

2018-2019 Carbohydrate Chart

Recipes are subject to change. Please make sure you refer to the most recent carb count list or contact the dietitian with any questions. If two or more entries are listed for a certain food, please check with your cafeteria to determine which recipe number was used. The "Marketing Name" is what will appear on the school lunch menu and the "Menu Item Name" is where more information is given about the recipe.

Breakfast Entrees					
Recipe Number	Marketing Name	Menu Item Name	Serving	Unit	Carb (g)
34838	Strawberry Bar & Yogurt	Bar & Yogurt, Strawberry Bar 1.2oz, Strawberry Yogurt 4oz	1	serv.	37.0
35382	Strawberry Oatmeal Bar & Cheese Stick	Bar, Strawberry Oatmeal 2.4oz & Cheese Stick 18-19	1	serv.	47.0
34840	Beef Sausage & Cheese Bagel	Beef Sausage and Cheese Bagel (P) 18-19	1	ea.	26.3
35202	Beef Sausage Biscuit	Biscuit, Beef Sausage (FS) 18-19	1	ea.	28.3
34842	Turkey Ham & Cheese Breakfast Taco	Breakfast Taco, Turkey Ham, Pepper, Cheese (FS)(C) 18-19	1	serv.	27.6
34846	Apple Oatmeal Bar & Marble Jack Cheese	Cheese & Bar, Marble Jack, Apple Oatmeal Bar 2.4oz 18-19	1	serv.	47.0
34831	Chicken Biscuit	Chicken, Biscuit 75ct (P)(FS) 18-19	1	ea.	33.0
35113	Blueberry Muffin & Strawberry Yogurt	Muffin & Yogurt, Blueberry, Strawberry Yogurt 4oz (FS) 18-19	1	serv.	44.8
34843	Lemon Muffin & Strawberry Yogurt	Muffin & Yogurt, Lemon (FS), Strawberry Yogurt 4oz 18-19	1	serv.	42.5
34841	Sweet Potato Spice Muffin & Strawberry Yogurt	Muffin & Yogurt, Sweet Potato (FS), Strawberry Yogurt 4oz 18-19	1	serv.	44.7
34839	Mini Blueberry Pancakes & Marble Jack Cheese	Pancakes & Cheese, Mini Blueberry IW, Marble Jack 18-19	1	serv.	32.0
35116	Maple Pancakes & Marble Jack Cheese	Pancakes & Cheese, Mini Maple IW, Marble Jack 18-19	1	pkg.	40.0
34837	Turkey Sausage Pancake Wraps	Pancakes, Mini, Turkey Sausage Wrap IW 18-19	1	pkg.	15.0
35381	Turkey Sausage Pancake Wrap & Cheese stick	Pancakes, Turkey, Sausage Wrap & Cheese Stick 18-19	1	serv.	16.0
35118	Blueberry & Yogurt Parfait	Parfait, Blueberry, Yogurt with Granola (FS)(P) 18-19	1	serv.	49.9
34844	Beef Sausage Breakfast Sandwich & Marble Jack Cheese	Sandwich & Cheese, Breakfast Beef Sausage IW, Marble Jack Cheese 1	1	serv.	27.3
34847	Fiesta Egg & Cheese Sandwich & Marble Jack Cheese	Sandwich & Cheese, Breakfast Fiesta Egg & Cheese, Marble Jack Che 1	1	serv.	21.0
34848	Beef Sausage Breakfast Sandwich	Sandwich, Breakfast Beef Sausage IW (P) 18-19	1	serv.	26.3
34853	Fiesta Egg & Cheese Sandwich	Sandwich, Breakfast Fiesta Egg & Cheese IW (P) 18-19	1	ea.	20.0
34832	Turkey Ham & Cheese Breakfast Sliders	Turkey Ham, Pepperjack Cheese, Breakfast Sliders 18-19	1	serv.	28.3
34845	Strawberry Yogurt & Granola	Yogurt & Granola, Strawberry 4oz, Granola 1.25oz 18-19	1	serv.	40.0
35112	Apple Oatmeal Breakfast Bar	Bar Breakfast WG Apple Oatmeal (2.4 oz.) (P) 18-19	1	Bar	46.0
34849	Strawberry Oatmeal Breakfast Bar	Bar Breakfast WG Strawberry Oatmeal (2.4 oz.) (P) 18-19	1	Bar	46.0
34833	Apple Cheerios	Cereal, Apple Cheerios 18-19	1	ea.	22.0
34834	Cinnamon Toast Crunch Cereal	Cereal, Cinnamon Toast Crunch 18-19	1	ea.	22.0
35114	Blueberry Muffin	Muffin, Blueberry (FS) 18-19	1	ea.	30.8
34852	Lemon Muffin	Muffin, Lemon (FS) 18-19	1	ea.	28.5
34851	Sweet Potato Spice Muffin	Muffin, Sweet Potato Spice (FS) 18-19	1	ea.	30.7
34850	Mini Blueberry Pancakes	Pancakes, Mini Blueberry IW 18-19	1	pkg.	31.0
35117	Mini Maple Pancakes	Pancakes, Mini Maple IW 18-19	1	pkg.	39.0
34835	Cinnamon Toast	Toast, Cinnamon (FS) 18-19	2	ea.	59.4
34836	Strawberry Yogurt	Yogurt, Strawberry 4oz 18-19	1	ea.	14.0

Lunch Entrees and Meat/Meat Alternates					
Recipe Number	Marketing Name	Menu Item Name	Serving	Unit	Carb (g)
34900	Hamburger	Beef, Burger (C) 18-19	1	ea.	29.0
35159	Hamburger	Beef, Burger (C)(FS) 18-19	1	ea.	28.7
34899	Cheeseburger	Beef, Burger, American Cheese (C) 18-19	1	ea.	30.0
35158	Cheeseburger	Beef, Burger, American Cheese (C)(FS) 18-19	1	ea.	29.7
35240	Beef Kolache	Beef, Kolache (FS) 18-19	1	ea.	28.2
35182	Beef Meatball Sub	Beef, Meatball Sub, Hoagie (FS) 18-19	1	ea.	33.0
34906	Beef Nachos	Beef, Nachos (ES)(FS) 18-19	1	serv.	46.9
34860	Beef Nachos	Beef, Nachos (HS)(FS) 18-19	1	serv.	44.7
35174	Beef Soft Tacos	Beef, Soft Taco (FS) 18-19	1	serv.	32.7
34867	Beef Bean & Cheese Burrito	Burrito, Beef, Bean and Cheese (P)(FS) 18-19	1	ea.	42.4
34876	Cheese Calzone	Calzone, Cheese & Sauce (P) 18-19	1	ea.	33.0
35177	Catfish w/ Cornmuffin	Catfish, Cornmuffin (C)(FS) 18-19	1	serv.	49.7
34919	Cheese Enchiladas	Cheese Enchiladas, Queso (FS) 18-19	2	ea.	37.3
35167	Cheesy Breadstick Bites	Cheesy Breadstick Bites, Marinara (FS) 18-19	4	ea.	128.4
34877	Cheesy Breadsticks with Marinara	Cheesy Breadsticks, Marinara (FS) 18-19	1	serv.	34.3
35203	Chicken Carnitas Soft Taco	Chicken Carnitas, Soft Taco (C)(FS) 18-19	1	serv.	32.4
34884	Chicken Carnitas Soft Taco	Chicken Carnitas, Soft Taco (P)(FS) 18-19	1	serv.	32.6
35160	Chicken Carnitas Soft Taco w/ Chips & Queso	Chicken Carnitas, Soft Taco, Chips & Queso (C)(FS) 18-19	1	serv.	42.0
34917	Chicken Carnitas Soft Tacos w/ Chips & Queso	Chicken Carnitas, Soft Taco, Chips & Queso (P)(FS) 18-19	1	serv.	42.4
34861	Chicken Pot Pie	Chicken Pot Pie, Biscuit (C)(FS) 18-19	1	serv.	1027.1
34873	Chicken Sandwich	Chicken Sandwich WM (FS) 18-19	1	ea.	39.7
34920	Chicken Sandwich	Chicken Sandwich WM (P) 18-19	1	ea.	40.0
34997	Chicken Teriyaki Rice Bowl	Chicken Teriyaki (P), Rice Bowl (C)(FS) 18-19	1	serv.	63.5
35223	Chicken Nuggets	Chicken, Nuggets, WM 18-19	1	serv.	14.0
34872	Chicken Nuggets & Roll	Chicken, Nuggets, WM with Roll (FS) 18-19	1	serv.	30.3
35366	Chicken Nuggets & Dinner Roll	Chicken, Nuggets, WM, 2oz Roll (P) 18-19	1	serv.	40.0
35170	Chicken Quesadilla	Chicken, Quesadilla (P) 18-19	1	ea.	38.0
35367	Spicy Chicken Tenders & Dinner Roll	Chicken, Spicy Tenders, 2oz Roll (P) 18-19	1	serv.	42.0
34918	Spicy Chicken Tenders & Cornmuffin	Chicken, Spicy Tenders, Corn Muffin (FS) 18-19	1	serv.	53.7
34887	Spicy Chicken Sandwich	Chicken, Spicy, Sandwich WM (FS) 18-19	1	ea.	37.7
35169	Spicy Chicken Sandwich	Chicken, Spicy, Sandwich WM 18-19	1	ea.	40.0
35000	Chicken Tenders w/ Cornmuffin	Chicken, Tenders, Cornmuffin (FS) 18-19	1	serv.	54.7
34858	Chili & Cornmuffin	Chili, Beef & Bean, Cornmuffin (FS) 18-19	1	ea.	52.2
35219	Ranch Chicken & Cheddar Flatbread	Deli, Ranch Chicken & Cheddar Flatbread (C) 18-19	1	serv.	31.0
34940	Ranch Chicken & Cheddar Flatbread	Deli, Ranch Chicken & Cheddar Flatbread (P) 18-19	1	serv.	31.1
35300	Chicken Empanada	Empanada, Chicken Jalapeno 18-19	2	ea.	31.0
35164	Cheesy Fish	Fish w/ Cheese 18-19	1	ea.	23.0
34916	Cheesy Fish w/ Cornmuffin	Fish w/Cheese, Corn Muffin (FS) 18-19	1	ea.	60.7
34886	Cheesy Fish w/ Dinner Roll	Fish w/Cheese, Roll (FS) 18-19	1	ea.	39.3
34897	Caprese Flatbread	Flatbread, Caprese 18-19	1	ea.	32.6
35172	Kahuna Dog	Kahuna Dog IW (P) 18-19	1	serv.	27.0
34859	Turkey Ham Mac & Cheese	Mac & Cheese, Turkey Ham (FS) 18-19	1	Pan	57.3
34999	Meatloaf w/ Cornmuffin	Meatloaf, Cornmuffin (FS) 18-19	1	serv.	8.4
34894	Chicken Nachos	Nachos, Chicken (FS)(C) 18-19	1	serv.	47.1
35212	Chicken Nachos	Nachos, Chicken (FS)(P) 18-19	1	serv.	47.3
34898	Chicken Egg Rolls w/ Lo Mein Noodles	Pasta, Noodle, 2 Egg Roll (HS)(FS) 18-19	1	serv.	65.4
34875	Spaghetti & Meatballs	Pasta, Spaghetti and Meatballs (FS) 18-19	1	serv.	52.7

34921	Thai Chicken & Broccoli Lo Mein	Pasta, Thai Chicken and Broccoli Lo Mein (FS)(P) 18-19	1	serv.	52.1
34869	Cheese Pizza	Pizza, Cheese, 10 Cut (C) 18-19	1	slice	33.0
34888	Meat Lovers Pizza	Pizza, Meat Lovers, 10 Cut (C) 18-19	1	slice	33.3
34868	Pepperoni Pizza	Pizza, Pepperoni, 10 Cut (C) 18-19	1	slice	33.1
35175	Chopped Beef Baked Potato w/ Cornmuffin	Potato, Baked, Philly Beef, Cornmuffin (C)(FS) 18-19	1	serv.	102.9
35225	Cheese Enchilada	PreK, Cheese Enchiladas, Queso (FS) 18-19	1	ea.	18.7
35168	Bean & Cheese Pupusa	Pupusa, Bean & Cheese 18-19	1	ea.	35.0
35213	Chicken Fajita Quesadilla	Quesadilla, Chicken Fajita, Frozen Tortilla (C)(HS) 18-19	1	ea.	40.5
34901	Chicken Fajita Quesadilla	Quesadilla, Chicken Fajita, Frozen Tortilla (P)(FS)(HS) 18-19	1	ea.	40.7
34883	Chicken Sliders	Sandwich, Chicken Sliders (P) 18-19	1	serv.	36.0
35218	Double Cheese Tuna Flatbread	Sandwich, Double Cheese Tuna Flatbread (C)18-19	1	serv.	31.9
34939	Double Cheese Tuna Flatbread	Sandwich, Double Cheese Tuna Flatbread (FS) 18-19	1	serv.	32.9
34936	Italian Sandwich	Sandwich, Italian 18-19	1	serv.	34.0
35222	Philly Cheesesteak	Sandwich, Philly Cheese Steak (C)(FS) 18-19	1	serv.	37.2
35157	Philly Cheesesteak	Sandwich, Philly Cheese Steak (P)(FS) 18-19	1	serv.	37.2
35224	Soybutter & Banana Sandwich	Sandwich, Soy Butter & Banana 18-19	1	serv.	77.1
34924	Soybutter & Jelly Sandwich	Sandwich, Soy Butter and Jelly IW (P) 18-19	1	serv.	55.0
34998	Sloppy Joe	Sloppy Joe, Bun (FS)(P) 18-19	1	ea.	40.1
34871	Chicken Tamale	Tamale, Chicken (P) 18-19	1	ea.	31.0
34923	Turkey Ham & Cheese Sandwich	Turkey Ham & Cheese Pullman, Sandwich 18-19	1	ea.	34.0
35002	Turkey & Cheese Slider	Turkey, Cheese, Slider 18-19	1	ea.	17.0
34925	Turkey & Cheese Hoagie	Turkey, Deli, American Cheese, Hoagie 18-19	1	serv.	28.0
34907	Turkey & Pepperjack Cheese Sandwich	Turkey, Deli, Pepperjack Cheese, Pullman 18-19	1	ea.	31.0
35287	Turkey w/ Dinner Roll	Turkey, Roll, and Gravy (FS)(P) 18-19	1	serv.	30.3
34889	Asian Zing Wings & Cornmuffin	Wings, Asian Zing, Cornmuffin (FS) 18-19	1	serv.	49.7
34891	BBQ Wings & Cornmuffin	Wings, BBQ, Cornmuffin (FS) 18-19	1	serv.	56.9
34862	Crispy Wings w/ Cornmuffin	Wings, Crispy, Cornmuffin (ES)(FS) 18-19	1	serv.	45.1
34893	Crispy Wings & Cornmuffin	Wings, Crispy, Cornmuffin (FS) 18-19	1	serv.	45.3

Grains

Recipe Number	Marketing Menu Name	Menu Item Name	Serving		Carb (g)
34932	Flatbread	Bread, Flatbread 18-19	1	serv.	29.0
34933	Hoagie Bun	Bread, Hoagie 4" (DL) 18-19	1	serv.	26.0
34935	Jalapeno Slider	Bread, Jalapeno Sliders 18-19	1	serv.	1.0
34934	Sliced Bread	Bread, Pullman (DL) 18-19	1	serv.	30.0
35209	Breadstick	Breadstick, Whole Wheat 18-19	1	ea.	13.0
34865	Chow Mein Noodles	Chow Mein Noodles, Salad Bar 18-19	1	serv.	14.0
35230	Saltine Crackers	Crackers, Saltine, IW 18-19	1	serv.	14.0
34866	Dinner Roll	Dinner Roll (FS), 1G 18-19	1	serv.	16.3
34856	Dinner Roll	Dinner Roll, White Whole Wheat (P), 2G 18-19	1	serv.	37.1
34981	Pretzels	Pretzel 18-19	1	ea.	34.0
35173	Cilantro Lime Rice	Rice, Cilantro Lime (C) 18-19	0.5	c.	26.3
35194	Cilantro Lime Rice	Rice, Cilantro Lime (P) 18-19	0.5	c.	27.2
35171	Spanish Rice	Rice, Spanish Brown (C) 18-19	0.5	c.	23.6
35193	Spanish Rice	Rice, Spanish Brown (P) 18-19	0.5	c.	23.6
35293	Strawberry Yogurt Snack Mix	Snack Mix, Cracker, Strawberry Yogurt 18-19	1	ea.	23.0
35295	Cheese Crackers	Snack, Cracker, Cheese 18-19	1	ea.	14.0
35292	Nutrition Education Crackers	Snack, Cracker, Educational (Nutrition) 18-19	1	ea.	22.0
35291	Chocolate Graham Cracker	Snack, Cracker, Graham, Chocolate 18-19	1	ea.	19.0
35290	Cinnamon Graham Cracker	Snack, Cracker, Graham, Cinnamon 18-19	1	ea.	21.0
34983	English & Spanish Educational Crackers	Snack, Educational Crackers (English/Spanish) 18-19	1	ea.	22.0

Fruit

Recipe Number	Marketing Name	Menu Item Name	Serving		Carb (g)
34951	Apple Slices	Apple, Slices IW (DoD) 18-19	1	pkg.	7.0
35105	Fuji Apple	Apple, Whole, Fuji 18-19	1	ea.	24.1
35106	Red Delicious Apple	Apple, Whole, Red (DoD) 18-19	1	ea.	20.6
35009	Applesauce	Applesauce (C) 18-19	0.5	c.	14.5
35010	Applesauce	Applesauce (P) 18-19	0.5	c.	13.5
34949	Applesauce	Applesauce Cup, Individual, (C) 18-19	1	ea.	14.0
35103	Applesauce Cup	Applesauce IW Cup, Natural Flavor, (P) 18-19	1	ea.	16.0
34953	Banana	Banana, Whole 18-19	1	ea.	31.1
34878	Strawberry Craisins	Craisins, Dried, Strawberry (P) 18-19	1	serv.	28.0
35108	Fresh Fruit Medley	Fruit, Fresh Medley, 4-Part 18-19	0.5	c.	11.0
35006	Mixed Fruit	Fruit, Mixed, Canned (C) 18-19	0.5	c.	15.6
35007	Mixed Fruit	Fruit, Mixed, Canned (P) 18-19	0.5	c.	19.2
35014	Red Grapes	Grapes, Red, Whole 18-19	1	serv.	13.6
34945	Apple Juice	Juice, Apple, 4oz 18-19	1	ea.	14.0
35297	Apple Juice	Juice, Apple, 6oz 18-19	1	ea.	20.0
34944	Fruit Blend Juice	Juice, Fruit Blend, 4oz 18-19	1	ea.	14.0
35030	Fruit Blend Juice	Juice, Fruit Blend, 6oz 18-19	1	ea.	21.0
34948	Orange Juice	Juice, Orange, 4oz 18-19	1	ea.	12.0
35296	Orange Juice	Juice, Orange, 6oz 18-19	1	ea.	20.0
35299	Mandarin Orange Fruit Cup	Mandarin Orange Cup, IW (P) 18-19	1	serv.	17.0
35029	Orange	Orange, Whole Cut (FS) 18-19	1	ea.	19.0
35008	Mandarin Oranges	Oranges, Mandarin 18-19	0.5	c.	18.0
35109	Peach Cup	Peach Cup, Individual, (C) 18-19	1	ea.	19.0
35298	Peach Cup	Peach Cup, IW (P) 18-19	1	serv.	18.0
34882	Whole Pear	Peach, Whole, Fresh (C) 18-19	1	ea.	14.3
35012	Diced Peaches	Peaches, Diced (C) 18-19	0.5	c.	13.9
35013	Diced Peaches	Peaches, Diced (P) 18-19	0.5	c.	15.5
35011	Sliced Peaches	Peaches, Sliced (C) 18-19	0.5	c.	13.8
35110	Fresh Pear	Pear, Whole (C) 18-19	1	ea.	23.9
35111	Fresh Pear	Pear, Whole (P) 18-19	1	ea.	26.0
35032	Diced Pears	Pears, Diced (C) 18-19	0.5	c.	16.9
35031	Diced Pears	Pears, Diced (P) 18-19	0.5	c.	21.0
35005	Pineapple Cup	Pineapple Cup, IW (P) 18-19	1	serv.	18.0
35017	Pineapple Chunks	Pineapple, Chunks 18-19	0.5	c.	17.0
35020	Applesauce	PreK, Applesauce ¼ cup (C) 18-19	0.25	c.	7.2

35208	Applesauce	PreK, Applesauce ¼ cup (P) 18-19	0.25	c.	7.1
35365	Fresh Fruit Medley	PreK, Fruit, Fresh Medley, 4-Part 1/4 cup 18-19	0.25	c.	5.5
35019	Mixed Fruit	PreK, Fruit, Mixed, Canned 1/4 Cup (C) 18-19	0.25	c.	7.8
35021	Mixed Fruit	PreK, Fruit, Mixed, Canned 1/4 Cup (P) 18-19	0.25	c.	9.6
35022	Mandarin Oranges	PreK, Oranges, Mandarin 1/4 Cup 18-19	0.25	c.	9.0
35023	Diced Peaches	PreK, Peaches, Diced 1/4 Cup (C) 18-19	0.25	c.	7.0
35024	Diced Peaches	PreK, Peaches, Diced 1/4 Cup (P) 18-19	0.25	c.	7.4
35025	Sliced Peaches	PreK, Peaches, Sliced 1/4 cup (C) 18-19	0.25	c.	9.2
35026	Diced Pears	PreK, Pears, Diced 1/4 Cup (C) 18-19	0.25	c.	8.4
35027	Diced Pears	PreK, Pears, Diced 1/4 Cup (P) 18-19	0.25	c.	9.4
35028	Pineapple Chunks	PreK, Pineapple, Chunks 1/4 Cup (P) 18-19	0.25	c.	8.5
34942	Raisins	Raisins (C) 18-19	1	ea.	30.0
34943	Raisins	Raisins (P) 18-19	1	ea.	34.0
35018	Watermelon	Watermelon (C) 18-19	1	#8 scoop	6.8

Vegetables

Recipe Number	Marketing Menu Name	Menu Item Name	Serving		Carb (g)
34909	Pinto Bean Salad	Bean, Pinto Salad (C) 18-19	0.5	c.	15.7
35201	Pinto Bean Salad	Bean, Pinto Salad (P) 18-19	0.5	c.	18.6
35053	Black Beans	Beans, Black (C)(FS) 18-19	0.5	c.	21.1
35054	Black Beans	Beans, Black (P)(FS) 18-19	0.5	c.	18.3
35188	Charro Beans	Beans, Charro (C)(FS) 18-19	0.5	c.	15.8
35048	Charro Beans	Beans, Charro (P)(FS) 18-19	0.5	c.	19.4
35051	Refried Beans	Beans, Refried (C) 18-19	0.5	c.	20.7
35052	Refried Beans	Beans, Refried (P) 18-19	0.5	c.	19.0
35289	Texas BBQ Beans	Beans, Texas BBQ (P)(FS) 18-19	0.5	c.	29.5
35154	Steamed Broccoli	Broccoli, Fresh, Steamed 18-19	0.5	c.	5.6
35049	Steamed Broccoli	Broccoli, Frozen (C)(FS) 18-19	0.5	c.	4.7
35050	Steamed Broccoli	Broccoli, Frozen (P)(FS) 18-19	0.5	c.	5.0
35097	Raw Broccoli	Broccoli, Raw 18-19	0.5	c.	1.7
35304	Roasted Butternut Squash	Butternut Squash, Roasted (FS) 18-19	0.5	c.	11.4
35056	Baby Carrots	Carrots, Baby Raw 18-19	0.5	c.	6.2
35149	Cooked Carrots	Carrots, Frozen (C)(FS) 18-19	0.5	c.	6.7
35150	Cooked Carrots	Carrots, Frozen (P)(FS) 18-19	0.5	c.	7.9
34990	Glazed Carrots	Carrots, Glazed (C)(FS) 18-19	0.5	c.	7.7
34991	Glazed Carrots	Carrots, Glazed (P)(FS) 18-19	0.5	c.	8.9
35055	Carrot Sticks	Carrots, Raw (C) 18-19	0.5	c.	5.8
35151	Cauliflower	Cauliflower, Frozen (P)(FS) 18-19	0.5	c.	5.7
35153	Raw Cauliflower	Cauliflower, Raw 18-19	1	serv.	2.6
35095	Raw Celery Sticks	Celery, Raw (C) 18-19	0.5	c.	1.9
35096	Raw Celery Sticks	Celery, Raw (P) 18-19	0.5	c.	1.9
34994	Corn	Corn, Canned (C)(FS) 18-19	1	#8 scoop	10.6
35037	Corn Salad	Corn, Canned, Salad 1/2c (C) 18-19	0.5	c.	9.0
34993	Corn	Corn, Frozen (P)(FS) 18-19	0.5	c.	20.2
35122	Mexicali Corn	Corn, Mexicali, (P) 18-19	0.5	c.	22.7
35123	Mexicali Corn	Corn, Mexicali, Canned (C) 18-19	0.5	c.	11.4
35124	Roasted Street Corn	Corn, Roasted Street (C)(FS) 18-19	1	#8 scoop	13.1
35126	Corn Salad	Corn, Salad 1/2c (P) 18-19	0.5	c.	21.7
35098	Cucumber Slices	Cucumber Slices, Raw Whole 18-19	0.5	c.	2.5
35046	Edamame Salad	Edamame Salad (FS) 18-19	0.5	c.	22.0
34988	French Fries	Fries (C) 18-19	0.5	c.	14.0
35129	Cool Ranch Gobanzo	Gobanzo, Cool Ranch 18-19	1	ea.	24.0
35044	Green Beans	Green Beans (C)(FS) 18-19	0.5	c.	4.6
35045	Green Beans	Green Beans (P)(FS) 18-19	0.5	c.	6.0
35042	Jicama Sticks	Jicama, Raw, Lime Juice 18-19	0.5	c.	9.8
34992	Romaine Lettuce	Lettuce, Romaine, Salad Bar, Elementary Entree Salad 18-19	1	serv.	1.6
34912	Romaine Lettuce	Lettuce, Romaine, Salad Bar, High School Entree Salad 18-19	1	serv.	3.1
34995	Peas & Carrots	Peas & Carrots, Blend (C)(FS) 18-19	0.5	c.	9.6
34996	Peas & Carrots	Peas & Carrots, Blend (P)(FS) 18-19	0.5	c.	10.6
35058	Potato Wedges	Potato Wedges (C) 18-19	0.5	c.	19.0
35059	Potato Wedges	Potato Wedges (P) 18-19	0.5	c.	15.9
35039	Roasted Sweet Potatoes	Potato, Sweet, Roasted (C)(FS) 18-19	0.5	c.	22.8
35147	Roasted Sweet Potatoes	Potato, Sweet, Roasted (P)(FS) 18-19	0.5	c.	11.3
35131	Mashed Potatoes	Potatoes, Mashed (FS) 18-19	0.5	c.	10.7
35047	Mashed Potatoes & Gravy	Potatoes, Mashed and Gravy (Turkey) (FS) 18-19	1	serv.	23.3
35060	Black Beans	PreK, Beans, Black 1/4 Cup (C)(FS) 18-19	0.25	c.	10.6
35061	Black Beans	PreK, Beans, Black 1/4 Cup (P)(FS) 18-19	0.25	c.	15.9
35189	Charro Beans	PreK, Beans, Charro 1/4 Cup (C)(FS) 18-19	0.25	c.	7.8
35190	Charro Beans	PreK, Beans, Charro, 1/4 cup (P)(FS) 18-19	0.25	c.	9.7
35064	Refried Beans	PreK, Beans, Refried 1/4 Cup (C) 18-19	0.25	c.	10.3
35065	Refried Beans	PreK, Beans, Refried 1/4 Cup (P) 18-19	0.25	c.	9.5
35066	Broccoli	PreK, Broccoli, Frozen 1/4 Cup (C)(FS) 18-19	0.25	c.	2.7
35067	Broccoli	PreK, Broccoli, Frozen 1/4 Cup (P)(FS) 18-19	0.25	c.	2.5
35068	Raw Broccoli	PreK, Broccoli, Raw 1/4 Cup (P) 18-19	0.25	c.	0.8
35069	Baby Carrots	PreK, Carrots, Baby Raw 1/4 cup (P) 18-19	0.25	c.	3.3
35070	Cooked Carrots	PreK, Carrots, Frozen 1/4 cup (C)(FS) 18-19	0.25	c.	3.3
35210	Cooked Carrots	PreK, Carrots, Frozen 1/4 cup (P)(FS) 18-19	0.25	c.	3.9
35071	Glazed Carrots	PreK, Carrots, Glazed 1/4 Cup (C)(FS) 18-19	0.25	c.	3.8
35072	Glazed Carrots	PreK, Carrots, Glazed 1/4 Cup (P)(FS) 18-19	0.25	c.	4.4
35073	Carrot Sticks	PreK, Carrots, Raw 1/4 cup (C) 18-19	0.25	c.	2.8
35074	Cauliflower	PreK, Cauliflower, Frozen, 1/4 Cup (P)(FS) 18-19	0.25	c.	3.2
35075	Raw Celery Sticks	PreK, Celery, Raw 1/4 cup (C) 18-19	0.25	c.	1.0
35076	Raw Celery Sticks	PreK, Celery, Raw 1/4 cup (P) 18-19	0.25	c.	1.0
35077	Corn	PreK, Corn, Canned 1/4 cup (C)(FS) 18-19	1	#16 scoop	5.6
35078	Corn	PreK, Corn, Frozen 1/4 Cup (P)(FS) 18-19	0.25	c.	10.1
35079	Mexicali Corn	PreK, Corn, Mexicali, 1/4 Cup (P) 18-19	0.25	c.	11.3
35080	Mexicali Corn	PreK, Corn, Mexicali, Canned 1/4 Cup (C) 18-19	0.25	c.	5.7
35081	Cucumber Slices	PreK, Cucumber Slices, Raw Whole 1/4c 18-19	0.25	c.	1.2
35082	Green Beans	PreK, Green Bean, Frozen 1/4 Cup (C)(FS) 18-19	0.25	c.	2.3
35083	Green Beans	PreK, Green Beans, Frozen, 1/4 Cup (P)(FS) 18-19	0.25	c.	3.3
35085	Peas & Carrots	PreK, Peas & Carrots, Blend, 1/4 cup (C)(FS) 18-19	0.25	c.	4.5

35086	Peas & Carrots	PreK, Peas & Carrots, Blend, 1/4 cup (P)(FS) 18-19	0.25	c.	5.3
35088	Potato Wedges	PreK, Potato Wedges 1/4 Cup (C) 18-19	0.25	c.	13.1
35089	Potato Wedges	PreK, Potato Wedges 1/4 Cup (P) 18-19	0.25	c.	6.1
35084	Mashed Potatoes & Gravy	PreK, Potatoes, Mashed and Turkey Gravy, 1/4 cup (FS) 18-19	0.25	c.	11.6
35092	Roasted Sweet Potatoes	PreK, Sweet Potato, Roasted (C)(FS) 1/4 cup 18-19	0.25	c.	11.4
35093	Roasted Sweet Potatoes	PreK, Sweet Potato, Roasted (P)(FS) 1/4 cup 18-19	0.25	c.	5.6
35094	Vegetable Blend	PreK, Vegetable Blend, 4-Way 1/4 Cup (P)(FS) 18-19	0.25	c.	6.0
34910	Romaine Garden Salad	Salad Bar, Romaine Garden Salad 18-19	1	serv.	4.6
35033	Pinto Bean Salad	Salad Topping, Bean, Pinto Salad (C) 1/4c 18-19	0.25	c.	7.3
35200	Pinto Bean Salad	Salad Topping, Bean, Pinto Salad (P) 1/4c 18-19	0.25	c.	9.3
34914	Raw Broccoli	Salad Topping, Broccoli, Raw 1/4 Cup (P) 18-19	0.25	c.	0.8
35035	Shredded Carrots	Salad Topping, Carrots, Shredded 1/4c 18-19	0.25	c.	2.6
35152	Raw Cauliflower	Salad Topping, Cauliflower, Raw 1/4 Cup 18-19	2	oz.	1.7
35121	Corn Salad	Salad Topping, Corn, Salad 1/4c (C) 18-19	0.25	c.	4.7
35036	Corn Salad	Salad Topping, Corn, Salad 1/4c (P) 18-19	0.25	c.	10.8
35038	Cucumber Slices	Salad Topping, Cucumber Slices, Raw 1/4c 18-19	0.25	c.	1.2
35128	Edamame	Salad Topping, Edamame 1/4c 18-19	0.25	c.	4.5
34913	Cherry Tomatoes	Salad Topping, Tomato, Cherry 1/4c 18-19	0.25	c.	1.5
35137	Potato Salad	Salad, Red Potato (FS) 18-19	0.5	c.	18.5
35138	Kale Salad	Salad, Side, Kale (FS) 18-19	1	serv.	11.9
35136	Romaine Side Salad	Salad, Side, Romaine 18-19	1	serv.	2.3
35206	Spinach	Spinach, Frozen (C)(FS) 18-19	0.5	c.	7.2
35141	Spinach	Spinach, Frozen (P)(FS) 18-19	0.5	c.	6.1
34911	Spinach Salad	Spinach, Salad Bar, Entree Salad 18-19	1	serv.	2.0
35207	Southern Spinach	Spinach, Southern, Frozen (C)(FS) 18-19	0.5	c.	8.7
35041	Southern Spinach	Spinach, Southern, Frozen (P)(FS) 18-19	0.5	c.	8.1
35057	Summer Squash	Squash, Summer, Roasted (FS) 18-19	0.5	c.	4.0
35166	Cherry Tomatoes	Tomato, Cherry 1/2 cup 18-19	0.5	c.	2.9
35040	Vegetable Blend	Vegetable Blend, 4-Way (P)(FS) 18-19	0.5	c.	12.5

Milk

Recipe Number	Marketing Name	Menu Item Name	Serving		Carb (g)
34954	1% Plain Milk	Milk, 1% Plain Half Pint 18-19	1	ea.	13.0
34957	Skim Chocolate Milk	Milk, Skim Chocolate Half Pint 18-19	1	ea.	20.0
34955	Skim Plain Milk	Milk, Skim Plain Half Pint 18-19	1	ea.	13.0

Meat/Meat Alternates

Recipe Number	Marketing Name	Menu Item Name	Serving		Carb (g)
35034	Sliced Beef	Beef, Sliced Philly Meat (C)(FS) 18-19	1	serv.	4.0
35004	Sliced Beef	Beef, Sliced Philly Meat (P)(FS) 18-19	1	serv.	4.0
34930	American Cheese	Cheese, American (P) 18-19	1	serv.	2.0
35197	Cheddar & Mozzarella Cheese	Cheese, Cheddar & Mozzarella, Shredded (C) 18-19	1	#16 scoop	0.5
34863	Shredded Cheese	Cheese, Cheddar & Mozzarella, Shredded 18-19	1	#16 scoop	0.5
35232	Shredded Cheddar Cheese	Cheese, Cheddar, Shredded 18-19	1	serv.	0.9
35231	Sliced Cheddar Cheese	Cheese, Cheddar, Sliced 18-19	1	serv.	0.0
35104	Marble Jack Cheese	Cheese, Marble Jack (IW) 18-19	1	serv.	1.0
35216	Mozzarella Cheese	Cheese, Mozzarella, Shredded (C) 18-19	1	serv.	1.0
34931	Mozzarella Cheese	Cheese, Mozzarella, Shredded 18-19	1	serv.	0.9
34929	Pepper Jack Cheese	Cheese, Pepper Jack 18-19	1	serv.	1.0
35195	Chicken Salad	Chicken Salad (C) 18-19	1	serv.	8.8
34937	Chicken Salad	Chicken Salad (P) 18-19	1	serv.	7.0
34864	Chicken Fajita	Chicken, Fajita Meat, Cold Hold (C), 1MMA 18-19	1	serv.	1.2
35199	Chicken Fajita Meat	Chicken, Fajita Meat, Cold Hold (C), 2MMA 18-19	1	serv.	2.1
35198	Chicken Fajita Meat	Chicken, Fajita Meat, Cold Hold (P), 1MMA 18-19	1	serv.	1.0
35003	Chicken Fajita Meat	Chicken, Fajita Meat, Cold Hold (P), 2MMA 18-19	1	serv.	2.3
35305	Hard Boiled Egg	Egg, Hard Boiled, Chopped, Salad Bar 18-19	0.25	c.	0.9
35357	Hummus	Hummus, IW, Salad Bar 18-19	1	ea.	18.0
34928	Chicken Pepperoni	Pepperoni, Chicken 18-19	1	serv.	1.0
35192	Tuna Salad	Tuna Salad (FS) 18-19	1	serv.	8.7
34938	Diced Turkey Ham	Turkey Ham Diced, Salad Bar 18-19	1	serv.	0.5
34927	Sliced Turkey Ham	Turkey Ham, Sliced (P) 18-19	1	serv.	1.0
34926	Sliced Turkey	Turkey, Sliced (P) 18-19	1	serv.	0.0

Condiments/Other

Recipe Number	Marketing Name	Menu Item Name	Serving		Carb (g)
34968	Chocolate Cake	Cake, Chocolate Brownie (FS) 18-19	1	serv.	29.3
34969	Sweet Potato Cake	Cake, Sweet Potato (FS) 18-19	1	serv.	22.7
34971	Baked Lays Chips	Chips, Baked Lays 18-19	1	ea.	24.0
34915	Spinach	Deli, Spinach Topping 18-19	1	serv.	0.3
34959	BBQ Dipping Sauce	Dipping Sauce, BBQ (FS) 18-19	1	oz.	8.4
34958	Spicy Asian Dipping Sauce	Dipping Sauce, Spicy Asian (FS) 18-19	1	oz.	8.2
34972	Italian Dressing	Dressing, Italian Salad (FS) 18-19	1	fl. oz.	1.9
34964	Ketchup	Ketchup, PC 18-19	1	ea.	2.0
34974	Romaine Lettuce	Lettuce, Romaine, Shredded, Condiment 18-19	0.25	c.	0.4
35163	Mac & Cheese	Mac & Cheese (FS) 18-19	1	serv.	40.3
34966	Mayonnaise	Mayonnaise, RC, PC 18-19	1	ea.	2.0
34965	Mustard	Mustard, PC 18-19	1	ea.	0.0
34977	Red Onion	Onion, Red 18-19	0.5	oz.	1.3
34975	Banana Peppers	Pepper, Banana, Raw 18-19	1	serv.	0.4
34976	Fresh Jalapeno Peppers	Pepper, Jalapeno, Raw 18-19	1	serv.	0.5
34979	Pickles	Pickles, 2ea, 18-19	1	serv.	1.5
34980	Chocolate Pudding	Pudding, Chocolate 18-19	1	serv.	27.9
34960	Ranch	Ranch, Lite, PC 18-19	1	ea.	5.0
34956	Salsa	Salsa, PC 18-19	1	ea.	1.0
34973	Cajun Sauce	Sauce, Cajun (FS) 18-19	1	fl. oz.	3.1
35162	Queso	Sauce, Queso (FS) 18-19	1	serv.	3.9
34961	Sweet Dijon Dressing	Sauce, Sweet Dijon, Squeeze Bottle (FS) 18-19	1	fl. oz.	6.1
35165	Soybutter	Soy Butter, PC 18-19	1	ea.	8.0
34967	Lettuce & Pickle Stack	Stack, Lettuce and Pickle 18-19	1	serv.	1.9
34970	Tartar Sauce	Tartar Sauce, PC 18-19	1	ea.	2.0
34978	Sliced Tomato	Tomato, Sliced 18-19	0.5	c.	1.6