

# Governor Mifflin School District

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
<b>GMSD</b>			
000191	Alphabet Mini Cookies 1.1 oz	each	22.00
000552	Ambrosia w/Mini Marshmallows	3.25 oz	23.97
000147	American Cheese Sticks, Toaste	serving	13.50
000033	Animal Crackers	Each	22.27
000609	Apple Cinnamon Breakfast Bar	1 package(71g)	48.00
000375	Apple Crisp	3 oz servings	41.58
000607	Apple Frudel, Pillsbury	1 pouch	36.00
000541	APPLE JACKS GRAB N' GO PACKS	POUCH	18.00
000647	Apple Roll, Whole Grain, Hadle	1 roll	32.00
000329	Apple Slices	2 OZ	8.00
000064	Apples	EACH	19.06
000356	Applesauce	4 oz	13.00
000545	Applesauce Cups - 4 oz	cup	12.00
000556	Applesauce Delight	4 oz	23.67
000307	B.L.T. Sandwich	each	24.83
000214	Baby Baker Potatoes	servings	75.04
000215	Baby Baker Potatoes/E	servings	38.48
000361	Bacon Cheeseburger	EACH	21.71
000335	Bag of Baked Snacks	BAG	17.00
000645	Bagel, Plain, New York Bagelry	1 large bagel	70.00
000347	BAGELS,PLAIN,ENRICHED	1 EACH	38.00
000576	Baked Beans, Vegetarian, Canne	1/2 cup	21.00
000120	Baked Potato	each	42.93
000068	Banana	EACH	23.07
000518	Banana Nut Muffin	each	28.00
000567	Barbecue Sauce - Americana 12g	1 packet	1.19
000568	Barbecue Sauce - Bull's Eye	1 oz cup	5.00
000463	Barbecue Sauce - School Made	1 oz servings	11.09
000365	BBQ Tenderlions	2 piece portion	16.00
000662	Bean Special	# 16 scoop	11.27
000564	Beef and Cheddar on Kaiser	1 Sandwich	35.25
000592	Beef Broth	8 oz cups	1.13
000112	Beef Noodle Soup, Canned/E	servings	4.00
000598	Beef Noodle Soup, Canned/Sec	8 oz servings	8.00
000528	Beef-A-Roni	6 oz servings	32.52
000276	Beefy Mifflin Mac	6 oz.	20.14
000565	Birthday Cake Ice Cream Cups	1/2 cup	20.00
000255	BLUEBERRIES,Fresh	.5 cup	10.72
000551	Blueberry Muffin	muffins	56.25
000517	Blueberry Muffin Prepackaged	each	26.00
000372	Bolonga Sandwich	each	26.07
000499	Bosco Sticks	each	26.00
000620	Boston Clam Chowder, Frozen	1 cup servings	16.00
000304	Bread Sticks	1 8 in breadsti	24.00
000587	Breaded Pork Chop Fully Cooked	1 pork chop	14.00
000152	Breakfast Sausage Pizza 5"Tony	each	22.44
000395	Broccoli	4 oz serving	8.14
000348	Broccoli & Cauliflower Salad	4 OZ SERVINGS	11.32
000398	Broccoli & Cheese Sauce	serving	11.13
000346	Broccoli Salad	4 OZ SERVING	11.95
000612	Broccoli Soup, Cream of,	8 oz.	13.00
000256	BROCCOLI,raw: fresh	1/2 cup	2.92
000258	BROCCOLI: frozen, boiled	.5 cup	5.00
000009	Brownies - Low-Fat	43 grams each	35.00
000197	Bug Bites	POUCH	23.14
000109	Butter Spread PC	each	0.00
000411	Buttered Noodles	3 oz Cooked	28.61
000261	Carrots (cooked)	4 OZ SERVING	8.77
000343	Carrots/Dip	1.6 oz bag	7.80
000067	Catsup	serving	7.13

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000264	CAULIFLOWER,raw: fresh	.5 cup	2.49
000265	CAULIFLOWER: frozen,boiled	4 oz.	0.00
000201	Celery/Dip	serving	5.21
000513	Cereal Bowls, assorted	each	23.00
000586	Cheddar Cheese Sauce	1 oz. servings	3.20
000340	Cheddar Fetti Crackers	BAG	13.00
000534	Cheddar Goldfish Baked Snack C	.75 oz bag	14.00
000133	Cheerios Bowl	each	15.00
000617	Cheese and Red Potato Chowder	1 cup servings	16.00
000302	Cheese Dreams	2 TBSP #30	21.82
000570	Cheese Ravioli - Secondary	5 ravioli	56.16
000566	Cheese Ravioli in Spaghetti Sa	3 ravioli	33.79
000571	Cheese Ravioli w/ Meat Sauce/S	5 ravioli	56.16
000314	Cheese Sandwich	EACH	24.03
000415	Cheese Sandwich/E	Each	24.03
000002	Cheese Steak	each	61.81
000003	Cheese Steak/E	each	33.88
000509	Cheese Steak/I	each	61.81
000548	cheese, mild shredded cheddar	2 oz cup	0.75
000149	Cheeseburger on a Bun	EACH	21.49
000416	Cheeseburger on a Bun/E	each	27.46
000614	Cheesy Chicken Tortilla, Campb	1 cup serving	10.00
000076	Chef Salad	each	7.81
000618	Chicken & Dumplings, Frozen	1 cup servings	19.00
000591	Chicken Broth	8 oz cups	1.13
000488	Chicken Cheese Steak	each	62.67
000595	Chicken Cheese Steak/E	each	32.05
000490	Chicken Chesse Steak w/onions	each	63.42
000654	Chicken Fajita's	2 oz portions	24.95
000417	Chicken Frys/E	8 piece serv	8.00
000310	Chicken Fryz	12 STICKS	12.00
000399	Chicken Noodle Soup	6 oz	12.32
000594	Chicken Noodle Soup, Canned/E	4 oz servings	3.50
000597	Chicken Noodle Soup, Canned/Se	8 oz servings	7.00
001064	Chicken Nuggets	7 piece serv.	13.66
000364	Chicken Nuggets and Roll	7 EACH	28.24
000575	Chicken Nuggets, Unbr, Hny BBQ	7 pieces	12.58
000574	Chicken Nuggets, Unbr, Honey B	5 pieces	8.99
000418	Chicken Nuggets/E	5 EACH	10.25
001052	Chicken on Bun	EACH	31.51
000611	Chicken Patty, Flower Shaped	3.32 oz patty	14.00
000102	Chicken Rice Soup, Canned/E	4 oz servings	5.50
000103	Chicken Rice Soup, Canned/Seco	8 oz. servings	11.00
000596	Chicken Steak/E	each	31.80
000581	Chicken Steaks/I	2 oz servings	27.50
000583	Chicken Steaks/S	3 oz servings	27.75
000400	Chicken Strips	3 piece serving	16.52
000079	Chicken Wrap	each	84.79
000657	Chicken, Breaded 8 Piece Cut	3 oz	10.00
000656	Chicken, Drummies	3 oz	8.00
000613	Chili Con Carne with Beans, Ca	8 oz cup	22.00
000588	Chili with Beans	6 OZ	44.25
000630	Chocolate Chip Cookie I/W	1-1.5 oz cookie	28.00
000550	Chocolate Chip Muffin	muffins	64.40
000515	Chocolate Chip Muffins Prepack	each	28.00
000629	Chocolate Chip w/M&M's I/W	1 oz cookie	19.00
000530	Chocolate Chocolate Chip Muff	muffins	66.00
000186	Chocolate Pudding,4oz Hunts Sn	each	25.00
000380	Christmas Tree Cake	Each	26.00
000653	Churros, Fruit Filled	1 churro	27.00
000014	Cinn Toast Crunch Cereal Bar	Bar	28.00
000190	Cinnamon Roll, WW Hadley	each	32.94
000132	Cinnamon Toast Crunch Crisps	each	22.00

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No.	Description	Portion Size	Carbohydrates (Grams)
000604	Clam Chowder, New England/E	4 oz serving	7.50
000605	Clam Chowder, New England/S	8 oz serving	15.00
000546	Clementines, raw	piece	9.00
000011	Cocoa Puff Cereal Bar	each	28.00
000135	Cocoa Puffs Bowl	Each	20.00
000543	COCOA PUFFS ON THE GO	POUCH	20.00
000558	Cold Seasoned Pasta	4 oz.	12.96
000537	COOKIE, BREAKFAST	67G - 1 COOKIE	44.00
000350	Cookie, Harvest Theme Camden C	EACH	21.00
000154	Cookie, Themed,Heart Camden Cr	each	20.50
000155	Cookie,Shamrock,Themed,Camden	each	20.50
000660	Cookies, Fortune	cookie	6.70
000301	Corn	4 OZ	23.48
000311	Corn Cobette	EAR	14.92
001062	Corn Dog	EACH	30.01
000188	Cranberry sauce	Serving	13.47
000498	Crazy Cheezy Bread	each	44.00
000600	Cream of Mushroom, Canned/E	4 oz servings	4.50
000601	Cream of Mushroom, Canned/Seco	8 oz servings	9.00
000623	Cream of Potato w/bacon, Froze	1 cup servings	20.00
000624	Cream of Potato, Frozen	1 cup servings	20.00
000469	Crinkle Cut Fries	3 oz Serving	23.01
000452	Crispy Chicken	2 piece serving	4.69
000521	Crybaby Water Ice	4.5 oz cups	28.00
000377	CUCUMBER	serving	0.64
000555	CUTIE PIE APPLE TURNOVER	2.0 OZ.	25.00
000414	Deli Sub	Each	57.54
001056	Deli Sub/E	EACH	23.63
000319	Dinner Roll	1 ROLL	16.60
000352	Dipping Sauce	1 OZ	1.53
000557	Dirty Pudding with Gummy Worm	5 oz	31.51
000514	Double Chocolate Muffin	each	27.00
000362	Egg McMifflin w/Bacon	EACH	26.62
000525	Egg McMifflin w/Bacon on Bagel	EACH	39.45
000527	Egg McMifflin w/Ham on Bagel	Each	40.45
000505	Egg McMifflin W/Sausage	each	27.77
000526	Egg McMifflin W/Sausage Bagel	each	39.77
000396	Egg Salad	3 oz servings	1.33
000370	EGG,HARD-BOILED	1 EACH	0.56
000496	Fish Sandwich	each	36.26
000087	Fish Shapes, Crunchy Breaded	4 oz	18.00
000471	French Fries	3 oz serving	23.01
000196	French Toast Sticks	6 each	63.00
000368	French Toast Sticks/E	4 STICKS	42.00
000193	French Toast Sticks/l	6 STICKS	63.00
000342	Fresh Mini Carrots	BAG	4.80
000341	Fresh Veggie/Dip	SERVING	4.52
000339	Fresh Veggies	4 OZ SERVING	1.51
000542	FROOT LOOPS GRAB N' GO PACKS	POUCH	16.00
000540	FROSTED FLAKES GRAB N' GO PACK	POUCH	25.00
000507	Fruit & Yogurt Parfait	each	51.11
000554	Fruit & Yogurt Parfait 9 oz.	each	49.51
000240	Fruit 2o - Natural Lemon/Orang	16 oz bottle	0.00
000244	Fruit 66	1	23.00
000309	Fruit Mix	4 OZ	18.69
000312	Fruit Muffin	MUFFIN(S)	31.85
000141	Fruit Roll Up	each	11.00
000462	Fruit Smoothie ( Cherry )	6 oz Serving	55.00
000461	Fruit Smoothie (Peach)	6 oz Serving	38.00
000163	Fruit Snacks 2.25 oz Ber & Che	Each	49.43
000160	Fruit Snacks, Welch's FP & B&C	Each	19.39
000157	Fruit Snacks,Welch's 2.25oz po	each	43.06
000159	Fruit Snacks,welch's, .9 oz po	each	15.31

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No.	Description	Portion Size	Carbohydrates (Grams)
000143	Fruity Cheerios On the Go	EACH	21.00
000269	Fuze Beverages	bottle	55.50
000472	Fuze Slenderize	bottle	4.63
000202	Garden Burger	EACH	18.00
000189	Ginerbread Cookie, Fieldstone	each	14.00
000360	Goldfish Crackers	0.75 OZ PKG	13.00
000115	Graham Crackers,	each	11.14
000422	Grapes,Fresh	1/2 CUP SERVIN	7.89
000300	Green Beans	4 OZ	4.35
000373	Grilled Cheese Sandwich	each	23.84
000434	Grilled Cheese/E	Each	23.84
000366	Grilled Chicken on Roll	sandwich	21.26
000142	Gushers	each	20.00
000440	Ham Sandwich/E	EACH	27.00
000374	Ham & Cheese Hoagie	each	58.47
000497	Ham & Cheese Pretzel Bun	each	46.05
000358	Ham and Cheese Croissant	EACH	29.52
000111	Ham and Cheese on Roll/E	EACH	27.23
000593	Ham Broth	8 oz. cups	1.13
000178	Ham Croissant	EACH	27.91
000376	Ham Salad	3 oz serving	4.52
001048	Ham Sandwich	EACH	25.31
000658	Ham, Baked	2 oz serving	4.36
000161	Hamburger on a Bun	SERVING	21.26
000216	Hamburger on a Bun/E	SERVING	21.26
000479	Hash Brown Patty	Serving	15.19
000474	Hash Brown Sticks	serving	14.01
000451	Hash Browns	patty	8.15
000619	Homestyle Chicken Noodle, Froz	1 cup servings	11.00
000625	Homestyle Sweet Pepper & Beef	1 cup servings	14.00
000483	Honey Breakfast Bar	Bar	49.96
000482	Honey Bun	Bun	39.00
000561	Honey Mustard Dipping Sauce	1 oz.	5.00
000137	Honey Nut Cheerios Snack Mix	each	49.00
000547	Honeydew melon, raw	wedge 1/8	15.00
000004	Hot Dog on Bun	1 Link	24.63
000441	Hot Ham & Cheese Sandwich/E	Each	21.16
000387	Hot Ham and Cheese Sandwich	each	21.39
000392	Hot Turkey Sandwich w/Gravy	EACH	29.25
000165	Ice Cream B Day Cup Blue Bunny	each	13.00
000176	Ice Cream Fudge Bar, Blue Bunn	each	26.00
000170	Ice Cream LF Fudge Dream Bar	Each	16.00
000172	Ice Cream RF Mini Cone Blue Bu	each	26.00
000171	Ice Cream,LF Ice Cream Sandwic	Each	25.00
000164	Ice Cream,LF Swirl Pudding Pop	each	17.00
000174	Ice Cream,Orange Dream Bar Bl	Each	20.00
000166	Ice Crem, Cotton Candy Cup Blu	each	12.00
000235	Ice Novelties Twin Pop Double	pop	18.00
000639	Icy Diet Decaf Tea, Clover Fa	16 oz bottle	4.00
000641	Icy Diet Green Tea, Clover Far	bottle	0.00
000640	Icy Diet Tea, Clover Farms	bottle	2.00
000642	Icy Green Tea, Clover Farms	bottle	38.00
000644	Icy Raspberry/Peach Tea, Clove	bottle	54.00
000643	Icy Tea Original, Clover Farms	bottle	42.00
000646	ITALIAN BREAD	EACH	15.98
000327	Italian Hoagie	EACH	61.42
000621	Italian Style Wedding Soup, Fr	1 cup servings	14.00
000410	Jello	4 oz serving	17.20
000275	Juicy Juice Fun Size Boxes	box	24.00
000405	Juicy Juice-Apple	4.23 box	16.00
000402	Juicy Juice-Berry	4.23 box	16.00
000406	Juicy Juice-Cherry	4.23 box	15.00
000404	Juicy Juice-Grape	4.23 box	17.00

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No.	Description	Portion Size	Carbohydrates (Grams)
000403	Juicy Juice-Punch	4.23 Box	15.00
000510	Jump Start- Apple Jacks	each	63.40
000511	Jump Start-Froot Loops	each	80.39
000512	Jump Start-Frosted Flakes	each	80.39
000179	Kiwi Fruit	each	12.97
000384	Lenon Crackers	bag	18.00
000363	Lettuce & T omat	SERVING	2.45
000385	Macaroni and Cheese	6 OZ SERVING	26.65
000553	MACARONI SALAD	1/2 CUP	20.25
000026	Mandarin Oranges	140 gr-1/2 cup	19.97
000622	Manhattan Clam Chowder, Frozen	1 cup servings	20.00
000299	Mashed Potatoes	2.67 oz #12 sco	272.40
000070	Mayonnaise	serving	0.80
000389	Meatball Hoagie	each	65.53
000535	Meatball in Sauce	each	10.49
000039	Meatball Sandwich/E	each	37.43
000121	Mega Noodle, Canned/E	4 oz. servings	4.50
000599	Mega Noodle, Canned/Secondary	8 oz. servings	8.99
000180	Melon, Cantolope	each	5.63
000661	Milk, Fat Free Chocolate	1/2 pint	22.00
000228	MILK,1% Chocolate	HALF PINT	26.10
000230	MILK,1% Lowfat	HALF PINT	12.18
000231	MILK,Skim	HALF PINT	12.15
000030	Milk-strawberry	Each	25.00
000031	Milk-vanilla	each	21.00
000603	Minestrone Soup, Canned/E	4 oz servings	7.00
000602	Minestrone Soup, Canned/Second	8 oz servings	14.00
000590	Mini Cinnis, Pillsbury	65 gram package	40.00
000457	Mini Corn Dogs	4 piece serving	21.00
000448	Mini Pancakes	8 each	31.75
000151	Mini Pancakes, Flavored	each	34.00
000443	Mini Pancakes/E	6 piece	23.81
000204	Mini Pierogies/E	servings	14.72
000648	Mini Pierogies/Secondary	servings 7 pier	27.62
000192	Mini Waffles	serving	38.00
000263	MINUTE MAID JUICE	BOTTLE	28.00
000522	Minute Maid Juice Bars	3.1 fl oz.	21.00
000333	Mixed Fruit	140 gr-1/2 cup	20.00
000433	MIXED VEGETABLES:frozen,boiled	serving	11.91
000146	Mozzarella Sticks	serving	20.00
000144	Mozzarella Sticks/E	serving	10.00
000615	Mr. J's 100% Fruit Juice	4 oz eco-carton	14.00
000069	MUSTARD YELLOW PREPARED	Serving	0.34
000652	Nachos with Cheese Sauce	1bg chips 1 oz	22.20
000185	Nectarines	each	14.98
000124	Nutri Grain Bar, Apple Cinn	Each	24.05
000122	Nutri Grain Bar, Blueberry	each	23.83
000125	Nutri Grain Bar, Rasp	each	23.83
000123	Nutri Grain Bar, strawberry	each	23.72
000453	Nutri Grain Yogurt Bar	each	27.00
000608	Oatmeal Raisin Breakfast Bar	1 package(71g)	48.00
000338	Orange	EACH	11.28
000381	Orange Juice	8 oz container	26.17
000487	Oven Baked French Fries	6 OZ SPOODLE	35.37
000460	P&J Uncrustable	each	54.00
000616	Pa Dutch Chicken Corn Chowder	8 oz servings	20.00
000107	Pancake on a Stick	serving	18.00
000357	Papa John's Pizza (10) Slice	SLICE	39.98
000354	Papa John's Pizza 8 Slice	6 OZ SLICE	49.98
000037	Pasta and Meatballs	serving	47.38
000401	Pasta Salad	4 oz	5795.47
000046	Pasta w/Meatsauce	servings	41.43
000045	Pasta w/Meatsauce/E	servings	40.01

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000017	Pasta w/Meatsauce/l	servings	41.43
000308	PB & Jelly Sandwich	1 SANDWICH	50.81
000305	PB & Marshmallow Sandwich	1 SANDWICH	38.14
000437	Peaches	4 OZ	16.97
000519	Peaches in cup	4 OZ	16.50
000088	PEACHES,FRESH	small	12.40
000337	Pear	EACH	27.52
000438	Pears	140 gr-1/2 cup	25.96
000485	Peas	4 oz serving	11.41
000439	PEAS & CARROTS: frozen,boiled	1/2 cup	8.10
000028	Pepperoni Pizza Bagel	each	32.00
000480	Personal Pizza	serving	45.00
000529	Pierogies, CN Potato & Am Ch	3 pierogies	38.00
000106	Pigs in a Blanket	serving	18.00
000006	Pineapple Tidbits	4 OZ	16.97
000371	Pineapples & Mandarin Oranges	4 oz servings	17.36
000573	Pizza - Giorgio Wedge Cut Chee	1 slice	44.00
000024	Pizza Bagel	each	32.00
000066	Pizza Hut (10) slice	4.76 OZ SLICE	31.81
000029	Pizza Hut (8) slice	5.46 OZ SLICE	39.34
000495	Pizza Quesadilla	each	37.00
000218	Pizza Sticks w/Dipping Sauce	4 STIX SERVING	4.71
000536	Pizza Sticks w/Dipping Sauce/E	2 STIX SERVING	40.28
000351	Pizza Sticks w/Dipping Sauce/l	3 STIX SERVING	9.43
000481	Pizza, 5" Round WW, Nardone's	serving	40.00
000504	Pizza, Big Daddy's	each	55.00
000508	Pizza, Big Daddy's/E	each	43.93
000610	Pizza, CC'S Cheese	1 slice	35.60
000633	Pizza, Cheese 4X6 Rectangle	1 pizza rectang	29.00
000632	Pizza, French Bread Cheese	1 pizza	33.00
000524	Pizza, Mickey's	slice	42.00
000105	Pizza, Wedge Kasa	slice	49.00
000330	Pizza, Wedge Nardones	1 slice	32.00
000150	Pizza, Wedge Wheat,Giorgio	each	36.00
000359	Pizzeria Pizza	SLICE	44.18
000183	PLUMS	Each	7.54
000649	Polish Fruit Freeze	4 oz cont	26.00
000129	Polish Water Ice	Each	34.00
000005	Pop Tart Frosted Strawberry	each	35.00
000130	Pop Tart, Br Sugar Cinn.	each	34.00
000336	Popcorn	BAG	7.00
000320	Popcorn Chicken	14 PIECE	12.10
000465	Pork Barbecue Sandwich	each	33.25
000203	Pork Choppette	serving	17.00
000313	Potato Filling	(#12) SCOOP	57.78
000655	Potatoes, Scalloped	1/2 cup serving	25.48
000236	Power ICE	Pouch	8.00
000241	Powerade - Orange/Mtn Berry/Gr	8 oz bottle	14.00
000386	Pretzel Rod	rod	10.10
000213	Pretzel, Soft, Baked 2.5 oz J	each	38.00
000212	Pretzel, soft, Baked, Mini	each	16.00
000651	Pulled Pork	3 oz. servings	0.00
000116	Quesadilla w/cheese,	each	41.00
000117	Quesadilla, chicken and cheese	each	35.00
000634	Rice Krispy Bar, Fieldstone	1 bar	19.00
000126	Rice Krispy Treats Mini	each	8.47
000659	Rice, Brown	3 oz servings	39.49
000533	Rice, Seasoned	3 oz.	13.27
000198	RICE,Cooked White	servings	27.81
000021	Salad Bowl	each	26.81
000043	Salad/ Dressing	EACH	27.17
000317	Salami Sandwich	EACH	23.59
000328	Salisbury Steak	3 OZ PORTIONS	5.95

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# Governor Mifflin School District

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000118	SALTINES	package	4.57
000446	SAUSAGE LINK	4 link serving	0.68
000016	SAUSAGE PATTY	2 each	0.68
000445	SAUSAGE PATTY/E	2 each	0.68
000027	Sausage Pizza Bagel	each	30.00
000584	Sauteed Onions and Green Peppe	servings	2.70
000140	Scooby-Doo Fruit Snacks	Each	21.00
000393	Scrambled Eggs	2 oz Servings	0.91
000036	Se Animal Crackers	each	20.25
000650	Shephard's Pie	4X6 inch serv.	23.31
000523	Sherbert, Fruit Juice	4 oz	24.00
000503	Shrimp Poppers	6 oz serving	26.50
000455	Side Ham and Cheese	serving	2.25
000454	Side Salad	4 oz serving	1.07
000177	Side Salad W/ Ranch Dessing	EACH	12.05
000456	Side Turkey and Cheese	serving	2.87
000560	Sloppy Joe on Roll	3 oz servings	33.83
000467	Smiles	3 oz serving	24.01
000538	SNACK N' WAFFLES, MAPLE	PACKAGE	35.00
000539	SNACK N' WAFFLES - BLUEBERRY	PACKAGE	37.00
000072	Sour Cream	Servung	1.00
000408	Soy Milk	8.25 Serv	19.00
000015	Spagetti and Meatballs	serving	46.34
000585	Spaghetti Sauce	1.5 OZ SERVING	3.78
000131	Special K Bar, Strawberry	each	17.71
000491	SPICY CHICKEN SANDWICH	SANDWICH	42.26
000544	SPRING WATER BOTTLED	16.9 OZ BOTTLE	0.00
000638	Spring Water Bottled-16.9 oz	1 16.9oz bottle	0.00
000637	Spring Water Bottled-8 oz	8 oz bottle	0.00
000243	Spring Water, Dasani	1 bottle	0.00*
000636	Spring Water, Dasani Flavored	1 bottle	0.00
000391	Stewed Tomatoes	1 OZ SERVING	3.71
000099	STRAWBERRIES	serving	3.69
000306	String Cheese	1 OZ PACKAGE	0.71
000569	Stromboli - Giorgio 4.8 oz.	1 stromboli	37.00
000572	Stromboli Pepperoni - Giorgio	1 stromboli	37.00
000631	Sugar Cookie I/W	1-1.5 oz cookie	28.00
000468	SunCup Apple Juice	4 oz cup	13.00
000563	SunCup Natural Fruit Punch	4 oz cup	15.00
000470	SunCup Orange Juice	4 oz cup	13.00
000280	SunCups Grape Juice	4 oz Cup	19.00
000138	Sunkist Fruit Snacks	Each	19.00
000459	Sweet & Sour Sauce	1 oz serving	6.57
000394	Sweet Potatoes	3 oz serving	39.60
000349	SYRUP,PANCAKE	serving	26.14
000277	Taco Bar	0	76.45
000071	Taco Sauce	serving	0.78
000531	Tacos - Elementary	serving	19.20
000532	Tacos - Middle	serving	18.31
000580	Tangerine Chicken	3.96 oz serving	19.00
000100	TANGERINES,FRESH	EACH	11.21
000334	Tator Tots	4 OZ (10) PUFFS	23.31
000409	Team Cheerios Cereal Bar	each	28.00
000199	TEDDY GRAHAMS	package	11.14
000579	Teriyaki Chicken	3.12 oz serving	18.94
000626	Tomato Florentine w/Pasta,Froz	1 cup serving	15.00
000303	Tomato Soup, canned/E	4 oz servings	10.00
000606	Tomato Soup, canned/S	8 oz servings	20.00
000134	Trix Bowl	each	20.00
000013	Trix Cereal Bar	Bar	28.00
000449	TUNA HOAGIE	SERVINGS	57.27
000450	TUNA SALAD	SERVINGS	2.17
000048	TURKEY & GRAVY	serving	4.39

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## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000047	TURKEY & GRAVY/E	serving	2.93
000390	Turkey and Gravy	4 oz serving	6.13
000209	Turkey and Stuffed Pasta	serving	53.75
000208	Turkey and Stuffed Pasta/E	serving	21.46
000577	Turkey BBQ/Sloppy Joe-Elementa	3.34 oz serving	29.00
000578	Turkey BBQ/Sloppy Joe-Secondar	5.01 oz serving	32.07
000549	Turkey Hoagie/E	EACH	29.96
000589	Turkey Noodle Soup	4 oz	11.53
000065	Turkey Pot Pie	Servings	66.68
000061	Turkey Pot Pie/E	Servings	33.34
000442	Turkey Sandwich	Each	26.70
000316	Turkey Sandwich/E	EACH	25.51
000332	Turkey Wrap	WRAP	29.75
000492	Un crustable large 4.8oz.	serving	54.44
000493	Un crustable small 2.8 oz	each	33.00
000501	V-8 Fusion Pomgrante Bl	12 oz bottle	37.50
000502	V-8 Fusion Strawberry B	12 oz Bottle	42.00
000500	V8 V-Fusion Peach Mango	12 oz Bottle	42.00
000238	Vanilla Ice Cream Cup 4 oz.	4 oz cup	16.00
000187	Vanilla Pudding,4 oz Hunts Sn	each	24.00
000095	Vegetable Soup,Can/Secondary	servings	10.00
000093	Vegetable Soup/E	servings	5.00
000628	Vegetarian Garden Veg., Frozen	1 cup servings	16.00
000627	Vegetarian Tomato Ravioli, Fro	1 cup servings	20.00
000382	Waffle Sticks	3 stick serving	42.00
000516	Waffle Sticks/E	2 stick serving	28.00
000127	Waffles Mini /E	serving	25.33
000315	Warm Cinnamon Apples	#16 SCOOP SER	26.50
000182	WATERMELON	each	12.08
000635	Whipped On Top, Rich's	2 tbsp	2.00
000018	Yogurt	each	22.00
000020	Yogurt Bowls	each	81.37
000520	Yogurt Dipping Sauce	each	7.82

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