



(10017) Lettuce	Total Carbohydrate (g)	
	Recipe	1 Ounce
Lettuce	0.8136	0.8136
	0.8136	0.8136

* Total includes one or more missing nutrient data.

(30010) 1% White Milk	Total Carbohydrate (g)		
	Recipe	Carton	xCarton
1% White Milk	11.3171	11.3171	11.3171
	11.3171	11.3171	11.3171

* Total includes one or more missing nutrient data.

(20009) Apple Sauce	Total Carbohydrate (g)	
	Recipe	4 ounces
Applesauce, Unsweetened, Cups, Shelf-Stable	55.9736	55.9736
	55.9736	55.9736

* Total includes one or more missing nutrient data.

(10001) Apples	Total Carbohydrate (g)		
	Recipe	1 large (3-1/4" dia)	Serving
Apples	15.6603	15.6603	15.6603
	15.6603	15.6603	15.6603

* Total includes one or more missing nutrient data.

(60009) Bagel	Total Carbohydrate (g)	
	Recipe	each
Bagel	0 *	0 *
	0 *	0 *

* Total includes one or more missing nutrient data.



(20001) Baked Beans	Total Carbohydrate (g)	
	Recipe	2 ounces
Baked Beans	16.5	16.5
	16.5	16.5

* Total includes one or more missing nutrient data.

(REC-1026) Baked Ziti	Total Carbohydrate (g)	
	Recipe	1.25 Cup
Shredded Mozzarella Cheese	271.9116	2.7191
Ground Beef	0	0
Pasta, Penne	2072.3501	20.7235
Parmesan Cheese	1.5536	0.0155
Onion powder	33.9425	0.3394
Spaghetti Sauce	743.743	7.4374
	3123.5007	31.235

* Total includes one or more missing nutrient data.

(10004) Bananas	Total Carbohydrate (g)			
	Recipe	1/2 banana	Each	Serving
Bananas	41.7972	20.8986	41.7972	41.7972
	41.7972	20.8986	41.7972	41.7972

* Total includes one or more missing nutrient data.

(sys-20) BBQ Chicken Sandwich	Total Carbohydrate (g)	
	Recipe	Serving
Chicken, Diced, Cooked, Frozen	0	0
Sandwich Buns	33	33
BBQ Sauce	3.75	3.75
	36.75	36.75

* Total includes one or more missing nutrient data.

(20002) Black Beans	Total Carbohydrate (g)	
	Recipe	2 ounces
Black Beans	10.0314	10.0314
	10.0314	10.0314

* Total includes one or more missing nutrient data.



(40094) Bread Sticks	Total Carbohydrate (g)		
	Recipe	2 each	breadstick
Butter	0.0085	0.0007	0.0004
Garlic powder	3.0547	0.2546	0.1273
Pizza Dough	322.2889	26.8574	13.4287
	325.3521	27.1127	13.5563

* Total includes one or more missing nutrient data.

(30018) Breakfast Burger	Total Carbohydrate (g)	
	Recipe	1 burger
Scrambled Eggs	0.0001	0.0001
American Cheese (Sliced)	2	2
Rolls	27	27
Hamburger Patty	1	1
Bacon	0.0819	0.0819
Tater Tots	6.3492	6.3492
	36.4312	36.4312

* Total includes one or more missing nutrient data.

(00002) Breakfast Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Scrambled Eggs	0.0003	0.0003
Ham	0.5	0.5
English Muffin w/Jelly	21	21
American Cheese (Sliced)	2	2
	23.5003	23.5003

* Total includes one or more missing nutrient data.

(10005) Broccoli	Total Carbohydrate (g)	
	Recipe	2 ounces
Broccoli Crowns, Fresh	3.7648	3.7648
	3.7648	3.7648

* Total includes one or more missing nutrient data.

(FZ-1102) Calzone	Total Carbohydrate (g)	
	Recipe	Calzone
Calzone	42	42

* Total includes one or more missing nutrient data.



(FZ-1102) Calzone	Total Carbohydrate (g)	
	Recipe	Calzone
	42	42

* Total includes one or more missing nutrient data.

(10008) Carrot Sticks	Total Carbohydrate (g)		
	Recipe	2 Ounce	4 ounces
Carrot Sticks	5.4318	5.4318	10.8636
	5.4318	5.4318	10.8636

* Total includes one or more missing nutrient data.

(10009) Celery	Total Carbohydrate (g)		
	Recipe	4 Ounce	2 Ounce
Celery	1.684	3.368	1.684
	1.684	3.368	1.684

* Total includes one or more missing nutrient data.

(REC-1033) Cheese Enchilada	Total Carbohydrate (g)	
	Recipe	Enchilada
Tortilla, Flour	420.0004	21
Red Enchilada Sauce	70.246	3.5123
Mixed Cheese Blend	1.4007	0.07
	491.6471	24.5824

* Total includes one or more missing nutrient data.

(60064) Cheese Sauce	Total Carbohydrate (g)	
	Recipe	2 ounces
Cheese Sauce	5	2.835
	5	2.835

* Total includes one or more missing nutrient data.

(30005) Cheese Stick	Total Carbohydrate (g)	
	Recipe	1 stick
Cheese Stick	1.0125	1.0125
	1.0125	1.0125

* Total includes one or more missing nutrient data.



(40039) Chicken Alfredo	Total Carbohydrate (g)	
	Recipe	8 ounce
Chicken, Diced, Cooked, Frozen	0	0
Pasta, Rotini	78.9737	78.9737
Alfredo Sauce	6.6149	6.6149
	85.5886	85.5886

* Total includes one or more missing nutrient data.

(REC-1037) Chicken Bacon Ranch Quesadilla	Total Carbohydrate (g)	
	Recipe	1 quesadilla
Chicken, Diced	0	0
Tortilla, Flour	504.0004	21
Ranch Packets	0	0
Mixed Cheese Blend	0.6465	0.0269
Bacon	2.8916	0.1205
	507.5386	21.1474

* Total includes one or more missing nutrient data.

(FZ-1009) Chicken Nuggets	Total Carbohydrate (g)	
	Recipe	5 Nuggets
Chicken Nuggets	0 *	0 *
	0 *	0 *

* Total includes one or more missing nutrient data.

(REC-31) Chicken Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Breaded Chicken Patty	15	15
Rolls	27	27
	41.9999	41.9999

* Total includes one or more missing nutrient data.

(60027) Chicken Strips	Total Carbohydrate (g)		
	Recipe	4 Strips (Jr High)	Strip
Chicken Strips	15	15	15

* Total includes one or more missing nutrient data.



(60027) Chicken Strips	Total Carbohydrate (g)		
	Recipe	4 Strips (Jr High)	Strip
	15	15	15

* Total includes one or more missing nutrient data.

(REC-1035) Chili Potato	Total Carbohydrate (g)	
	Recipe	Each
Shredded Cheddar Cheese	2.025	2.025
Russet potatoes	24.3125	24.3125
Chili	491.6534	491.6534
	517.9909	517.9909

* Total includes one or more missing nutrient data.

(020014) Chips, Lay's	Total Carbohydrate (g)	
	Recipe	Bag
Chips, Lay's	8	8
	8	8

* Total includes one or more missing nutrient data.

(20039) Cholula	Total Carbohydrate (g)	
	Recipe	Serving
Cholula	0 *	0 *
	0 *	0 *

* Total includes one or more missing nutrient data.

(60012) Cinnamon Rolls	Total Carbohydrate (g)	
	Recipe	Roll
Cinnamon Rolls	34.9999	34.9999
	34.9999	34.9999

* Total includes one or more missing nutrient data.

(60054) Corn	Total Carbohydrate (g)	
	Recipe	Serving
Corn	5.6699	5.6699
	5.6699	5.6699

* Total includes one or more missing nutrient data.



(60034) Corn Dog	Total Carbohydrate (g)	
	Recipe	Corn Dog
Corn Dog	30.3744	30.3744
	30.3744	30.3744

* Total includes one or more missing nutrient data.

(30006) Cream Cheese	Total Carbohydrate (g)		
	Recipe	Ounce	Pound
Cream Cheese	1.5649	1.5649	0.0978
	1.5649	1.5649	0.0978

* Total includes one or more missing nutrient data.

(FZ-1100) Crinkle Fries	Total Carbohydrate (g)	
	Recipe	3 oz
Crinkle Fries	17	17.0097
	17	17.0097

* Total includes one or more missing nutrient data.

(sys-12) Crossiant Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Scrambled Eggs	0.0001	0.0001
American Cheese (Sliced)	2	2
Croissant	26	26
	28.0001	28.0001

* Total includes one or more missing nutrient data.

(10011) Cucumbers	Total Carbohydrate (g)	
	Recipe	2 ounces
Cucumbers	1.2247	1.2247
	1.2247	1.2247

* Total includes one or more missing nutrient data.



(FZ-1068) Curly Fries	Total Carbohydrate (g)	
	Recipe	3 oz
Curly Fries	20	20
	20	20

* Total includes one or more missing nutrient data.

(20053) Diced Tomatoes	Total Carbohydrate (g)	
	Recipe	ounce
Diced Tomatoes	4.13	1.1708
	4.13	1.1708

* Total includes one or more missing nutrient data.

(60033) Dippin' Sticks	Total Carbohydrate (g)		
	Recipe	Each (5 sticks Jr High)	Piece (4 Sticks)
Dippin' Sticks	140	35	28
	140	35	28

* Total includes one or more missing nutrient data.

(60013) Donut	Total Carbohydrate (g)	
	Recipe	Donut
Donut	30	30
	30	30

* Total includes one or more missing nutrient data.

(sys-33) Dorito Chicken	Total Carbohydrate (g)	
	Recipe	6 ounce
Shredded Cheddar Cheese	323.9965	3.24
Milk	47.2234	0.4722
Taco Seasoning	170.097	1.701
Cream of Chicken Soup	405.001	4.05
Chicken, Diced, Cooked, Frozen	0	0
Cream Cheese	150.2298	1.5023
Chips, Dorito's	182.2467	1.8225
	1278.7944	12.7879

* Total includes one or more missing nutrient data.



(60015) Dutch Waffle	Total Carbohydrate (g)	
	Recipe	Waffle
Dutch Waffle	43	43
	43	43

* Total includes one or more missing nutrient data.

(FZ-1099) EZ Jammers	Total Carbohydrate (g)	
	Recipe	Sandwich
EZ Jammers	52.9999	52.9999
	52.9999	52.9999

* Total includes one or more missing nutrient data.

(30011) Fat Free Chocolate Milk	Total Carbohydrate (g)	
	Recipe	Carton
Fat Free Chocolate Milk	24	24
	24	24

* Total includes one or more missing nutrient data.

(60016) Flavored Bread	Total Carbohydrate (g)	
	Recipe	Slice
Flavored Bread	44	44
	44	44

* Total includes one or more missing nutrient data.

(20021) French Dressing	Total Carbohydrate (g)	
	Recipe	Ounce
French Dressing	7.9733	7.9733
	7.9733	7.9733

* Total includes one or more missing nutrient data.

(60017) French Toast Sticks	Total Carbohydrate (g)		
	Recipe	2 Sticks	3 sticks
French Toast Sticks	840.0009	84.0001	140.0002
	840.0009	84.0001	140.0002

* Total includes one or more missing nutrient data.



(40013) Fresh Fruit Salad	Total Carbohydrate (g)	
	Recipe	4 ounces
Grapes	622.3288	6.2233
Cantaloupe	222.0786	2.2208
Honey Dew	247.3893	2.4739
	1091.7967	10.918

* Total includes one or more missing nutrient data.

(10028) Garden Salad Base	Total Carbohydrate (g)		
	Recipe	1/2 Cup Serving	8 ounces
Shredded Red Cabbage	100.2893	0.822	0.822
Carrot Sticks	130.3625	1.0685	1.0685
Lettuce	162.7263	1.3338	1.3338
Spinach	98.7924	0.8098	0.8098
Grape Tomatoes	105.8685	0.8678	0.8678
	598.0389	4.902	4.902

* Total includes one or more missing nutrient data.

(20067) Goldfish	Total Carbohydrate (g)	
	Recipe	package
Goldfish	14	14
	14	14

* Total includes one or more missing nutrient data.

(10026) Grape Tomatoes	Total Carbohydrate (g)			
	Recipe	2 Ounce	2 oz	4 oz
Grape Tomatoes	2.2056	2.2056	2.2056	4.4112
	2.2056	2.2056	2.2056	4.4112

* Total includes one or more missing nutrient data.

(REC-1036) Ham and Cheese Breakfast Bar	Total Carbohydrate (g)	
	Recipe	Slice
Shredded Cheddar Cheese	16.1998	1.35
Ham, Diced	13.3356	1.1113
Black Pepper	9.0648	0.7554
Eggs, Fresh	0	0
1% White Milk	5.6586	0.4716

* Total includes one or more missing nutrient data.



(REC-1036) Ham and Cheese Breakfast Bar	Total Carbohydrate (g)	
	Recipe	Slice
Pizza Dough	322.2889	26.8574
Fajita Vegetables	7.1873	0.5989
	373.7349	31.1446

* Total includes one or more missing nutrient data.

(50013) Ham and Cheese Protein Pack	Total Carbohydrate (g)	
	Recipe	pack
Wheat Thins	35	35
Ham, Diced	3.3339	3.3339
Cheese Stick	1.0125	1.0125
	39.3463	39.3463

* Total includes one or more missing nutrient data.

(sys-22) Ham Sandwich	Total Carbohydrate (g)	
	Recipe	sandwich
Ham	1	1
Tomato	1.1028	1.1028
American Cheese (Sliced)	2	2
Sandwich Buns	33	33
Lettuce	0.8136	0.8136
	37.9164	37.9164

* Total includes one or more missing nutrient data.

(40041) Hamburger	Total Carbohydrate (g)	
	Recipe	hamburger
Tomato	1.1028	1.1028
Rolls	27	27
Hamburger Patty	1	1
Lettuce	0.8136	0.8136
	29.9164	29.9164

* Total includes one or more missing nutrient data.

(sys-8) Hashbrowns	Total Carbohydrate (g)	
	Recipe	3 ounces
Hashbrowns	18.2247	18.2247
	18.2247	18.2247



* Total includes one or more missing nutrient data.

(40016) Homemade Cheese Pizza	Total Carbohydrate (g)	
	Recipe	Slice
Mixed Cheese Blend	0.431	0.0539
Pizza Dough	322.2889	40.2861
Spaghetti Sauce	8.4999	1.0625
	331.2198	41.4025

* Total includes one or more missing nutrient data.

(REC-1015) Homemade Pepperoni Pizza	Total Carbohydrate (g)	
	Recipe	Slice
Pepperoni	0.2441	0.2441
Homemade Cheese Pizza	41.4025	41.4025
	41.6466	41.6466

* Total includes one or more missing nutrient data.

(40033) Hot Dog Wrap	Total Carbohydrate (g)	
	Recipe	wrap
Pizza Dough	322.2889	26.8574
Hot Dog (Frank)	26.5712	2.2143
	348.8601	29.0717

* Total includes one or more missing nutrient data.

(20022) Italian Dressing	Total Carbohydrate (g)	
	Recipe	Ounce
Italian Dressing	2.7435	2.7435
	2.7435	2.7435

* Total includes one or more missing nutrient data.

(20037) Juice	Total Carbohydrate (g)	
	Recipe	Each
Juice	18.7107	18.7107
	18.7107	18.7107

* Total includes one or more missing nutrient data.



(20023) Ketchup	Total Carbohydrate (g)	
	Recipe	1 Ounce
Ketchup	8.5294	8.5294
	8.5294	8.5294

* Total includes one or more missing nutrient data.

(CON-1014) Ketchup, Packet	Total Carbohydrate (g)	
	Recipe	1
Ketchup, Packet	0 *	0 *
	0 *	0 *

* Total includes one or more missing nutrient data.

(10016) Kiwi	Total Carbohydrate (g)	
	Recipe	1 Whole Kiwi
Kiwi	16.6241	33.2482
	16.6241	33.2482

* Total includes one or more missing nutrient data.

(40092) Lasagna rolls	Total Carbohydrate (g)	
	Recipe	1 roll
Shredded Mozzarella Cheese	27.4196	2.285
Ground Beef	0	0
Lasagna Noodles	254.0229	21.1686
Ricotta cheese	17.486	1.4572
Eggs, Fresh	0	0
Spaghetti Sauce	75.8292	6.3191
	374.7577	31.2298

* Total includes one or more missing nutrient data.

(REC-1025) Malibu Chicken Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Shredded Mozzarella Cheese	228.497	2.285
Ham	25	0.25
Rolls	2699.995	27
Grilled Chicken Patty	100.0026	1
	3053.4946	30.5349

* Total includes one or more missing nutrient data.



(60030) Mandarin Orange Chicken	Total Carbohydrate (g)	
	Recipe	3.6 ounces
Mandarin Orange Chicken	430.9128	20.5197
	430.9128	20.5197

* Total includes one or more missing nutrient data.

(20011) Mandarin Oranges, Canned	Total Carbohydrate (g)		
	Recipe	2 ounces	4 Ounce
Mandarin Oranges, Canned	9.1796	9.1796	18.3592
	9.1796	9.1796	18.3592

* Total includes one or more missing nutrient data.

(20065) Mayo Packet	Total Carbohydrate (g)	
	Recipe	packet
Mayo Packet	1.02	1.02
	1.02	1.02

* Total includes one or more missing nutrient data.

(40038) Meatball Sub	Total Carbohydrate (g)	
	Recipe	sandwich
Shredded Mozzarella Cheese	1.1425	1.1425
Sandwich Buns	33	33
Meatballs	3	3
Spaghetti Sauce	2.1064	2.1064
	39.2488	39.2488

* Total includes one or more missing nutrient data.

(REC-1001) Muffin Breakfast Pack	Total Carbohydrate (g)	
	Recipe	Each
Dannon Yogurt, Strawberry	15	15
Cheese Stick	1.0125	1.0125
Muffins	57.8103	57.8103
	73.8228	73.8228

* Total includes one or more missing nutrient data.



(FZ-1083) Muffin, Blueberry	Total Carbohydrate (g)	
	Recipe	Each
Muffin, Blueberry	38.4996	0.8021
	38.4996	0.8021

* Total includes one or more missing nutrient data.

(FZ-1084) Muffin, Chocolate	Total Carbohydrate (g)	
	Recipe	Each
Muffin, Chocolate	0 *	0 *
	0 *	0 *

* Total includes one or more missing nutrient data.

(20025) Mustard	Total Carbohydrate (g)	
	Recipe	Serving
Mustard	0.3206	0.3206
	0.3206	0.3206

* Total includes one or more missing nutrient data.

(REC-1032) Orange Chicken Wrap	Total Carbohydrate (g)	
	Recipe	1 Wrap
Cole Slaw Mix	72.348	3.2885
Tortilla, Flour	462.0004	21
Mandarin Orange Chicken	430.9128	19.5869
	965.2612	43.8755

* Total includes one or more missing nutrient data.

(10003) Oranges	Total Carbohydrate (g)		
	Recipe	1 whole	1/2 orange
Oranges	35.1534	35.1534	17.5767
	35.1534	35.1534	17.5767

* Total includes one or more missing nutrient data.

(60021) Pancake on a Stick	Total Carbohydrate (g)	
	Recipe	Stick
Pancake on a Stick	18	18

* Total includes one or more missing nutrient data.



(60021) Pancake on a Stick	Total Carbohydrate (g)	
	Recipe	Stick
	18	18

* Total includes one or more missing nutrient data.

(60020) Pancakes, Maple	Total Carbohydrate (g)	
	Recipe	Package
Pancakes, Maple	34.9589	34.9589
	34.9589	34.9589

* Total includes one or more missing nutrient data.

(20012) Peaches, Canned	Total Carbohydrate (g)		
	Recipe	2 ounces	4 Ounce
Peaches, Canned	6.4013	6.4013	12.8026
	6.4013	6.4013	12.8026

* Total includes one or more missing nutrient data.

(20013) Pears, Canned	Total Carbohydrate (g)		
	Recipe	2 ounces	4 oz Serving
Pears, Canned	7.7734	7.7734	15.5468
	7.7734	7.7734	15.5468

* Total includes one or more missing nutrient data.

(60056) Peas	Total Carbohydrate (g)	
	Recipe	2 ounces
Peas	8.0853	4.0426
	8.0853	4.0426

* Total includes one or more missing nutrient data.

(10020) Peppers	Total Carbohydrate (g)	
	Recipe	2 ounces
Peppers	2.6308	2.6308
	2.6308	2.6308

* Total includes one or more missing nutrient data.



(20014) Pineapple, Canned	Total Carbohydrate (g)		
	Recipe	2 ounces	4 ounces
Pineapple, Canned	17.6447	17.6447	35.2894
	17.6447	17.6447	35.2894

* Total includes one or more missing nutrient data.

(40055) Popcorn Chicken Bowl	Total Carbohydrate (g)	
	Recipe	Bowl
Mixed Cheese Blend	0.0269	0.0269
Popcorn Chicken	9.6	9.6
Brown Gravy	3	3
Mashed Potatoes	2.0572	2.0572
Corn	5.6699	5.6699
	20.354	20.354

* Total includes one or more missing nutrient data.

(20017) Pretzels	Total Carbohydrate (g)	
	Recipe	bag
Pretzels	23	23
	23	23

* Total includes one or more missing nutrient data.

(sys-40) Pulled Pork Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Sandwich Buns	33	33
Pulled Pork	12.9999	12.9999
	45.9999	45.9999

* Total includes one or more missing nutrient data.

(20028) Ranch Dressing	Total Carbohydrate (g)	
	Recipe	1 Ounce
Yogurt, Plain	159.6645	0.5642
Mayonaise	0	0
Ranch Packets	0	0
Buttermilk	130.3623	0.4606

* Total includes one or more missing nutrient data.



(20028) Ranch Dressing	Total Carbohydrate (g)	
	Recipe	1 Ounce
1% White Milk	28.2928	0.1
	318.3197	1.1248

* Total includes one or more missing nutrient data.

(40082) Ranch Tots	Total Carbohydrate (g)		
	Recipe	3 ounces	4 ounces (Jr High)
Ranch Packets	0	0	0
Tater Tots	507.9373	20.3175	25.3969
	507.9373	20.3175	25.3969

* Total includes one or more missing nutrient data.

(20007) Refried Beans	Total Carbohydrate (g)	
	Recipe	1/2 Cup Serving
Refried Beans	480.3053	28.0061
	480.3053	28.0061

* Total includes one or more missing nutrient data.

(20072) Rice (mixed)	Total Carbohydrate (g)		
	Recipe	4 ounces	4 ounces
Rice, White	1100.7317	11.466	11.466
Rice, Brown, Cooked	1020.582	10.6311	10.6311
	2121.3137	22.097	22.097

* Total includes one or more missing nutrient data.

(60002) Rolls	Total Carbohydrate (g)	
	Recipe	Each
Rolls	27	27
	27	27

* Total includes one or more missing nutrient data.

(40014) Salsa	Total Carbohydrate (g)	
	Recipe	1 ounce
Diced Tomatoes	117.0835	1.2726
Salsa Mix	4.9826	0.0542
	122.0662	1.3268



* Total includes one or more missing nutrient data.

(60022) Sausage Links	Total Carbohydrate (g)	
	Recipe	2 Links
Sausage Links	1.4708	1.4708
	1.4708	1.4708

* Total includes one or more missing nutrient data.

(PROD-1035) Shredded Lettuce	Total Carbohydrate (g)	
	Recipe	Ounce
Shredded Lettuce	2.87	0.8136
	2.87	0.8136

* Total includes one or more missing nutrient data.

(REC-1038) Smothered Pork Burrito	Total Carbohydrate (g)	
	Recipe	1 Enchilada
Tortilla, Flour	420.0004	21
Shredded Pork	0	0
Enchilada Sauce, Green	79.379	3.969
Mixed Cheese Blend	0.4041	0.0202
	499.7834	24.9892

* Total includes one or more missing nutrient data.

(40019) Soft Taco	Total Carbohydrate (g)	
	Recipe	Serving
Taco Meat	2.6169	2.6169
Flour Tortilla	21	21
Mixed Cheese Blend	0.0269	0.0269
	23.6438	23.6438

* Total includes one or more missing nutrient data.

(40003) Sour Cream	Total Carbohydrate (g)	
	Recipe	Pack
Sour Cream	1.2964	1.2964
	1.2964	1.2964

* Total includes one or more missing nutrient data.



(20054) Spaghetti Sauce	Total Carbohydrate (g)	
	Recipe	2 ounces
Spaghetti Sauce	4.2127	4.2127
	4.2127	4.2127

* Total includes one or more missing nutrient data.

(60053) Steamed Broccoli	Total Carbohydrate (g)	
	Recipe	2 ounces
Broccoli, Frozen	4	1
	4	1

* Total includes one or more missing nutrient data.

(20008) Syrup	Total Carbohydrate (g)	
	Recipe	Cup
Syrup	26.816	26.816
	26.816	26.816

* Total includes one or more missing nutrient data.

(40020) Taco Meat	Total Carbohydrate (g)			
	Recipe	2 ounces	3 ounces	4 oz (Jr High)
Ground Beef	0	0	0	0
Taco Seasoning	170.097	1.7357	2.6169	3.4714
	170.097	1.7357	2.6169	3.4714

* Total includes one or more missing nutrient data.

(REC-1028) Taco soup	Total Carbohydrate (g)	
	Recipe	1 cup
Pinto Beans	612.1621	6.1216
Ground Beef	0	0
Taco Seasoning	102	1.02
Kidney Beans	429.1207	4.2912
Syrup	26.816	0.2682
Black Beans	511.5992	5.116
Corn	289.1649	2.8916
Salsa	212.2892	2.1229
	2183.1521	21.8315

* Total includes one or more missing nutrient data.



(REC-1039) Tater Tot Caserole	Total Carbohydrate (g)	
	Recipe	8 Ounce
Shredded Cheddar Cheese	32.3996	1.0125
Ground Beef	0	0
Cream of Chicken Soup	202.5005	6.3281
Black Pepper	9.0648	0.2833
Onion powder	3.323	0.1038
Garlic powder	3.0547	0.0955
1% White Milk	22.6342	0.7073
Tater Tots	253.9687	7.9365
Corn	90.7185	2.835
Green Beans	58.0598	1.8144
	675.7238	21.1164

* Total includes one or more missing nutrient data.

(60051) Tater Tots	Total Carbohydrate (g)		
	Recipe	3 oz	HS (4 oz)
Tater Tots	507.9373	18.8125	25.3969
	507.9373	18.8125	25.3969

* Total includes one or more missing nutrient data.

(40024) Teriyaki Chicken	Total Carbohydrate (g)	
	Recipe	2.8 ounce
Teriyaki Chicken	241.9167	8.6399
	241.9167	8.6399

* Total includes one or more missing nutrient data.

(20045) Tortilla Chips	Total Carbohydrate (g)	
	Recipe	2.5 ounce
Tortilla Chips	47.4999	47.4999
	47.4999	47.4999

* Total includes one or more missing nutrient data.



(40036) Turkey Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Turkey, Deli	0.7867	0.7867
Tomato	1.1028	1.1028
American Cheese (Sliced)	2	2
Sandwich Buns	33	33
Lettuce	0.8136	0.8136
	37.7031	37.7031

* Total includes one or more missing nutrient data.

(sys-14) Waffle	Total Carbohydrate (g)	
	Recipe	2 Waffles
Waffle	23	23
	23	23

* Total includes one or more missing nutrient data.

(40047) Walking Taco	Total Carbohydrate (g)	
	Recipe	bag
Taco Meat	2.6169	2.6169
Mixed Cheese Blend	0.0269	0.0269
Chips, Dorito's	18.2247	18.2247
	20.8685	20.8685

* Total includes one or more missing nutrient data.

(40065) Wild Mike's Cheese Pizza	Total Carbohydrate (g)	
	Recipe	Slice
Wild Mike's Cheese Pizza	34	34
	34	34

* Total includes one or more missing nutrient data.

(40023) Wild Mike's Pepperoni Pizza	Total Carbohydrate (g)	
	Recipe	Slice
Pepperoni	1.9552	1.9552
Wild Mike's Cheese Pizza	34	34
	35.9552	35.9552

* Total includes one or more missing nutrient data.



(D-1014) Yogurt	Total Carbohydrate (g)	
	Recipe	Each
Yogurt	26	26
	26	26

* Total includes one or more missing nutrient data.

(10039) Zucchini	Total Carbohydrate (g)	
	Recipe	2 ounces
Zucchini	3.11	1.7633
	3.11	1.7633

* Total includes one or more missing nutrient data.