz	4.04
000909	Pears and Peaches mixed	OZ	3.61
901207	Pears, fresh, sz 150	each	21.49
901599	Pears: canned,light syrup	oz	4.29
901638	Peas and Carrots, cold	cup	6.23
901595	Peas, frozen, cold	oz	4.04
000475	PEAS,GRN,CND,REG PK,DRND SOL	Serving	6.45
000873	Peppers, sweet, green or red,	serv	9.58
000872	Philly Steak Sandwich	serving	1.26
901564	Pickle chips	cup	6.40
901601	Pineapple chunks:can,lt syrup	cup	33.89
000047	Pizza Stick	Each	30.00
000784	Pizza, 5" 4 cheese Ind. Boxed	each	41.01
000473	Pizza, 7" Solo Red Baron Chees	Each	71.00
901679	Pizza, 7"F.B. Cheese	each	31.95
901680	Pizza, 7"F.B. Cheese/Pepperoni	each	31.95
000749	Pizza, Big Daddy Ch/BBQ chick.	slice	63.64
000750	Pizza, Big Daddy Ch/Hawaiian	slice	54.86
000748	Pizza, Big Daddy Cheese	slice	47.00
000759	Pizza, Big Daddy, Pepp/Jalapen	Slice	47.35
000758	Pizza, Big Daddy, Pepperoni	Slice	47.00
000761	Pizza, Big Daddy, Vegetarian	Slice	47.57
000544	Pizza, Breakfast	Serving	22.51
000803	Pizza, Breakfast Bagel	each	23.16
000782	Pizza, Cheese Low fat. low sod	Serving	43.00
900197	Pizza, Cheese or Pepperoni	each	35.07
000921	Pizza, Cheese, 16", 10 cut, Cr	Serving	35.00
000915	Pizza, Cheese, 16", 10 cut, Do	Slice	49.18

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902211	Pizza, Cheese, Bkfst Pockets,	each	20.06
000916	Pizza, Domino's Cheese Slice	Each	49.18
000613	Pizza, Domino's Pepp. Slice	Each	37.00
000131	Pizza, Nacho N Chps Crispy	each	38.00
000724	Pizza, Pepp fow fat, low sod	Serving	43.00
000115	Pizza, Pizza Hut, Cheese	slice	31.63
000112	Pizza, Pizza Hut, pepperoni	Slice	32.80
000191	Pizza,Cheese Upper Crust,lwfat	Serving	43.00
000694	Pizza,Cheese16" Dominos 10 cut	16" pie	39.18
000755	Pizza,Pepperoni Upper Crst, lf	Serving	43.05
900215	Plums, fresh	each	8.59
000182	Pop Tart - Whole Grain single	Serving	35.00
000586	Potato Bar, Elementary	Serving	36.11
000103	Potato Boat	Serving	22.00
901801	Potato Fries: Mixed oven baked	oz	7.50
000043	POTATO PUFFS: frozen,cooked	Oz	35.52
902356	Potato Rounds	cup	13.34
000847	Potato Strips, Loaded 2x6	serving	40.00
000138	Potato, Babycakes	Serving	13.00
000206	Potato, Baked	Portion	23.98
000751	Potato, Cosmic Creation	serving	20.29
000011	Potato, Smiles	serving	24.30
000899	Potatoes, Sweet canned drained	serving	3.00
001067	POTATOES,MASHED (Pearls)	1/3 CUP	19.11
901189	Quesadilla, Cheese Breakfast	Each	16.41
000151	Quesedilla,pizza flav cheese	each	43.00
000147	Quesedilla,pizza flav chick ch	each	40.00
000097	RAISINS	Oz	114.81
000278	Ravioli w/ meat sauce	servings	21.75
000821	Ravioli, meatless sauce	3 each	21.75
000212	Rib B Q	each	3.40
901678	Rib B Q on a Bun, Beef	each	40.33
000895	Rice brown, Lima Bean and Dill	serving	30.97
000896	Rice white, Lima Bean and Dill	serving	10.87
000947	Rice, Brown oven bake #6	2/3 cup	10.36
000863	Rice, Brown oven bake #8	1/2 cup	7.77
000837	Rice, Fried - added egg	Serving	11.36
000027	Rice, Fried Veggie	oz	2.61
000219	Rice, red	cup	14.31
000832	Rice, Spanish	#8 scoop	11.91
902186	Rice, Spanish	#8 scoop	16.54
000594	Rice, White oven baked	1/2 cup	8.83
901648	Roll, Squaw	each	25.30
901646	Roll, white, mini point	each	14.80
901616	Rolls, Dinner, Wheat	each	25.01
901617	Rolls, Hawaiian	each	18.00
000187	Salad Mix, 3 Way	OZ	0.78
901586	Salad Mix, 3 Way added romaine	cup	2.25
000199	Salad, Aloha Cole Slaw	servings	18.29
000929	Salad, Awesome Asparagus	serving	2.34
901991	Salad, BBQ Chicken	each	8.28
000018	Salad, Bean with black beans	Serving	13.23
000933	Salad, California Mix	serving	0.52
000818	Salad, Carrot raisin	serving	29.10
901651	Salad, Chef Elem	each	3.19
000709	Salad, Chicken Caesar	Each	5.02
000160	Salad, Chin. Chick elem/strps	Serving	21.59
000732	Salad, Chinese Chicken	Each	21.01
901988	Salad, Egg, Secondary	each	9.06
000142	Salad, Ensalada Fresca	Each	13.04
000816	Salad, Ham	Serving	13.87
000850	Salad, Jicama Pineapple	1/4 cup serving	5.78
000893	Salad, Ladybug/leaf HOTM recip	serving	2.83

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000005	Salad, Macaroni	Serving	36.00
000898	Salad, Paradise Yam HOTM recip	serving	5.07
000009	Salad, Potato	Serving	25.00
000082	Salad, Southwestern Chicken	Each	31.63
000852	Salad, Spin/cran chicken	Serving	6.67
000851	Salad, Spinach Cranberry	1/4 cup serving	3.34
901582	Salad, Taco Elem tostada bowl.	each	21.98
000019	Salad, three bean	Serving	12.63
000809	Salad, Tuna, Edibowl elem	each	21.23
901629	Salad, Tuna, elem	each	9.23
000853	Salad, Turkey Caesar	Each	4.02
901191	Salad, Turkey Elem	each	8.87
000811	Salad, Tutti Frutti Grapefruit	Serving	8.08
000766	Salad. Bean, three	120 Ea	9.57
000945	Salsa, Diced Tomato comdy	servings	2.24
000834	Salsa, Pico de Gallo	1 ounce	3.11
001051	SALSA:COMMODITY	OZ	1.98
000154	Sand, chicken panini (2)	Serving	30.00
000805	Sand, Deli Stick 2.65 oz	each	18.00
000931	Sand, Grld Chickn Filet-Hogie	each	29.50
000548	SAND,CAN BAC AND EGG WITH CHSE	SERVING	29.68*
000280	SAND,SAUS PAT/ EGG WITH CHSE	SERVING	30.58
000209	Sand. W/G Chick-Piz Quesadilla	Serving	40.00
000849	Sandwich Assortment	Serving	23.15
000126	Sandwich, "1/2" turkey, hoagie	each	28.36
000069	Sandwich, BBQ chicken	each	31.83
000117	Sandwich, Bologna	each	17.48
990107	Sandwich, Chicken Salad	each	23.46
000315	Sandwich, Chicken, Spicy	1 Ea	37.74
901673	Sandwich, Deli Stick	each	16.79
000715	Sandwich, Grill. cheese, 3.25	each	31.62
901631	Sandwich, Grill. Chse, wrap	each	31.62
000067	Sandwich, Grilled Chickn Filet	each	27.77
000546	Sandwich, Ham and Cheese Crois	Serving	17.77
901584	Sandwich, Ham and Cheese/Roll	each	28.73
000037	Sandwich, Ham and Eggs Muffin	SERVING	28.04*
000817	Sandwich, Ham Salad	each	39.87
901895	Sandwich, Meatball, secondary	each	44.09
000177	Sandwich, Muff, Can bac and Ch	SERVING	28.68
000116	Sandwich, Pastrami	each	43.04
000830	Sandwich, Pastrami Hot	each	44.56
000838	Sandwich, Philly Cheesesteak	Serving	41.91
000918	Sandwich, Pulled Pork	Each	30.71
000146	Sandwich, Quedia Cheese wrapd	each	28.00
000923	Sandwich, roast beef	each	41.01
000772	Sandwich, Roast beef Secondary	each	36.19
000800	Sandwich, Saus & Egg Bagel	1 Ea	29.50
000796	Sandwich, Saus & Egg Muffin	1 Ea	28.88
000279	Sandwich, Saus & Egg/Ch Muffin	1 Ea	2.51
000071	Sandwich, Saus, Egg, Hashbrown	1 Ea	37.03
000528	Sandwich, T Ham and Cheese bag	each	45.16
000030	Sandwich, Tuna elementary	each	24.23
000269	Sandwich, Turk/Cse French Roll	each	29.40
900809	Sandwich, turkey elementary	each	18.63
000807	Sandwich, Uncrustable P.B. & J.	each	32.88
901978	Sandwich, Vegetarian	each	28.75*
901660	Sandwich,Turkey & Cheese F.R.	each	26.00
000644	Sandwich,Turkey Ham elementary	each	28.23
000207	Sandwich,Turkey Ham&Ch Sub	each	27.00
000527	Sauce, Alfredo	2 oz	5.67
000941	Sauce, Alfredo - Tabatchnicks.	Servings	6.00
000883	Sauce, Meatless seasoned	1/2 cup	15.34
000876	Sauce, Minor's Chile Garlic	Serving	8.00

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GUSD

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000875	Sauce, Minor's Zesty Orange	serving	21.00
000884	Sauce, with Crumble and Turkey	1/2cup	7.21
000133	Sausage link, turkey	each	0.37
000764	Sausage Patty, beef	each	0.50
902370	Shepherd's Pie	serving	2.07
901572	Shrimp, Breaded, oven crunchy	4 oz	24.00
000754	Sloppy Joe on a Bun - mix	each	33.47
901552	Soup, Alphabet Vegetable	cup	14.99
990063	Soup, Chicken Noodle	cup	7.00
900317	Soup, Chicken, Goldfish Pasta	cup	10.01
902354	Soup, Ground Beef & Vegetable	#6 scoop	35.25
000878	Spaghetti and Beef/Turk Sauce	2/3 cup	13.92
990055	Spaghetti and Meat Sauce	2/3 cup	13.46
000205	Spaghetti, meat balls	#6 scoop	17.04
000881	Spaghetti/Meatless season Sce	2/3 cup	19.89
000111	Spinach, raw	cup	1.09
900029	Strawberries, fresh	cup	10.11
000098	STRAWBERRIES: frozen	CUP	66.10
000801	String Cheese/Mini Muffin	each	5.39
000240	SUGAR,BROWN	oz	27.58
000776	Sweet Potato Crinkle Cut Fries	Serving	20.00
000946	SWEET POTATO TRIM FRIES	serving	16.67
000943	Sweet Potato/Baked Reg Fries	Serving	14.07
900078	Syrup, pancake	Tbsp	12.06
901677	Taco Boat, Chalupa Beef	each	12.00
901624	Taco Sauce, Mild	oz	3.71
000841	Taco Shell, Romero's 200/cs	each	8.94
901625	Taco, Beef - Elemen 2 each	#30 scoop	9.97
000927	Taco, Beef - soft elem 2 each	#30 scoop	30.60
000170	Taco, Beef Crumble	Servings	21.28
000937	Taco, chicken fajita	Servings	0.69
000936	Taco, Fish- Elemen 2 each	Serving	56.14
000183	Taco, Pork carnitas	Servings	0.56
000327	Taco, Turkey/beef taco filling	oz	1.37
000787	Tacos, mini 2	serving	15.00
000023	TANGELO	each	11.74
901179	Tangerine, fresh	each	7.83
901997	Teriyaki Burger	each	84.37
901289	Texas Toast, Cinnamon	each	47.00
901862	Theme Bar, Asian	each	204.11
000900	Theme Bar, Burrito	each	170.75
901856	Theme Bar, Chicken Fajita	each	156.24
901865	Theme Bar, Pasta	each	138.76
000887	Theme Bar, Taco	each	171.05
901592	Tomatoes, cherry	cup	8.17
900810	Tomatoes, cherry	cup	8.17
000763	Totaly Taco Wedge	Each	27.00
000046	Trail Mix	Serving	25.46
000842	Triple B Burger 4 oz on a bun	Serving	26.14
901630	Tuna Salad Mix	#12 scoop	6.74
901528	Turkey & Gravy	serving/5 oz	7.61
901477	Turkey Ham & Cheese Bagel Sand	each	27.11
000839	Turkey Roast and Gravy	Serving	2.77
000939	Turkey Taco Filling, cooked, U	Serving	1.60
000125	Turkey, Ground	Serving	1.04
901594	Vegetables, Mixed, cold	cup	18.04
000208	Vegetables, Mixed, frozen	servings	7.63
901871	Veggie Plate	each	14.57
000176	Waffle stick (1) Chick strip	Serving	18.90
000171	Waffle stick (1) Sausage Link	Serving	14.46
000727	Waffle stick (1) Sausage Pat 1	Serving	14.58
900790	Waffle Stix (2), Sausage (2)	Serving	28.91
000074	Water, 20 oz bottle	Each	0.00

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No.	Description	Portion Size	Carbohydrates (Grams)
000075	Water, 8 oz	Each	0.00
900193	Watermelon, slice	1 wedge	21.59
000612	WEINERSCHNITZEL HOT DOG	Each	27.90
000573	Yofurt, frozen 3.5 oz	Each	18.00
000137	Yogurt Sundae	Serving	31.98
901870	Yogurt w/ Soft Pretzel	each	104.06
901583	Yogurt, 8 oz, assorted, lofat	each	46.96
000243	Yogurt, Fruit Parfait	Serving	26.39
902203	Yogurt, lofat, 4 oz assorted	each	22.07
990042	Yogurt, lofat, 4 oz Trix	each	23.00
900097	Zucchini slices	cup	4.35

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