

Paulding County Carb/Allergy Form SY 2021-2022

Paulding County Carb/Allergy Form SY 2021-2022												10/2/2021
<p>**The food allergen information provided is based on our current information from manufacturers and the USDA database. Products served throughout the school year may change based on the availability of commodity and purchased products. Unforeseen circumstances may result in products becoming unavailable or requiring product substitution.</p> <p>The allergen list is updated as new information becomes available. Please be aware that the formulation of products by manufacturers may change at any time and no notice is given to their customers.</p>												
Recipe #		Serving Size	Carb g	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat/ Gluten	
ENTRÉE-LUNCH												
RES20442	Alt Meal=Cheese Sand(29), Juice(13)	1 meal	42			X			X		X	
RSC80011	Beef & Cheddar Sandwich	1 serving	41			X			X		X	
REE80128	Boneless Chicken Wings, Chunks	5 chunks	28	X		X			X		X	
R80503	Burrito/Combo Beef/Bean (42g) w/Salsa(6g)	burrito	48						X		X	
RMS80135	Buffalo Chicken Bites	1 serving	26			X			X		X	
RS80181	BBQ Chicken Sandwich/Sec	sandwich	58			X			X		X	
R50202	BBQ Chicken Sandwich/ELE	Sandwich	58			X			X		X	
RESC80127	BBQ Chicken Spicy Sandwich Sliders	sandwich	53			X			X		X	
RS-25A640	BBQ Pork Sandwich/Sec	sandwich	34			X			X		X	
RE65114	BBQ Pork Sandwich, w Bun ELE	sandwich	43			X			X		X	
RES65240	BBQ Pork Sliders	2 sliders	16						X		X	
RES80428	Calzone, Cheese w Marinara	1 serving	36			X			X		X	
RS35404	Cheeseburger Mac	1 cup	20			X			X		X	
RES80003	Cheeseburger w/Onion Rings & BBQ Sauce	1 sandwich	57	X		X			X		X	
R80414	Cheese Quesadilla	1 serving	24			X			X		X	
RES35307	Breaded Cheese Stick Cheese w/Marinara Sec	1 serving	48			X			X		X	
RS35306	Breaded Cheese Stick Cheese w/Baked	1 serving	21			X			X		X	
RSS80125	Chicken, Alfredo (Grilled)	1 serving	31	X		X			X		X	
80111	Chicken Breast Fillet, Dill	1 Fillet	15			X			X		X	
RSM80112	Chicken Bites, Dill (10g w/ out condiments)	1 serving	20			X			X		X	
RE80112	Chicken Bites Dill ES	1 serving	10			X			X		X	
R80110	Chicken BBQ Drummette	3 wings	7			X			X		X	
RES80114	Chicken Cherry Blossom	1 serving	27	X							X	

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Recipe #		Serving Size	Carb g	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat/ Gluten
RESS80114	Chicken, Cherry Blossom & Rice Bowl	1 serving	49	X					X		X
RESS80114	Chicken, General Tso & Rice Bowl	1 serving	84	X					X		X
80138	Chicken, General Tso	1 serving	29	X					X		X
RS80129	Chicken Hot Wings	3 wings	11	X		X			X		X
RES80102	Chicken Fajita Ele	serving	21			X			X		X
RE80102	Chicken Fajita Ele	serving	26			X			X		X
REE80102	Chicken Fajita Rollup	serving	21			X			X		X
RS80102	Chicken Fajita w/toppings/Sec	serving	54			X			X		X
R35402	Chicken Noodle Soup	1 cup	10	X					X		X
REL80104	Chicken Nuggets	5 nuggets	27						X		X
R80134	Chicken Nuggets Ele	4 nuggets	22						X		X
REE65236	Chicken & Dutch Waffle ES (Lunch)	1 serving	77			X			X		X
RE80129	Chicken Teriyaki Nuggets	1 serving	8						X		X
RES80103	Chicken, mini sliders	2 sliders	59	X		X			X		X
RS80188	Chicken Pot Pie	1 cup	40			X			X		X
REE80115	Chicken, popcorn/Ele w/ sw & sour	12 pieces	14	X					X		X
ZRES80115	Chicken, popcorn/Sec w/hon must	18 pieces	32	X					X		X
RS80136	Chicken Spicy, Buffalo, Wrap/Sec	each	53			X			X		X
RE80136	Chicken Spicy, Sandwich	1 sandwich	48	X					X		X
RE80105	Chicken Sandwich/Ele	1 sandwich	47	X		X			X		X
RSR80115	Chicken Sandwich/ Sec	sandwich	47	X		X			X		X
R80108	Chicken Salad Sandwich	sandwich	29	X					X		X
RSR80115	Chicken Fillet Sandwich	1 sandwich	47			X			X		X
RST80107	Chicken Tender Sandwich w/ Boom Boom Sauce	1 sandwich	45	X		X			X		X
RE80133	Chicken Tender/Ele	3 tenders	14	X		X			X		X
RS80107	Chicken Tender/Sec	3 tenders	36	X		X			X		X
RES80111	Chicken Sandwich, Parmesan	1 sandwich	49	X		X			X		X
RESS80124	Chicken Parmesan, Sliders	1 serving	59	X		X			X		X
RESS80108	Chicken Quesadilla/Sec	each	43			X			X		X
RE32089	Chicken ,Penne Pasta/Ziti	1cup	64	X		X			X		X
RSSC80111	Chicken Spicy Sub (made to order)	1 sub	49	X		X			X		X
RSH80127	Chicken Sweet Heat Sub (made to order)	1 sub	51	X		X			X		X
RES80107	Chicken Tender Sub (made to order)	1 sub	62	X		X			X		X
REM80170	Chicken Tender Wrap (made to order)	1 wrap	47	X		X			X		X
RES45002	Chili , Chicken	1 cup	26						X		X

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Recipe #		Serving Size	Carb g	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat/ Gluten
RS45301	Chili, Beef	1 cup	32						X		X
RS35101	Chili Cheese Fritos Pie/ELE	serving	44			X			X		
RS35101	Chili Cheese Fritos/Sec	serving	57			X			X		
RESS80009	Club Wrap (made to order)	1 wrap	31	X		X			X		X
RES80009	Club Sub (made to order)	1 serving	47	X		X			X		X
R80504	Corndog	corndog	33	X					X		X
RE80203	Corndog, mini	6 bites	31	X		X			X		X
	Country Style Steak w/gravy /HS/MS	1 serving	20	X					X		X
RSS80010	Cuban Pork Sandwich/sec	sandwich	40			X			X		X
RS45002	Dressing for Turkey	1/2 cup	25			X			X		X
RE80202	Fish Sandwich	sandwich	53	X	X	X			X		X
R80202	Fish and Cheese	sandwich	50	X	X	X			X		X
RE80202	Fish and Cheese Ele	sandwich	51	X	X	X			X		X
R80201	Fish Nuggets	4 nuggets	22		X				X		X
REE60201	Fries, BBQ Pork	1 serving	51	X		X			X		X
REES60201	Fries, Chili & Cheese w/ Roll	1 serving	76	X		X			X		X
REES60201	Fries, Chili & Cheese	1 serving	50	X		X			X		X
R75002	Grilled Cheese Sandwich/Ele	sandwich	28			X			X		X
RS75002	Grilled Cheese Sandwich/Sec	sandwich	32			X			X		X
	Grilled Cheese, Hot Off The Grill	sandwich	31			X			X		X
RS65210	Grilled Chicken and Cheese Wrap	1 wrap	37	X		X			X		X
RT80608	Ham, Buffet Diamond	1 serving	5								
RC80607	Ham Sandwich on Kaiser	1 sandwich	41	X		X			X		X
RES80608	Ham & Cheese Wrap	1 wrap	46	X		X			X		X
RES80607	Ham & Cheese Sandwich	1 sandwich	34			X			X		X
80513	Ham & Cheese Sandwich	1 sandwich	27			X			X		X
RESS80602	Ham Sub- made to order	1 sub	49	X		X			X		X
RMS8060	Ham Wrap -made to order	1 wrap	34	X		X			X		X
REE80603	Ham Deli and Cheese Sandwich	sandwich	31	X		X			X		X
RSD80607	Ham Deli and Cheese Sandwich	sandwich	61	X		X			X		X
R65101	Hamburger on Bun	1 burger	33			X			X		X
R80004	Hamburger, Cheese on Bun	1 burger	34			X			X		X
RS80004	Hamburger/Cheese/Bacon on Bun	1 burger	36			X			X		X
RE95059	Hamburgers, mini, w/pickles	2 mini's	33			X			X		X
RSS60201	Hickory Fries w/Bun	1 serving	82	X		X			X		X

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Recipe #		Serving Size	Carb g	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat/ Gluten
RES8060	Hoagie, Ham & Cheese w/ Chips	1 Hoagie	60	X		X			X		X
REES8060	Hoagie, Ham & Cheese	1 Hoagie	34	X		X			X		X
R80507	Hotdog (hot diggity)	hotdog	33.5			X			X		X
	Hotdog w/Chili	1 hotdog	40			X			X		X
RSM35404	Mac-n-Cheese	1 serving	19			X			X		X
RESS35404	Mac-n-Cheese w/ Ham	1 serving	27			X			X		X
R35404	Cheesy Mac Ele	1 serving	31	X		X			X		X
RESW80602	Meatball Wrap (made to order)	1 wrap	35	X		X			X		X
RESS80602	Meatball Sub (made to order)	1 serving	50	X		X			X		X
R35304	Munchable Kit Ele	1ea	58			X					X
RE80013	Munchable Kit Ele, Diced	1 ea	23			X			X		X
R35102	Nachos w/Beef & Cheese	serving	51			X			X		
RE80109	Nachos w/Fajita Chicken & Cheese	1 serving	45			X			X		
REE80109	Nachos w/Fajita Chicken & Cheese ES	1 serving	21			X			X		X
RS60107	Oriental Vegetables	1 serving	5			X					
R65235	Pancakes & Sausage ES w/syrup	1 serving	54	X		X			X		X
REE80508	PB&J Pack (Strawberry)	1 serving	55			X	X		X		X
REE80514	PB&J Pack (Grape)	1 serving	54			X	X		X		X
RS80512	PB & J Sandwich (twin pack)	serving	69				X		X		X
RE80514	PB&J Grape Uncrustables	1 each	32				X		X		X
80508	PB&J Strawberry Uncrustables	1 each	33				X		X		X
	PB&J Chocolate Uncrustables	1 each	27				X		X		X
	PB&J Honey Uncrustables	1 each	32				X		X		X
RS80011	Philly Steak on Hoagie	sandwich	34	X		X			X		X
RESS80011	Philly Sub (made to order)	1 sub	50	X		X			X		X
REM80011	Philly Wrap (made to order)	1 wrap	35	X		X			X		X
RE80424	Pizza, Mini French Bread	slice	13			X			X		X
RE80415	Pizza Cheese	1 slice	33			X			X		X
R80407	Pizza Flat Bread 4x6, Cheese	slice	27			X			X		X
RS35309	Pizza Flat Bread 4x6, Pepperoni	slice	30			X			X		X
RE80423	Pizza, Cheese Wedge	slice	21			X			X		X
R80915	Pizza , Personal Pan, Cheese Round	slice	40			X			X		X
RES80304	Pizza, Chicken Buffalo	slice	27			X			X		X
RS80493	Pizza, Chicken Buffalo Big Daddy Primo	slice	35			X			X		X
RS0491	Pizza, 4 Meat Big Daddy Primo	slice	36			X			X		X

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Recipe #		Serving Size	Carb g	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat/ Gluten
RS80405	Pizza, Big Daddy Pepperoni	slice	35			X			X		X
REE80490	Pizza, Big Daddy Pepperoni, Ele Primo	slice	29			X			X		X
RS80490	Pizza, Big Daddy Pepperoni, Primo	slice	23.8			X			X		X
RS80423	Pizza, Big Daddy Cheese	slice	35			X			X		X
REE80402	Pizza, Big Daddy Cheese, Ele Primo	slice	29			X			X		X
80490	Pizza, Primo 16" Pepp, Big Daddy	slice	36			X			X		X
RS80492	Pizza, Big Daddy 4 Cheese, Primo	slice	36			X			X		X
RE80408	Pizza, Pepperoni, 4x6	slice	29			X			X		X
RS80413	Pizza, Garlic Cheese Bread	1 slice	26			X			X		X
RE80403	Pizza, Pepperoni, Nardone/ELE/MS	slice	23			X			X		X
RE80421	Pizza, Pepperoni, Max Wedge	slice	32			X			X		X
R80425	Pizzable, Pepperoni	serving	19			X					X
R80412	Pizza, Quesadilla	slice	40			X			X		X
RE35307	Pizza Stick w/Marinara	serving	33	X		X			X		X
R80340	Pizza, Stuffed Crust Pepperoni, Max	slice	32			X			X		X
	Pizza, Cheese (Tony's)	slice	26			X			X		X
RE88717	Pork Roast, slice w/gravy	3oz	5								
RS60215	Potato, Cheesy Bake	1 serving	60	X		X			X		X
RES88305	Potato, Baked w/BBQ Pork w/roll	plate	74			X			X		X
RESS88305	Potato, Baked w/BBQ Pork w/crackers	plate	73			X			X		X
RS88305	Potato, Baked w/ Ham/Sec w/crackers	plate	62			X			X		X
	Potato, Baked w/ Ham/ES w/crackers	plate	53								
RES75007						X			X		X
RESS8305	Potato, Baked w/Ham&Cheese/w/Roll/Sec	plate	82			X			X		X
RSE88305	Potato, Baked w/Chili, Cheese & Roll	1 serving	63			X			X		X
REE65219	Pretzel Dippers	1 serving	34	X		X			X		X
RS225102	Ravioli Casserole /w Beef	3/4 serving	15			X			X		X
R25102	Ravioli w/ Cheese	1cup	11			X			X		X
R80509	Riblet Sandwich	sandwich	44			X			X		X
RES80609	Riblet Sandwich	sandwich	39			X			X		X
R80609	Riblet Slider	Slider	8			X			X		X
REE80129	Salad, Asian Chicken	plate	62	X		X			X		X
REES80129	Salad, Asian Chicken/ w/crackers	plate	77	X		X			X		X

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Recipe #		Serving Size	Carb g	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat/ Gluten
RS80602	Salad, BBQ Pork w/Crackers	plate	28	X		X			X		X
RE80301	Salad, Chef w/ Turkey/ Ele	plate	41	X		X			X		X
RE88301	Salad House w/ Egg & Cheese/ Ele	plate	28	X		X			X		X
RESS88218	Salad Plate w/ Egg & Cheese/ Sec /croutons /crackers	plate	50								
REE88212	Salad Plate Ham & Cheese/ Ele	plate	35	X		X			X		X
RES80602	Chef Salad w Ham & Cheese/ Sec/croutons/crackers	plate	47								
RES88218	Salad, Grilled Chicken/Sec/croutons/crackers	plate	39	X		X			X		X
R80125	Salad Chicken Ceasar/ Croutons	1 serving	20			X			X		X
RSE80102	Salad, Chicken Fajita/ Ele	plate	35	X		X			X		X
RRES80102	Salad, Chicken Fajita/ Sec	1 serving	30	X		X			X		X
RSS80107	Salad, Chicken Tenders (27g) w/Flatbread (29g)	1 salad	56	X		X			X		X
RES80115	Salad, Chicken Popper /croutons	plate	26	X		X			X		X
RESS80107	Salad, Club (8g)w/Flatbread (29g)-Made to Order	1 salad	37	X		X			X		X
RES40018	Salad, Caesar w/Grilled Chicken	1 salad	46	X		X			X		X
RS88212	Salad, Ham (10g) w/Flat Bread (29g) Made to Order	1 salad	39	X		X			X		X
RSS35404	Salad, Macaroni Salad Shaker Made to Order	1 Shaker	20			X					X
RV88211	Salad, Salad Shaker Made to Order	1 Shaker	8								
RESS80115	Salad, Popcorn Chicken w/Roll	plate	41	X		X			X		X
R88005	Salad, Taco/ Ele	plate	37	X		X			X		X
RS75010	Salad Plate, Taco /Sec	plate	49	X		X			X		X
RS88211	Salad, Side Romaine	1 salad	4	X		X			X		X
RSS80603	Salad Turkey(7g) w/Flat Bread (29g)-Made to Order	1 salad	36								
RE8001	Sloppy Joe	1 serving	36			X			X		X
REE8001	Slopp Joe on Bun	1 serving	36			X			X		X
RSS35405	Spaghetti w/ Meat Sauce	1 cup	44	X							X
RSM35405	Spaghetti w/ Meatballs	1 serving	36	X		X			X		X
RESG80106	Spicy Chicken Wrap	1 wrap	56	X		X			X		X
RE80911	Steak Fingers w/Gravy	serving	17	X		X			X		X
RE80007	Steak Mini Sliders	2 sliders	24	X		X			X		X
RES80007	Steak & Cheese Sliders	2 sliders	59	X		X			X		X

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RE80002	Steak Nuggets w/gravy	4 nuggets	17	X					X		X
RS8005	Steak w/gravy /HS/MS	serving	20	X					X		X
RSB80005	Steak w/BBQ Sauce & Cheese Sandwich	1 serving	52	X		X			X		X
R80005	Steak Sandwich	sandwich	49	X		X			X		X
RES80005	Steak Sandwich w/Onion Rings	1 serving	64	X		X			X		X
RES80001	Taco, Beef w/Cheese, soft shell /ES	1 taco	21						X		X
RS80001	Taco Beef w/Cheese, soft-shell	2 taco	52						X		X
REE80432	Taco Maxx Snax ES	1 serving	30			X			X		X
RES80432	Taco Max Snax w/Salsa	1 serving	34			X			X		X
RSSS80001	Taco, Walking	1 serving	24			X			X		X
RE80416	Taquito Chicken & Cheese	1 serving	38			X			X		X
ZZRS25201	Tomato Soup	1 cup	20						X		X
RSE25201	Tomato Soup	6 oz	15								X
R25201	Tomato Soup & Gr. Cheese	1 cup	50			X			X		X
RES25201	Tomato Soup(20) w/ Garlic Cheesy Pizza 1/2 sl (13)	1 serving	33			X			X		X
RES65005	Tuna Salad Sandwich	sandwich	30	X	X				X		X
RES25100	Tuna Salad w/Flat Bread-Made to Order	1 serving	37	X	X				X		X
RESS25100	Tuna Sub-Made to Order	1 sub	45	X	X				X		X
R25100	Tuna Wrap(26g) w/ Chips(20g)	1 wrap	46	X	X				X		X
RMS25100	Tuna Wrap-Made to Order	1 wrap	30	X	X				X		X
RES80603	Turkey and Cheese Wrap w/chips	wrap	60			X			X		X
RE65208	Turkey and Cheese Wrap	1 wrap	21			X			X		X
R84376	Turkey Deli Sandwich	1 sandwich	31	X		X			X		X
80514	Turkey & Cheese Sandwich	1 sandwich	30	X		X			X		X
RC80603	Turkey Sandwich on Kaiser	1 sandwich	41	X		X			X		X
RMS80603	Turkey Wrap (made to order)	1 wrap	30	X							X
RESS80603	Turkey Sub (made to order)	1 sub	45	X		X			X		X
RS80605	Turkey Roast	3 oz	0								
RE8060	Turkey & Cheese Deli Sandwich	sandwich	31	X		X			X		X
RS80607	Turkey & Cheese Deli Sandwich w/chips	1 serving	57	X		X			X		X
RCM80607	Turkey & Ham Club Sandwich	1 sandwich	42	X		X			X		X
RES88211	Vegetarian Sub-Made to Order	1 Sub	52						X		X
RVS88212	Vegetarian Salad (7g) w/Flat Bread (29g)	1 salad	36	X		X			X		X
R88209	Vegetable Soup	1 cup	18								

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RE75101	Yogurt Boat	each	62			X					X
REE75101	Yogurt Boat ES	each	36			X					X
	Vegetables										
RS45123	Au-Gratin Potatoes	1/2 cup	23			X			X		
60015	Beans, Baby Lima	1/2 cup	25								
RES20204	Baked Beans	1/2 cup	23								
RS20200	Beans, Green	1/2 cup	4								
RES20201	Beans, Black	1/2 cup	21			X					
RS40114	Beans, Northern	1/2 cup	21								
RS20203	Beans, Pinto	1/2 cup	22								
R20224	Beans, Ranch	1/2 cup	21						X		
RS20220	Beans, Refried	1/2 cup	19			X			X		
RS20208	Black-Eye Peas	1/2 cup	8								
RV88304	Broccoli, steamed	1/2 cup	8								
RVV88304	Broccoli, roasted	1/2 cup	8								
RS2501	Broccoli & Cheese	1/2 cup	7			X					
RV88226	Carrots coins, steamed	1/2 cup	9								
RESS88206	Carrots w/dip	1/2 cup	2	X		X					
RS88209	Celery Sticks w/dip	1/2 cup	4	X		X			X		X
ALA88209	Celery Sticks w/peanut butter	1 serving	11							X	
RS88204	Coleslaw	1/2 cup	10	X							
RS60104	Golden, corn	1/2 cup	20								
	Kidney Beans	1/2 cup	20								
RS60101	Lima Beans	1/2 cup	20								
RS60106	Mixed Vegetables	1/2 cup	15								
RS60109	Okra, baked breaded	1/2 cup	25			X			X		X
60220	Onion Ring, breaded	1 serving	27						X		X
RS88206	Peas & Carrots	1/2 cup	8								
RES40118	Green Peas Frz or canned	1/2 cup	10								
RES60215	Potato Roasters	1/2 cup	22						X		
RS60205	Potato Rounds	1/2 cup	30						X		
R60206	Potato Triangle	2 triangle	24						X		
R60214	Potato Stars	1/2 cup	17			X			X		
RS60201	Potato, French Fries	1/2 cup	24						X		
RS20214	Potatoes, mashed	1/2 cup	15			X					X

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RS50308	Potatoes, Ranch	1/2 cup	20			X					
RS88214	Potato, Salad	1/2 cup	22	X							
R40018	Caesar Side Salad	1 salad	6			X					X
RS88211	Side Salad w/ ranch	1 salad	4	X		X					
R88223	Sticks and Stone	1 serving	11	X		X			X		X
R60103	Souffle Harvest	1 serving	42	X		X					X
RS20214	Sweet Potato Casserole	1/2 cup	41			X			X		
R88229	Sweet Potato w Maple Butter	1/2 cup	18			X					
RE60212	Sweet Potato Fries	1/2 cup	25								
RESS88219	Lettuce & Diced Tomato cup	3/4 cup	4								
R88219	Tomatoes, Sliced	1/2 cup	2								
RES88219	Tomato & Lettuce Cup	3/4 cup	4								
RES40116	Turnip Greens	1/2 cup	2								
RV88220	Veggie dipper w/ ranch (Celery, Tomatoes)	1/2 cup	5	X		X					
RV88207	Veggie dipper w/ ranch Carrots, Broccoli)	1/2 cup	6	X		X					
RSS35008	Rice, Asian Style	1/2 cup	21			X			X		
	Fruit										
60002	Juice, Apple	4oz- 1/2 cup	13								
60118	Juice, Apple- ASP	6oz-3/4cup	22								
60016	Juice Box Apple, Apple & Eve	6.75oz	11								
60014	Juice Box Apple, Juice 4 You	4.23oz	15								
6003	Juice, Grape	4 oz.1/2 cup	19								
60117	Juice, Fruit Punch ASP	6oz-3/4cup	26								
60004	Juice, Orange (suncup)	4 oz.1/2 cup	13								
60021	Juice, Orange Frozen	4oz- 1/2 cup	15								
65217	Juice, Orange Pineapple	4oz- 1/2 cup	14								
60005	Juice, Pineapple	4oz- 1/2 cup	16								
RE20101	Applesauce, Cinnamon	1/2 cup	16								
RS20102	Applesauce Cup	1 cup	16								
RMS20101	Applesauce Rosy	1/2 cup	16								
RS20101	Applesauce, Rosy & Cinnamon	1/2 cup	16								
RS20101	Applesauce, Plain Unsweeten	1/2 cup	14								
30018	add Gummy worm	1 ea	3								
RS20100	Apple Slices	1/2 cup	13								
RS88000	Apple	apple, med	25								

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Recipe #		Serving Size	Carb g	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat/ Gluten
RSB88004	Banana	banana	27								
R74098	Blueberries	1/2 cup	10								
RS8806	Cantaloupe	1/2 cup	6								
20103	Cranberry Sauce	1/4 cup	20								
RS8009	Grapes	1/2 cup	21								
RCM20109	Fruit Cup, Pineapples, Mandarin Oranges	1/2 cup	40								
RS60016	Fruit Pearls, Strawberry	1/2 cup	9								
RS60018	Fruit Pearls, Wildberry	1/2 cup	9								
60020	Mixed Berries	1/2cup	20								
RF20104	Mixed Fruit (fruit cocktail)	1/2 cup	13.5								
RS88015	Orange	orange	20								
RF20106	Oranges, Mandarin	1/2 cup	17								
ALA20106	Oranges, Mandarin Cup	1 cup	35								
RF20107	Peaches, sliced	1/2 cup	14								
60119	Peaches, Frozen Cup	1/2 cup	27								
RF20108	Pear Slices	1/2 cup	23								
RFR20108	Pears, blushing	1/2 cup	26								
RF20109	Pineapple, Tidbits (tropical)	1/2 cup	17								
RS88019	Strawberries, Fresh	1/2 cup	7								
R88019	Strawberries, Fresh	1/2 cup	7								
RS60006	Strawberries, Frozen	1/2 cup	29								
R60010	Strawberry Frozen Cups	4.5oz	22								
88020	Watermelon	1/2 cup	8								
	Entrée- Breakfast										
R80307	Biscuit	biscuit	23			X			X		X
65005	Bread	slice	14			X			X		X
R80305	Bagel, Breakfast	bagel	21			X			X		X
R65225	Bagel, Mini Strawberry Flav Cheese Filled	1 bagel	42			X					X
R80124	Biscuit, Chicken	1 serving	38			X			X		X
RB80124	Biscuit, Chicken	1 serving	38			X			X		X
RBB80124	Biscuit, Chicken	1 serving	38			X			X		X
RS80124	Biscuit, Chicken Spicy	1 serving	39			X			X		X
RB80103	Biscuit, Chicken Spicy	1 serving	36			X			X		X
RS80307	Biscuit, Bacon	1 serving	27			X			X		X
RBB80307	Biscuit, Bacon & Egg	1 serving	27	X		X			X		X

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Recipe #		Serving Size	Carb g	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat/ Gluten
R80301	Biscuit, Egg & Cheese	1 serving	32	X		X			X		X
RB75005	Biscuit, Egg & Cheese	1 serving	31	X		X			X		X
REE65201	Biscuit, Cheese Omelet	1 serving	32	X		X			X		X
R65201	Biscuit Sausage	1 serving	24			X			X		X
RB80302	Biscuit, Sausage & Egg	1 serving	26	X		X			X		X
REB80306	Biscuit, Sausage w/Gravy	1 serving	24	X		X			X		X
R80007	Biscuit, Steak	1 serving	37			X			X		X
RB80007	Biscuit, Steak	1 serving	30			X			X		X
35028	Cereal Bar, Apple Cinnamon	bar	30								X
R35019	Cereal Bar, Trix	bar	30								X
R35018	Cereal Bar, Cheerio	bar	30								X
R35035	Cereal Bar, Cocoa Puffs	bar	30								X
R35017	Cereal Bar, Cinnamon Toast Crunch	1.42 oz bar	30								X
35018	Cereal Bar, Fruity Cheerios	1.42oz	30								X
35317	Cereal Bar, Choc Marsh Mini	30g	22								X
35316	Cereal Bar, Granola Stby Marsh Mini	30g	22								X
35028	Cereal Bar, Rice Krispie Mini	.39oz	8								X
	Cereal Bar, Rice Krispie Bar	1 Bar	11								X
REB35005	Cereal, Lucky Charms	bowl	22								X
R35032	Cereal, Frosted Flakes	bowl	24								X
R35031	Cereal, Fruit Loops	bowl	15								X
R35010	Cereal , Coco Puff	bowl	25								X
REB35029	Cereal, Cinnamon Toast Crunch	bowl	22								X
R35003	Cereal, Honey Nut Cheerios	bowl	22							X	X
R35013	Cereal, Golden Graham	bowl	24								X
R35007	Cereal, Trix	bowl	24			X					X
80124	Chicken	1 serving	7			X			X		X
RB80101	Chicken, Slider	1 serving	29	X		X			X		X
RCC35308	Chicken Croissant	1 serving	22	X		X			X		X
RS65238	Chicken & Waffle Breakfast	1 serving	50	X		X			X		X
R75009	Cheese String	1 stick	1			X					
R65005	Cheese Toast	toast	15			X			X		X
RB60209	Cinnamon Roll WGR	roll	35	X		X			X		X
RS60209	Cinnamon Roll w/Sausage links	1 serving	35	X		X			X		X
RE65005	Cinnamon Toast	toast	14						X		X

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Recipe #		Serving Size	Carb g	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat/ Gluten
RB80320	Croissant, Omelet	1 serving	17	X		X			X		X
30030	Double Chocolate & Oatmeal Bar	1 Bar	24	X		X			X		X
40029	Donut	1 serving	30	X		X			X		X
	Glazed Donut	1 serving	39	X		X			X		X
40033	Donut, Choc Mini	6pk	41	X		X			X		X
R40029	Glazed Donut (38g) w/Sausage	1 serving	38	X		X			X		X
RS40029	Glazed Donut (38g) w/Yogurt	1 serving	55	X		X			X		X
RCS40029	Frosted Donut, Chocolate	1 serving	57	X		X			X		X
RB40029	Frosted Donut (45g) w/Yogurt	1 serving	62	X		X			X		X
RB5003	Egg, Bacon, Cheese Wrap	1 serving	23	X		X			X		X
88301	Egg, Boiled	egg	1	X							
R803	Egg, Scrambled	1 serving	1	X		X					
REB80320	Egg, Omelet w/ cheese	1oz	2	X		X			X		
RB80307	Egg, Sausage & Grits Mixer	1 bowl	31	X		X			X		
REB80302	Eggs, Scrambled w/Sausage Link & Toast	1 serving	20	X		X			X		X
R80302	Egg, Scrambled w/Bacon & Toast	1 serving	15	X		X			X		X
RB35401	Egg, Scrambler Bowl w/Cheese, Sausage	1 serving	60	X		X			X		
RECC35308	Egg and Cheese Croissant	1 serving	17	X		X			X		X
RB80305	English Muffin, Egg & Sausage	1 serving	20	X		X			X		X
RB80306	English Muffin, Egg & Cheese	1 serving	28	X		X			X		X
RB88218	Green Eggs w/Ham & Toast (Baked)	1 serving	17	X		X			X		X
RB80113	Green Eggs w/Ham & Toast	1 serving	25	X					X		X
RB35309	Flatbread Pizza, Egg & Cheese	1 serving	18	X		X					X
R65226	French Toast sticks	1 serving	90			X			X		X
RS3540	Grits	1/2 cup	59								
R8030	Grits, Cheese	1/2 cup	25			X					
R65229	Honey Bun	1 serving	34	X		X			X		X
REB65235	Muffin, Banana	2 oz muffin	27	X		X			X		X
REB65234	Muffin, Blueberry	2 oz muffin	25	X		X			X		X
R65216	Muffin, Blueberry Batter	1 muffin	31	X		X			X		X
RCM65216	Muffin, Blueberry (Large)	1 muffin									
REB65234	Muffin, Chocolate Chip Batter	1 muffin	25	X		X			X		X
RCM65234	Muffin, Chocolate Chip (Large)	1 muffin	25	X		X			X		X
RCM65221	Muffin Morning Glory	1 muffin	40	X		X			X		X
	Muffin, Pumpkin Spice	1 muffin	27	X		X			X		X

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Recipe #		Serving Size	Carb g	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat/ Gluten
	Muffin, Pumpkin Spice (27) & Yogurt (15)	1 serving	42	X		X			X		X
RCM65223	Muffin Top, Chocolate	1 muffin	22	X		X			X		X
R35407	Oatmeal	1/2 cup	20								
RB65205	Mini Pancakes, Maple	pkg	35	X		X			X		X
R65205	Mini Pancakes (35g), Maple w/syrup (27g)	pkg	62	X		X			X		X
R65207	Pancake Pup (16g) w/syrup (27g)	serving	43	X		X			X		X
R80303	Breakfast Pizza	1 slice	16			X			X		X
R80304	Breakfast Pizza (Turkey, Sausage & Gravy)	1 serving	25	X		X			X		X
RB74098	Parfait, Blueberry	1 parfait	53			X	X			X	X
RB60119	Parfait, Peach	1 parfait	62			X	X		X	X	X
RS75103	Parfait, Strawberry	1 parfait	66			X	X		X	X	X
R35015	Pop Tart, Chocolate	1.76 oz	37						X		X
R35030	Pop Tart, Cinnamon	1.76 oz	37						X		X
R35014	Pop Tart, Strawberry	1.76 oz	38						X		X
80306	Sausage Pattie	patty	1						X		X
REB80306	Sausage Biscuit w/Gravy	1 serving	28	X		X			X		X
REB80307	Sausage & Egg, Slider	slider	16	X		X			X		X
REB65114	Sausage Slider	slider	16			X			X		X
R65238	Sausage & Waffles (Lunch)	serving	59	X		X			X		X
RB65238	Sausage Links & Waffle Breakfast	1 serving	43	X		X			X		X
80316	Sausage Link-Jimmy Dean	1 oz	0								
RSEC35308	Sausage and Egg Croissant	serving	17	X		X			X		X
RSC35308	Sausage Croissant	1 serving	16	x		x			x		x
RSCC35308	Sausage and Cheese Croissant	1 serving	17	X		X			X		X
RCM65224	Scone, Blueberry	1 serving	27	X		X			X		X
80007	Steak	1 serving	7			X			X		X
RE65005	Toast	1 slice	14						X		X
RB60214	Sunrise Scrambler	1 serving	31	X		X			X		X
RS74098	Smoothie, Blueberry (14g) w/Graham Cracker	1 serving	32			X			X		X
RS75100	Smoothie, Strawberry(49g) w/Graham Cracker	1 serving	67			X			X		X
RSM55330	Smoothie, Blue Raspberry	1 serving	33			X					
RSS55335	Smoothie, Cherry	1 serving	26			X					
RSM55329	Smoothie, Fruit Punch	1 serving	33			X					
RB65243	Strudel, Apple	1 ea	36			X			X		X
RB65244	Strudel, Cherry	1 ea	36			X			X		X

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Recipe #		Serving Size	Carb g	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat/ Gluten
REB65242	Waffles, Mini Maple Madness	1 pouch	33						X		X
R65248	Waffle, Snack N Buttery w/Syrup	1 waffle	64	X		X			X		X
R65249	Waffle, Snack N Blueberry w/ Syrup	1 waffle	64	X		X			X		X
R65250	Waffle, Snack N Cinnamon w/Syrup	1 waffle	64	X		X			X		X
REB65241	Waffles, Chocolate Chip	waffle	36	X		X			X		X
R65236	Waffle, Dutch	waffle	44	X		X			X		X
RB80302	Wake Up Wrap	1 serving	22	X		X			X		X
75101	Yogurt, Strawberry	4 oz	14			X					
75102	Yogurt, Vanilla	4 oz	14			X					
	Grains										
RS30006	Apple Crisp	1/2 cup	52								X
RS35306	Breadstick	stick	21						X		X
70015	Brownie, Choc WGR	1.4oz	22	X		X			X		X
65103	Bun, Hamburger	bun	29			X			X		X
65104	Bun, Hot Dog	bun	21			X			X		X
65106	Bun, Hoagie	bun	38			X			X		X
65240	Bun, Slider	bun	14			X			X		X
RE12345	Cornbread 1oz muffin	muffin	16	X		X			X		X
R30007	Cornbread 2oz	serving	32	X		X			X		X
RS45002	Cornbread Stuffing	1/2 cup	19						X		X
RES35412	Dressing	1/2 cup	25			X			X		X
RS65208	Hushpuppies	3 hushpuppi	22	X		X			X		X
65219	Pretzel, baked	pretzel	30								X
R65219	Pretzel, warm	1 pretzel	38			X					X
RSS35008	Rice, Brown	1/2 cup	20			X			X		X
RS65215	Roll, Wheat	1 roll	30						X		X
RSS65215	Roll, Garlic	1 roll	28						X		X
35102	Tortilla Chips	10 chips	17								
50003	Tortilla Shell, 8"	shell	23						X		X
65210	Tortilla Shell, 10"	shell	34						X		X
ID#	Milk										
76002	Milk, Chocolate Fat/Free	8oz	20			X					
76005	Milk, Strawberry Fat/Free	8oz	19			X					
76003	Milk, White 1%	8oz	13			X					
76011	Milk, Vanilla / Fat Free	8oz	19			X					

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Recipe #		Serving Size	Carb g	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat/ Gluten
ID#	Condiments etc.										
50206	BBQ Sauce	1oz	8						X		X
	Boom Boom	1 oz	2	X					X		
40018	Dressing, Caesar ind	.75oz	2						X		
50301	Dressing, Ranch ind	1oz	2	X		X			X		X
40016	Dressing, French Honey ind	1oz	5						X		
40015	Dressing, Italian Lite ind	1oz	2								
50311	Dressing, Honey Mustard ind	1oz	9	X					X		
45005	Gravy, Beef	2 Tbls	12						X		X
45006	Gravy, Chicken	2 Tbls	12			X			X		X
40016	Honey Mustard	1oz	5						X		
40009	Honey Mustard Dijon, gal	2tbls	13								
50002	Jelly, Grape/pkg.	.5oz	9								
50006	Jelly, Assorted	.5oz	10								
50012	Ketchup, ind	pouch	3								
40125	Marinara Sauce	2oz	5								
50104	Mayonnaise, Ind.	pouch	1	X					X		
50107	Mustard, Ind	pouch	0								
50109	Pickle Chips	3 slices	2								
50110	Pickle, Spear	spear	2								
50201	Salsa	2Tbls	2								
40007	Sour Cream	1oz	2			X					
30002	Sprinkle, Rainbow	25oz	3								
50203	Sweet & Sour Sauce	1oz	13								
50204	Syrup, Ind	1.5oz	27								
50204	Taco Sauce Ind	pouch	1						X		
50220	Tarter Sauce Ind.	pouch	2						X		
ID#	Snacks/ A la Carte										
75009	Cheesestick Mozzarella (string)	1oz	1			X			X		
40001	Chips, Baked BBQ	1.125oz	24						X		X
40006	Chips, Baked Cheddar	1.125oz	24			X			X		X
40012	Chips, Sour Cream & Onion	.875oz	19			X			X		X
40013	Cheetos, Baked Hot	.875oz	19			X					X
40014	Chips, Baked Original Gluten Free	1.125oz	26						X		
40111	Chips, Baked Potato Regular	.875oz bag	20						X		X

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Recipe #		Serving Size	Carb g	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat/ Gluten
40020	Chips, Doritos Cool Ranch RF	1oz	19						X		X
40019	Chips, Doritos Flamas	1oz	16			X					
40023	Popcorn, Cheddar Chs White	1 pkg	7			X					
70015	Brownie	1.4oz	22	X		X					X
75320	Cheese Stick, Cheddar	1 stick	0			X					
35209	Crackers Cheese	1oz pkg.	16			X			X		X
35201	Crackers, Chocolate Graham	1oz	22						X		X
35201	Crackers Elf Cinnamon Graham	1oz	21						X		X
35227	Crackers Honey Graham	1oz pkg.	17						X		X
35221	Crackers Cheese-its, Atomic/Scramble	pkg	14								X
35304	Crackers, Saltine	4ct pkg	9						X		X
35313	Cookie, Animal Cracker	1 pkg	21						X		X
70010	Cookie, Carnival	cookie	16	X					X		X
70001	Cookie, Chocolate Chip	cookie	17	X					X		X
70006	Cookie, Ranger	cookie	16	X		X				X	X
35012	Cookie, Fortune	cookie	5	X					X		X
70016	Cupcake	1 cupcake	25	X		X			X		X
40024	Donut, Super	1 Donut	23	X		X			X		X
30515	FrozFrufie, Fruit	4oz	21								
35312	Fruit Snack Scooby Doo	.9oz	21								
35022	Fruit Snack , Strawberry Rollup	.5oz	11								
35229	Goldfish Cracker, Cheese	1 pkg	14			X					X
35225	Goldfish Cracker, Ranch	1 pkg	14			X					X
RS5502	Iced Coffe	1 serving	18								
R55002	Coffee	1 serving	10								
RCM30008	Café Mocha	1 cup	40			X					
RC30008	Carmel Mocha	1 cup	40			X					
RC55006	Camel Cappuccino	1 cup	33			X					
RCM55006	Carmel Latte	1 cup	34			X					
RCM55005	French Vanilla Latte	1 cup	34			X					
RC55005	French Vanilla Cappuccino	1 cup	33			X					
RM30008	Hot Chocolate	1 cup	28			X					
RC55004	Americano	1 cup	0								
55006	Carmel Syrup Sugar Free	1 serving	4								
55005	Vanilla Syrup Sugar Free										

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Recipe #		Serving Size	Carb g	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat/ Gluten
	Ice Cream Bar Choc Shortcake Richs	3oz	22			X			X		X
	Ice Cream Bar Fudge Mayfield	2.5 fl oz	22			X					
	Ice Cream Bar Fudge Stick Mayfield	1.75 fl oz	10			X					
	Ice Cream Bar Stby Shortcake Richs	3 oz.	23			X			X		X
	Ice Cream Cone Cookie Crumbled Richs	3 oz.	31			X			X		X
	Ice Cream Birthday Cake Cone	3oz	33			X			X		X
	Ice Cream Cone VanChoc Swirl Richs	3 oz	27			X			X		X
	Ice Cream Cup Chocolate Lite Mayfield	4 oz.	19			X					
	Ice Cream Cup Strawberry Lite Mayfield	4 oz.	19			X					
	Ice Cream Cup Vanilla Low-fat Mayfield	4 oz.	20			X					
	Ice Cream Sand-Cookies & Crm Mayfield	4 oz.	29			X			X		X
	Ice Cream Sandwich Vanilla Low-fat Mayfield	56g	25			X			X		X
35316	Jerky Turkey Honey Brown Sugar	1 stick	3								
	Popsicle Sour Swell Cherry Richs	2.5 oz.	12			X					
	Popsicle Creamy Cotton Candy	1 bar	15			X					
40103	Pretzel Twist	1oz pkg.	23								X
35230	Snack Mix, Multigrain	1 bag	18			X					X
	Push-Up Rainbow Polar Pole Richs	1 tube	13			X					
	Raisels	1.5 oz	35								
30513	Sherbet Orange	4oz	27			X					
30517	Sherbet Rainbow	4oz	25			X					
60017	Sidekick Frozen Juice Cup (All Flavors)	4.4oz	22								
35315	Sunflower Seeds	1oz	6						X		
55318, 55317	Gatorade G2, 12oz	1 bottle	7								
55327, 55314,	Gatorade G2, 20oz	1 bottle	12								
55320	Switch, Watermelon/Strawberry	8oz can	29								
55324	Switch, Grape/Orange	8 oz. can	30								
55322	Switch, Fruit Punch	8 oz. can	30								
55321	Switch, Kiwi Berry	8 oz. can	30								
55325	Switch, Apple	8 oz. can	29								
RS55001	Tea, (school made)	16 oz.	28								
RS55329	Fruit Slushy	8 oz.	30								
RS55328	Mocha Slushy	8 oz.	34			X					
RS55330	Blue Raspberry Slushy	8 oz.	29								
RS55331	Lemonade Slushy	8oz.	29								