



Grand Island Public Schools

(P-1059) Apple Slices	Total Carbohydrate (g)	
	Recipe	Each
Apple Slices	7	6.963
	7	6.963

* Total includes one or more missing nutrient data.

(R-13) Applesauce Cup Variety	Total Carbohydrate (g)	
	Recipe	Each
Applesauce Cup Variety	14	14
	14	14

* Total includes one or more missing nutrient data.

(R-135) Bacon Chicken Ranch Salad	Total Carbohydrate (g)	
	Recipe	Each
Carrots, Shredded	0.2874	0.2874
Romaine Lettuce cs	3.7308	3.7308
Grape Tomatoes purchased	1.1028	1.1028
Cucumber Select 25# purchased	1.0291	1.0291
Shredded Cheddar Cheese	0	0
Jennie O Turkey Bacon	0	0
Chicken Fajita Meat	3.001	3.001
Ranch Dressing Cup	2	2
Savory Wheat Bites	30	30
	41.1511	41.1511

* Total includes one or more missing nutrient data.

(R-72) Baked Chicken Leg, Mashed Potatoes & Gravy, Dinner Roll	Total Carbohydrate (g)	
	Recipe	Serving
Dinner Roll	14	14
Mashed Potatoes - Secondary	6.81	6.81
Chicken Gravy	1.4592	1.4592
Breaded Chicken Drumsticks	6	6
	28.2692	28.2692

* Total includes one or more missing nutrient data.



(P-1052) Bananas purchased	Total Carbohydrate (g)	
	Recipe	Each
Bananas purchased	22.84	26.9512
	22.84	26.9512

* Total includes one or more missing nutrient data.

(R-117) BBQ Pulled Pork Sandwich	Total Carbohydrate (g)	
	Recipe	Each
Hoagie Bun	575.9997	36
Pulled Pork	16.4944	1.0309
BBQ Sauce	76.1805	4.7613
	668.6746	41.7922

* Total includes one or more missing nutrient data.

(R-43) BBQ Rib on Bun	Total Carbohydrate (g)	
	Recipe	Each
Hamburger Bun	1740.0002	29
Pork Rib Patty	420	7
BBQ Sauce	152.361	2.5393
	2312.3612	38.5394

* Total includes one or more missing nutrient data.

(806036) Beef Quesadilla Pizza	Total Carbohydrate (g)	
	Recipe	EA
Beef Quesadilla Pizza	41	41
	41	41

* Total includes one or more missing nutrient data.

(R-56) Beef, Bean & Cheese Enchiladas	Total Carbohydrate (g)	
	Recipe	Serving
Beef & Bean Burrito	1287.0021 *	39.0001 *
Shredded Cheddar Cheese	0 *	0 *
Enchilada Sauce	0 *	0 *
	1287.0021 *	39.0001 *

* Total includes one or more missing nutrient data.



(806098) Big Daddy Primo T Pepperoni Pizza	Total Carbohydrate (g)	
	Recipe	Slice
Big Daddy Primo T Pepperoni Pizza	34.0001	34.0001
	34.0001	34.0001

* Total includes one or more missing nutrient data.

(R-30) Breaded Beef Sandwich	Total Carbohydrate (g)	
	Recipe	Each
Breaded Beef Patty w/applsce	16	16
Hamburger Bun	29	29
	45	45

* Total includes one or more missing nutrient data.

(sys-117) Breaded Chicken Sandwich	Total Carbohydrate (g)	
	Recipe	Each
Hamburger Bun	29	29
Breaded Chicken Breast	9	9
	38	38

* Total includes one or more missing nutrient data.

(R-91) Breaded Pork Sandwich	Total Carbohydrate (g)	
	Recipe	Each
Hamburger Bun	29	29
Breaded Pork Steak	17	17
	46	46

* Total includes one or more missing nutrient data.

(816155) Broccoli	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 Cup
Broccoli	5.36	4.9385
	5.36	4.9385

* Total includes one or more missing nutrient data.



(P-1007) Broccoli Florets bag	Total Carbohydrate (g)		
	Recipe	Serving - 1/2 Cup	Serving - 1/4 cup
Broccoli Florets bag	5.06	1.771	0.9468
	5.06	1.771	0.9468

* Total includes one or more missing nutrient data.

(R-46) Brunch for Lunch	Total Carbohydrate (g)	
	Recipe	Serving
French Toast Sticks	36.9999	36.9999
Cheese Omelet	1	1
	37.9999	37.9999

* Total includes one or more missing nutrient data.

(311007) Canned Garbanzo Beans USDA	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 Cup
Canned Garbanzo Beans USDA	16.8	20.2415
	16.8	20.2415

* Total includes one or more missing nutrient data.

(P-1011) Carrots, Baby bag	Total Carbohydrate (g)		
	Recipe	Serving - 1/2 Cup	Serving - 1/4 cup
Carrots, Baby bag	8.24	4.7792	3.1069
	8.24	4.7792	3.1069

* Total includes one or more missing nutrient data.

(815024) Catsup Bulk	Total Carbohydrate (g)	
	Recipe	Tablespoon
Catsup Bulk	4	4
	4	4

* Total includes one or more missing nutrient data.

(P-1014) Cauliflower Florets	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 Cup
Cauliflower Florets	4.97	2.485
	4.97	2.485

* Total includes one or more missing nutrient data.



(P-1015) Celery Sticks	Total Carbohydrate (g)		
	Recipe	Serving - 3 Sticks	Serving - 6 Sticks
Celery Sticks	2.97	1.8945	3.7422
	2.97	1.8945	3.7422

* Total includes one or more missing nutrient data.

(806037) Cheese Quesadilla Pizza	Total Carbohydrate (g)	
	Recipe	EA
Cheese Quesadilla Pizza	39	39
	39	39

* Total includes one or more missing nutrient data.

(R-33) Cheeseburger	Total Carbohydrate (g)	
	Recipe	Each
Hamburger Bun	29	29
Sliced American Cheese	1	1
Beef Patty	1	1
	31	31

* Total includes one or more missing nutrient data.

(R-66) Cheeseburger Mac with Dinner Roll	Total Carbohydrate (g)	
	Recipe	Serving - 2/3 Cup
Water	0	0
Dinner Roll	938	14
Powdered Milk	53.1555	0.7934
Beef Crumbles	58.9938	0.8805
Cheeseburger Mac Mix	1113.0001	16.6119
	2163.1494	32.2858

* Total includes one or more missing nutrient data.

(R-73) Cheesy Meatloaf, Mashed Potatoes & Gravy, Dinner Roll	Total Carbohydrate (g)	
	Recipe	Serving
Beef Gravy	1.6502	1.6502
Dinner Roll	14	14
Mashed Potatoes - Secondary	6.81	6.81

* Total includes one or more missing nutrient data.



(R-73) Cheesy Meatloaf, Mashed Potatoes & Gravy, Dinner Roll	Total Carbohydrate (g)	
	Recipe	Serving
Cheeseburger Meatloaf	8	8
	30.4602	30.4602

* Total includes one or more missing nutrient data.

(sys-183) Chef's Choice	Total Carbohydrate (g)	
	Recipe	Each
Chef's Choice	0 *	0 *
	0 *	0 *

* Total includes one or more missing nutrient data.

(R-124) Chef's Salad with Ham	Total Carbohydrate (g)	
	Recipe	Each
Carrots, Shredded	0.2874	0.2874
Romaine Lettuce cs	3.7308	3.7308
Grape Tomatoes purchased	0.7356	0.7356
Cucumber Select 25# purchased	0.6864	0.6864
Green Sweet Peppers, Med	0.5568	0.5568
Shredded Cheddar Cheese	0	0
Hard Boiled Egg	1	1
Diced Ham	4.5562	4.5562
Ranch Dressing Cup	2	2
Savory Wheat Bites	30	30
	43.5531	43.5531

* Total includes one or more missing nutrient data.

(R-125) Chef's Veggie Salad	Total Carbohydrate (g)	
	Recipe	Each
Carrots, Shredded	0.2874	0.2874
Romaine Lettuce cs	3.7308	3.7308
Grape Tomatoes purchased	0.7356	0.7356
Cucumber Select 25# purchased	0.6864	0.6864
Green Sweet Peppers, Med	0.5568	0.5568
Shredded Cheddar Cheese	0	0
Hard Boiled Egg	1	1
Ranch Dressing Cup	2	2
Savory Wheat Bites	30	30

* Total includes one or more missing nutrient data.



(R-125) Chef's Veggie Salad	Total Carbohydrate (g)	
	Recipe	Each
	38.997	38.997

* Total includes one or more missing nutrient data.

(R-51) Chicken Alfredo with Garlic Breadstick	Total Carbohydrate (g)	
	Recipe	Serving
Premade Garlic Breadsticks	16	16
Chicken Fajita Meat	2.4299	2.4299
Penne	41.5118	41.5118
Alfredo Sauce	5.4645	5.4645
	65.4062	65.4062

* Total includes one or more missing nutrient data.

(806077) Chicken Fajita Meat	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Fajita Meat	3	3.001
	3	3.001

* Total includes one or more missing nutrient data.

(R-63) Chicken Fajitas	Total Carbohydrate (g)	
	Recipe	Serving - 2 Each
Taco Shred Iceberg Lettuce	0.4663	0.4663
Shredded Cheddar Cheese	0	0
Chicken Fajita Meat	3.001	3.001
Peppers and Onions	1.7892	1.7892
6" Flour Tortilla	34	34
	39.2565	39.2565

* Total includes one or more missing nutrient data.

(R-89) Chicken Noodle Soup with Quesadilla Half 2	Total Carbohydrate (g)	
	Recipe	Serving
Secondary Chicken Noodle Soup	15.9866	15.9866
Coyote Grill Cheesy Quesadilla	16	16
	31.9866	31.9866

* Total includes one or more missing nutrient data.



(R-146) Chicken Taquitos & Cheese Sauce 2	Total Carbohydrate (g)	
	Recipe	Serving
Chicken and Cheese Taquito	29.9999	29.9999
Mucho Jalapeno Queso Cheese Sauce	3.3333	3.3333
	33.3332	33.3332

* Total includes one or more missing nutrient data.

(R-32) Chili Dog	Total Carbohydrate (g)	
	Recipe	Each
Chili Soup	8.9433	8.9433
Hot Dog Buns	29	29
Turkey Hot Dog, Jennie O	1	1
	38.9433	38.9433

* Total includes one or more missing nutrient data.

(D-1002) Chocloate Milk 1%	Total Carbohydrate (g)	
	Recipe	EA
Chocloate Milk 1%	19.0001	19.0001
	19.0001	19.0001

* Total includes one or more missing nutrient data.

(R-48) Classic Hamburger on Bun	Total Carbohydrate (g)	
	Recipe	Each
Hamburger Bun	29	29
Beef Patty	1	1
	30	30

* Total includes one or more missing nutrient data.

(R-142) Classic Hamburger on Bun 2	Total Carbohydrate (g)	
	Recipe	Each
Hamburger Bun	29	29
Beef Patty	1	1
	30	30

* Total includes one or more missing nutrient data.



(414003) Club Crackers	Total Carbohydrate (g)	
	Recipe	Serving - 4 pkgs
Club Crackers	5	20
	5	20

* Total includes one or more missing nutrient data.

(336001) Cooked Carrots USDA	Total Carbohydrate (g)		
	Recipe	Serving - 1/4 Cup	Serving - 1/2 Cup
Cooked Carrots USDA	8.14	3.0118	5.9422
	8.14	3.0118	5.9422

* Total includes one or more missing nutrient data.

(805586) Cornbread Mini Loaf	Total Carbohydrate (g)	
	Recipe	EA
Cornbread Mini Loaf	28	28
	28	28

* Total includes one or more missing nutrient data.

(462005) Cowboy Beans	Total Carbohydrate (g)	
	Recipe	Serving
Bush's Vegetarian Low Sodium Baked Beans	30	30.6923
	30	30.6923

* Total includes one or more missing nutrient data.

(R-65) Crisпитos with Queso Blanco Sauce	Total Carbohydrate (g)	
	Recipe	Serving
Chili Chicken Crispito	45.9999	45.9999
Queso Blanco Cheese Sauce	2	2
	47.9999	47.9999

* Total includes one or more missing nutrient data.

(P-1051) Cucumber Select 25# purchased	Total Carbohydrate (g)		
	Recipe	Serving - 1/4 Cup	Serving - 1/2 Cup
Cucumber Select 25# purchased	3.63	1.2864	2.178

* Total includes one or more missing nutrient data.



(P-1051) Cucumber Select 25# purchased	Total Carbohydrate (g)		
	Recipe	Serving - 1/4 Cup	Serving - 1/2 Cup
	3.63	1.2864	2.178

* Total includes one or more missing nutrient data.

(R-10) Deli Ham & Cheese Sandwich - Secondary	Total Carbohydrate (g)	
	Recipe	Each
Hoagie Bun	36	36
Sliced American Cheese	1	1
Sliced Ham	2.0249	2.0249
	39.0249	39.0249

* Total includes one or more missing nutrient data.

(R-11) Deli Turkey & Cheese Sandwich - Secondary	Total Carbohydrate (g)	
	Recipe	Each
Hoagie Bun	36	36
Sliced American Cheese	1	1
Smoked, Sliced Turkey Breast	1.2	1.2
	38.2	38.2

* Total includes one or more missing nutrient data.

(333005) Diced Ham	Total Carbohydrate (g)	
	Recipe	Serving - 2.5 oz.
Diced Ham	5.88	4.1674
	5.88	4.1674

* Total includes one or more missing nutrient data.

(B-1006) Dinner Roll	Total Carbohydrate (g)	
	Recipe	EA
Dinner Roll	14	14
	14	14

* Total includes one or more missing nutrient data.

(R-134) Fajita Chicken Salad	Total Carbohydrate (g)	
	Recipe	Each
Romaine Lettuce cs	3.7308	3.7308

* Total includes one or more missing nutrient data.



(R-134) Fajita Chicken Salad	Total Carbohydrate (g)	
	Recipe	Each
Grape Tomatoes purchased	1.1028	1.1028
Shredded Cheddar Cheese	0	0
Chicken Fajita Meat	3.001	3.001
Tortilla Chips Bulk	40	40
Ranch Dressing Cup	2	2
	49.8346	49.8346

* Total includes one or more missing nutrient data.

(806028) Fiestada	Total Carbohydrate (g)	
	Recipe	EA
Fiestada	43	43
	43	43

* Total includes one or more missing nutrient data.

(806035) French Bread Garlic Cheese Pizza	Total Carbohydrate (g)	
	Recipe	EA
French Bread Garlic Cheese Pizza	29.0001	29.0001
	29.0001	29.0001

* Total includes one or more missing nutrient data.

(336000) Frozen Corn USDA	Total Carbohydrate (g)		
	Recipe	Serving - 1/4 Cup	Serving - 1/2 Cup
Frozen Corn USDA	16	8	16
	16	8	16

* Total includes one or more missing nutrient data.

(335132) Frozen Mixed Berry Cup	Total Carbohydrate (g)	
	Recipe	EA
Frozen Mixed Berry Cup	20	20
	20	20

* Total includes one or more missing nutrient data.



(335130) Frozen Peach Cup	Total Carbohydrate (g)	
	Recipe	EA
Frozen Peach Cup	19	19
	19	19

* Total includes one or more missing nutrient data.

(335140) Frozen Sliced Strawberries	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 Cup
Frozen Sliced Strawberries	33.0001	32.8899
	33.0001	32.8899

* Total includes one or more missing nutrient data.

(335134) Frozen Strawberry Cup	Total Carbohydrate (g)	
	Recipe	EA
Frozen Strawberry Cup	19.0001	19.0001
	19.0001	19.0001

* Total includes one or more missing nutrient data.

(R-60) General Tso's Chicken with Fried Rice	Total Carbohydrate (g)	
	Recipe	Serving
General Tsos Chicken	22.9999	22.9999
Fried Rice	27	27
	50	50

* Total includes one or more missing nutrient data.

(P-1044) Grape Tomatoes purchased	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 Cup
Grape Tomatoes purchased	3.89	2.9224
	3.89	2.9224

* Total includes one or more missing nutrient data.

(P-1053) Grapes purchased	Total Carbohydrate (g)	
	Recipe	Serving
Grapes purchased	17.15	14.5858
	17.15	14.5858

* Total includes one or more missing nutrient data.



(311002) Green Beans USDA	Total Carbohydrate (g)	
	Recipe	Serving
Green Beans USDA	3.89	4.8625
	3.89	4.8625

* Total includes one or more missing nutrient data.

(P-1028) Green Sweet Peppers, Med	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 Cup
Green Sweet Peppers, Med	4.64	4.0368
	4.64	4.0368

* Total includes one or more missing nutrient data.

(805596) Hard Boiled Egg	Total Carbohydrate (g)	
	Recipe	Each
Hard Boiled Egg	1	1
	1	1

* Total includes one or more missing nutrient data.

(R-54) Homemade Grilled Cheese Sandwich	Total Carbohydrate (g)	
	Recipe	Serving
Sandwich Bread	26	26
Sliced American Cheese	4	4
Buttermist Pan Spray	0	0
	30	30

* Total includes one or more missing nutrient data.

(R-64) Hot Ham & Cheese on Bun	Total Carbohydrate (g)	
	Recipe	Serving
Hamburger Bun	29	29
Sliced Swiss American Cheese	0	0
Sliced Ham	2.4299	2.4299
	31.4299	31.4299

* Total includes one or more missing nutrient data.



(805585) Jalaepno Cornbread Mini Loaf	Total Carbohydrate (g)	
	Recipe	EA
Jalaepno Cornbread Mini Loaf	26	26
	26	26

* Total includes one or more missing nutrient data.

(R-95) Macaroni & Cheese and Fish Sticks 2	Total Carbohydrate (g)	
	Recipe	Serving
Homemade Macaroni & Cheese	28.2193	28.2193
Breaded Fish Stick	11	11
	39.2193	39.2193

* Total includes one or more missing nutrient data.

(R-59) Mandarin Orange Chicken with Fried Rice	Total Carbohydrate (g)	
	Recipe	Serving
Mandarin Orange Chicken CWD	19.3911	19.3911
Fried Rice	27	27
	46.3911	46.3911

* Total includes one or more missing nutrient data.

(461028) Mandarin Oranges	Total Carbohydrate (g)		
	Recipe	Serving - 1/4 Cup	Serving - 1/2 Cup
Mandarin Oranges	17	8.5	17
	17	8.5	17

* Total includes one or more missing nutrient data.

(R-50) Max Sticks with Marinara Sauce	Total Carbohydrate (g)	
	Recipe	Serving
Max Sticks	32	32
Marinara Cups 2.5 oz	7	7
	39	39

* Total includes one or more missing nutrient data.



(R-44) Meatball Marinara Sub	Total Carbohydrate (g)	
	Recipe	Each
Meatless Spaghetti Sauce CWD	288.4845	4.5076
Hoagie Bun	2303.9988	36
Shredded Mozzarella Cheese	32.3865	0.506
Beef Meatballs	323.9965	5.0624
	2948.8663	46.076

* Total includes one or more missing nutrient data.

(R-61) Meatballs in Sweet Chili Sauce with Rice	Total Carbohydrate (g)	
	Recipe	Serving
Rice	1384.8404	21.6381
Beef Meatballs	323.9965	5.0624
Franks Ret Hot Sweet Chili Sauce	1087.9985	17
	2796.8354	43.7006

* Total includes one or more missing nutrient data.

(R-62) Meatballs in Teriyaki Sauce with Rice	Total Carbohydrate (g)	
	Recipe	Serving
Rice	1384.8404	21.6381
Beef Meatballs	323.9965	5.0624
Teriyaki Sauce	800.0009	12.5
	2508.8378	39.2006

* Total includes one or more missing nutrient data.

(806062) Mini Corn Dogs	Total Carbohydrate (g)	
	Recipe	Serving - 6 corn dogs
Mini Corn Dogs	30	30
	30	30

* Total includes one or more missing nutrient data.

(310020) Mixed Fruit USDA	Total Carbohydrate (g)		
	Recipe	Serving - 1/4 Cup	Serving - 1/2 Cup
Mixed Fruit USDA	15	7.5	15
	15	7.5	15

* Total includes one or more missing nutrient data.



(336002) Mixed Vegetables USDA	Total Carbohydrate (g)		
	Recipe	Serving - 1/2 Cup	Serving - 1/4 cup
Mixed Vegetables USDA	12	12	6.0706
	12	12	6.0706

* Total includes one or more missing nutrient data.

(P-1024) Oranges 113ct	Total Carbohydrate (g)	
	Recipe	EA
Oranges 113ct	12.54	18.9483
	12.54	18.9483

* Total includes one or more missing nutrient data.

(R-129) PB&J Sandwich and Mozzarella Cheese Stick	Total Carbohydrate (g)	
	Recipe	Serving
PB&J Sandwich	47	47
Mozzerela Cheese Stick	2	2
	49	49

* Total includes one or more missing nutrient data.

(R-131) PB&J Sandwich and Raspberry Yogurt	Total Carbohydrate (g)	
	Recipe	Serving
PB&J Sandwich	47	47
Raspberry Yogurt 4 oz	18.9999	18.9999
	66	66

* Total includes one or more missing nutrient data.

(R-132) PB&J Sandwich and Strawberry Yogurt	Total Carbohydrate (g)	
	Recipe	Serving
PB&J Sandwich	47	47
Strawberry Yogurt 4 oz	18.9999	18.9999
	66	66

* Total includes one or more missing nutrient data.



(336005) Peas USDA	Total Carbohydrate (g)		
	Recipe	Serving - 1/4 Cup	Serving - 1/2 Cup
Peas USDA	11	5.5	11
	11	5.5	11

* Total includes one or more missing nutrient data.

(806080) Pepperoni Pizza Anytimers	Total Carbohydrate (g)	
	Recipe	EA
Pepperoni Pizza Anytimers	35	35
	35	35

* Total includes one or more missing nutrient data.

(R-120) Philly Chicken Sandwich	Total Carbohydrate (g)	
	Recipe	Each
Hoagie Bun	36	36
Sliced Swiss American Cheese	0	0
Chicken Fajita Meat	2.4299	2.4299
Peppers and Onions	2.7108	2.7108
	41.1408	41.1408

* Total includes one or more missing nutrient data.

(461026) Pineapple Tidbits	Total Carbohydrate (g)		
	Recipe	Serving - 1/4 Cup	Serving - 1/2 Cup
Pineapple Tidbits	17.9999	9	17.9999
	17.9999	9	17.9999

* Total includes one or more missing nutrient data.

(R-53) Popcorn Chicken Bowl	Total Carbohydrate (g)	
	Recipe	Serving
Country Gravy	5	5
Popcorn Chicken CWD	20	20
Mashed Potatoes - Secondary	6.81	6.81
	31.81	31.81

* Total includes one or more missing nutrient data.



(R-70) Popcorn Chicken with Grain	Total Carbohydrate (g)	
	Recipe	Serving
Popcorn Chicken CWD	20	20
Dinner Roll	14	14
	34	34

* Total includes one or more missing nutrient data.

(P-1035) Radishes	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 Cup
Radishes	3.4	1.972
	3.4	1.972

* Total includes one or more missing nutrient data.

(R-55) Reuben Sandwich	Total Carbohydrate (g)	
	Recipe	Serving
Pumpnickle Rye	1079.9994	30
Sliced Swiss American Cheese	0	0
Deli Corned Beef	0	0
Thousand Island Dressing	140.544	3.904
Buttermist Pan Spray	0	0
Sauerkraut, Canned	120.1225	3.3367
	1340.6659	37.2407

* Total includes one or more missing nutrient data.

(R-121) Roasted Turkey with Mashed Potatoes & Gravy and Dinner Roll	Total Carbohydrate (g)	
	Recipe	Serving
Turkey Gravy	2.7516	2.7516
Dinner Roll	14	14
Mashed Potatoes - Secondary	13.6201	13.6201
Roasted Turkey	0	0
	30.3716	30.3716

* Total includes one or more missing nutrient data.

(P-1020) Romaine Lettuce cs	Total Carbohydrate (g)	
	Recipe	Serving - 1 Cup
Romaine Lettuce cs	3.29	1.2125

* Total includes one or more missing nutrient data.



(P-1020) Romaine Lettuce cs	Total Carbohydrate (g)	
	Recipe	Serving - 1 Cup
	3.29	1.2125

* Total includes one or more missing nutrient data.

(B-1002) Sandwich Bread	Total Carbohydrate (g)	
	Recipe	Slice
Sandwich Bread	13	13
	13	13

* Total includes one or more missing nutrient data.

(320003) Shredded Cheddar Cheese	Total Carbohydrate (g)	
	Recipe	Ounce
Shredded Cheddar Cheese	0	0
	0	0

* Total includes one or more missing nutrient data.

(R-4) Side Salad	Total Carbohydrate (g)	
	Recipe	Each
Carrots, Shredded	0.2874	0.2874
Romaine Lettuce cs	1.8095	1.8095
Grape Tomatoes purchased	0.7278	0.7278
	2.8247	2.8247

* Total includes one or more missing nutrient data.

(310027) Sliced Peaches USDA	Total Carbohydrate (g)	
	Recipe	Serving
Sliced Peaches USDA	11.29	13.9996
	11.29	13.9996

* Total includes one or more missing nutrient data.

(R-93) Sloppy Joes	Total Carbohydrate (g)	
	Recipe	Each
Hamburger Bun	29	29
Sloppy Joe Meat	9.3885	9.3885
	38.3885	38.3885



* Total includes one or more missing nutrient data.

(R-58) Spicy Breaded Chicken Sandwich	Total Carbohydrate (g)	
	Recipe	Serving
Hamburger Bun	29	29
Spicy Chicken Patty	17	17
	46	46

* Total includes one or more missing nutrient data.

(R-87) Spicy Fish Sandwich	Total Carbohydrate (g)	
	Recipe	Each
Hamburger Bun	29	29
Spicy Fish Patty	15	15
	44	44

* Total includes one or more missing nutrient data.

(D-1003) Strawberry Milk FF	Total Carbohydrate (g)	
	Recipe	EA
Strawberry Milk FF	21.9999	21.9999
	21.9999	21.9999

* Total includes one or more missing nutrient data.

(806034) Stuffed Crust Pepperoni Pizza	Total Carbohydrate (g)	
	Recipe	EA
Nardone Stuffed Crust Pepperoni Coin Pizza WEDGE	31.0001	31.0001
	31.0001	31.0001

* Total includes one or more missing nutrient data.

(806082) T Ham & Cheese Anytimers	Total Carbohydrate (g)	
	Recipe	EA
T Ham & Cheese Anytimers	33	33
	33	33

* Total includes one or more missing nutrient data.



(806023) Taco Meat	Total Carbohydrate (g)		
	Recipe	1/2 Serving	Serving
Taco Meat	5	2.57	6.3069
	5	2.57	6.3069

* Total includes one or more missing nutrient data.

(R-133) Taco Salad	Total Carbohydrate (g)	
	Recipe	Each
Romaine Lettuce cs	3.7308	3.7308
Grape Tomatoes purchased	1.1028	1.1028
Shredded Cheddar Cheese	0	0
Taco Meat	6.3069	6.3069
Tortilla Chips Bulk	40	40
Ranch Dressing Cup	2	2
	53.1405	53.1405

* Total includes one or more missing nutrient data.

(809005) Tater Tots	Total Carbohydrate (g)			
	Recipe	Serving - 12 Each	Serving - 4 Each	Serving - 8 Each
Tater Tots	16	24	8	16
	16	24	8	16

* Total includes one or more missing nutrient data.

(sys-216) Thin Cut Fries CWD	Total Carbohydrate (g)	
	Recipe	Serving
Thin Cut Fries CWD	22	22
	22	22

* Total includes one or more missing nutrient data.

(809006) Tri Taters	Total Carbohydrate (g)		
	Recipe	Each	Serving - 2 Each
Tri Taters	14	14	28
	14	14	28

* Total includes one or more missing nutrient data.



(806081) Turkey & Cheese Anytimers	Total Carbohydrate (g)	
	Recipe	EA
Turkey & Cheese Anytimers	37	37
	37	37

* Total includes one or more missing nutrient data.

(sys-220) Twister Fries CWD	Total Carbohydrate (g)		
	Recipe	Serving - 1.5 oz	Serving - 3 oz
Twister Fries CWD	24	12	24
	24	12	24

* Total includes one or more missing nutrient data.

(805500) Vegetable Egg Roll	Total Carbohydrate (g)	
	Recipe	EA
Vegetable Egg Roll	22	22
	22	22

* Total includes one or more missing nutrient data.

(805006) Ventura Ranch Dressing	Total Carbohydrate (g)	
	Recipe	Serving
Ventura Ranch Dressing	1	0.998
	1	0.998

* Total includes one or more missing nutrient data.

(R-2) Walking Taco	Total Carbohydrate (g)	
	Recipe	Each
Shredded Cheddar Cheese	0	0
Taco Meat	4.9982	4.9982
Taco in a Bag	26	26
	30.9982	30.9982

* Total includes one or more missing nutrient data.

(D-1001) White Milk 1%	Total Carbohydrate (g)	
	Recipe	EA
White Milk 1%	12	12

* Total includes one or more missing nutrient data.



(D-1001) White Milk 1%	Total Carbohydrate (g)	
	Recipe	EA
	12	12

* Total includes one or more missing nutrient data.

(R-126) Whole Apple Variety	Total Carbohydrate (g)	
	Recipe	Each
Gala Apple	25.0564	8.3521
Fuji Apple	23.4904	7.8301
Granny Smith Apple	21.1414	7.0471
	69.6882	23.2294

* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 8/11/2021, End = 10/29/2021)
Menu Plans	(21-22 Westridge Middle School Lunch Menu)
Nutrients	(Total Carbohydrate)