

# Seaford School District

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000064	APPLES,Fresh	EACH	19.06
000682	Applesauce	1/2 cup	12.08
000609	Applesauce, Cinnamon	1/2 cup	14.38
000775	Applesauce, Strawberry	1/2 cup	15.75
000250	ASPARAGUS: fresh,boiled	CUP	7.40
000347	BAGELS,PLAIN,ENRICHED	1 EACH	35.86
000068	BANANAS	EACH	23.07
000685	Bar, Breakfast, Whole Wheat	each	38.00
000358	Beans, Baked	4 OZ. (1/2 CUP)	19.61
000388	Beans, Green	1/2 CUP	4.98
000428	BEANS, lima: canned,cooked	1/2 Cup	15.92
000633	Beef, BBQ	4 oz.	18.94
000529	Beefy Taco Sauce, SH	cup	17.64
000373	Biscuit, Buttermilk	1 biscuit	28.00
000255	BLUEBERRIES,Fresh	CUP	21.45
000613	Bowl, Chicken Teriyaki Rice	serving	37.22
000768	Bread, Cheesy Mascot	1/2 roll	20.69
000380	Bread, Italian	SLICE	29.23
000606	Breadstick, French	1 PIECE	21.40
000599	Breadstick, garlic	1 PIECE	20.40
000511	Breakfast Biscuit-Egg & Cheese	Each	30.50
000412	Breakfast Biscuit-Ham & Cheese	each	28.50
000414	Breakfast Biscuit-Saus & Chse	each	29.50
005001	BREAKFAST BURRITO W/ SALSA	1 BURRITO	39.01
000566	Breakfast Pizza - USF 628451	1	19.00
000659	Broccoli & Cauliflower,HerbPol	1/2 Cup	9.82
000256	BROCCOLI,raw: fresh	CUP	6.04
000257	BROCCOLI: fresh, boiled	CUP	11.20
000258	BROCCOLI: frozen, boiled	CUP	9.84
000204	BROWNIES	EACH	23.33
000770	Bun, Cheesy Whole Wheat	1/2 bun	14.41
000480	Bun, Honi, Reduced Fat, Bakecr	3 oz	46.00
000743	Burrito, Bean & Cheese	Each	44.00
000744	Burrito, Beef & Bean	Each	34.00
000221	BUTTER: individual	PAT	0.00
000702	Cake, Black Forest	piece	25.36
000703	Cake, Harvest	7 X 11	30.36
000539	Cake, Yellow, Plain - Elem	7 x 11 Elem	22.91
000537	Cake, Yellow, Plain - MS/SH	6 x 10 MS/SH	29.40
000538	Cake, Yellow/Whip Top -Elem	7 x 11 Elem	24.22
000560	Cake, Yellow/Whip Top- MS/SH	6 x 10 MS/SH	31.08
000022	CARROT STICKS	1/2 cup	8.42
000384	Carrot, Coins	1/2 CUP	6.23
000578	Carrots, Diced	1/2 cup	5.09
000773	Carrots, Savory	1/2 cup	13.92
000261	CARROTS:frozen, boiled	CUP	11.29
000264	CAULIFLOWER,raw: fresh	CUP	4.97
000265	CAULIFLOWER: frozen,boiled	1/2 CUP	3.38
000025	CAULIFLOWER:fresh boiled	1/4 CUP	1.27
000267	CELERY STICKS	CUP	4.41
000686	Cereal Bowls, Assorted	owl	19.64
000299	Cheese Sticks with Marinara	2 Sticks	35.49
000655	Cheese Topping, Shredded	OZ	0.00
000530	Cheese, Cheddar, Mild, Shredde	oz	0.00
000534	Cheese, Parmesan, Grated	Tbsp	0.25
000149	Cheeseburger, WW Bun	sandwich	32.86
000268	CHERRIES,Fresh	CUP	23.21
005023	CHICKEN FAJITAS	1 FAJITA	32.26
000287	Chicken Nugget, Goldkist, Elem	5 Nuggets	12.00
000718	Chicken Nuggetw/Roll, GK, EI	5 Nug + 1 roll	52.00
000677	Chicken Parmesan	Serving	14.68
005020	CHICKEN STIR FRY	1 CUP	13.70
000106	CHICKEN VEGETABLE SOUP:scratch	CUP	9.99

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No.	Description	Portion Size	Carbohydrates (Grams)
000689	Chicken Veggie Teriyaki Bowl	9 oz.	52.27
000466	Chicken Wings, Honey BBQ Goldk	1 EACH	0.02
000557	Chicken Wings, Honey BBQ, Full	3 oz	4.00
000462	Chicken, Breaded, 8 pc	serving	7.00
000645	Chicken, Mandarin Orange	3.92 oz.	20.00
000653	Chicken, Popcorn	serving	12.00
000717	Chicken, Popcorn w/WW Roll, EI	2.25oz + roll	60.77
001003	CHICKEN,BARBECUED	SERVING	15.43
001004	CHICKEN,OVEN FRIED	SERVING	9.70
000690	Chili	8 oz.	21.87
000763	Chili, Fajita	8 oz.	11.85
000577	Chips, Baked, Assorted	1 bag	16.67
500079	CHOCOLATE CAKE	SERVINGS	30.47
000208	CHOCOLATE CAKE	SERVINGS	30.56
000209	CHOCOLATE CHIP COOKIES	EACH	15.60
000187	CINNAMON ROLLS	2 oz	37.76
000410	Coleslaw	2 T	5.88
000413	COLLARDS: frozen	CUP	12.07
000545	Cookie, Sugar, FD/CE	each	23.65
000544	Cookies, Chips Ahoy 100 Calori	pkg	18.00
000386	Corn	1/2 cup	22.06
000385	Corn, Cobbette	EAR	19.18
000271	Corn, frozen, yellow	1/2 CUP	15.92
000771	Corn, Mexicali	1/2 cup	19.36
000727	Corn, Sweet, Fresh, On the Cob	Ear (medium)	29.00
000483	Cornbread	1 square	37.35
000482	Cornbread, Elem	1 square	29.11
000672	cracker, animal, pack	1 package	23.00
000679	Crackers, Graham, Goldfish	.9 oz.	19.00
000681	Crackers, Honey Graham	2-pack	16.00
000232	Crackers, Saltines	4-pk	8.92
000233	CRACKERS,GRAHAM	4 EACH	43.55
000322	CREAM CHEESE	1 TBSP	0.59
000202	Crisp, Apple	1/2 CUP	38.44
000207	Crisp, Cherry	1/2 cup	58.79
000772	Crisp, Whole Grain Apple	piece	30.21
000377	CUCUMBER,RAW	1 OZ	0.61
000673	Dip, Ranch	2 Tbsp.	3.78
000603	Dressing, Bleu Cheese	packet	1.42
000760	Dressing, Fat-free, French	packet	11.87
000631	Dressing, Fat-free, Italian	packet	4.94
000784	Dressing, Fat-free, Ranch	packet	10.88
000786	Dressing, Honey Dijon	packet	12.86
000787	Dressing, Honey Mustard	packet	7.59
000745	Dressing, Lite Caesar	packet	4.25
000785	Dressing, Viniagrette, Rasp	packet	11.87
000611	Egg Patty on English Muffin	sandwich	31.68
000643	Egg Roll, Beef & Vegetable	4.40 oz.	26.94
000495	Egg Roll, Pork & Veg, 4.2 oz,	each	25.03
000370	EGG,HARD-BOILED	1 EACH	0.56
000353	ENGLISH MUFFINS,PLAIN,TOASTED	1/2 EACH	13.69
000688	Fajitas, Chicken	Each	17.05
000506	Fish Nuggets	(4) Nuggets	24.00
000758	Fish Nuggets (MS & HS)	(5) Nuggets	30.00
000569	French Toast Sticks	(4) sticks	42.00
000082	French Toast Sticks, Cinnamon	(4) sticks	44.36
000474	Fries, Elem	1/2 cup	14.01
000493	Fries, Sec	1/2 cup	20.75
000776	Fries, Sweet Potato	1/2 cup	12.21
000402	Fruit Cocktail, Cnd, Xtra Lite	1/2 cup	12.80
000246	FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
000245	Fruit, Assorted Fresh	piece	16.53
000590	Fruit, Mixed	1/2 cup	18.00

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000442	Gelatin, Prepared, plain	fl oz	4.79
000077	GRAPE JUICE: canned,unswtnd	4 fl.oz.	18.67
000080	GRAPEFRUIT HALVES	1/2 EACH	26.83
000078	GRAPEFRUIT JUICE: canned,unswt	4 fl.oz.	11.07
000421	GRAPEFRUIT SECTIONS:cnd,juice	CUP	22.93
000422	GRAPES,Fresh	CUP	15.78
000460	Gravy, Chunky Chicken	3 oz	8.28
000440	Gravy, Lite	1 fl oz	1.43
000423	GREAT NORTHERN BEANS: from dry	CUP	37.33
000424	GREEN BEANS: canned,cooked	CUP	6.08
000425	GREEN BEANS: fresh,boiled	CUP	9.85
000426	GREEN BEANS: frozen,boiled	CUP	8.71
000161	Hamburger, WW Bun	sandwich	32.36
000153	HOLIDAY	SERVING	0.00
000790	Honey	pc	7.00
000575	Honi Bun - USF 900170	1	40.00
000330	Hot Dog on Whole Wheat Roll	Hot Dog	25.27
000791	Hot Sauce	1/2 tsp	0.00
000663	Italian Ice, Crybaby	1/2 Cup	12.00
000601	Jello, Fruited with Topping	1/2 cup	20.71
000345	JELLY	1 TBSP	13.29
000528	Juice Bar, Frz., Min Md, 72/3.	Each	21.00
000594	Juice Bar, Frzn, Blue Rasp	1 BAR	15.00
000595	Juice Bar, Frzn, Cherry	1 BAR	15.00
000596	Juice Bar, Frzn, Fruit Punch	1 BAR	15.00
000789	Kale, steamed	1/2 cup	3.40
000634	Ketchup	1/2 oz.	3.77
000222	KETCHUP: individual	PC packet	1.51
000427	KIDNEY BEANS: canned,drained	CUP	37.12
000509	Kiwi Fruit, Fresh	Each	16.62
000034	Lettuce & Tomato, 1 lf,2 slc	1 lf,2 slc	1.11
000656	Lettuce & Tomato, cups	1/2 cup	2.29
000638	Lettuce, shredded	1/2 cup	1.07
000652	Lunchable, Cheese	each	31.42
000747	Lunchable, Meat & Cheese	each	26.62
000746	Lunchable, PB & Cheese	each	35.74
000740	Lunchable, Tortilla	each	35.42
000661	Lunchable, Yogurt	each	57.52
000164	Macaroni & Cheese	1/2 cup	21.85
000765	Mayonnaise, pc	pc	1.80
000499	Mayonnaise, Red. Cal., 200/12	2 T.	4.25
000722	Melon, Cantaloupe, fresh	1/2 Cup	8.32
000231	Milk, 1%	8 oz.	13.00
000781	Milk, Fat-free	8 oz.	13.00
000783	Milk, Fat-free, Chocolate	8 oz.	23.00
000782	Milk, Fat-free, Strawberry	8 oz.	23.00
000481	Muffin Mix, Low Fat Variety, G	2 oz	25.94
000735	Muffin, Banana, IW	Each	54.00
000731	Muffin, Blueberry, IW	Each	45.00
000223	MUSTARD: individual PC	PC packet	0.29
000720	Nachos,w/gr beef & cheese sauc	Serving	35.16
000083	NECTARINES,FRESH	EACH	14.35
000167	NO BREAKFAST	SERVING	0.00
000156	NO LUNCH	SERVING	0.00
000145	NO SCHOOL TODAY	SERVING	0.00
000212	OATMEAL COOKIES	EACH	19.36
000048	OATMEAL COOKIES:with raisins	EACH	23.73
000436	OKRA: frozen,boiled	CUP	11.79
000505	ONIONS,FRESH	Tbsp	0.93
000084	ORANGE JUICE: canned,unswtnd	CUP	27.41
000086	ORANGES	EACH	11.28
000085	ORANGES HALVES	1/2 EACH	5.64
000716	Oranges, Mandarin	1/2 cup	12.00

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No.	Description	Portion Size	Carbohydrates (Grams)
000573	Pancakes - USF 590292	2 pancakes	26.67
000711	Parfait, Fruit & Yogurt	6 oz.	23.06
000562	Parmesan Whole Wheat Rotini	.5 cup	19.12
000213	PEACH COBLER	SERVINGS	39.67
000088	PEACHES,FRESH	EACH	8.30
000437	PEACHES: canned,light syrup	1/2 CUP	18.26
000090	PEARS,FRESH	EACH	25.66
000438	PEARS: canned,light syrup	1/2 cup	19.04
000416	Peas & Carrots	1/2 cup	13.62
000038	PEAS & ONIONS: frozen,boiled	1/2 cup	7.77
000392	Peas, Garden Fresh	1/2 cup	9.24
000040	PEAS: frozen,boiled	1/2 cup	11.41
000042	PICKLES,DILL	EACH	1.68
000041	PICKLES,SWEET	EACH	7.40
000612	Piggletstick	1	22.00
000405	Pineapple, Cnd., Lite syrup	1/2 cup	13.77
000007	PINTO BEANS: cooked	CUP	44.84
000300	Pizza Sauce, 2 oz., Dom Pepino	OZ.	3.53
000737	Pizza Stix, Mozz w/Sauce	2sticks/2oz sce	32.04
000587	Pizza Wedge, WhIGrn, Cheese	1 slice	34.75
000767	Pizza, Cheese French Bread	Each	33.00
000593	Pizza, Cheese, Wedge/Thick	slice	39.00
000729	Pizza, Crispy Crust, Cheese	Each	37.00
000730	Pizza, Crispy Crust, Pep	Each	36.00
000374	Pizza, Stuffed Crust, Cheese	Slice	46.00
000094	PLUMS,FRESH	EACH	7.54
000459	Potato Wedges	1/2 cup	38.17
000395	Potato Wedges, Frz, Ckd	4 pieces	20.51
000514	Potato, Baked, Cheesy	1/2 cup	69.34
000381	Potato, Baked, Whole w/Skin	1/2 cup	31.62
000056	Potato, Sweet, Baked	1/2 CUP	17.37
000588	Potatoes, Mashed	1/2 CUP	33.80
000589	Potatoes, Oven Crisp	1/2 cup	44.02
000699	Potatoes, Oven Fried/Baked	1/2 Cup	14.91
000741	Power-Packed Chicken Parmesan	Serving	23.99
000604	Quesadilla, Cheese	(1) quesadilla	36.02
000719	Quesadilla, Cheese w/Salsa	1quesa+2oz.sals	40.60
000733	Quesadilla, Chicken & Cheese	(1) quesadilla	35.68
000224	RELISH: individual PC	PC packet	2.68
000721	Rice, Mexican/Fiesta	1/2 Cup	21.00
000542	Rice, Southwestern Pinto Beans	1/4 CUP	11.20
000001	Rice, Spanish	1/4 CUP	12.54
000700	Rice, with Chicken Base - ELEM	1/2 CUP	22.22
000708	Rice, with Chicken Base- MS/HS	1/2 CUP	17.50
000218	RICE,Cooked Brown	servings	19.94
000572	Roll, Cinnamon, Whole Grn	each	32.00
000586	Rolls, Dinner, Whole Wheat	Each	24.70
000632	Rotini, Chicken & Broccoli	8 oz.	28.31
000500	Salad Dressing, Assor.1.5 oz,	each	9.44
000139	Salad, Antipasto	1/2 CUP	5.04
005039	Salad, Black Bean & Corn	1/2 CUP	16.17
005035	Salad, Broccoli	1/2 CUP	29.06
000695	Salad, Caesar	Each	6.00
000694	Salad, Caesar, Chicken	Each	9.98
000684	Salad, California Pasta	1/2 cup	10.95
000792	Salad, Cheese	Each	19.08
000761	Salad, Chef, Chicken	Each	24.66
000616	Salad, Chef, Chicken Fajita	Each	23.26
000696	Salad, Chef, Chicken Salad	Each	24.26
000614	Salad, Chef, Ham	Each	22.66
000697	Salad, Chef, Tuna Salad	Each	26.12
000615	Salad, Chef, Turkey	Each	24.66
000364	Salad, Chicken (scoop)	2 OZ	1.60

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000651	Salad, Crazy Bean	1/2 CUP	30.29
000698	Salad, Egg	2 OZ	3.04
000755	Salad, Green Bean	1/2 cup	9.19
000778	Salad, Jicama	1/2 cup	8.31
000762	Salad, Krunchy Kale	1/2 cup	4.03
000477	Salad, Macaroni	1/2 CUP	23.36
000756	Salad, Marinated Carrot	1/2 cup	27.64
000769	Salad, Marinated Fresh Veggie	1/2 cup	4.52
000360	Salad, Pasta	1/2 CUP	13.24
000242	Salad, Potato	1/2 CUP	37.56
000600	Salad, Rainbow Rotini	1/2 cup	45.82
000357	Salad, Romaine	2 oz	3.17
000754	Salad, Romaine & Mesculin	1/2 cup	4.98
000780	Salad, Spinach & Grape Tomato	each	5.47
000710	Salad, Strawberry Romaine	Each	23.01
000678	Salad, Tossed	1/2 cup	4.91
000362	Salad, Tuna (scoop)	2 OZ	1.39
000399	Salsa, Commodity	2 TBSP	1.98
000617	Salsa, Homemade	1/4 cup	3.27
000660	Sandwich, 3-Cheese Melt	1 SANDWICH	27.00
000110	Sandwich, BBQ Beef	SERVINGS	35.56
000658	Sandwich, BBQ Chicken	EACH	41.48
000576	Sandwich, Chicken Patty	sandwich	39.94
000726	Sandwich, Chicken Salad	2oz + 1 roll	26.40
000748	Sandwich, Fiesta Melt	Each	57.13
000449	Sandwich, Fish Fillet	each	46.00
000759	Sandwich, Flying Saucer	Each	30.40
000313	Sandwich, Grilled Cheese	1 SANDWICH	28.00
000328	Sandwich, Grilled Chicken	Each	29.00
000490	Sandwich, Grilled Chicken, BBQ	each	46.90
000549	Sandwich, Grilled Ham & Cheese	1 SANDWICH	27.00
000635	Sandwich, Ham&Cheese Flatbread	SANDWICH	50.04
000565	Sandwich, Hot Ham & Cheese	Each	28.01
000314	Sandwich, Hot Turkey (Elem&MS)	1 SANDWICH	18.59
000315	Sandwich, Hot Turkey (HS)	1 SANDWICH	36.18
000788	Sandwich, PB	each	32.33
000333	Sandwich, PB & J	each	45.33
000319	Sandwich, Rib-B-Que	SERVING	51.85
000649	Sandwich, Roast Beef & Cheese	SANDWICH	27.51
000751	Sandwich, Roast Beef Ciabatta	sandwich	55.01
000648	Sandwich, RoastBeef&Ch (HS)	SANDWICH	28.01
000114	Sandwich, Sloppy Joe	each	40.18
000117	Sandwich, Tuna Salad	1 SANDWICH	57.49
000610	Sandwich, Turkey	1 SANDWICH	27.00
000774	Sandwich, Turkey & Cheese	1 SANDWICH	27.50
000749	Sandwich, Turkey Ciabatta	Sandwich	54.00
000020	Sandwich, Turkey Salad	1 SANWICH	30.60
000650	Sandwich, RoastBeef&Cheese Club	SANDWICH	29.02
000583	Sandwich, Turkey&Cheese on Club	1 SANDWICH	30.00
000026	Sandwich-Brkf Saus, Egg, Chse	each	28.25
000630	Sauce, BBQ	2 T.	12.48
000707	Sauce, Cheese, Elem	1 oz.	4.11
000372	Sauce, Cheese, Lasco 3 -in-1	Serving	1.75
000706	Sauce, Cheese, MS/HS	2 oz.	8.22
000605	Sauce, cocktail, USF 272229	servng	11.00
000793	Sauce, Sweet & Sour	each	5.18
000049	SAUERKRAUT:canned	CUP	6.08
000451	Sausage & Cheese Biscuit	EACH	34.05
000571	Scrambeled Eggs & Toast	1	13.25
000308	Seafood Platter, Elem	SERVING	19.09
000309	Seafood Platter, MS/SH	SERVING	19.09
000488	Shells, Stuffed	2 SHELLS	26.45
000304	Shepherd's Pie	Serving	9.72

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900011	Shepherd's Pie	Serving	9.72
000448	Shrimp Poppers, EI	4 oz.	25.65
000714	Shrimp Poppers, Sec	4 oz.	25.65
000715	ShrimpPoppers w/breadstick, EI	2oz.SP & 1 BS	34.22
000713	ShrimpPoppers w/breadstick, Se	3oz.SP & 1 BS	40.64
000742	Soup, Apple Butternut	Serving	11.32
000341	Soup, Beef Noodle	8 fl oz	5.05
000343	Soup, Chicken Noodle	8 fl oz	3.96
000346	Soup, Chicken Pasta Veggie	8 fl oz	31.70
000352	Soup, Chicken Rice	8 fl oz	2.42
000750	Soup, Chicken Vegetable	8 fl oz	7.95
000701	Soup, Chili, White	8 oz.	22.19
000339	Soup, Cream of Broccoli	8 fl oz	15.05
000340	Soup, Cream of Potato	8 fl oz	26.45
000464	Soup, Fiesta	8 fl oz	13.22
000348	Soup, Lima Bean	8 fl oz	18.36
000492	Soup, Manhattan Clam Chowder	8 fl. oz.	19.24
000350	Soup, New England Clam Chowder	8 fl oz	25.31
000351	Soup, Peas & Dumplings	8 fl oz	7.14
000342	Soup, Tomato	8 fl oz	16.67
000479	Soup, Turkey Noodle	8 fl oz	7.64
000752	Soup, Vegetable	8 fl oz	27.34
000510	Soup, Vegetable Beef	8 fl oz	27.02
000662	Soup, Wedding	8 oz.	10.32
000465	Soup, White Chicken Chili	8 fl oz	23.25
000654	Sour Cream	OZ	1.98
000173	Spaghetti with Meat Sauce	1c ndl/4oz sce	39.82
000051	SPINACH: frozen,boiled	1/2 Cup	9.12
000050	SPINACH:canned	CUP	7.28
000779	Squash, Roasted	(1) wedge	15.68
005045	STIR-FRY SAUCE	3 TBSP	3.12
000099	STRAWBERRIES,FRESH	CUP	11.06
000098	STRAWBERRIES: frozen	CUP	66.10
000443	Strawberry, Cup	1/2 cup	33.05
000522	Sub, Cheese , SH	1 SUB	37.01
000307	Sub, Cheese Steak, Elem & MS	Each	27.58
000305	Sub, Cheese Steak, SH	1 SUB	36.08
000563	Sub, Cheeseburger	1 SUB	43.44
000581	Sub, Chicken Salad	1 SUB	57.75
000335	Sub, Cold Cut/Deli, MS&HS	1 SUB	38.67
000551	Sub, Ham & Cheese, Elem & MS	1 SUB	28.50
000520	Sub, Ham & Cheese, HS	1 SUB	36.00
000334	Sub, Italian/Cold Cut, Elem	each	42.10
000311	Sub, Meatball & Mozz, Elem	each	29.93
000266	Sub, Meatball, Homemade	EACH	39.42
000312	Sub, Meatball, MS	SERVINGS	39.93
000550	Sub, Meatball, SH	SERVINGS	41.16
000518	Sub, Roast Beef, SH	1 SUB	37.52
000636	Sub, Tuna Salad, Elem	each	49.40
000336	Sub, Turkey&Cheese, Elem	1 SUB	23.34
000519	Sub, Turkey&Cheese, HS	1 SUB	40.78
000337	Sub, Turkey&Cheese, MS	1 SUB	39.78
000116	SUGAR COOKIES	EACH	16.99
000359	Sweet Potatoes, Baked	1/2 CUP	22.41
000349	SYRUP,PANCAKE	1 TBSP	12.06
000185	TACO PIE:with beans	svg	33.73
000137	TACO PIE:with salad topping	serving	24.16
000140	TACO SALAD	SERVING	17.96
000463	Taco, Hard, Beef & Cheese	2.5 oz	16.14
000494	Taco, Soft, Beef & Cheese	2.5 oz	37.14
000141	TACO,BEAN	2 EACH	37.51
000175	TACO,BEEF	1 TACO	10.18
000005	TACO,BEEF:Soft Shell	2 TACOS	71.84

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*

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# Seaford School District

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000608	Tacos, Beef & Cheese	each	26.72
000100	TANGERINES,FRESH	EACH	11.21
000126	TARTAR SAUCE: scratch	2 TBSP	4.37
000129	THREE BEAN SALAD	1/4 CUP	4.98
000574	Toast, French, Sticks	4 pieces	39.66
000234	VACATION	EACH	0.00
000109	VEGETABLE SOUP: scratch	CUP	9.99
000383	Vegetables, California blend	1/2 CUP	5.93
000584	Vegetables, Garden,Steamd Mxd	1/2 cup	8.84
000390	Vegetables, Mixed	1/2 CUP	11.89
000738	Veggie Cup	1/2 cup	3.64
000618	Veggie Sticks-Carrots & Celery	1/2 CUP	5.31
000736	Waffle Sticks	(2) Sticks	30.00
000006	Waffle Sticks, Cinnamon	2 each	32.36
000570	Waffles	2 waffles	64.00
000101	Watermelon, Fresh	CUP	17.12
001002	WHIPPED TOPPING	TBSP	1.93
005011	WHOLE WHEAT SUGAR COOKIES	1 COOKIE	28.14
000680	Wrap, Chicken Fajita (HS)	wrap	22.13
000693	Wrap, Ham & Cheese (Elem & MS)	1 WRAP	2.11
000498	Wrap, Ham & Cheese (HS)	1 WRAP	20.11
000777	Wrap, Honey Mustard Deli	1 wrap	25.76
000497	Wrap, Turkey & Cheese (E&MS)	1 WRAP	22.11
000526	Wrap, Turkey & Cheese (HS)	1 WRAP	23.11
000220	YELLOW CAKE	SLICE	31.02
000411	Yogurt, Danimal	each	22.00
000567	Yogurt, Danimals, Strawberry	SERVING	28.10
000568	Yogurt, Danimals, Vanilla	SERVING	28.10
000579	Yogurt, Frozen, Strawberry	1 PIECE	29.00
000467	Yogurt, Nonfat, Upstate 4 oz	each	22.00

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