

# Governor Mifflin School District

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
<b><i>GMSD</i></b>			
000191	Alphabet Mini Cookies 1.1 oz	each	22.00
000147	American Cheese Sticks	serving	13.50
000033	Animal Crackers	Each	22.13
000375	Apple Crisp	3 oz servings	41.56
000329	Apple Slices	2 OZ	7.83
000064	Apples	EACH	19.06
000356	Applesauce	4 OZ	25.40
000307	B.L.T. Samdwich	each	24.84
000214	Baby Baker Potatoes	servings	30.02
000215	Baby Baker Potatoes/E	servings	15.39
000361	Bacon Cheeseburger	EACH	21.71
000335	Bag of Baked Snacks	BAG	17.00
000347	BAGELS,PLAIN,ENRICHED	1 EACH	35.86
000120	Baked Potato	each	42.93
000068	Banana	EACH	23.07
000518	Banana Nut Muffin	each	28.00
000463	Barbecue Sauce	1 oz servings	11.09
000365	BBQ Tenderlions	2 piece portion	16.00
000112	Beef Noodle Soup,	servings	4.48
000255	BLUEBERRIES,Fresh	.5 cup	10.72
000517	Blueberry Muffin	each	26.00
000372	Bolonga Sandwich	each	26.07
000499	Bosco Sticks	each	26.00
000304	Bread Sticks	ROLL	26.07
000152	Breakfast Sausage Pizza 5"Tony	each	22.44
000395	Broccoli	4 oz serving	8.14
000348	Broccoli & Cauliflower Salad	4 OZ SERVINGS	11.44
000398	Broccoli & Cheese Sauce	serving	11.13
000346	Broccoli Salad	4 OZ SERVING	11.95
000256	BROCCOLI,raw: fresh	CUP	4.71
000009	Brownie,	each	21.00
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	8.96
000343	Carrots/Dip	BAG	9.00
000067	Catsup	serving	1.51
000264	CAULIFLOWER,raw: fresh	.5 cup	2.65
000201	Celery/Dip	serving	5.21
000513	Cereal Bowls, assorted	each	23.00
000340	Cheddar Fetti Crackers	BAG	13.00
000133	Cheerios Bowl	each	15.00
000302	Cheese Dreams	2 TBSP #30	21.82
000494	Cheese Pizza Stixs	each	26.91
000506	Cheese Pizza Stixs/E	each	19.00
000314	Cheese Sandwich	EACH	24.03
000415	Cheese Sandwich/E	Each	24.03
000002	Cheese Steak	each	61.81
000003	Cheese Steak/BC	each	33.88
000509	Cheese Steak/l	each	61.81
000149	Cheeseburger on a Bun	EACH	21.49
000416	Cheeseburger on a Bun/E	each	21.49
000076	Chef Salad	each	7.82
000488	Chicken Cheese Steak	each	60.36
000490	Chicken Chesse Steak	each	60.95
000310	Chicken Frys	8 STICKS	10.00
000417	Chicken Frys/E	8 piece serv	10.42
000399	Chicken Noodle Soup	6 oz	12.32
001064	Chicken Nuggets	7 piece serv.	13.66
000364	Chicken Nuggets and Roll	7 EACH	28.24
000418	Chicken Nuggets/E	5 EACH	10.25

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001052	Chicken on Bun	EACH	31.51
000103	Chicken Rice Soup	servings	13.64
000102	Chicken Rice Soup/E	servings	6.82
000400	Chicken Strips	3 piece serving	16.52
000079	Chicken Wrap	each	84.79
000515	Chocholate Chip Muffins	each	28.00
000186	Chocolate Pudding,4oz Hunts Sn	each	25.00
000380	Christmas Tree Cake	Each	26.00
000014	Cinn Toast Crunch Cereal Bar	Bar	32.00
000190	Cinnamon Roll, WW Hadley	each	33.94
000132	Cinnamon Toast Crunch Crisps	each	22.00
000011	Cocoa Puff Cereal Bar	each	28.00
000135	Cocoa Puffs Bowl	Each	20.00
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
000301	Corn	4 OZ	23.60
000311	Corn Cobette	EAR	30.23
001062	Corn Dog	EACH	30.01
000188	Cranberry sauce	Serving	13.47
000498	Crazy Cheezy Bread	each	44.00
000469	Crinkle Cut Fries	3 oz Serving	23.01
000452	Crispy Chicken	2 piece serving	4.69
000377	CUCUMBER	serving	0.64
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
000514	Double Chocolate Muffin	each	27.00
000362	Egg Mc Mifflin w/Bacon	EACH	26.62
000505	Egg Mc Mifflin W/Sausage	Each	27.76
000396	Egg Salad	3 oz servings	1.37
000370	EGG,HARD-BOILED	1 EACH	0.56
000192	error	serving	38.00
000383	error	SERVING	0.00
000496	Fish Sandwich	each	36.26
000087	Fish Shapes	servings	18.66
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	6.00
000341	Fresh Veggie/Dip	SERVING	10.52
000339	Fresh Veggies	4 OZ SERVING	7.51
000397	Frosted Bannana Bars	servings	37.84
000507	Fruit & Yogurt Parfait	each	51.11
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
000143	Fruity Cheerios On the Go	EACH	21.00
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 SERVING	7.89
000300	Green Beans	4 OZ	7.31
000373	Grilled Cheese Sandwich	each	23.84
000434	Grilled Cheese/E	Each	23.84
000366	Grilled Chicken on Roll	sandwich	21.26

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No.	Description	Portion Size	Carbohydrates (Grams)
000142	Gushers	each	20.00
000374	Ham & Cheese Hoagie	each	58.47
000497	Ham & Cheese Pretzel Bun	each	46.05
000358	Ham and Cheese Croissant	EACH	29.47
000111	Ham and Cheese on Roll	EACH	3.56
000178	Ham Croissant	EACH	27.86
000376	Ham Salad	3 oz serving	4.52
001048	Ham Sandwich	EACH	25.31
000440	Ham Sandwich/E	EACH	25.31
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
000483	Honey Breakfast Bar	Bar	49.96
000482	Honey Bun	Bun	39.00
000137	Honey Nut Cheerios Snack Mix	each	49.00
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
000327	Italian Hoagie	EACH	61.43
000410	Jello	4 oz serving	19.01
000207	Juice, apple, 100%, 4oz Suncup	serving	14.11
000205	Juice, grape, 100%, 72/4 oz Su	serving	20.84
000206	JUICE, ORANGE SUNCUP	SERVING	13.68
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
000403	Juicy Juice-Punch	4.23 Box	15.00
000510	Jump Start- Apple Jacks	each	63.90
000511	Jump Start-Froot Loops	each	80.90
000512	Jump Start-Frosted Flakes	each	80.90
000179	Kiwi Fruit	each	12.97
000384	Lenon Crackers	bag	18.00
000363	Lettuce & T omato	SERVING	2.46
000385	Macaroni and Cheese	6 OZ SERVING	26.65
000026	Mandarin Oranges	4 OZ	20.11
000299	Mashed Potatoes	3.2 OZ	16.98
000070	Mayonnaise	serving	0.80
000389	Meatball Hoagie	each	65.53
000388	Meatball Sandwich/C/B	each	29.40
000039	Meatball Sandwich/E	each	64.20
000121	Mega Noodle	servings	5.11
000180	Melon, Cantolope	each	5.63
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
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	14.59
000127	Mini Waffles/E	serving	25.33

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No.	Description	Portion Size	Carbohydrates (Grams)
000333	Mixed Fruit	4 OZ	18.00
000433	MIXED VEGETABLES:frozen,boiled	serving	14.84
000146	Mozzarella Sticks	serving	21.33
000144	Mozzarella Sticks/E	serving	10.66
000069	MUSTARD YELLOW PREPARED	Serving	0.34
000185	Nectarines	each	14.98
000124	Nutri Grain Bar, Apple Cinn	Each	25.90
000122	Nutri Grain Bar, Blueberry	each	27.00
000125	Nutri Grain Bar, Rasp	each	27.00
000123	Nutri Grain Bar, strawberry	each	27.00
000453	Nutri Grain Yogurt Bar	each	27.00
000338	Orange	EACH	11.28
000381	Orange Juice	8 oz container	23.11
000487	Oven Baked French Fries	6 OZ SPOODLE	35.37
000460	P&J Uncrustable	each	54.00
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	5793.33
000046	Pasta w/Meatsauce	servings	44.83
000045	Pasta w/Meatsauce/E	servings	41.72
000017	Pasta w/Meatsauce/I	servings	43.70
000308	PB & Jelly Sandwich	1 SANDWICH	50.81
000305	PB & Marshmallow Sandwich	1 SANDWICH	38.14
000437	Peaches	4 OZ	18.91
000519	Peaches in cup	4 OZ	16.50
000337	Pear	EACH	25.66
000438	Pears	4 OZ SERVINGS	18.99
000485	Peas	4 oz serving	16.17
000028	Pepperoni Pizza Bagel	each	32.00
000480	Personal Pizza	serving	45.00
000481	Personal Pizza	serving	41.00
000106	Pigs in a Blanket	serving	18.00
000006	Pineapple Tidbits	4 OZ	18.42
000458	Pineapple Upside Down Cake	servings	13.92
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	68.31
000351	Pizza Sticks w/Dipping Sauce/E	3 STIX SERVING	57.13
000504	Pizza, Big Daddy's	each	55.00
000508	Pizza, Big Daddy's/E	each	43.93
000105	Pizza, Wedge Kasa	slice	49.00
000330	Pizza, Wedge Nardones	SLICE	42.00
000150	Pizza, Wedge Wheat,Giorgio	each	36.00
000359	Pizzeria Pizza	SLICE	42.18
000183	PLUMS	Each	7.54
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	20.45
000465	Pork Barbecue Sandwich	each	33.25
000203	Pork Choppette	serving	17.00
000313	Potato Filling	(#12) SCOOP	8.77
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
000116	Quesadilla w/cheese,	each	41.00
000117	Quesadilla, chicken and cheese	each	35.00
000287	Red. Fat Candy Cookie	1.6 OZ	29.00
000082	Red. Fat Choc. Chip Cookie	1.6 OZ	28.00
000081	Red. Fat Oatmeal Raisin Cookie	1.6 OZ	27.00

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No.	Description	Portion Size	Carbohydrates (Grams)
000237	Red. Fat Sugar Cookie	1.6 oz	29.00
000126	Rice Krispy Treats Mini	each	8.47
000198	RICE,Cooked White	servings	27.81
000023	Salad Bowl	each	8.48
000021	Salad Bowl	each	7.81
000043	Salad/ Dressing	EACH	16.18
000317	Salami Sandwich	EACH	23.59
000328	Salisbury Steak	3 OZ PORTIONS	5.95
000118	SALTINES	package	4.00
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
000140	Scooby-Doo Fruit Snacks	Each	21.00
000393	Scrambled Eggs	2 oz Servings	1.25
000036	Se Animal Crackers	each	20.25
000503	Shrimp Poppers	6 oz serving	26.17
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
000464	Sloppy Joe on a Bun	4 oz servings	30.93
000467	Smiles	3 oz serving	24.01
000108	Smiley Cookie	each	27.00
000072	Sour Cream	Servung	1.00
000408	Soy Milk	8.25 Serv	19.00
000015	Spagetti and Meatballs	serving	46.34
000131	Special K Bar, Strawberry	each	18.00
000491	SPICY CHICKEN SANDWICH	SANDWICH	42.26
000391	Stew Tomatoes	1 OZ SERVING	3.71
000099	STRAWBERRIES	serving	3.69
000306	String Cheese	1 OZ PACKAGE	0.71
000138	Sunkist Fruit Snacks	Each	19.00
000459	Sweet & Sour Sauce	1 oz serving	6.57
000349	SYRUP,PANCAKE	serving	26.14
000071	Taco Sauce	serving	0.78
000334	Tator Tots	4 OZ (10) PUFFS	21.92
000409	Team Cheerios Cereal Bar	each	28.00
000199	TEDDY GRAHAMS	package	11.14
000303	Tomato Soup (canned)	6 oz servings	5.82
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
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
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	29.76
000492	Uncrustable	serving	54.44
000493	Uncrustable	Serving	32.88
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
000187	Vanilla Pudding,4 oz Hunts Sn	each	24.00
000095	Vegetable Soup	servings	5.68
000093	Vegetable Soup/E	servings	5.68
000382	Waffle Sticks	3 stick serving	42.00
000516	Waffle Sticks/E	2 stick serving	28.00
000315	Warm Cinnamon Apples	#16 SCOOP SER	26.44

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## Recipe Carbohydrates List

Sep 8, 2009

No.	Description	Portion Size	Carbohydrates (Grams)
000182	WATERMELON	each	12.08
000018	Yogurt	each	22.00
000020	Yogurt Bowls	each	78.71
000520	Yogurt Dipping Sauce	each	7.82