

# Recipe List Report

**Organization:** Hickory Public Schools

**Included Recipes:** All Recipes

**Include Ingredients:** Yes

**Category:** All Categories

**Status:** Active

Name	Number	Category	Serving Size	Total Carbohydrate (gm)
<b>22-23 Mexican Corn Pinto Bean Salsa Dip</b>	1361194	Beans/Peas	1/2 cup	19.561
Salsa, Low-sodium, Canned	7264734			2.348
Seasoning mix, dry, taco, original	7256374			0.206
Corn, Whole Kernel, No Salt Added, Frozen, 2.5 lb, commodity, 111053	7269853			6.558
Pinto Beans - Low Sodium	24117645			10.450
<b>23-24 Apple Cinnamon Roll, WG</b>	1382132	Breakfast Entree	1 EACH	45.484
Cinnamon Roll, Freezer to Oven, Pillsbury, 100/2.7oz, General Mills, 11111000 (2WG)	7271528			36.000
Apple Slices, Unsweetened, Canned	7264704			6.724
23-24 Sugar, Light Brown, 12/2lb.	24123235			1.920
23-24 Cornstarch, 24/1lb	24123216			0.840
23-24 Margarine, Trans Fat Free, 30/1lb	24123252			0.000
23-24 Cinnamon, Ground, 15oz	24123233			0.000
<b>23-24 Applesauce, Cup, USDA</b>	1349081	Fruit	1 each (4.5oz)	13.993
Applesauce, Unsweetened, Cups, Shelf-Stable	7264706			13.993
<b>23-24 Applesauce, Fiesta, Green (USDA)</b>	1398238	Fruit	1/2 Cup	15.652
Applesauce, Unsweetened, Canned [110541]	7265052			14.050
23-24 Gelatin, Citrus, SS, 12/24 oz, DYMA Brands	24127435			1.602
<b>23-24 Applesauce, Fiesta, Red (USDA)</b>	1398233	Fruit	1/2 Cup	15.652
Applesauce, Unsweetened, Canned [110541]	7265052			14.050
23-24 Gelatin, Red, SS, 12/24 oz, DYMA Brands	24127433			1.602
<b>23-24 Applesauce, Unsweetened, Canned (USDA)</b>	1398226	Fruit	1/2 Cup	14.050
Applesauce, Unsweetened, Canned [110541]	7265052			14.050
<b>23-24 Apple Slices, Baked, Canned (USDA)</b>	1398261	Fruit	1 serving	18.941
Apple Slices, Unsweetened, Canned	7264704			10.758
23-24 Sugar, Granulated, SS, 25 lbs	24127294			7.680
Spices, cinnamon, ground	7247046			0.503
23-24 Margarine, Trans Fat Free, 30/1lb	24123252			0.000
<b>23-24 Apple Slices, Fresh, IW, 2.0 oz</b>	1356022	Fruit	1/2 Cup	6.803
Fresh Apple Slices, 2.0 oz bag	7266668			6.803
<b>23-24 Arroz Con Pollo</b>	1400652	Lunch Entree	1 Serving	4.138
Chicken, Diced, Cooked, Frozen	7264759			0.000
Queso Blanco, 6/5#, 240/2oz, JTM 5718 (1M)	7262917			2.000
Taco Seasoning Mix, 6/6.6oz, Foothill Farms Select, V413-D9190	7272289			2.138
<b>23-24 Bacon Cheeseburger, WG</b>	1400194	Lunch Entree	1 Each	24.200
Beef Patty, Hamburger, Charbroiled, Cooked, 33.75#, 240/2.25oz, 2M, CN, Don Lee Farms, CN152253	7261020			0.200
Hamburger Buns, Sliced, 3.75", 16.25#, 120/2 oz, 2WG, Bake Crafters, 472	7265612			23.000
American Cheese, Yellow, Slice, Red. Fat, 30#, 6/5#, 160/1 oz, 1M, Land O Lakes, 46253	7265870			1.000
23-24 Bacon, Pork, Precooked, 3/100 ct, Sugardale	24127927			0.000
<b>23-24 Baked Beans, Vegetarian, Bush's</b>	1397569	Beans/Peas	1 serving	30.094
Baked Beans, Vegetarian, Red. Sodium, 6/ #10 Cans, 153.27/4.6 oz, .50V, Bush's Beans, 01638	7265813			30.094
<b>23-24 Banana, Fresh, 150 Count, Whole</b>	1349098	Fruit	1 Each	26.951
Bananas, raw	7246311			26.951
<b>23-24 Bar, Cinnamon Toast Crunch filled w/Cream Cheese, IW, WG</b>	1382121	Breakfast Entree	1 serving	41.000
Soft Filled Bar, Cinnamon Toast Crunch, Frozen, IW, 72/2.36 oz, 2WG, General Mills, 110978000	7269862			41.000
<b>23-24 BBQ Pork, Chopped, Vinegar, Sandwich, WG</b>	1400598	Lunch Entree	1 Each	39.041
BBQ Pork, Chopped, Carolina Vinegar, 4/5#, 3.4oz/2M, Brookwood, #12300	17803758			16.041
Hamburger Buns, Sliced, 3.75", 16.25#, 120/2 oz, 2WG, Bake Crafters, 472	7265612			23.000
<b>23-24 Beans, Green, Canned, USDA</b>	1397557	Other Vegetables	1/2 Cup	2.647
Beans, Green, Low-sodium, Canned	7264727			2.647
23-24 Seasoning, Italian Blend, Salt Free, 6 oz, SS	24127293			0.000
<b>23-24 Biscuit &amp; Sausage Gravy Bowl</b>	1382533	Breakfast Entree	1 Each	33.150
Biscuit, Baked, Golden Buttermilk, 120/2.25oz., Pillsbury, 106235000	23675695			30.000
23-24 Gravy, Mix, Cream, Peppered, SS, 6/24 oz, Pioneer	24129881			3.150
23-24 Water, Tap, Municipal, Boiling	24124009			0.000
Pork, Sausage Patty, Fast N. Easy, 10#, 107/1.5oz, Hormel, 17500	15407157			0.000
<b>23-24 Blueberries &amp; Cream</b>	1397581	Fruit	1 serving	12.192
23-24 Blueberries, Grade A, IQF, 4-5 lbs	24127301			10.125
Whipped Topping, Original, 13.32#, 12/16oz, Rich's, 02559	7264396			2.067
<b>23-24 Bread, Banana, IW, WG</b>	1354521	Breakfast Entree	1 Each	45.000

Name	Number	Category	Serving Size	Total Carbohydrate (gm)
Banana Bread, Slice, IW, 75/3.4 oz, 2WG, Super Bakery, 7501	7265547			45.000
<b>23-24 Breadstick, Garlic, WG</b>	1354410	Grains	1 Each	15.000
Bread Sticks, Garlic, RS, 19.43#, 240/1.19 oz, 1WG, Bake Crafters, 1638	7264661			15.000
<b>23-24 Breadsticks, Mozzarella Cheese, WG</b>	1358611	Breakfast Entree	1 serving	30.000
Breadsticks, Mozzarella Cheese Filled, WG, 26.25#, 200/2.1oz, BEACON STREET CAFÉ™, Schwan's 73338 (2=4.2oz 2M; 2WG)	7262704			30.000
<b>23-24 Breakfast Pizza, Sausage and Country Gravy, WG</b>	1354522	Breakfast Entree	1 Piece	24.000
Breakfast Pizza, Sausage and Country Gravy, WG, 24#, 128/3oz, TONY'S®, Schwan's 78352 (1M; 1.5WG)	7262705			24.000
<b>23-24 Breakfast Snack Bag, Muffin</b>	1398070	Lunch Entree	1 Pack	56.993
Cheese Stick, String Cheese, Mozzarella, 10.5#, 168/1oz, Land O' Lakes, 59701000034500	7264263			2.000
Applesauce, Unsweetened, Cups, Shelf-Stable	7264706			13.993
Muffin, Chocolate Chip, IW, 120/3 oz, 22.5#, 2WG, Buena Vista Foods, 60826	7265956			41.000
<b>23-24 Breakfast Taco, Sausage, Egg &amp; Cheese, WG</b>	1382518	Breakfast Entree	1 EACH	20.386
Ultragrain flour tortilla, 8", 18/12, Azteca 06209	7271341			19.000
Pork, Sausage Patty, Fast N. Easy, 10#, 107/1.5oz, Hormel, 17500	15407157			0.000
Scrambled Eggs, pre-cooked, 1 oz, 4/5#, Cargill Kitchen Solutions 40927	7268078			0.880
Cheese, Shredded, Mild Cheddar, 20#, 4/5lb, Land O' Lakes, 41749	7264410			0.506
23-24 Food Release Spray, Allergen Free, 6/16.5oz	24123308			0.000
<b>23-24 Broccoli Cheese Soup</b>	1399360	Misc.	1 serving	19.176
Broccoli, frozen, short spears or florets [110282]	7255839			5.106
Spices, garlic powder	7247076			0.282
Spices, pepper, black	7247064			0.121
American Cheese, Yellow, Slice, Red. Fat, 30#, 6/5#, 160/1 oz, 1M, Land O Lakes, 46253	7265870			1.620
Spices, onion powder	7247063			0.109
23-24 Water, Tap, Municipal, Boiling	24124009			0.000
Cheese, Shredded, Mild Cheddar, 20#, 4/5lb, Land O' Lakes, 41749	7264410			0.810
23-24 Soup Base, Cream, SS, 6/28 oz, Foothill Farms	24127774			9.828
23-24 Milk, Plain, Skim, 8 oz	24127404			1.300
<b>23-24 Broccoli with American Cheese (USDA)</b>	1399393	Dark Green Vegetables	1/2 Cup	3.858
Broccoli, frozen, short spears or florets [110282]	7255839			3.404
American Cheese, Yellow, Slice, Red. Fat, 30#, 6/5#, 160/1 oz, 1M, Land O Lakes, 46253	7265870			0.324
Spices, garlic powder	7247076			0.024
Spices, pepper, black	7247064			0.088
Spices, onion powder	7247063			0.018
<b>23-24 Broccoli with Parmesan Cheese (USDA)</b>	1391092	Dark Green Vegetables	1/2 Cup	3.647
Broccoli, frozen, short spears or florets [110282]	7255839			3.647
23-24 Cheese, Parmesan, Grated, Aged, Refrigerated, 12/1 lb	24127297			0.000
<b>23-24 Carrots, Baby, Raw, 1/2 Cup</b>	1384807	Red/Orange Vegetables	1/2 Cup	5.887
Carrots, baby, raw	7246674			5.887
<b>23-24 Carrots, Baby, Raw, 1/2 Cup, IW</b>	1398040	Red/Orange Vegetables	1/2 Cup	6.074
23-24 Carrots, Baby, Fresh, IW, 50/2.6 oz	24127367			6.074
<b>23-24 Carrots, Glazed</b>	1397567	Red/Orange Vegetables	1/2 Cup	12.165
23-24 Carrots, Crinkle Cut, Large, Grade A, IQF, 30 lbs	24127296			7.845
23-24 Sugar, Granulated, SS, 25 lbs	24127294			1.440
23-24 Sugar, Light Brown, 12/2lb.	24123235			2.880
<b>23-24 Celery, Sticks, Raw, 1/4 Cup</b>	1384801	Other Vegetables	1/4 Cup	1.111
Celery, raw	7246613			1.111
<b>23-24 Cereal, Cinnamon Toasters, 2 oz Bowl, WG</b>	1356016	Breakfast Entree	1 EACH	43.000
Cereal, Cinnamon Toasters, Large Bowl, 48/2oz, Malt O Meal, 13820	24120936			43.000
<b>23-24 Cereal, Lucky Charms, 2oz Bowl, WG</b>	1356018	Breakfast Entree	1 serving	46.000
Cereal, Lucky Charms, Single Serve Cup, 2WG, 60/2oz, General Mills, 14884000	7271664			46.000
<b>23-24 Cereal, Marshmallow Mateys, 1 oz, WG (Pre K &amp; Snack)</b>	1356015	Breakfast Entree	1 Each	22.000
Cereal, Marshmallow Mateys, Small Bowl, 96/1oz, Malt O Meal, 27596	7271895			22.000
<b>23-24 Cheeseburger</b>	1397914	Lunch Entree	1 Each	24.200
Beef Patty, Hamburger, Charbroiled, Cooked, 33.75#, 240/2.25oz, 2M, CN, Don Lee Farms, CN152253	7261020			0.200
Hamburger Buns, Sliced, 3.75", 16.25#, 120/2 oz, 2WG, Bake Crafters, 472	7265612			23.000
American Cheese, Yellow, Slice, Red. Fat, 30#, 6/5#, 160/1 oz, 1M, Land O Lakes, 46253	7265870			1.000
<b>23-24 Cheese Pocket, Wild Mike's, WG</b>	1397577	Lunch Entree	1 serving	28.000
Cheese Pocket, bulk, 2WG, 2M, 84/4.11 oz., Wild Mike's, 11009	18384411			28.000
<b>23-24 Cheese Stick, String Cheese, Mozzarella, 1oz</b>	1356020	Breakfast Entree	1 serving	2.000
Cheese Stick, String Cheese, Mozzarella, 10.5#, 168/1oz, Land O' Lakes, 59701000034500	7264263			2.000
<b>23-24 Chef Salad, Cheese</b>	1399323	Lunch Entree	1 Each	48.369
Lettuce, cos or romaine, raw	7246595			3.731
23-24 Tomato, Red, Grape, Fresh	24127357			1.160
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz, 1M, Land O' Lakes, 41698	7265349			1.012

Name	Number	Category	Serving Size	Total Carbohydrate (gm)
Cheese, Shredded, Mild Cheddar, 20#, 4/5lb, Land O' Lakes, 41749	7264410			1.012
23-24 Crackers, Ritz, IW, 2ct, .23 oz, 300 Ct, 2PK= .5 OEG, Nabisco	24127609			16.052
Croutons, WG, Bulk, 11.56#, 4/40oz, Marzetti, 85360	7268151			25.401
<b>23-24 Chef Salad, Ham &amp; Cheese</b>	1399352	Lunch Entree	1 Each	47.356
Lettuce, cos or romaine, raw	7246595			3.731
23-24 Tomato, Red, Grape, Fresh	24127357			1.160
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz, 1M, Land O' Lakes, 41698	7265349			0.506
Cheese, Shredded, Mild Cheddar, 20#, 4/5lb, Land O' Lakes, 41749	7264410			0.506
23-24 Crackers, Ritz, IW, 2ct, .23 oz, 300 Ct, 2PK= .5 OEG, Nabisco	24127609			16.052
Croutons, WG, Bulk, 11.56#, 4/40oz, Marzetti, 85360	7268151			25.401
Turkey Ham, Sliced, 12/1#, .51oz, 2M, CN Jennie O, 256503	18107130			0.000
<b>23-24 Chicken Biscuit</b>	1382128	Breakfast Entree	1 serving	38.100
Chicken Fillets, Breaded, Savory, FC, 2 oz. portions, 20#, 4/5#, 1M,.5WG, Proview, 60415-WG	7271676			8.100
Biscuit, Baked, Golden Buttermilk, 120/2.25oz., Pillsbury, 106235000	23675695			30.000
<b>23-24 Chicken Breast Filet, SPICY, WG Breaded, Whole Muscle</b>	1400183	Lunch Entree	1 Each	41.000
Hamburger Buns, Sliced, 3.75", 16.25#, 120/2 oz, 2WG, Bake Crafters, 472	7265612			23.000
23-24 Chicken, Filet, Spicy, Breaded, WG, 128/4 oz, Gold Creek	24127922			18.000
<b>23-24 Chicken Breast Filet, WG Breaded, Whole Muscle</b>	1357238	Lunch Entree	1 serving	36.000
Chicken Breast Filet, WG Breaded, Whole Muscle, 2M/1WG, 8/4lb, 32# Gold Creek 792421	15409861			13.000
Hamburger Buns, Sliced, 3.75", 16.25#, 120/2 oz, 2WG, Bake Crafters, 472	7265612			23.000
<b>23-24 Chicken Drumstick, Breaded, WG</b>	1398529	Lunch Entree	1 Each	6.000
Chicken Drumstick, Breaded, FC, WG, 29.64#, Tyson, 16660100928	7265951			6.000
<b>23-24 Chicken, Mandarin Orange Jr.</b>	1397830	Lunch Entree	3.6 oz	13.194
Mandarin Orange Chicken Jr., 6/5#, 192/3.60 oz, 2M, Yangs 5th Taste, 8-52724-15555-5	7265102			13.194
<b>23-24 Chicken, Popcorn, WG</b>	1397817	Lunch Entree	10 Pieces	16.091
Chicken, Popcorn, Smackers, Dark Meat, 108/4.3oz, WG Breaded, Gold Kist, 110458	7264305			16.091
<b>23-24 Chicken, Tenders, Breaded, WG</b>	1400224	Lunch Entree	3 Tenders	14.050
23-24 Chicken, Tenders, Breaded, WG, 1.50 oz ea, 91/4.65 oz, Gold Creek, 4501	24127928			14.050
<b>23-24 Chocolate Muffin, 1 oz, WG</b>	1397585	Grains	1 serving	21.168
Mini Muffin, Double Chocolate Brownie, 96/1.6 oz, IW, 1 WG, Sky Blue, WMDC196	7264693			21.168
<b>23-24 Cinnamon Roll, Iced, WG</b>	1418954	Breakfast Entree	1 EACH	46.206
Cinnamon Roll, Freezer to Oven, Pillsbury, 100/2.7oz, General Mills, 11111000 (2WG)	7271528			36.000
23-24 Water, Tap, Municipal, Boiling	24124009			0.000
23-24 Sugar, Powdered, SS, 12/2#, Limson	24130948			10.206
<b>23-24 Cinnamon &amp; Sugar (For Sweet Potatoes)</b>	1417710	Condiments	1 Tsp	3.365
Spices, cinnamon, ground	7247046			0.698
23-24 Sugar, Light Brown, 12/2lb.	24123235			2.667
<b>23-24 Corn, Buttered, USDA</b>	1397576	Starchy Vegetables	1 serving	15.917
Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130]	7248899			15.917
23-24 Margarine, Trans Fat Free, 30/1lb	24123252			0.000
<b>23-24 Corn Dog, Nuggets, Chicken, WG</b>	1397582	Lunch Entree	1 serving	29.842
Mini Corn Dog, WG Nuggets Chicken, 6/5#, .67 oz, House of Raeford, #20452	24124004			29.842
<b>23-24 Cracker, Graham, Giant Goldfish, Cinnamon</b>	1356021	Grains	1 package	19.000
Grahams, Cinnamon, Giant Goldfish, 18.767#, 300/ 0.9 oz, 1WG, Pepperidge Farm, 26830	7264857			19.000
<b>23-24 Donut, Super Plus, 3 oz, WG</b>	1358610	Breakfast Entree	1 serving	37.000
Donut, Super Plus, WG, Super Bakery, 80/3oz, 19000	15406885			37.000
<b>23-24 Dressing, 1000 Island, 1.5 oz</b>	1418600	Condiments	1 serving	6.000
23-24 Dressing, 1000 Island, SS, 60/1.5 oz, Kens	24130870			6.000
<b>23-24 Dressing, Caesar, 1.5oz, IW</b>	1399969	Condiments	1 Each	1.000
Caesar Dressing, 5.62#, 60/1.5oz, IW, Pouch., Ken's, KE0827B3	7267337			1.000
<b>23-24 Dressing, Italian, 1.5 oz</b>	1418914	Condiments	1 serving	3.000
Dressing, Italian, SS, 60/1.5 oz, Pepper Mill	24130940			3.000
<b>23-24 Dressing, Ranch, 1.5oz, IW</b>	1399971	Condiments	1 Each	3.000
Dressing, Ranch, Single Serve, 60/1.5oz, Kraft, 671202	7268207			3.000
<b>23-24 Dressing, Ranch, 1 oz, IW</b>	1399622	Condiments	1 Each	2.000
23-24 Dressing, Ranch, 100/1 oz Cup, Sauers	24127839			2.000
<b>23-24 Dumpling, Chicken and Vegetable, WG</b>	1400243	Lunch Entree	1 serving	15.500
Dumpling, Chicken and Vegetable, 8/2.5#, Chef One, #60585	15407009			15.500
23-24 Food Release Spray, Allergen Free, 6/16.5oz	24123308			0.000
<b>23-24 French Toast, Mini, Eggo, Chocolate Chip, WG</b>	1382105	Breakfast Entree	1 Each	35.000
French Toast, Mini, Eggo, Chocolate Chip, Kellogg's, 13.63#, 72/3.03oz, 2WG, 38000-80801	7267619			35.000
<b>23-24 Fried Rice, Chicken &amp; Vegetable, WG</b>	1400574	Grains	<sup>2</sup> / <sub>3</sub> Cup	26.191
Fried Rice, Vegetable, MINH®, 30.97#, 84/5.9 oz, (2WG, 1/8th RO, 1/8th S) Schwan's, 69074	7262688			26.191
Chicken, Diced, Cooked, Frozen	7264759			0.000
23-24 Food Release Spray, Allergen Free, 6/16.5oz	24123308			0.000
<b>23-24 Garlic Cheese 6" French Bread, WG</b>	1356761	Lunch Entree	1 serving	29.000
Pizza, Garlic Cheese, 6" French Bread, WG, 16.088#, 60/4.29oz, TONY'S®, Schwans 78359 (2M; 2WG)	7262709			29.000
<b>23-24 Grapes, Fresh, Seedless</b>	1349080	Fruit	<sup>1</sup> / <sub>2</sub> Cup	13.358
Grapes, american type (slip skin), raw	7246269			13.358

Name	Number	Category	Serving Size	Total Carbohydrate (gm)
<b>23-24 Grilled Cheese Sandwich, Gourmet</b>	1399396	Lunch Entree	1 serving	35.053
American Cheese, Yellow, Slice, Red. Fat, 30#, 6/5#, 160/1 oz, 1M, Land O Lakes, 46253	7265870			2.000
Cheese, Shredded, Mild Cheddar, 20#, 4/5lb, Land O' Lakes, 41749	7264410			0.526
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz, 1M, Land O' Lakes, 41698	7265349			0.526
23-24 Bread, Loaf, Pullman, WG, Frozen, 8/28 oz, Super Bakery	24127777			32.000
23-24 Margarine, Trans Fat Free, 30/1lb	24123252			0.000
<b>23-24 Hamburger</b>	1397897	Lunch Entree	1 Each	23.200
Beef Patty, Hamburger, Charbroiled, Cooked, 33.75#, 240/2.25oz, 2M, CN, Don Lee Farms, CN152253	7261020			0.200
Hamburger Buns, Sliced, 3.75", 16.25#, 120/2 oz, 2WG, Bake Crafters, 472	7265612			23.000
<b>23-24 Hamburger Buns, Sliced, 3.75", 2oz</b>	1357237	Grains	1 serving	23.000
Hamburger Buns, Sliced, 3.75", 16.25#, 120/2 oz, 2WG, Bake Crafters, 472	7265612			23.000
<b>23-24 Ham &amp; Cheese, Deli Sandwich</b>	1399488	Lunch Entree	1 serving	24.000
Turkey Ham, Sliced, 12/1#, .51oz, 2M, CN Jennie O, 256503	18107130			0.000
American Cheese, Yellow, Slice, Red. Fat, 30#, 6/5#, 160/1 oz, 1M, Land O Lakes, 46253	7265870			1.000
Hamburger Buns, Sliced, 3.75", 16.25#, 120/2 oz, 2WG, Bake Crafters, 472	7265612			23.000
<b>23-24 Hot Dog, Turkey</b>	1398189	Lunch Entree	1 Each	33.000
Hot Dog Buns, White, 6", 19.25#, 144/2 oz, 2WG, Bake Crafters, 471	7265596			29.000
Hot Dog, Turkey, Reduced Fat, FC, 2/5#, 80/2.0oz, 6", 2M, Briar Street/Tyson, 10000016751	7264320			4.000
<b>23-24 Hot Sauce, 7g, Texas Pete</b>	1399526	Condiments	1 Each	0.000
Sauce, SS, Hot, 200/7g, Texas Pete, #100003	7271650			0.000
<b>23-24 Juice, Apple, 100%, 4 oz</b>	1356586	Juice	1 serving	14.000
Juice, Apple, 100%, 70/4 oz, Paper Carton, (1/2 c F), Suncup, 030301	7271370			14.000
<b>23-24 Juice, Fruit Punch, 100%,v4 oz</b>	1356587	Juice	1 serving	14.000
Juice, Fruit Punch, 100%, 70/4 oz, Paper Carton, (1/2 c F), Suncup, 030800	7271369			14.000
<b>23-24 Juice, Orange, 100%, 4 oz</b>	1356589	Juice	1 Each	14.000
Juice, Orange, 100%, 70/4 oz, Paper Carton, (1/2 c F), Suncup, 030100	7269460			14.000
<b>23-24 Ketchup, Low Sodium, 9gm, Red Gold, REDYL9G</b>	1382537	Condiments	2 EACH	4.000
Ketchup, Low Sodium Packets, 1000/9gm, Red Gold, REDYL9G	7272317			4.000
<b>23-24 Macaroni and Cheese, WG</b>	1397562	Lunch Entree	1 serving	28.000
Macaroni and Cheese, 1WG, 2M/MA, 6 oz, ES Foods, 05915, 30#/cs, 80/cs, W589 OSPI	7270569			28.000
<b>23-24 Margarine, Whipped, 5g Cup</b>	1397561	Condiments	1 serving	0.000
Buttery Spread, Whipped, Gold-N-Sweet 57%, 900/5 gram, Ventura, 12299GNS	17402836			0.000
<b>23-24 Marinara Sauce, 1/2 Cup</b>	1397580	Red/Orange Vegetables	1 serving	8.166
Marinara Sauce, Nutritionally Enhanced, 6/#10 Cans, Red Gold, #RPKNA99	7265472			8.166
<b>23-24 Mayo, Light, 12g</b>	1399519	Condiments	1 Each	0.609
Mayo, Light, SS, 200/12.4g, 5.5#, Kraft 665331	15406991			0.609
<b>23-24 Milk, Chocolate, Skim, 8 oz</b>	1349074	Milk	1 Each	19.000
23-24 Milk, Chocolate, Skim, 8 oz	24127398			19.000
<b>23-24 Milk, Plain, 1%, 8 oz</b>	1349073	Milk	1 Each	13.000
23-24 Milk, Plain, 1%, 8 oz	24127402			13.000
<b>23-24 Milk, Skim, Plain, 8 oz</b>	1398124	Milk	1 Each	13.000
23-24 Milk, Plain, Skim, 8 oz	24127404			13.000
<b>23-24 Milk, Strawberry, Skim, 8 oz</b>	1398121	Milk	1 Each	19.000
23-24 Milk, Strawberry, Skim, 8 oz	24127401			19.000
<b>23-24 Mini Donuts, Powdered Sugar, IW, WG</b>	1382300	Breakfast Entree	1 serving	40.977
Mini Donuts, Powdered Sugar, Goodyman, IW, 72/3 oz, 2WG, Super Bakery, 7787	7265552			40.977
<b>23-24 Mixed Fruit, Extra Light Syrup, Canned, USDA</b>	1397563	Fruit	<sup>1</sup> / <sub>2</sub> Cup	12.583
Mixed Fruit, Extra Light Syrup, Canned	7264715			12.583
<b>23-24 Mozzarella Sticks, Italian Style, Breaded, WG</b>	1400232	Lunch Entree	5 Sticks	32.290
Mozzarella Sticks, Italian Style, Breaded, 24#,83/4.2 oz, 2M, 2WG, High Liner, G1042DF	7267558			32.290
<b>23-24 Mozzarella String Cheese, USDA</b>	1349108	Misc.	1 stick	0.000
Cheese, Mozzarella, Low Moisture Part Skim, String	7264800			0.000
<b>23-24 Muffin, Blueberry, 3 oz, WG</b>	1358613	Breakfast Entree	1 serving	39.000
Muffin, Blueberry, IW, 120/3.0 oz, 22.5#, 2WG, Buena Vista, 60326	7260877			39.000
<b>23-24 Muffin, Chocolate Chip, 3 oz, IW</b>	1358615	Breakfast Entree	1 serving	41.000
Muffin, Chocolate Chip, IW, 120/3 oz, 22.5#, 2WG, Buena Vista Foods, 60826	7265956			41.000
<b>23-24 Mustard, Packet, IW, 5.5 g</b>	1382539	Condiments	1 serving	1.000
Mustard, Packet, 5.5g, Heinz Portion Pac, 10013000530504, 500/5.5g	7268205			1.000
<b>23-24 Nachos, Beef</b>	1399408	Lunch Entree	1 serving	30.940
Tortilla Chips, RF, 64/1.45oz, Tostitos, 30103	7272321			29.000
Beef, fine ground, crumbles, pan-browned,15% fat [100158]	7248929			0.000
Taco Seasoning Mix, 6/6.6oz, Foothill Farms Select, V413-D9190	7272289			1.407
23-24 Water, Tap, Municipal, Boiling	24124009			0.000
Cheese, Shredded, Mild Cheddar, 20#, 4/5lb, Land O' Lakes, 41749	7264410			0.533
<b>23-24 Oranges, Fresh,Whole, 138 ct</b>	1349106	Fruit	4 Slices	15.393
Oranges, raw, all commercial varieties	7249448			15.393
<b>23-24 Oranges, Mandarin, Canned</b>	1349087	Fruit	<sup>1</sup> / <sub>2</sub> Cup	21.153
23-24 Mandarin Oranges, Canned, Light Syrup, 6/#10	24130191			21.153
<b>23-24 Pancakes, Maple, Mini, Eggo, IW, WG</b>	1382123	Breakfast Entree	1 serving	36.000



Name	Number	Category	Serving Size	Total Carbohydrate (gm)
Pancakes, Maple, Mini, Eggo, 72/3.03oz, 2WG, Kellogg's, 38000-92562	7267390			36.000
<b>23-24 Pancake Wrap, Maple w/ Turkey Sausage on a Stick, IW, WG</b>	1382131	Breakfast Entree	1 serving	17.000
Pancake Wrap, Maple w/ Turkey Sausage on a Stick, Indiv. Wrapped, WG, CN, 13#, 68/2.85 oz, Foster Farms 95127 (1M; 1WG)	7262887			17.000
<b>23-24 Peaches, Diced, Cup</b>	1397579	Fruit	1 serving	19.000
Peaches, Diced, Cups, Frozen	7264717			19.000
<b>23-24 Peaches, Sliced, Extra Light Syrup, Canned</b>	1397815	Fruit	1 serving	12.803
Peaches, Sliced, Extra Light Syrup, Canned	7264719			12.803
<b>23-24 Peach, Fresh</b>	1407929	Fruit	1 serving	14.310
Peaches, yellow, raw	7246376			14.310
<b>23-24 Pear Crisp (USDA)</b>	1398284	Fruit	1/2 Cup	29.041
Pears, Diced, Extra Light Syrup, Canned	7264720			20.403
23-24 Food Release Spray, Allergen Free, 6/16.5oz	24123308			0.000
23-24 Cornstarch, 24/1lb	24123216			0.737
23-24 Margarine, Trans Fat Free, 30/1lb	24123252			0.000
23-24 Oats, Rolled, Quick Cooking, SS, 12-42 oz	24127477			4.112
23-24 Sugar, Granulated, SS, 25 lbs	24127294			1.263
23-24 Sugar, Light Brown, 12/2lb.	24123235			2.526
23-24 Cinnamon, Ground, 15oz	24123233			0.000
<b>23-24 Pears, Diced, Extra Light Syrup, Canned (USDA)</b>	1398243	Fruit	1 serving	12.704
Pears, Diced, Extra Light Syrup, Canned	7264720			12.704
<b>23-24 Peas, Green, Sweet, Canned</b>	1384893	Starchy Vegetables	1 serving	15.851
23-24 Peas, Green, Sweet, Canned, 6/#10 (106 oz ea), Mixed Sieve, Kitchen Essentials	24124011			15.851
<b>23-24 Pepperoni Snack Cup, Turkey</b>	1398654	Lunch Entree	1 Each	30.956
Pepperoni, Turkey, Seasoned, 20#, 233/1.37oz Jennie O, 213008	24117147			0.730
Cheese Cubes, Mild Cheddar, Reduced Fat, Bulk, 20#, 4/5#, 1M, Land O Lakes, 44751	7267771			0.000
23-24 Crackers, Ritz, IW, 2ct, .23 oz, 300 Ct, 2PK= .5 OEG, Nabisco	24127609			16.052
Cheez-It® Crackers, 10.24#, 175/.75 oz, 1WG, Sunshine, 24100-79263	7265566			14.175
<b>23-24 Pinto Beans, Cajun (USDA)</b>	1399357	Beans/Peas	1 serving	16.141
Beans, pinto, mature seeds, canned, solids and liquids, low sodium	7258968			15.953
Spices, pepper, black	7247064			0.029
Spices, chili powder	7247043			0.159
<b>23-24 Pizza, Cheese, Retro, 4x6, WG</b>	1354401	Lunch Entree	1 Slice	29.000
Pizza, WG Cheese, 4x6, 96/5 oz, Nardone Bros, 96WW2	7264454			29.000
<b>23-24 Pizza, Cheese, Smart Mouth, IW</b>	1408453	Lunch Entree	1 Each	39.333
23-24 Pizza Crust, Honey Wheat, SMART MOUTH WG, 3 oz, 3G	24129232			37.000
23-24 Cheese, Mozzarella, Shredded, Part-Skim, Low Moisture, Leprino, Smart Mouth, 30 lbs	24129234			1.260
23-24 Sauce, Pizza, Tomato, Smart Mouth, 6/106 oz Pouch	24129233			1.073
<b>23-24 Pizza, Pepperoni, Smart Mouth, IW</b>	1408452	Lunch Entree	1 Each	39.193
23-24 Pizza Crust, Honey Wheat, SMART MOUTH WG, 3 oz, 3G	24129232			37.000
23-24 Cheese, Mozzarella, Shredded, Part-Skim, Low Moisture, Leprino, Smart Mouth, 30 lbs	24129234			0.958
23-24 Sauce, Pizza, Tomato, Smart Mouth, 6/106 oz Pouch	24129233			1.073
23-24 Pepperoni, Pork and Beef, Sliced, Smart Mouth, 25 lbs	24129235			0.162
<b>23-24 Pizza, Pepperoni, WG, Retro, 4x6</b>	1352824	Lunch Entree	1 Piece	27.000
Pizza, Pepperoni, WW, 4x6, 96/5 oz, Nardone Bros, 96WWP2 4X6	7264453			27.000
<b>23-24 Pizza, Sausage, Smart Mouth, IW</b>	1408450	Lunch Entree	1 Each	41.056
23-24 Pizza Crust, Honey Wheat, SMART MOUTH WG, 3 oz, 3G	24129232			37.000
23-24 Pork, Sausage, Italian, 20 lbs	24129236			2.025
23-24 Cheese, Mozzarella, Shredded, Part-Skim, Low Moisture, Leprino, Smart Mouth, 30 lbs	24129234			0.958
23-24 Sauce, Pizza, Tomato, Smart Mouth, 6/106 oz Pouch	24129233			1.073
<b>23-24 Pop Tart, Frosted Cinnamon, WG, 2 ct</b>	1407114	Breakfast Entree	1 serving	73.000
Pop Tart, LF, Frosted Cinnamon, Made with Whole Grain & Fiber, 72/3.53oz, 2ct, 2.5WG, Kelloggs, 38000-55125	7267398			73.000
<b>23-24 Pop Tart, Frosted Strawberry, WG, 2 ct</b>	1358603	Breakfast Entree	1 serving	73.000
Pop Tart, Frosted Strawberry, WG, 72/3.53 oz (2ct), 2WG Kelloggs, 38000-55133	7265533			73.000
<b>23-24 Potatoes, Mashed</b>	1384838	Starchy Vegetables	1 serving	15.033
Potatoes, Mashed, Original Butter, Potato Pearls® EXCEL®, 21#, 12/28oz. bag, Basic American Foods, 76468	7265417			15.033
23-24 Water, Tap, Municipal, Boiling	24124009			0.000
<b>23-24 Potato Wedges, Seasoned</b>	1397571	Starchy Vegetables	1 serving	20.744
Potato Wedge, Crispy, Bakeable, Seasoned, Skin on, Regular 8-cut, 30#, 6/5#, 160/2.89oz, McCain 1000000496 (1/2c. Starchy)	7265233			20.744
<b>23-24 Raisin, IW, USDA</b>	1349105	Fruit	1 Each	29.997
Raisins, Unsweetened, Individual Package	7264723			29.997
<b>23-24 Rice, Brown, 1/2 Cup (Elementary &amp; Middle)</b>	1397852	Grains	1/2 Cup	6.478
Rice, brown, long grain, cooked without salt	7255041			6.478
23-24 Water, Tap, Municipal, Boiling	24124009			0.000
23-24 Food Release Spray, Allergen Free, 6/16.5oz	24123308			0.000
<b>23-24 Rice, Brown, 1 Cup (High School)</b>	1397844	Grains	1 Cup	12.956
Rice, brown, long grain, cooked without salt	7255041			12.956
23-24 Water, Tap, Municipal, Boiling	24124009			0.000

Name	Number	Category	Serving Size	Total Carbohydrate (gm)
23-24 Food Release Spray, Allergen Free, 6/16.5oz	24123308			0.000
<b>23-24 Rice, Spanish, WG, 1 cup (USDA)</b>	1400684	Grains	1 Cup	42.605
23-24 Food Release Spray, Allergen Free, 6/16.5oz	24123308			0.000
23-24 Water, Tap, Municipal, Boiling	24124009			0.000
Taco Seasoning Mix, 6/6.6oz, Foothill Farms Select, V413-D9190	7272289			2.592
Rice, Brown, Long-Grain, Parboiled, 2 lb, commodity, 100500	7269812			40.013
<b>23-24 Roll, Dinner, WG, 1 OEG</b>	1399314	Grains	1 serving	16.000
23-24 Roll, Dinner, WG, 1 OEG	24127754			16.000
<b>23-24 Salad, Garden, Romaine</b>	1397853	Dark Green Vegetables	1 Cup	2.768
Lettuce, cos or romaine, raw	7246595			1.268
23-24 Tomato, Red, Grape, Fresh	24127357			1.500
<b>23-24 Salsa, Nutritionally Enhanced, Low Sodium</b>	1390330	Condiments	2 oz	3.873
Salsa, Nutritionally Enhanced, Low Sodium, 6/#10 (103oz), Red Gold, #REDSC99	7264392			3.873
<b>23-24 Sauce, BBQ, 1 oz</b>	1349094	Condiments	1 Each	10.000
BBQ Sauce, 250/1oz, Cup, Red Gold, REDOA1Z	7265471			10.000
<b>23-24 Sauce, Honey Mustard, 1oz</b>	1399981	Condiments	1 Each	8.379
Honey Mustard, Dip Cup, 1oz, 6.25#, Heinz 71440	18150763			8.379
<b>23-24 Sauce, Sweet &amp; Sour, 1 oz</b>	1399992	Condiments	1 Each	11.607
23-24 Sauce, Sweet & Sour, 1 oz	24127909			11.607
<b>23-24 Sausage Biscuit</b>	1382111	Breakfast Entree	1 EACH	30.000
Pork, Sausage Patty, Fast N. Easy, 10#, 107/1.5oz, Hormel, 17500	15407157			0.000
Biscuit, Baked, Golden Buttermilk, 120/2.25oz., Pillsbury, 106235000	23675695			30.000
<b>23-24 Sausage, Egg &amp; Cheese Griddle Sandwich, 2OEG</b>	1382112	Breakfast Entree	1 EACH	31.000
Pork, Sausage Patty, Fast N. Easy, 10#, 107/1.5oz, Hormel, 17500	15407157			0.000
Pancakes, Buttermilk, Bulk, 12.73#, 144/1.3 oz, 1WG, Bake Crafters, 1475	7265686			30.000
Egg Patty, Pre-Cooked, Grilled, 298/1.25 oz, Cargill Kitchen Solutions, 40711	15406965			0.000
American Cheese, Yellow, Slice, Red. Fat, 30#, 6/5#, 160/1 oz, 1M, Land O Lakes, 46253	7265870			1.000
<b>23-24 Sloppy Joe Sandwich, Beef, USDA</b>	1398157	Lunch Entree	1 Each	34.375
Beef, fine ground, crumbles, pan-browned, 15% fat [100158]	7248929			0.000
Sloppy Joe Sauce, Manwich Original Sauce, 4/107oz, Hunt's, 2700044181	7271844			11.375
Hamburger Buns, Sliced, 3.75", 16.25#, 120/2 oz, 2WG, Bake Crafters, 472	7265612			23.000
<b>23-24 Soup, Tomato</b>	1397821	Red/Orange Vegetables	8 oz	16.461
Soup, Tomato, Healthy Request, Condensed to prepared, 12/ 50oz Cans, Campbell's, #04145	7264863			16.461
<b>23-24 Spaghetti, Baked, Pre Made Sauce, WG</b>	1416657	Lunch Entree	1 Serving	31.513
23-24 Water, Tap, Municipal, Boiling	24124009			0.000
Spaghetti, Pasta, WG, 2oz/2WG, Dakota Growers, 6738791322	7267800			20.500
23-24 Food Release Spray, Allergen Free, 6/16.5oz	24123308			0.000
Spaghetti Sauce, Beef, Reduced Fat, 6/5#, 85/5.60oz, JTM 5578CE (2M; 1/2c.RO)	7262943			7.855
Marinara Sauce, Nutritionally Enhanced, 6/#10 Cans, Red Gold, #RPKNA99	7265472			2.348
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz, 1M, Land O' Lakes, 41698	7265349			0.405
Cheese, Shredded, Mild Cheddar, 20#, 4/5lb, Land O' Lakes, 41749	7264410			0.405
<b>23-24 Spaghetti, Baked, WG</b>	1398609	Lunch Entree	1 Serving	3.158
Cheese, Mozzarella, Shredded, 20#, 4/5# Pouches, 320/1 oz, 1M, Land O' Lakes, 41698	7265349			0.405
Beef, fine ground, crumbles, pan-browned, 15% fat [100158]	7248929			0.000
Marinara Sauce, Nutritionally Enhanced, 6/#10 Cans, Red Gold, #RPKNA99	7265472			2.348
23-24 Water, Tap, Municipal, Boiling	24124009			0.000
Cheese, Shredded, Mild Cheddar, 20#, 4/5lb, Land O' Lakes, 41749	7264410			0.405
23-24 Food Release Spray, Allergen Free, 6/16.5oz	24123308			0.000
<b>23-24 Strawberries, Diced, Cup, Frozen (USDA)</b>	1384828	Fruit	1 serving	21.990
Strawberries, Diced, Cup, Frozen	7264724			21.990
<b>23-24 Strawberries, Fresh</b>	1386248	Fruit	1/2 Cup	6.706
Strawberries, raw	7246362			6.706
<b>23-24 Sunrise Smoothie</b>	1407969	Breakfast Entree	1 Each	34.702
Yogurt, ParfaitPro, Lowfat Vanilla, 6/64 oz, Pouch, Yoplait, 16632000	7267312			20.678
Applesauce, Unsweetened, Canned	7264705			7.024
Juice, Orange, 100%, 70/4 oz, Paper Carton, (1/2 c F), Suncup, 030100	7269460			7.000
<b>23-24 Sweet Potato, Baked</b>	1397578	Red/Orange Vegetables	1 serving	27.835
Sweet potato, raw, unprepared (Includes foods for USDA's Food Distribution Program)	7246429			27.835
<b>23-24 Sweet Potato, Waffle Fries</b>	1397573	Red/Orange Vegetables	1 serving	26.270
Sweet Potato Cut Fry, Harvest Splendor, Crosstrax 15#, 6/2.5#, 75.06/3.17oz, McCain MCF05074	7267282			26.270
<b>23-24 Tangerine Sorbet</b>	1397583	Fruit	1 serving	22.000
Froot Jooce® Tangerine Frozen Juice Cup	8438752			22.000
<b>23-24 Waffle, Mini, Cinnamon, WG, IW</b>	1354544	Breakfast Entree	1 Pouch	35.000
Waffles, Eggo Mini Bites, Cinnamon, 72/2.65oz, 2WG, Kellogg's, 38000-92313	7267408			35.000
<b>23-24 Yogurt, Danimals, Strawberry Banana, 4 oz</b>	1356019	Breakfast Entree	1 serving	12.000
Yogurt, Danimals, Strawberry Banana, NF, 48/4oz, 1M, Dannon, 73558	7269859			12.000
<b>23-24 Yogurt, Danimals, Strawberry Banana, Power Pack</b>	1398048	Lunch Entree	1 Pack	53.248

Name	Number	Category	Serving Size	Total Carbohydrate (gm)
Yogurt, Danimals, Strawberry Banana, NF, 48/4oz, 1M, Dannon, 73558	7269859			12.000
Grahams, Cinnamon, Giant Goldfish, 18.767#, 300/ 0.9 oz, 1WG, Pepperidge Farm, 26830	7264857			19.000
Cheese Stick, String Cheese, Mozzarella, 10.5#, 168/1oz, Land O' Lakes, 59701000034500	7264263			2.000
23-24 Carrots, Baby, Fresh, IW, 50/2.6 oz	24127367			6.074
Cheez-It® Crackers, 10.24#, 175/.75 oz, 1WG, Sunshine, 24100-79263	7265566			14.175

\* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.