

CARB NUTRIENT ANALYSIS

Breakfast Items				
Recipe #	Recipe Name	Recipe Alt Name	Portion Size	Carbohydrate (g)
991998	Bacon, 2 Slices, M8110	Bacon Slices	2 slices	0
992358	Sausage Patty, .8 oz. M9065	Sausage Patty	1 patty	0
992359	Sausage Patty, 1.5 oz. M9060	Sausage Patty	1 patty	0
992361	Scrambled Egg Patty,FRZ M9030	Scrambled Eggs	1 patty	1
992203	Eggs, Scrambled, FRZ Mix M9035	Scrambled Eggs	2 ounces	1
992157	Ham, Sliced, Biscuit MER M9050	Ham Biscuit	1 slice	2
992306	Omelets, Cheese, Indivi. M9025	Cheese Omelet	1 omelet	2
992117	Chicken Patty, Bfast Brd M9010	Breakfast Chicken Patty	1 patty	7
991970	Waffles, Bulk, 1 WGR M8835	Waffles	servings	11
992305	Oatmeal, Quick Cook 1WGR M8740	Hot Oatmeal	1/2 cup	12
992253	Grits, ENR, Quick Cook M8735	Grits	1/2 cup	14
992031	Bread, 1 ENR, Toast, M8550	Toast	1 slice	14
992356	Sausage .8 & Biscuit 1WG M9170	Sausage Patty & Biscuit	1 serving	14
992232	Yogurt Cup, Variety M5195	Yogurt Cup	4 ounce cup	14
992421	Yogurt, Raspberry, PC M9080	Raspberry Yogurt	4 ounce cup	14
992422	Yogurt, Strawberry, PC M9085	Strawberry Yogurt	4 ounce cup	14
992309	Pancakes, 1 WGR M8820	Pancakes	1 pancake	15
992036	Burrito, Breakfast, WGR M9290	Breakfast Burrito	1 burrito	16
992037	Breakfast Pizza, Sausage M9275	Breakfast Sausage Pizza	1 piece	16
992474	Yogurt Cup, Variety US M5195.1	Yogurt Cup	4 ounce cup	16
992150	Cereal, Granola Crumbley M7000	Granola	1/4 CUP	16
991971	Peanut Butter Parfait M7570	Peanut Butter Parfait	1/2 cup	19
992000	Bagel, Breakfast WG, M9115	Breakfast Bagel	Bagels	19
992357	Sausage Pancake on Stick M9255	Sausage Pancake on a Stick	1 stick	19
992071	Cereal, Cinnamon Chex M8675	Cinnamon Chex	1 bowl pack	22
992070	Cereal, Cinnamon Toast M8680	Cinnamon Toast Crunch	1 bowl pack	22
992428	Cereal, Honey Nut Cheerios M8695	Honey Nut Cheerios	1 bowl pack	22
992073	Cereal, Reeses Puffs,WG,M8720	Reeses Puffs	each	22
991969	Waffles, Bulk, 2 WGR M8845	Waffles	servings	22
992075	Cereals, Assorted, 1 Oz. M8665	Assorted Cereal	1 bowl pack	23
992077	Cereal, Lucky Charms M8705	Lucky Charms	1 bowl pack	23
992426	Cereal, Frosted Flakes M8690	Frosted Flakes	1 bowl pack	24

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991834	Cereal, Fruit Loops, Bag M8685	Froot Loops	1 bowl pack	24
992074	Cereal, Rice Chex M8725	Rice Chex	1 bowl pack	24
992067	Cereal Crisp, Ch Chp, 1WGR M8630	Chocolate Chip Crisps	1 bag	25
992296	Muffin Loaf Blubry, 1WGR M8620	Blueberry Loaf	1 loaf	26
992298	Muffin Loaf ChocChip 1GR M8625	Chocolate Chip Loaf	1 muffin	26
992301	Muffin Loaves Asortd 1GR M8610	Assorted Muffin Loaves	1 muffin loaf	26
991997	Biscuit (2G) with Bacon M8535	Biscuit & Bacon	1 serving	27
992027	Biscuit, 2 WGR, M8530	Biscuit	1 biscuit	27
992143	Cinnamon Roll, 2 WGR M8555	Cinnamon Roll	1 roll	27
992355	Sausage 1 & Biscuit 2WGR M9175	Sausage Patty & Biscuit	1 each	27
992331	Sausage Jambalaya M2540	Sausage Jambalaya	1 cup	27
991837	Biscuit, 2 Oz. ENR, M8520	Southern Biscuit	1 biscuit	28
992160	Muffin Banana, 1 WGR MR M8615	Banana Muffin	1 muffin	28
991835	Sausage 1 & Biscuit 2ENR M9165	Sausage Patty & Biscuit	1 each	28
992455	Biscuit Bacon, Egg, Cheese U M9150.1	Bacon, Egg, & Cheese Biscuit	1 serving	29
992001	Bagel, 2WGR, Warmed M8580	Bagel	1 bagel	29
992066	Cereal Bar, Strawb, 1WGR M8770	Strawberry Cereal Bar	1 bar	29
992065	Cereal Bar, Fruit 1 WGR M8755	Cereal Bar	1 bar	30
992310	Pancakes, 2 WGR M8825	Pancakes	2 pancakes	30
992068	Cereal Bar, Oat, 1 WGR M8760	Granola Bar	1 bar	31
991979	Potatoes, Hashbrown M6065	Hashbrown Potatoes	2 patties	31
67	Toasted Breakfast Sandwich	Toasted Breakfast Sandwich	1 each	32
991929	Bagel with Cream Cheese M8585	Bagel w/ Cream Cheese	1 bagel	34
992115	Chicken Patty & Biscuit M9140	Chicken Biscuit	1 serving	34
992228	Frudel, 2 WGR, Apple M8500	Apple Frudel	1 frudel	36
992230	Frudel, 2 WGR, Cherry M8505	Cherry Frudel	1 frudel	36
992308	Pancakes, Mini, 2 WGR M8815	Mini Pancakes	1 pouch	36
991902	Pancakes, Mini, Confetti M8810	Mini Confetti Pancakes	1 pouch	36
991864	Toaster Pastry, Blue 1WG M8865	Blueberry Toaster Pastry	1 pastry	36
992470	Toaster Pastry, Choc 1.25WG M8870	Chocolate Toaster Pastry	1 pastry	36
992385	Toaster Pastry, Strawb 1WG M8880	Strawberry Toaster Pastry	1 pastry	36
992412	Waffles, Mini, 2 WGR M8850	Mini Waffles	1 pouch	36
991865	Toaster Pastry, Cin 1.25 WG M8875	Cinnamon Toaster Pastry	1 pastry	36
24	Toaster Pastry, Assorted	Toaster Pastry	1 pastry	37

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992076	Cereal, Honey Nut Scoot M8700	Honey Nut Scooters	1 bowl pack	39
992048	Buns, Mini Cinnis, 2 WGR M8560	Mini Cinnis	1 pouch	40
992300	Muffins & Yogurt Choices M9230	Muffins & Yogurt	1 serving	40
992496	Donuts, Chocolate, WGR, M8595	Chocolate Donuts	Package	41
992495	Donuts, Powdered, WGR M8600	Powdered Donuts	Package	41
991875	Cinnamon Filled Pastry M8845	Cinnamon Toast Pastry	1 pastry	42
991999	Bagel & Choice of Yogurt M9125	Bagel & Yogurt	1 serving	43
991907	Breakfast Bread, Pumpkin M8635	Pumpkin Breakfast Bread	1 slice	43
992297	Breakfast Bread, Zuchini M8650	Zuchini Breakfast Bread	1 slice	43
992214	French Toast Stix, WGR M8575	French Toast Sticks	3 sticks	43
991924	Cereals, Assorted, 2 Oz. M8670	Assorted Cereal	1 bowl pack	43
992439	Breakfast Bread, Variety M8640	Breakfast Bread	1 slice	44
992299	Breakfast Bread, Banana M8645	Banana Breakfast Bread	1 slice	44
991906	Breakfast Bread, Lemon M8630	Lemon Breakfast Bread	1 slice	44
992427	Cereal, Mini Spoon, 2 G M8715	Mini Spooners	1 bowl pack	46
992072	Cereal, MM Mateys, 2 G, M8710	Marshmallow Mateys	1 bowl pack	47
992187	Yogurt Parfait, Crumbley M9220	Yogurt Parfait	1 parfait	57
991846	French Toast/Yogurt/Fruit M9210	Frech Toast Sticks w/ Yogurt & Fruit	1 serving	65
Lunch Entrees				
Recipe #	Recipe Name	Recipe Alt Name	Portion Size	Carbohydrate (g)
992094	Chicken Baked Lemon Pepper M3025.1	Lemon Pepper Baked Chicken	1 serving	0
991933	Chicken Baked Ranch US M3030.1	Ranch Baked Chicken	1 serving	0
991934	Chicken Baked Season US M3035.1	Seasoned Baked Chicken	1 serving	0
991932	Chicken Baked Italian US M3020.1	Italian Baked Chicken	1 serving	1
992154	Hot Wings, Bone, Merc, M3280	Hot Wings	3 wings	2
991978	Pimento Cheese Only M5120	Pimento Cheese	1/3 cup	2
991874	Chicken Wings, Roasted M3295	Roasted Chicken Wings	5 wings	3
992132	Chicken Baked BBQ US M3000.1	BBQ Baked Chicken	1 serving	3
991869	Chicken Wings, Buffalo Sc M3300	Chicken Wings w/ Buffalo Sauce	5 wings	3
992394	Tuna Salad M3580	Tuna Salad	1/2 cup	4
992137	Chili Con Carne w/o Beans M4520	Chili (no beans)	1/2 cup	4
992121	Chicken Salad, Only M3520	Chicken Salad	1/2 cup	4
992205	Fish Baked Scandia M1600	Baked Fish Scandia	1 piece	5

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991887	Hamburger Steak w/Gvy U M1015.1	Hamburger Steak w/ Gravy	1 steak	6
992052	Creole Catfish M1610	Creole Catfish	2 ounce	6
992505	Country Fried Steak M1010	Country Fried Steak	1 patty	7
992402	Turkey Sliced Brown Gravy M3220	Turkey w/ Brown Gravy	1 serving	7
991977	Pork Chop, Baked M2520	Baked Pork Chop	1 serving	7
991976	Meat Sauce Only M1038	Meat Sauce	1 serving	7
992347	Salisbury Steak w/Gravy M1040	Salisbury Steak w/ Gravy	1 each	8
900125	Meatloaf, Tomato Paste	Meatloaf	1 slice	8
992163	Chicken Drumstick, MER M3045	Chicken Drumstick	drumstick	8
992136	Chili Con Carne w/ Beans M4510	Chili w/ Beans	1 cup	8
990046	John Wayne Casserole, Biscuits, MRS: 1195	John Wayne Casserole	1 serving	8
992111	Chicken Nuggets, 5 Baked M3170	Chicken Nuggets	5 nuggets	8
992289	Meatballs, Beef M1030	Meatballs	2 each	8
992040	Broccoli Chicken Casserole M3065	Broccoli Chicken Casserole	1/2 cup	8
992395	Tuna Salad in a Tomato M3585	Tuna Salad	1 each	9
992122	Chicken Salad in Tomato M3525	Chicken Salad	1 serving	10
992008	Baked Ham M2500	Baked Ham	2 ounces	10
992101	Chicken Crispy BKD US M3010.1	Crispy Chicken	1 serving	10
991831	Chicken Wings,Bless,Buff M3285	Buffalo Chicken Bites	5 Chunks	10
992109	Chicken Noodle Soup M4580	Chicken Noodle Soup	1 cup	11
992453	Vegetable Beef Soup US M4565.1	Vegetable Beef Soup	1 cup	11
992290	Meatloaf, BBQ M1035	BBQ Meatloaf	1 piece	11
992467	Catfish, Breaded, USDA M1625.1	Breaded Catfish	1 each	12
992382	Swiss Steak w/ Tomato GV M1050	Swiss Steak w/ Tomato Gravy	2 ounces	13
825666	Chicken Parmesan, Breaded, MRS: 3215	Breaded Chicken Parmesan	2 ounces	13
992144	Codfish Square, Baked M1530	Fish Patty	1 square	14
992107	Chicken Hawaiian US M3005.1	Chicken Hawaiian	1 serving	14
992128	Chicken Tenders Breaded M3190	Chicken Tenders	3 tenders	15
992191	Shepherd's Pie, Crumb M1205	Shepherd's Pie	2/3 cup	16
992465	Chef Salad, Elementary U M3505.1	Chef Salad	1 salad	16
9	Chicken Nuggets, 7, Baked, MRS: 3170	Chicken Nuggets	7 nuggets	17
992476	Chicken Parmesan M3215.1	Chicken Parmesan	2 ounces	17
992113	Chicken Parmesan M3215	Grilled Chicken Parmesan	2 ounces	17
991935	Chicken BKD Honey Lemon M3015.1	Honey Lemon Baked Chicken	1 serving	17

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992451	Tamale Pie US M1215.1	Tamale Pie	1 serving	17
992466	Chef Salad, USDA Foods M3500.1	Chef Salad	1 salad	18
991901	Chicken Fiesta Melt U M3210.1	Chicken Fiesta Melt	1 each	18
991857	Chicken Tenders Cooked M3200	Chicken Tenders	3 tenders	18
992206	Fish Nuggets, Baked M1520	Fish Nuggets	4 nuggets	18
992087	Cheesy Breadstick w/Chili M4530	Chili w/ Cheesy Breadstick	1 serving	19
991827	Chicken and Dumplings, M3135	Chicken and Dumplings	3/4 cup	19
992375	Steak Fingers, Baked M1045	Steak Fingers	4 each	19
991900	Chicken Fajitas Dice U M3225.1	Chicken Fajitas	1 fajita	20
991899	Chicken Fajitas USDA M3230.1	Chicken Fajitas	1 fajita	20
992481	Hot Dog, Mini, WG M4235	Mini Hot Dogs	2 each	20
992270	John Wayne Casserole M1195	John Wayne Casserole	1 serving	20
992153	Chicken Fajitas Strips CR M3230	Chicken Fajitas	1 fajita	20
992098	Chicken and Noodles M3075	Chicken & Noodles Casserole	1 cup	20
992123	Chicken Salad Salad M3530	Chicken Salad Salad	1 salad	21
992475	Beef Taco w/Soft Shell M1155.1	Soft Shell Beef Taco	1 taco	21
992436	Chili Cheese Corn Chips M1080	Frito Chili Pie	1 serving	21
992030	Breaded Beef Steak w/ Gravy M1005	Breaded Beef Steak w/ Gravy	1 serving	21
992450	Taco Soup, USDAF, MS812.1	Taco Soup	1 cup	21
992024	Beef Tips/ Noodles M1105	Beef Tips over Noodles	1 serving	21
991829	Chicken with Alfredo Sau M3155	Chicken Alfredo	3/4 cup	22
991856	Fish Sticks, Baked M1540.1	Fish Sticks	4 nuggets	22
992441	Chicken Quesadillas US M3145.1	Chicken Quesadilla	1 each	22
991946	Fish Taco Crispy Shell M1565.1	Crispy Fish Taco	1 taco	22
992396	Tuna Salad Salad M3590	Tuna Salad Salad	1 salad	22
991945	Pep J Chick Quesadilla M3???.1	Pepper Jack Chicken Quesdilla	1 each	23
992442	Fajita Chicken Wrap US M4345.1	Fajita Chicken Wrap	1 wrap	23
992170	Fajita Chicken Wrap CR M4345	Fajita Chicken Wrap	1 wrap	23
991830	Chicken Mandarin M3055	Mandarin Chicken	1 serving	23
992398	Tuna Salad w/ Crackers M3595	Tuna Salad w/ Crackers	1/2 cup	23
991940	Pimento Cheese w/Cracker M5130	Pimento Cheese w/ Crackers	1/2 cup	23
992125	Chicken Salad w/Crackers M3535	Chicken Salad w/ Crackers	1 salad	24
992478	Pasta w/ Red Sauce U M7035.1	Pasta w/ Red Sauce	1/2 cup	24
992440	Chicken Nachos Strip US M3240.1	Chicken Nachos	1 serving	24

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992393	Tuna Ranch Wrap M4355	Tuna Ranch Wrap	2 halves	24
992190	Huntington Chicken CR M3100	Huntington Chicken	3/4 cup	24
991867	Beef Taco Crispy Shell M1150.1	Crispy Beef Taco	2 tacos	24
992166	Hamburger Pie / Tots CR M1185	Hamburger Pie	3/4 cup	24
992449	Taco Pie USDA Foods MS1210.1	Taco Pie	1 piece	25
992126	Chicken Spaghetti WGR M3085	Chicken Spaghetti	3/4 cup	25
992022	Beef -A- Roni M1165	Beef -A- Roni	3/4 cup	25
992464	Turkey & Cheese Wrap U M4360.1	Turkey & Cheese Wrap	1 wrap	26
992129	Chicken Tenders Salad M3570	Chicken Tender Salad	1 salad	26
992131	Chicken Tetrazzini, WG M3095	Chicken Tetrazzini	6 ounces	26
992021	Bean Taco M5050	Bean Taco	1 taco	26
992369	Spaghetti & Meat Sauce M1115	Spaghetti & Meat Sauce	1 serving	26
992080	Cheese Breadstick & Veg BF Soup M4555	Vegetable Beef Soup w/ Cheesy Breadstick	1 cup w/1 stick	26
992274	Lasagna M1200	Lasagna	1 serving	27
992120	Chicken R Parmesan Pasta M3105	Ranch Chicken Parmesan Pasta	1 cup	27
992304	Nachos Grande M1075	Nachos Grande	1 serving	27
992135	Chicken/Sausage Jambalaya M3140	Chicken Jambalaya	1 cup	27
991892	Ham and Cheese Wrap US M4350.1	Ham & Cheese Wrap	2 halves	27
992406	Vegetable Chili M5015	Vegetable Chili	3/4 cup	27
992266	Hot Dog WG M4230	Hot Dog	1 each	28
991955	Southwest Dip & Chip M1085.1	Southwest Dip & Chips	1 serving	28
992102	Chicken Fajita Salad U M3550.1	Chicken Fajita Salad	1 salad	29
992320	Pigs in a Blanket WG M4335	Pigs in a Blanket	1 each	29
992499	Corn Dog M4075	Corn Dog	1 each	29
991974	Vegetarian Wrap M5165	Vegetarian Wrap	2 halves	29
992268	Italian Rotini Casserole M1190	Italian Rotini	3/4 cup	30
991876	Tuna Salad on Croissant M4285	Tuna Salad on Croissant	1 each	30
991984	Arroz Con Queso M5150	Arroz Con Queso	1/2 cup	30
991991	Pimento Cheese Sandwich M4025	Pimento Cheese Sandwich	sandwich	30
992138	Chili Dog M4225	Chili Dog	1 each	30
992288	Mexican Pizza M2010	Mexican Pizza	1 slice	30
992118	Chicken Ranch Salad M3560	Ranch Chicken Salad	1 salad	30
991877	Chicken Salad/ Croissant M4280	Chicken Salad on Croissant	1 each	30
104	Meatballs, Marinara/Bun, w/Cheese, MRS: 430	Marinara Meatball Sub w/Cheese	4 meatballs	30

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992023	Beef Ravioli M1140	Beef Ravioli	1 cup	30
992281	Macaroni & Cheese, Ham Slice M2510	Macaroni & Cheese w/ Ham	1 serving	31
991845	Chicken Pieces Honey BBQ M3290	Honey BBQ Chicken Bites	1 Serving	31
992091	Cheesy Chicken Over Rice M3120	Cheesy Chicken Over Rice	1 serving	31
89	Turkey, Cheese, Bacon on Hoagie	Turkey Club Sub	1 sandwich	31
991828	Beef Stroganoff w/ Rice CM1100	Beef Stroganoff w/ Rice	1 serving	31
991930	Beef Patty Melt M4005	Beef Patty Melt	1 sandwich	32
992397	Tuna Salad Sandwich M4065	Tuna Salad Sandwich	1 each	32
992317	Philly Chicken on Hoagie M4165	Philly Chicken on Hoagie	1 each	32
991897	Cheesy Chicken Fiesta, U M3115.1	Cheesy Chicken Fiesta	1 serving	32
991860	Calzone, Moz & Pepperoni M2180	Calzone	1 each	32
992088	Cheesy Burger Bake M1180	Cheesy Burger Bake	3/4 cup	32
992448	Taco Salad w/ Chips US M3515.1	Taco Salad w/ Chips	1 serving	32
992329	Pizza, WGR Sausage Cheese M2030	Sausage Pizza	1 slice	32
992124	Chicken Salad Sandwich M4030	Chicken Salad Sandwich	1 each	32
991917	Turkey & Cheese Sand U M4070.1	Turkey & Cheese Sandwich	1 sandwich	32
102	Meatballs, BBQ/ Bun, MRS: 4295	BBQ Meatball Sub	4 meatballs	32
126	Beef Tips/ Rice, MRS: 1105	Beef Tips over Rice	1 serving	32
992183	Taco Salad with Chips CR M3515	Taco Salad w/ Chips	1 serving	33
992092	Cheesy Macaroni M5135	Cheesy Macaroni	2/3 cup	33
991883	Bacon Burger 2 oz USFD M4090.1	Bacon Burger	1 each	33
991886	Hamburger 2 oz USDA F M4105.1	Hamburger	1 each	33
992322	Philly Steak on Hoagie M4315	Philly Steak on Hoagie	1 Each	33
992463	Turkey & Cheese /Bun US M4220.1	Turkey & Cheese Sandwich	1 each	33
992462	Turkey & Cheese Hoagie US M4330.1	Turkey & Cheese Sub	1 sandwich	33
992416	White Chicken Chili M4600	White Chicken Chili	1 cup	33
992408	Vegetable Quesadilla M5160	Vegetable Quesdilla	1 serving	33
992461	Philly Cheese Steak Sand U M4130.1	Philly Cheese Steak Sandwich	1 each	34
991923	Philly Steak on Hoag U M4315.1	Philly Steak on Hoagie	1 each	34
992490	Tuna Salad on Ciabatta M4265	Tuna Salad on Ciabatta Bread	1 each	34
992482	Pizza, Fr. Bread, Cheese M2060	Cheesy Garlic Bread Pizza	1 pizza	34
991885	Cheeseburger 2 oz., US M4100.1	Cheeseburger	1 each	34
992127	Chicken Stir Fry w/Rice M3150	Chicken Stir Fry	1 serving	34
991884	Bacon Cheeseburger2 ozUM4095.1	Bacon Cheeseburger	1 each	34

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992491	Chicken Salad/Ciabatta M4245	Chicken Salad on Ciabatta Bread	1 each	34
992252	Grilled Chicken Sandwich M4145	Grilled Chicken Sandwich	1 each	34
991918	Turkey & Cheese/ Ciaba U M4270.1	Turkey & Cheese on Ciabatta Bread	1 sandwich	34
991920	Ham, Turkey & Cheese/Sand U M4050.1	Ham, Turkey & Cheese Sandwich	1 each	34
991891	Ham & Cheese Sandwich U M4045.1	Ham & Cheese Sandwich	1 each	34
118	Chicken Deluxe Club	Chicken Deluxe Club w/Chipotle Mayo	1 each	34
991911	American Sub M4325.1	American Sub	1 each	35
992500	Corn Dog Nuggets M3165	Corn Dog Nuggets	6 nuggets	35
992017	BBQ Beef Burger M4080	BBQ Beef Burger	1 each	35
992330	Pizza, WG Pepperoni, Wedge M2080	Pepperoni Pizza Wedge	1 wedge	35
991826	Turkey & Dressing Supreme M3325	Turkey & Dressing	1 serving	35
991919	Ham, Turkey & Cheese/ Ciab U M4255.1	Ham, Turkey, & Cheese on Ciabatta	1 each	35
992096	Chicken & Sausage Gumbo M4610	Chicken & Sausage Gumbo	2/3 cup w/rice	35
991894	Ham, Turkey & Cheese/ Bun U M4190.1	Ham, Turkey, & Cheese Sandwich	1 each	35
991989	Assorted Sandwich, Combo M4000	Assorted Sandwiches	1 sandwich	36
992365	Sloppy Joe on WW Bun M4085	Sloppy Joe	1 each	36
991840	Bean Burrito M5045	Bean Burrito	1 burrito	36
992326	Pizza, Pepperoni Stuffed Crust M2040	Stuffed Crust Pepperoni Pizza	1 slice	36
992328	Pizza, WGR Cheese, M2000	Cheese Pizza	1 slice	36
992156	Fish Taco Soft Shell CR M1560	Soft Shell Fish Taco	1 taco	36
991943	Walking Tacos USDA M1095.1	Walking Tacos	1 taco	36
991893	Ham & Cheese on Hoagie U M4320.1	Ham & Cheese on Hoagie	1 hoagie	36
991890	Ham & Cheese/ Bun US M4185.1	Ham & Cheese Sandwich	1 each	36
991922	Ham & Cheese/ Ciabatta U M4250.1	Ham & Cheese on Ciabatta	1 hoagie	36
991928	Cheesy Breadstick w/Veg Soup M5205.1	Vegetable Soup w/ Cheesy Breadstick	1 serving	37
992477	Meatballs, Mar/ Hoagie UM4300.1	Marinara Meatball Sub	5 meatballs	37
992085	Cheeseburger Pie M1175	Cheeseburger Pie	1 serving	37
992251	Grilled Chicken Salad M3555	Grilled Chicken Salad	1 salad	38
992338	Red BeansCND/Rice/SausageM2550	Red Beans & Rice w/Sausage	1 serving	38
992486	Chicken Spaghetti, ENR M3080	Chicken Spaghetti	3/4 cup	38
992049	Burritos, Beef & Bean WG Pur M1125	Beef Bean Burrito	1 each	39
991914	BBQ Chicken Sandwich M4140.1	BBQ Chicken Sandwich	1 each	39
992487	Chicken Tetrazzini, ENR M3090	Chicken Tetrazzini	6 ounces	39
992484	Spaghetti & Meat Sauce ER M1110	Spaghetti & Meat Sauce	1 serving	39

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992095	Chicken & Ham Load Potato M3250	Chicken & Ham Loaded Baked Potato	1 serving	40
992407	Vegetable Lasagna M5140.3	Vegetable Lasagna	1 serving	40
992020	BBQ Turkey Sandwich M4215	BBQ Turkey Sandwich	1 each	40
992445	Mexican Burrito Pur US M1130.1	Mexican Burrito	1 each	41
992370	Spicy Chicken Sand M4160	Spicy Chicken Sandwich	1 each	41
991853	BBQ Pork Sandwich US M4210.1	BBQ Pork Sandwich	1 each	41
991850	BBQ Pull Pork Burger U M4200.1	BBQ Pull Pork Burger	1 each	41
991841	Meatballs, BBQ/Hoagie M4295	BBQ Meatball Sub	5 meatballs	42
992097	Chicken a La King/Rice M3125	Chicken a La King/ Rice	1 serving	43
992019	BBQ Rib Sandwich Brush M4205	BBQ Rib Sandwich	1 each	43
992279	Loaded Baked Potato Soup M4620	Loaded Potato Soup	1 cup	43
991862	Breaded Mozz. Cheese Stk w/Mar M5070	Breaded Mozzarella Sticks	5 sticks	44
992457	Fish Sandwich w/Chesse U M4170.1	Fish Melt	1 each	44
991863	Chicken BRD Cutlet Sandwich M4135	Crispy Chicken Sandwich	1 each	45
992114	Chicken Patty Sand Baked M4150	Chicken Sandwich	1 each	46
992504	Country Fried Steak Sand M4125	Country Fried Steak Sandwich	1 each	46
992108	Chicken Noodle Soup Combo M4590	Chicken Noodle Soup & Sandwich	1 serving	46
992411	Vegetable Beef Soup Sand Combo M4545	Vegetable Beef Soup & Sandwich	1 serving	47
992103	Chicken Fajita Potato M3255	Chicken Fajita Potato	1 each	47
992362	Seafood Basket M1500	Seafood Basket	1 serving	48
992479	Stromboli Supreme US M2570.1	Stromboli	1 slice	48
991949	Chicken Nuggets and Waffle 1 M3180	Chicken & Waffle	1 serving	52
992410	Vegetable Soup Sand Combo M5025	Vegetable Soup & Sandwich	1 serving	58
992348	Sandwich Yogurt Combo M4040	Sandwich & Yogurt Combo	1 combo	64
991849	Meatballs, Swt Chili/Bun M4305	Sweet Chili Meatball Sub	5 meatballs	66
992492	Chicken Tenders and Waffles, 2, M3205	Chicken & Waffles	1 serving	74
Vegetables				
Recipe #	Recipe Name	Recipe Alt Name	Portion Size	Carbohydrate (g)
992302	Mustard Greens, Frozen M5625	Mustard Greens	1/2 cup	3
992403	Turnip Greens, Southern M5640	Turnip Greens	1/2 cup	3
992423	Zucchini, Fresh, Steam M5820.3	Zucchini	1/2 cup	3
992043	Broccoli Florets, Fresh M5605	Steamed Broccoli	1/2 cup	4
991848	Broccoli Florets, FRZ M5610	Steamed Broccoli	1/2 cup	4

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992044	Broccoli Salad (Ranch) M5580	Broccoli Salad	1/2 cup	4
991947	Squash, Yellow, Fresh M5805.3	Yellow Squash	1/2 cup	4
992198	Creole Green Beans M5735	Creole Green Beans	1/2 cup	4
992242	Green Beans, Savory, CND M5745	Savory Green Beans	1/2 cup	4
992034	Broccoli Florets w/ Dip M5575	Broccoli w/ Dip	1/2 cup	5
992244	Green Beans w/ Ham M5765	Green Beans w/ Ham	1/2 cup	5
991889	Green Beans w/ US Ham M5765.1	Green Beans w/ Ham	1/2 cup	5
992246	Green Beans, FRZ, Cut M5755	Green Beans	1/2 cup	5
992364	Green Beans, Cut, CND M5745	Green Beans	1/2 cup	5
992064	Celery Sticks with Dip M5715	Celery w/ Dip	1/2 cup	5
825137	Broccoli and Cauliflower, Cheesy	Cheesy Broccoli & Cauliflower	1/2 cup	5
992054	California Vegetables M5785	California Vegetables	1/2 cup	5
991881	Classic Coleslaw M5685	Coleslaw	1/2 cup	5
992046	Broccoli w/ Cheese Sauce M5595	Broccoli w/ Cheese Sauce	1/2 cup	6
992147	Confetti Coleslaw M5690	Confetti Coleslaw	1/2 cup	6
992245	Green Beans, FRZ, Whole M5760	Green Beans	1/2 cup	6
992432	Carrots, Sliced, Italian M5870	Sliced Carrots	1/2 cup	6
992238	Garden Salad w/Dressing M5650	Garden Salad	1/2 cup	6
992050	Cabbage, Seasoned M5700	Seasoned Cabbage	1/2 cup	6
992051	Cabbage, Steamed M5705	Steamed Cabbage	1/2 cup	6
992146	Collard Greens M5620	Collard Greens	1/2 cup	6
992374	Squash, Summer, FRZ M5810	Squash	1/2 cup	6
992390	Tossed Salad with Drsg M5660	Tossed Salad w/ Dressing	1/2 cup	6
992038	Broccoli, Herbed M5600	Herbed Broccoli	1/2 cup	7
992045	Broccoli Salad (Grapes) M5585	Broccoli Grape Salad	2/3 cup	7
992090	Cheesy California Veggies M5790	Cheesy California Vegetables	1/2 cup	7
992388	Tomatoes with Dip M5950	Tomatoes w/ Dip	1/2 cup	7
992060	Carrotines in a Bag M5845	Carrots Snack Pack	3 oz. bag	7
992342	Raw Veggies with Dip M5830	Raw Veggies w/ Dip	1/2 cup	7
992373	Spinach, Steamed, FRZ M5635	Steamed Spinach	1/2 cup	7
992376	Steamed Carrots, FRZ M5880	Steamed Carrots	1/2 cup	7
992056	Carrot/Celery/Cucumber M5965	Carrot, Celery, Cucumber	1/2 cup	7
992275	Lemon Glazed Carrots M5875	Lemon Glazed Carrots	1/2 cup	7
825081	Broccoli and Cauliflower, Herbed	Herbed Broccoli & Cauliflower	1/2 cup	8

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992243	Green Beans w/ Potatoes M5985	Green Beans & Potatoes	1/2 cup	8
992057	Carrot/Peppers/Broccoli M5835	Carrots, Peppers, Broccoli	1/2 cup	8
992389	Tomatoes & Carrots w/Dip M5955	Tomatoes & Carrots w/ Dip	1/2 cup	8
992425	Spinach Salad M5630	Spinach Salad	1 cup	8
992165	Green Bean Casserole CR M5740	Green Bean Casserole	1/2 cup	9
992239	Glazed Carrots M5865	Glazed Carrots	1/2 cup	9
992062	Carrots, Baby with Dip M5850	Carrots w/ Dip	1/2 cup	10
900105	Herbed Broccoli & Cauliflower, MRS: 5600	Herbed Broc. & Cauli.	1/2 cup	10
991882	Peas and Carrots, Canned M6170	Peas & Carrots	1/2 cup	10
992316	Peas and Carrots, Frozen M6175	Peas & Carrots	1/2 cup	10
991948	Tomato & Cucumbr Salad M5975.1	Tomato & Cucumber Salad	1/2 cup	11
992061	Carrots and Red Peppers M5890	Carrots & Peppers	1/2 cup	11
992197	Creamy Coleslaw M5695	Creamy Coleslaw	1/2 cup	12
992006	Crinkle Cut Fries, Baked M6110	Crinkle Cut Fries	1/2 cup	13
992311	Parsley Butter New Pot M6080	Buttery New Potatoes	1/2 cup	13
992249	Green Peas, Frozen M6045	Green Peas	1/2 cup	14
992012	Straight Fries, Baked M6165	Straight Fries	1/2 cup	14
992200	Cucumber Slices w/Ranch Dip M5725	Cucumber Slices w/ Ranch Dip	1/2 cup	14
992248	Green Peas, Canned M6035	Green Peas	1/2 cup	14
991993	Au Gratin Potatoes M6055	Au Gratin Potatoes	1/2 cup	15
992247	Green Pea Salad M6030	Green Pea Salad	1/2 cup	15
992419	Whole Kernel Corn, CND M6010	Whole Kernel Corn	1/2 cup	15
992443	Green Bean Salad US FD M5775.1	Green Bean Salad	1/2 cup	15
992284	Mashed Potatoes M6070	Mashed Potatoes	1/2 cup	15
992285	Mashed Potatoes w/Cheese M6075	Mashed Potatoes w/ Cheese	1/2 cup	15
992295	Mixed Vegetables M5795	Mixed Vegetables	1/2 cup	15
992472	Veg Juice, 4 oz. Asst. M6190	Vegetable Juice	1/2 cup	15
992371	Spicy Fries, Baked M6150	Spicy Fries	1/2 cup	16
992418	Whole Kernel Corn, FRZ M6015	Whole Kernel Corn	1/2 cup	16
992009	Potato Rounds, Baked M6095	Tater Tots	1/2 cup	16
992278	Lima Beans, Frozen M5525 ***	Lima Beans	1/2 cup	16
800232	Spinach Romaine Salad	Spinach/Romaine Salad	1 cup	17
991926	Southwest Potato Wedge M6125.1	Southwest Potato Wedges	1/2 cup	17
992007	Potato Infinity Fry, Bake M6130	Potato Infinity	1/2 cup	17

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992272	Kidney Beans, CND M5005	Kidney Beans	1/2 cup	18
992028	Season BKD Potato Wedges M6145	Seasoned Potato Wedges	1/2 cup	18
992336	Ranch Fries, Baked M6140	Ranch Fries	1/2 cup	20
992011	Southwest Pot Wedge FF M6120.1	Southwest Potato Wedges	1/2 cup	21
992055	Carrot Raisin Salad M5855	Carrot Raisin Salad	1/2 cup	21
992506	Corn on Cob, 5 inch M5990	Corn on Cob	1 cob	21
992381	Sweet Potatoes Cubes M5920.1	Sweet Potato Cubes	1/2 cup	21
992277	Lima Beans Dried, CND M5530	Lima Beans	1/2 cup	22
992454	Vegetable Soup US M5020.1	Vegetable Soup	1 cup	22
992339	Refried Beans M5555.1	Refried Beans	1/2 cup	22
992152	Broccoli Cheese & Rice C Cr M5590	Broccoli Cheese & Rice Casserole	2/3 cup	23
992287	Mexicali Corn M6005	Mexicali Corn	1/2 cup	23
992002	Sweet Potato Fries, Bkd M5925	Sweet Potato Fries	1/2 cup	23
991858	Vegetable Juice, 6 oz. M6185	Vegetable Juice	1/2 cup	23
992033	Black-Eyed Peas Dry M5515	Black-Eyed Peas	1/2 cup	24
992204	Field Peas, Frozen M6025	Field Peas	1/2 cup	25
992195	Cream Style Corn M6000	Cream Style Corn	1/2 cup	25
992058	Carrot Souffle M5860	Carrot Souffle'	2/3 cup	26
992013	Baked Sweet Potato/Marg.M5900	Sweet Potato w/ Margarine	1 each	26
991866	Pinto Beans Legumes M5550	Pinto Beans	1/2 cup	26
992333	Potato Salad M6085	Potato Salad	1/2 cup	27
992360	Scalloped Potatoes M6090	Scalloped Potatoes	1/2 cup	28
992420	Yam Patties M5935	Yam Patties	1/2 cup	28
992452	Tex-Mex Style Beans US M5510.1	Tex-Mex Style Beans	1/2 cup	28
992014	Baked Swt Potato/Apples M5905	Sweet Potato & Apples	1/2 cup	29
992337	Ranch-Style Black Beans M5500	Black Beans	1/2 cup	29
992502	Corn Pudding M5995	Corn Pudding	1 serving	30
992005	Baked Beans, Spice Blend M5540	Baked Beans	1/2 cup	32
992334	Quick Baked Potato M6135	Quick Baked Potato	1/2 potato	32
991896	Black Bean Salad USDA M5565.1	Black Bean Salad	2/3 cup	34
992010	Baked Potato with Marg, M6060	Baked Potato w/ Margarine	1 potato	37
991888	Baked Beans, USDA Ham M5535.1	Baked Beans	1/2 cup	38
17	Baked Beans, MRS: 5000	Baked Beans	1/2 cup	39
992003	Baked Beans Legumes M5535	Baked Beans	1/2 cup	39

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992380	Sweet Potato Casserole M5915	Sweet Potato Casserole	1/2 cup	51
Fruit				
Recipe #	Recipe Name	Recipe Alt Name	Portion Size	Carbohydrate (g)
992216	Fresh Cantaloupe Cubes M6620	Fresh Cantaloupe Cubes	1/2 cup	6
992225	Fresh Strawberries M6930	Fresh Strawberries	1/2 cup	7
992223	Fresh Peaches M6805	Fresh Peaches	1 each	8
992241	Fresh Grapefruit Half M3615.3	Fresh Grapefruit Half	1/2 each	10
992221	Fresh Nectarines M6765	Fresh Nectarines	1 each	11
992415	Watermelon Chunks M6955	Watermelon Chunks	1/2 cup	11
991843	Apples in a Bag M6505	Apples Slices	3 oz. bag	12
992387	Tangerines M6780	Tangerines	1 each	12
992273	Kiwi Wedges M6695	Kiwi Wedges	3 halves	12
992215	Fresh Blueberries M6605.3	Fresh Blueberries	1/2 cup	12
992282	Mandarin Fruit Cup M6790	Mandarin Oranges	1/2 cup	13
992229	Fresh Plums M6900	Fresh Plums	1 plum	13
991980	Apple and Orange Wedges M6545	Apple & Orange Wedges	1/2 cup	14
992234	Fruit Cocktail M6735	Fruit Cocktail	1/2 cup	15
991872	Fruit Juice, Asst SS 4oz M6645	Fruit Juice	1 4-oz. cup	15
992220	Fresh Melon Cubes M6705	Fresh Melon Cubes	1/2 cup	15
992219	Fresh Grapes M6665	Fresh Grapes	1/2 cup	15
991839	Apples & Grapes in Bag M6540	Apples & Grapes	3 oz. bag	15
991958	Applesauce in a Bag, M6560	Applesauce	1 pouch	15
992029	Blueberries w/ Whip Top M6610.1	Blueberries w/ Topping	1/2 cup	15
991836	Fruit Slushes FRZ, Pouch M6655	Fruit Slush	1 pouch	16
991982	Applesauce, M6555	Applesauce	1/2 cup	16
992413	Waldorf Fruit Salad M6750	Waldorf Fruit Salad	1/2 cup	16
992313	Pear and Kiwi Medley M6870	Pear & Kiwi Medley	1/2 cup	16
992236	Fruit Juice, Assort, 4oz M6640	Fruit Juice	1 4-oz. cup	16
992217	Fresh Fruit Cup M6720	Fresh Fruit Cup	1/2 cup	16
992264	Honeydew Cubes, Fresh M6685	Fresh Honeydew Cubes	1/2 cup	17
992139	Chilled Peach Slices M6815	Chilled Peaches	1/2 cup	17
95	Chilled Fruit Cup	Chilled Fruit Cup	1/2 cup	18
992141	Chilled Pear Halves M6855	Chilled Pear Halves	1/2 cup	18

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70	Assorted Chilled Fruit Cup, USDA	Chilled Fruit Cup	1/2 cup	18
992346	Rosey Applesauce M6565	Rosey Applesauce	1/2 cup	18
992324	Pineapple Cubes, Fresh M6880.3	Fresh Pineapple Cubes	1/2 cup	19
992323	Pineapple Tidbits M6890	Pineapple Tidbits	1/2 cup	19
992315	Chilled Blushing Pears M6845	Chilled Pears	1/2 cup	19
992431	Peaches, FRZ, PC US MS6825.1	Peaches	1/2 cup	19
992222	Fresh Oranges M6775	Fresh Oranges	1 each	19
992307	Orange Smiles M6770	Orange Smiles	1/2 cup	19
992237	Fruit Juice, Frozen Cup M6650	Fruit Juice Freeze	1/2 cup	19
992480	Chilled Mandarin Oranges M6795	Chilled Mandarin Oranges	1/2 cup	20
992314	Pear Salad M6860	Pear Salad	1/2 cup	20
992140	Chilled Pears Diced M6850	Chilled Diced Pears	1/2 cup	21
991983	Apricots M6575.1	Apricots	1/2 cup	21
992224	Fresh Pears M6835	Fresh Pears	1 each	21
992053	Calico Fruit M6730	Calico Fruit	1/2 cup	22
992218	Fresh Fruit Bowl Variety M6715	Fresh Fruit	1 each	22
992265	Hot Cinnamon Apples M6520	Hot Cinnamon Apples	1/2 cup	22
992429	Strawberries, FRZ, PC M6940.1	Strawberries	1/2 cup	22
992414	Waldorf Trop Fruit Cup M6755	Waldorf Tropical Fruit	1/2 cup	24
991981	Apple Delicious M6500	Apple Delicious	2 halves	25
992430	Apricots, FRZ, PC M6580.1	Apricots	1/2 cup	25
992212	Fresh Apple M6510	Fresh Apples	1 each	25
992015	Banana Berry Blend M6595	Banana Berry Blend	1/2 cup	25
992213	Fresh Bananas M6590	Fresh Bananas	1 each	27
992391	Tropical Apples M6530	Tropical Apples	1/2 cup	28
992335	Raisins, Package, US M6910.1	Raisins	1 box	30
992392	Tropical Fruit M6745	Tropical Fruit	1/2 cup	31
992235	Fruit Crisp M7520	Fruit Crisp	1 serving	35
992438	Raisins, Flavored PC M6920	Flavored Raisins	1 package	36
992233	Fruit & Cottage Cheese Salad M3610	Fruit & Cottage Cheese Salad	1 salad	45
992231	Fruit and Yogurt Salad M3615	Fruit & Yogurt Salad	1 salad	57
992458	Fruit & Yogurt Salad U M3615.1	Fruit & Yogurt Salad	1 salad	59
992435	Fruit Smoothie M9240	Fruit Smoothie	1 servings	64

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Grains				
Recipe #	Recipe Name	Recipe Alt Name	Portion Size	Carbohydrate (g)
992468	Croutons, .5 Gram Packet M7110	Croutons	1 packet	9
991912	Hushpuppies Baked M7065	Hushpuppies	2 each	13
992344	Roll, Whole Wheat Pur 1oz M7135	Whole Grain Roll	1 roll	14
992119	Croutons, Enriched M7120	Croutons	1 ounce	14
992035	Breadstick/ Mozz. Cheese St 1 M5075	Cheesy Breadstick	1 breadstick	15
991925	Croissant, 1 GR M8570	Croissant	1 croissant	15
992384	Toast, Garlic WW M7115	Garlic Toast	1 slice	15
992240	Graham Crackers M7550	Graham Crackers	1 package	17
992507	Cornbread 1 WG M7050	Cornbread	1 piece	18
992155	Saltine Crackers, ENR,CR M7020	Saltine Crackers	2 4-count packs	18
992078	Cheesy Breadstick w/ Marinara M5085	Cheesy Breadstick	1 stick w/sauce	19
992280	Macaroni and Cheese M7030	Macaroni & Cheese	1/2 cup	19
991844	Egg Roll, 1, Chicken M3270	Chicken Egg Roll	1 each	21
992512	Tortilla Scoops & Salsa, USDA	Chips & Salsa	1 bag/2 oz salsa	23
992168	Rice, Brown M7090	Steamed Brown Rice	1/2 cup	23
991859	Ranch Pasta Salad M7040	Ranch Pasta Salad	3/4 cup	23
992446	Rice, Brown, Spanish U M7095.1	Spanish Rice	1/2 cup	25
992469	Rice, Asian Stir Fried M7100	Stir Fried Rice	1/2 cup	25
990056	Tortilla Chips & Salsa, USDA	Chips & Salsa	1 oz/ 2 oz salsa	26
992341	Rice, Brown, Fiesta M7080	Fiesta Rice	1/2 cup	26
992199	Croissant, 2 GR M8565	Croissant	1 croissant	26
992343	Rice, Brown, Fried M7085	Fried Rice	3/4 cup	27
991871	Chips w/ Salsa and Guac M7010	Chips w/Salsa & Guacamole	Serving	27
992345	Roll, Whole Wheat Pur 2oz M7140	Whole Grain Roll	1 roll - 2 oz.	27
992032	Breadstick/ Mozz. Cheese St 2 M5080	Mozzarella Breadsticks	2 breadsticks	30
992459	Grilled Cheese Sand 1 ozUM4010.1	Grilled Cheese	1 sandwich	30
992460	Grilled Cheese Sand 2 ozU4015.1	Grilled Cheese	1 each	32
991838	Roll, Enriched, 2 oz. M7145	Yeast Roll	1 roll - 2 oz.	34
992509	Cornbread Mexican 2 GR M7070	Mexican Cornbread	1 piece	35
992508	Cornbread 2 WG M7055	Cornbread	1 piece	35
992202	Egg Rolls, 2, Chicken,M3275	Chicken Egg Rolls	2 each	42
991990	Peanut Butter & Jelly Sand M4055	PB & J Sandwich	1 sandwich	49

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Milk				
Recipe #	Recipe Name	Recipe Alt Name	Portion Size	Carbohydrate (g)
992291	Milk, FF White 1/2 pt. PF M100	White Milk	1/2 pint	11
992294	Milk, LF White 1/2 pt, PF M110	White Milk	1/2 pint	11
992483	Milk, FF Van, 1/2 pt. PF M140	Vanilla Milk	1/2 pint	22
992514	Milk, FF, Choc, Straw, Van 1/2 pint PF	Assorted Milk, Flavored	1/2 pint	23
992292	Milk, FF Choc 1/2 pint PF M120	Chocolate Milk	1/2 pint	23
992293	Milk, FF Strwbr, 1/2 pt. PF M130	Strawberry Milk	1/2 pint	23
Desserts				
Recipe #	Recipe Name	Recipe Alt Name	Portion Size	Carbohydrate (g)
992497	Ice Cream Variety M7600	Ice Cream Cup	3 oz. cup	12
992149	Cookie, Chocolate Chip Pur M7545	Chocolate Chip Cookie	1 cookie	16
992501	Cookie, Oatmeal Raisin Pur M7555	Oatmeal Raisin Cookie	1 cookie	16
992148	Cookie, Sugar, Purch ENR M7560	Sugar Cookie	1 cookie	17
991986	Strawberry Gelatin, PC M7590	Strawberry Gelatin	1 gelatin cup	18
991987	Assorted Gelatin, No Top M7585	Gelatin	1/2 cup	18
991985	Assorted Gelatin w/ Top M7580	Gelatin w/ Whipped Top	1/2 cup	19
991880	Creamsicle Dessert M7615	Creamsicle Dessert	1/2 cup	20
991909	Cookie Bites, Blueberry M8785	Blueberry Cookie Bites	1 package	20
992196	Tart Lemon Squares M7625	Lemon Squares	1 serving	21
991847	Rice Krispie Bars M7500	Rice Krispie	1 bar	22
991942	Cookies, Snack, Bag M7565	Snack Bag Cookies	1 bag	22
992161	Brownies, Mix, ENR, CR M7510	Brownies	1 piece	22
992162	Yellow Cake from Mix, CR M7535	Yellow Cake Mix	1 serving	23
991988	Assorted Pudding Cups M7635	Assorted Pudding Cup	1 pudding cup	23
992142	Chocolate Pudding M7640	Chocolate Pudding	1/2 cup	25
992378	Strawberry Fruit Gelatin M6740	Strawberry Fruit Gelatin	1 serving	25
992515	Pudding, Vanilla/ Chocolate	Pudding	1/2 cup	26
992405	Vanilla Pudding M7645	Vanilla Pudding	1/2 cup	27
900003	Apple Crisp, MRS: 7520	Apple Crisp	1 serving	28
992016	Banana Pudding M7610	Banana Pudding	1/2 cup	36
992368	Southern Mud M7620	Southern Mud	1 square	45

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Extra Items				
Recipe #	Recipe Name	Recipe Alt Name	Portion Size	Carbohydrate (g)
992494	Cheese 1 oz, String,US M5110.1	String Cheese	1 ounce	0
992471	Cheese 1 oz. String M5110	String Cheese	1 ounce	1
991903	Cheese, Buffalo, Plank M5100	Buffalo Cheese Stick	1 plank	1
991904	Cheese, Jalapeno, Plank M5105	Jalapeno Cheese Stick	1 plank	1
991905	Cheese, V Cheddar Plank M5115	Vintage Cheddar Cheese Stick	1 plank	1
991908	Cheese, Variety, Plank M5095	Cheese Stick	1 plank	1
992473	Atomic Cheez-its, Kellogg's	Atomic Cheez-its	1 bag	15
800231	Assorted Baked Chips	Assorted Baked Chips	1 bag	19
992366	Snack Mix, Strwbry, 1WGR M8795	Strawberry Chex Mix	1 pouch	23
992069	Cereal Rice Square,Cocoa M8750	Chocolate Krispie Bar	1 square	27
991825	Cereal Rice Treat Bar M8765	Rice Krispie Bar	1 bar	30
992404	Uncrustable Sandwich Sun M4069	Sun Butter Uncrustable	1 each	33
Condiments				
Recipe #	Recipe Name	Recipe Alt Name	Portion Size	Carbohydrate (g)
992283	Margarine, PC M8100	Margarine	1 each	0
992349	Sauce, Hot, PC M8185	Hot Sauce	1 packet	0
992303	Mustard, PC M8015	Mustard	1 pouch	0
992286	Mayonnaise PC Reduce Fat M8010	Mayonnaise	1 packet	1
992367	Sour Cream PC M8115	Sour Cream	1 ounce	1
992319	Pickle Spear, Portion M8240	Pickle Spear	1 spear	1
992352	Sauce, Taco. PC M8205	Taco Sauce	1 packet	1
992276	Trimmings for Sandwich M8290	Sandwich Trimmings	1 serving	1
992447	Salsa, Portion, USDA M5945.1	Salsa	1 ounce	1
992353	Sauce, Tartar, PC M8210	Tartar Sauce	1 packet	2
991878	Dressing, Caesar Portion M8050	Caesar Dressing	1 ounce	2
991868	Sauce, Wing, Portion M8190	Wing Sauce	1 ounce	2
992182	Salsa, Portion CR M5945	Salsa	1 ounce	2
992417	White Sauce M8270	White Sauce	1 ounce	2
992444	Mexi-Ranch Dressing U M8070.1	Mexi-Ranch Dressing	1 ounce	2
992083	Cheese Sauce, Made M8265	Cheese Sauce	1 ounce	2

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992211	French Dressing (Make) M8055	French Dressing	1 ounce	3
992042	Dressing, FF, Assort, 12 g M8040	Assorted Dressing	1 each	3
992271	Ketchup PC M8000	Ketchup	1 each	3
991833	Mayonnaise PC Chipolte M8005	Chipolte Mayo	1 packet	3
992424	Brown Gravy, Homemade M8125	Brown Gravy	2 ounces	3
992179	Ranch Dressing (Mix) M8080	Ranch Dressing	1 ounce	3
992079	Sauce, Marinara PC M8195	Marinara Sauce	1 packet	4
992318	Pickle Relish, Portion M8020	Pickle Relish	1 serving	4
992171	Gravy, Chicken Mix, CR M8135	Chicken Gravy	2 ounce	4
992047	Brown Gravy, Package M8130	Brown Gravy	2 ounces	4
992350	Sauce, BBQ, PC M8170	BBQ Sauce	1 packet	4
992193	Country Style Gravy, CRU M8140	Country Style Gravy	2 ounces	4
992082	Cheese Sauce, Dry Mix M8260	Cheese Sauce	2 ounces	5
992201	Dressing, Ranch, Lite, 1.5 M8085	Ranch Dressing	1 1/2 oz packet	5
992041	Ranch Dressing & Dip PC M8075	Ranch Dressing	1 ounce	5
992511	Cream Cheese PC Strawb M8095	Strawberry Cream Cheese	1 each	5
991879	Dressing, Italian Portion M8065	Italian Dressing	1 ounce	5
15	Icing, Made	w/Icing	1/2 oz	6
991870	Guacamole, 1/4 Cup M5675	Guacamole	2 ounce	6
991895	Peanut Butter, PC US M5180.1	Peanut Butter	1 each	6
992059	Dressing, FF, Assort 1.5 M8035	Assorted Dressing	1 1/2 oz packet	9
992263	Honey Mustard Sauce, PC M8180	Honey Mustard Sauce	1 packet	9
991975	Dressing, Honey Dijon, LF M8060	Honey Dijon Dressing	1 packet	9
992269	Jelly, Assorted, PC M8145	Jelly	1 packet	9
991873	BBQ Sauce, Portion M8160	BBQ Sauce	1 ounce	10
992354	Sauce, Variety, Dipping M8175	Dipping Sauce	1 packet	10
992351	Sauce, Sweet & Sour PC M8200	Sweet & Sour Sauce	1 packet	10
992510	Cranberry Sauce Portion M6630	Cranberry Sauce	1 ounce	13
992383	Syrup, Pancake, PC M8025	Syrup	1 packet	30

This institution is an equal opportunity provider.

Menu items are subject to change without notice due to availability of vendor items.