

Recipe	Portion Size	# of Portions	Carbs (g)
000451 - Angel Biscuits	1 biscuit	48	21.54
000651 - Animal Crackers	each	1	50.00
000176 - Apple Carrot Salad	1/2 CUPS	50	40.51
000065 - Apple Cobbler	SERVINGS	50	45.19
500047 - APPLE COBBLER	SERVINGS	50	47.46
000202 - Apple Crisp	SERVINGS	50	30.21
000593 - Apple Juice	6 oz	1	21.00
000830 - Apple Juice 4 oz	4 oz carton	1	14.00
000064 - Apple, fresh 125-138 ct	EACH	1	19.06
000795 - Apple, fresh 125-138 ct: 1/2	1/2 apple	1	9.53
500002 - APPLE-HONEY CRISP	SERVINGS	50	30.48
000292 - APPLE/CARROT/RAISIN/SA	1 3/4 CUPS	50	68.06
000247 - Applesauce	1/2 cup	23	12.85
000658 - Applesauce Cake	1 piece	100	34.81
000796 - Applesauce: 1	1 cup	13	22.74
000278 - Apricot Cup: USDA	1/2 cup	1	16.01
500305 - AZTEC GRAIN SALAD	1 CUP	50	53.56
000398 - Bacon PreCooked	3 slices	1	0.00
000347 - BAGELS,PLAIN,ENRICHED	1 EACH	1	35.86
500005 - BAKED BEANS (VEGETARI)	SERVINGS	50	35.98
000026 - Baked Beans: 1/2	1/2 CUP	72	40.17
000797 - Baked Beans: 1/4	1/4 CUP	141	20.61
000927 - Baked Beans: LS 1/2	1/2 CUP	72	45.97
000926 - Baked Beans: LS 1/4	1/4 CUP	141	21.67
000555 - Baked Chicken	Each	83	0.00
000655 - Baked Chips - Original	bag	1	26.00
000382 - Baked Ham	2.4 oz Servings	65	0.59
000674 - Baked Ham - Secondary Sch	2.5 ounces	64	0.73
000931 - Baked Pineapple	1/2 cup	50	29.03
000442 - Baked Pork Chops	serving	50	0.29
000044 - Baked Potato	serving	1	26.98
000778 - Baked Potato 1/2	each	1	14.48
000493 - Baked Potato Chips, BBQ	1 oz bag	1	19.00
000460 - Baked Potato w/Chili & Chee	serving	100	62.60
000406 - Baked Spaghetti	SERVINGS	50	33.23
000874 - Baked Spaghetti and Breadst	SERVINGS	50	54.53
500009 - BAKED SWEET POTATOES	1/4 CUP	50	16.56
000804 - Baked Yam Patty: 1/2	patties	112	32.00
000714 - Baked Yam Patty: 1/4	patties	224	16.00
500010 - BAKING POWDER BISCUIT	1 EACH	50	22.09
500011 - BANANA BREAD SQUARES	SERVING	50	25.56
000635 - Banana Pudding	1/2 cup	150	31.91
000068 - Bananas	EACH	1	23.07
000544 - Barbecue Chicken	SERVING	98	5.82
001059 - Barbecue Chicken on a Bun	EACH	50	23.57
000618 - Barbecue Chicken Sandwich	1 serving	50	19.80
000552 - Barbecue on a Bun	1 Sandwich	40	21.00
000021 - Barbecue Pork	2 ounces	43	5.58

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Recipe	Portion Size	# of Portions	Carbs (g)
000626 - Barbecue Pork Chops	SERVING	100	11.41
000527 - Barbecue Pork Rib Sandwich	servings	50	22.02
000536 - Barbecue Salad	1 serving	1	26.39
000201 - Barbecue Salad Meal	Each	1	39.74
000048 - Barbecue Sauce	2 TBSP	128	3.21
500014 - BARBECUE SAUCE	2 TBSP	128	12.48
000481 - Barbecue Stuffed Potato	Potato	1	42.81
500012 - BARBECUED BEEF ON A R	SERVINGS	50	35.73
500015 - BARBECUED CHICKEN	SERVINGS	50	15.82
500016 - BEAN BURRITO	SERVINGS	50	40.01
500017 - BEAN SOUP	SERVINGS	50	29.36
500018 - BEAN TACO	2 EACH	50	32.12
000318 - Beef Burritos	Servings	9	23.68
000266 - Beef Burritos WW	Servings	8	23.83
500019 - BEEF & BEAN TAMALES	SERVINGS	50	31.51
000187 - Beef Broth	cups	80	0.95
500020 - BEEF BURRITO	EACH	50	21.33
500028 - BEEF BURRITO: CANNED	EACH	50	21.45
000106 - Beef Patty USDA A626	EACH	213	0.38
500022 - BEEF SHEPARD'S PIE	SERVINGS	50	23.75
000342 - Beef Stew, ACS	CUP	50	20.07
500024 - BEEF STIR-FRY	3/4 CUP	50	11.11
500030 - BEEF TACO	2 EACH	50	20.35
500032 - BEEF TACO PIE	SERVINGS	50	26.42
500034 - BEEF TACO: CANNED MEA	2 EACH	50	20.35
500033 - BEEF TAMALES	SERVINGS	50	23.39
000631 - Beef Tips Over Rice	serving	50	31.08
000600 - Beef Tips Spicy Over Noodle	serving	50	32.25
000625 - Beef Tips Spicy Over Rice	serving	50	33.55
000615 - Beef Tips with Noodles	serving	50	29.27
500036 - BEEF VEGETABLE SOUP	CUP	50	8.97
000158 - Beef-A-Roni	3/4 CUP	45	27.01
000725 - Biscuit	biscuit	1	21.00
000567 - Biscuit and Sausage Gravy	serving	100	22.09
000895 - Biscuit WG 1.25	biscuit	1	15.00
000835 - Biscuit WG and Sausage Gra	serving	100	23.09
000236 - Biscuit, Whole Grain	biscuit	1	22.00
000638 - Black Bean Salad	1/2 cup	50	18.43
000775 - Black Eye Pea Salad	1/2 cup	6	23.86
000872 - Black Eye Pea Salad: 3/4	3/4 cup	4	35.79
000754 - Black Eye Peas LS: 1/2 dry	1/2 cup	105	9.61
000815 - Black Eye Peas LS: 1/4 dry	1/4 cup	200	5.05
000756 - Black Eye Peas Seasoned	1/2 cup	20	26.66
000457 - Black Eye Peas: 1/4 canned	1/4 cup	37	11.03
000856 - Black Eye Peas: Canned LS	1/2 cup	100	16.79
000857 - Black Eye Peas: Canned LS	1/4 cup	200	8.39
000243 - Blackeye Peas: LS 1/2	1/2 cup	1	16.00
000150 - Blueberries	1/2 cup	1	10.72

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Recipe	Portion Size	# of Portions	Carbs (g)
000152 - Blueberry Crisp	SERVINGS	40	36.33
000244 - Blueberry Parfait	Each	1	41.80
500319 - BOK CHOY WRAPPERS	2 WRAPS	50	56.18
000547 - Bologna and Cheese Sandwi	1 Sandwich	1	0.00
500025 - BOTTOM PASTRY CRUST (PIECES	50	12.11
000111 - Boxed Salad: Grilled Chicken	Each	1	41.86
000366 - Bread	1 slice	1	11.00
500037 - BREAD STUFFING	SERVINGS	50	22.64
000619 - Breaded Chicken Fiesta Melt	1 serving	50	7.25
000476 - Breadstick, whole wheat Pier	breadstick	1	21.30
000412 - Breakfast Bagel WG	serving	96	21.82
500038 - BREAKFAST BURRITO W/	EACH	50	31.32
000676 - Breakfast Casserole	servings	100	2.33
000784 - Breakfast Fruit Mix	1/2 cup	72	16.71
000779 - Breakfast Pizza WG	slice	1	26.00
500026 - BROCCHEESE & RICE CA	SERVINGS	50	19.90
000930 - Broccoli Cheese Cornbread	pieces	80	16.84
500039 - BROCCOLI SALAD	1/2 CUP	50	31.05
000372 - Broccoli w/Cheese Sauce	1/2 cup	100	3.61
000258 - Broccoli, Steamed	1/2 cup	1	3.80
000256 - Broccoli, raw: fresh	1/2 cup	1	3.02
500040 - BROWN BREAD	EACH	50	19.27
000417 - Brown Gravy	1/4 cup	58	3.94
000919 - Brown Gravy: oz	1 oz	106	2.15
000132 - Brown Rice Cooked	1/2 cup	32	21.11
000917 - Brown Rice Cooked: 1	1 cup	16	42.22
000175 - Brown Rice Pilaf	1/2 CUP	50	32.65
500027 - BROWN RICE PILAF	1/2 CUP	50	30.36
000163 - Brown Sugar	Tablespoon	1	13.49
000030 - Brownie From Mix	1 square	70	24.73
000190 - Brownie: WG Dessert Innova	Brownie	1	22.00
000204 - Brownies	EACH	100	23.33
500043 - BROWNIES	SERVINGS	50	23.22
000497 - Brunswick Stew	1 cup	100	13.20
000389 - Burrito	1 burrito	60	41.88
000310 - Burrito, Brkt, Egg, Ham&Chee	1 burrito	60	21.18
000583 - Buttered Noodles	1/2 cup	100	18.45
000219 - Caesar Salad	1/2 cup	150	4.76
000144 - Cajun Beans and Sausage	1 cup	80	19.48
500405 - CAJUN SAUSAGE/TURKEY	3/4 CUP	50	23.74
000387 - Cake	1 piece	70	24.86
000119 - Cake: With Topping	1 piece	70	29.08
000812 - California Vegetables: 1/2	1/2 cup	150	2.99
000611 - California Vegetables: 3/4	3/4 cup	112	4.00
000095 - Canadian Style Bacon Turke	Serving	1	1.03
000822 - Cantaloupe: 1	1 cup	12	55.52
000678 - Cantaloupe: 1/2	1/2 cup	50	13.32
500044 - CARROT CAKE	SERVINGS	50	33.02

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Recipe	Portion Size	# of Portions	Carbs (g)
000767 - Carrot Raisin Salad	1/4 CUP	50	15.20
000869 - Carrot Raisin Salad: 1/2	1/2 CUP	25	30.40
000022 - Carrot Sticks	CUP	1	16.84
000745 - Carrot Sticks w/Dip: 1/4	1/4 cup	1	6.58
000609 - Carrot Sticks w/Dip:1/2	1/2 cup	1	10.78
000816 - Carrot Sticks: 1/2 cup	1/2 cup	2	8.42
000813 - Carrot Sticks: 1/4	1/4 cup	4	4.21
500045 - CARROT-RAISIN SALAD	1/4 CUP	50	15.92
000260 - Carrots	1/4 cup	34	6.54
000861 - Carrots Shredded: 1/2	1/2 cup	1	10.54
000773 - Carrots Shredded: 1/4	1/4 cup	1	10.54
000337 - Carrots w/Honey	1/4 cup	100	4.21
000916 - Carrots w/Honey: 1/2	1/2 cup	50	8.41
000455 - CARROTS,RAW,BABY	1/2 cup	25	7.48
000134 - Catfish Strips: USDA	Servings	160	14.52
000264 - CAULIFLOWER,raw: fresh	CUP	1	4.97
000267 - CELERY STICKS	CUP	1	4.41
500302 - CENTRAL VALLEY HARVE	1/2 CUP	50	20.26
000914 - Cereal	servings	65	21.85
000909 - Cereal Apple Cinnamon Che	bowl	1	24.00
000897 - Cereal Bar Apple Cinnamon	bar	1	24.00
000416 - Cereal Bars Mixed Berry	bar	1	24.00
000896 - Cereal Bars Mixed Strawberr	cereal bar	1	24.00
000908 - Cereal Cheerios	bowl	1	20.00
000905 - Cereal Cinnamon Toast Crun	bowl	1	25.00
000906 - Cereal Fruity Cheerios	bowl	1	23.00
000901 - Cereal Golden Graham	bowl	1	27.00
000907 - Cereal Honey Nut Cheerios	bowl	1	22.00
000904 - Cereal Honey Nut Chex	bowl	1	28.00
000903 - Cereal Rice Trix	bowl	1	23.00
000902 - Cereal Trix	bowl	1	27.00
000452 - Cheddar Cheese Sauce	1 ounce	128	4.72
000514 - Cheddar Cheese, Shredded:	1 ounce	1	0.00
001072 - Cheerios	SERVING	50	14.01
000024 - Cheese Sandwich for Snack	sandwich	1	28.49
500046 - CHEESE SAUCE	2 TBSP	32	3.30
000783 - Cheese Slice American & Ski	slice	1	3.05
000629 - Cheese Slices	1 oz	1	2.03
000309 - Cheese Sticks	servings	100	30.00
001080 - Cheese Toast	EACH	1	12.01
001075 - CHEESE,CREAM	TBSP	1	0.59
000660 - Cheeseburger	serving	1	17.37
000388 - Cheesy Bacon Biscuit	biscuit	1	22.00
000608 - Cheesy Broccoli & Cauliflowe	1/2 cup	50	6.92
000620 - Cheesy Chicken	serving	50	5.64
000671 - Cheesy Chicken &Rice	3/4 cup	72	20.56
000621 - Cheesy Chicken Fiesta W/Ri	1 serving	50	7.47
000138 - Cheesy Chicken Spaghetti	1 cup	50	47.89

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Recipe	Portion Size	# of Portions	Carbs (g)
000607 - Cheesy Potatoes	1/2 cup serving	50	14.91
000214 - Cheesy Turkey & Rice	3/4 cup	75	22.72
000652 - Cheetos - Baked	bag	1	18.00
000490 - Chef Salad	serving	1	12.53
000177 - Chef Salad	Each	1	12.61
000199 - Chef Salad Meal	Each	1	59.91
000268 - CHERRIES, Fresh	CUP	1	23.21
500048 - CHERRY COBBLER	SERVINGS	50	51.27
000109 - Cherry Cobbler	servings	25	139.01
500049 - CHERRY CRISP	SERVINGS	50	31.57
500329 - CHIC' PENNE	1 1/2 CUP	50	44.43
001052 - CHICK ON BUN	EACH	1	31.31
000648 - Chicken Biscuit Casserole	1 cup	50	8.14
500050 - CHICKEN A LA KING	3/4 CUP	50	14.56
500306 - CHICKEN ALFREDO WITH	1 CUP	50	40.86
000577 - Chicken and Dumplings	3/4 cup	80	19.21
500054 - CHICKEN AND NOODLES	CUP	50	21.31
000151 - Chicken and Noodles	1 CUP	50	24.81
000562 - Chicken Biscuit	serving	1	33.00
000415 - Chicken Biscuit WG	biscuit	1	34.00
000894 - Chicken Breast Grilled Whole	fillet	1	1.01
000004 - Chicken Broccoli Casserole	1 cup	25	25.24
000657 - Chicken Broth	gallon	5	17.66
000395 - Chicken Casserole	2/3 cup	55	3.69
500056 - CHICKEN CHOP SUEY	3/4 CUP	50	7.92
000785 - Chicken Croissant	serving	1	38.00
500304 - CHICKEN CURRY CASSER	3/4 CUP	50	26.41
000093 - Chicken Drumsticks:USDA	Serving	1	0.00
000579 - Chicken Enchilada	enchilida	80	29.81
000574 - Chicken Enchilada Casserole	serving	8	29.50
000061 - Chicken Fajita Plain	serving	1	0.60
000506 - Chicken Fajita With Tortilla	serving	137	23.05
500058 - CHICKEN FAJITAS	EACH	50	23.37
000688 - Chicken Fiesta Melt	serving	50	7.19
500059 - CHICKEN GRAVY	2 TBSP	32	1.99
000456 - Chicken Gravy	1/4 cup	58	3.94
000329 - CHICKEN GRAVY	2 ounces	100	25.51
000925 - Chicken Gravy: 1 oz	1 oz	106	2.15
000107 - Chicken Noodle Soup	Servings	50	21.36
500052 - CHICKEN NOODLE SOUP	CUP	50	12.19
000391 - Chicken Nuggets	servings	100	10.75
000089 - Chicken Nuggets: USDA	Servings	154	15.00
000751 - Chicken Oven Roasted	servings	72	3.33
000498 - Chicken Parmesan	serving	25	9.43
000765 - Chicken Patty Breaded WG	each	1	5.58
500061 - CHICKEN POT PIE	CUP	50	22.97
000328 - Chicken Pot Pie	2/3 cup	100	12.24
000409 - Chicken Quesadilla	4.4 ounces	100	31.00

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Recipe	Portion Size	# of Portions	Carbs (g)
500063 - CHICKEN RICE SOUP	CUP	50	16.77
500066 - CHICKEN SALAD	1/2 CUP	50	7.38
000530 - Chicken Salad Sandwich Sup	1 cup	25	24.67
000548 - Chicken Salad Supreme	1 cup	24	4.24
000159 - Chicken Salad Supreme Bag	Each	1	91.82
990018 - CHICKEN SALAD W/ALMO	3/4 CUP	50	25.40
000380 - Chicken Sandwich	1 sandwich	1	22.39
000689 - Chicken Spaghetti	serving	50	27.82
500068 - CHICKEN STIR-FRY	3/4 CUP	50	11.12
000580 - Chicken Supreme	3/4 cup	50	6.23
500069 - CHICKEN TACO	2 EACH	50	20.35
500071 - CHICKEN TAMALES PIE	SERVINGS	50	23.28
000644 - Chicken Tender Boxed Salad	1 Serving	1	67.47
000480 - Chicken Tender Salad	serving	1	24.59
000118 - Chicken Tender Salad 9-12	Each	1	107.09
000587 - Chicken Tender Sandwich	sandwich	1	33.00
000879 - Chicken Tenderloin	serving	50	18.00
000886 - Chicken Tenderloin Croissan	croissant	1	32.00
000338 - Chicken Tenders	3 tenders	1	18.00
000682 - Chicken Tenders - Secondar	4 tenders	1	24.00
000192 - Chicken Tenders with Roll	Sandwich	1	51.09
000178 - Chicken Tetrazinni	SERVINGS	50	27.22
500073 - CHICKEN TETRAZZINI	SERVINGS	50	24.27
500065 - CHICKEN TOMATO BAKE	SERVINGS	50	28.03
500074 - CHICKEN VEGETABLE SO	CUP	50	8.99
000647 - Chicken with Beans and Sals	1 serving	25	35.40
000284 - CHICKPEA BALLS	4, 1/2" BALLS	50	33.47
000294 - CHICKPEA SALAD SANDWI	4 OZ	50	41.21
000448 - Chili	3/4 cup	85	22.77
000216 - Chili Beans	1/2 cup	24	19.31
500076 - CHILI CON CARNE W/ BEA	1/2 CUP	50	10.67
000466 - Chili Salad	serving	1	70.54
000523 - Chili Toppings	1 serving	1	0.82
000179 - Chili With Beans	1/2 CUP	50	9.76
000133 - Chili: With Seasoning Mix	1 Cup	40	19.49
000317 - Chips, Tortilla Mission Bulk	1 oz	1	17.00
000073 - Chix Breaded USDA: 7-piece	EACH	60	23.67
500079 - CHOCOLATE CAKE	SERVINGS	50	30.47
000333 - Chocolate Chip Cookie: WG	cookie	1	17.00
000209 - CHOCOLATE CHIP COOKI	EACH	100	15.60
500080 - CHOCOLATE CHIP COOKI	EACH	50	16.10
000667 - Chocolate Chip Fantasy	serving	70	21.01
500081 - CHOCOLATE GLAZE	TBSP	50	12.70
000067 - Chocolate Graham Crackers	bag	1	20.25
000045 - Chocolate Milk	carton	1	22.00
000047 - Chocolate Oatmeal Cookies	cookie	100	34.16
000540 - Chocolate Pudding w/Toppin	1/2 cup	24	43.56
500082 - CHOCOLEANA CAKE	SERVINGS	50	34.07

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Recipe	Portion Size	# of Portions	Carbs (g)
000542 - Choice of Fruit	1 serving	6	17.33
000195 - Choice of Two	Each	1	0.00
000155 - Choose 1	0	1	0.00
000685 - Choose One	0	1	0.00
000687 - Choose Three	0	1	0.00
000686 - Choose Two	0	1	0.00
000034 - Chopped Romaine and Toma	3/4 cup	1	2.58
000513 - Chopped Romaine: 1	1 cup	15	2.13
000826 - Chopped Romaine: 1/2	1/2 cup	30	1.07
000145 - Christmas Holidays	SERVING	1	0.00
000563 - Cinnamon Biscuit	serving	1	28.00
990019 - CINNAMON GLAZED ALMO	1/4 CUP	100	13.73
000923 - Cinnamon Roll Dough WG	roll	1	36.00
500083 - CINNAMON ROLLS	EACH	50	37.69
000650 - Cinnamon Rolls	roll	1	37.69
000717 - Citrus Vinaigrette Dressing	servings	4	2.12
500084 - CLEAR DRESSING	2 TBSP	50	6.98
000468 - Cole Slaw	1/2 cup	25	7.12
000400 - Cole Slaw DP	1/2 cup	50	10.85
000827 - Cole Slaw DP: 1/4	1/4 cup	100	5.42
000401 - Cole Slaw MS	1/2 cup	100	3.33
000740 - Collard Greens	1/4 cup	100	5.62
000794 - Collard Greens: 1/2	1/2 cup	50	11.23
000413 - COLLARDS: frozen	CUP	1	12.07
000664 - Condiments - Barbecue	serving	1	12.14
000662 - Condiments One	serving	1	4.69
000864 - Condiments Three	serving	1	4.37
000663 - Condiments Two	serving	1	4.69
500310 - CONFETTI SOUP	1 CUP	50	10.40
500404 - CONFETTI VEGGIE SPAG	3/4 CUP	50	18.85
000772 - Copper Pennies	1/2 cup	12	29.13
500086 - CORN AND GREEN BEAN	1/2 CUP	50	18.80
000606 - Corn and Green Bean Casse	servings	50	13.49
000522 - Corn Chips	1 ounce	1	15.00
000295 - CORN CHOWDER	2 CUPS	50	55.30
000743 - Corn Dog LF	corndog	1	33.00
001062 - CORN DOG:Turkey Jumbo	EACH	1	30.01
000668 - Corn Nuggets	6 nuggets	66	31.18
000032 - Corn on the Cob	EACH	100	14.07
000851 - Corn on the Cob: 2	1/2 cup	50	28.14
500087 - CORN PUDDING	SERVINGS	50	18.46
000771 - Corn Salad	1/2 cup	8	15.09
000270 - CORN: canned, yellow	CUP	1	29.14
000271 - CORN: frozen, yellow	CUP	1	31.85
000188 - Cornbread	EACH	50	18.71
000447 - Cornbread Dressing	1/2 cup	100	24.34
500089 - CORNBREAD STUFFING	SERVINGS	50	21.19
000239 - Cornbread WW	each	240	24.58

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Recipe	Portion Size	# of Portions	Carbs (g)
000884 - Cornbread WW: 2.5	serving	120	49.17
000554 - Corndog	Serving	1	33.00
000865 - Cottage Cheese	1/2 cup	1	6.00
500090 - COUNTRY FRIED STEAK	SERVINGS	50	7.36
000912 - Country Gravy	1/4 cup	74	6.13
000142 - Cowboy Beans	1/2 cup	24	28.06
000210 - COWBOY COOKIES: 1 each	COOKIES	300	26.36
000376 - Cracker, Salad 2 per pack	2 packs	1	8.00
000232 - Crackers	4 EACH	1	10.00
000528 - Crackers	2/4 packs	1	20.00
000125 - Crackers, Whole Grain	Each	1	5.00
000863 - Crackers, Whole Grain: 4	serving	1	20.00
000871 - Crackers, Whole Grain: 8	serving	1	40.00
000233 - CRACKERS, GRAHAM	4 EACH	1	43.55
990020 - CRANBERRY ALMOND CO	COOKIE	64	14.34
000272 - Cranberry Sauce	1/4 cup	48	26.88
000849 - Cranberry Sauce: 1/2	1/2 cup	24	53.76
000322 - CREAM CHEESE	1 TBSP	1	0.59
500092 - CREAM GRAVY	2 TBSP	32	2.80
500091 - CREAM OF CHICKEN SOU	CUP	50	13.95
500093 - CREAM OF VEGETABLE S	CUP	50	15.41
500094 - CREAMY COLE SLAW	1/4 CUP	50	4.52
500095 - CREAMY DIP FOR FRESH	2 TBSP	32	4.76
000385 - Crispito	1 crispito	1	22.00
000691 - Crispito With Cheese	1 crispito	1	23.01
500411 - CRISPY CHICKEN SALAD	SERVINGS	50	7.16
000770 - Croissant, whole grain	each	1	26.00
000182 - Croissants, Sliced Sara Lee	Each	1	24.00
000539 - Croutons	2 ounces	1	36.07
000470 - Croutons SM	serving	25	11.62
500320 - CRUNCHY HAWAIIAN CHIC	WRAP	50	41.51
000203 - Cuban Black Beans	Cup	50	19.78
500096 - CUCUMBER SAUCE	2 TBSP	50	2.19
000769 - Cucumber with Peel	1/4 cup	1	3.78
000377 - CUCUMBER RAW	1 OZ	1	0.61
001047 - DESSERT TOPPING:SEMI	TBSP	1	1.08
000537 - Diced Tomatoes	1/4 cup	1	1.75
000042 - Dill pickles	EACH	1	1.55
000568 - Dipping Sauce	2 ounces	1	4.05
500407 - DIRTY POTATOES	1/2 CUP	50	16.74
001073 - DONUT_YEAST-LVND_GLAZ	EACH	1	28.76
001084 - DONUT_YEAST-W/CREME	EACH	1	25.50
000653 - Doritos - Baked Nacho Chee	bag	1	16.05
000656 - Doritos - Cool Ranch	1 ounce	1	19.03
000458 - Drumstick	serving	25	1.28
000829 - Drumstick: 1	serving	50	0.64
500311 - EAGLE PIZZA	EACH	50	32.21
000029 - Easy Beef Stew	1 cup	12	35.22

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Recipe	Portion Size	# of Portions	Carbs (g)
000208 - Easy Mexican Casserole	Each	12	31.92
000837 - Egg & Cheese Croissant	serving	1	28.09
000786 - Egg and Bacon Croissant	serving	1	27.07
000263 - Egg and Cheese Biscuit	Each	1	30.09
000601 - Egg Noodles	4 oz	100	13.03
000570 - Egg Roll, Pork	egg roll	1	20.00
500097 - EGG SALAD SANDWICH	SERVINGS	50	30.05
000641 - Egg Square	square	1	1.07
000370 - EGG,HARD-BOILED	1 EACH	1	0.56
000274 - EGGPLANT: boiled	CUP	1	8.64
000741 - Eggs, Scrambled	1/4 cup	1	1.35
001078 - ENGLISH MUFFIN * SAUSA	EACH	1	27.38
000353 - ENGLISH MUFFINS,PLAIN,	1/2 EACH	1	13.69
000207 - Extra Item	0	1	0.00
000235 - Fajita Chicken Salad	Each	50	20.39
500312 - FIESTA MEXICAN LASAGN	SERVING	50	52.17
000148 - Fiesta Rice Pilaf	Cup	18	42.77
500313 - FIESTA WRAP	WRAP	50	26.93
000617 - Fish Nugget,Cod,Fronor 510	5 ounces	31	31.35
000362 - Fish Sandwich	1 sandwich	1	31.97
000002 - Fish Square	1 square	1	15.16
000677 - Four Layer Chocolate Desser	1 square	70	50.13
500098 - FRENCH DRESSING	2 TBSP	32	2.84
000315 - French Fries, Oven Ready A	1/2 cup	100	40.00
000487 - FRENCH FRIES: oven heat	3 OZ	1	25.00
000414 - French Toast Sticks,	4 sticks	50	45.00
000720 - Fresh Melon Cup	cup	1	13.20
000624 - Fried Catfish	Each	50	7.26
000469 - Fried Okra	1/2 cup	106	15.79
500099 - FRIED RICE	3/4 CUP	50	29.37
000484 - Fries	1/2 cup	1	20.00
000913 - Frito Pie	serving	1	58.60
000508 - Fritos - Regular	1 bag	1	15.00
000538 - Fruit	servings	66	15.27
000525 - Fruit Cocktail	1/2 cup	24	17.89
000845 - Fruit Cocktail : 1	1 cup	12	35.78
000419 - FRUIT COCKTAIL:canned,lt	CUP	1	36.13
000613 - Fruit Crisp	1/2 cup	50	54.12
000824 - Fruit Mix	1/2 cup	96	16.96
500401 - FRUIT PAN DOWDY	SERVING	50	44.22
000516 - Fruit Roll-Ups	1	1	11.14
000408 - Fruit Salad	1/2 cup	100	24.06
000846 - Fruit Salad: 1	1 cup	50	48.12
000517 - Fruit Snack, Curious George	1	1	21.59
000245 - Fruit, Assorted	EACH	3	17.80
000285 - GARBANZO BEAN BURGE	2 4 OZ PATTIES	50	36.67
900003 - Garden Salad	1/2 CUP	50	3.00
500402 - GARDEN SALAD	1/2 CUP	50	3.74

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Recipe	Portion Size	# of Portions	Carbs (g)
000373 - Garlic Bread	1 slice	1	11.00
500102 - GINGERBREAD	SERVINGS	50	41.79
001077 - GLAZE, POWDERED SUGA	FL OZ	32	28.32
000443 - Glazed Carrots	1/2 cup	45	12.76
000843 - Glazed Carrots Canned: 1/2	1/2 cup	48	12.31
000844 - Glazed Carrots Canned: 1/4	1/4 cup	96	6.15
000799 - Glazed Carrots: 1/4	1/4 cup	90	6.38
000806 - Glazed Carrots: 3/4	3/4 cup	30	19.14
500403 - GOLDEN CORN AND CARR	1/2 CUP	50	13.24
000591 - Goldish Crackers	serving	1	20.00
000722 - Grab&Go Brd Chic Sandwich	meal	1	95.87
000735 - Grab&Go Chef Salad	meal	1	85.86
000723 - Grab&Go Chic Fruit Salad	meal	1	42.44
000718 - Grab&Go Chicken Salad Me	serving	1	55.37
000730 - Grab&Go Deli Wrap	meal	1	96.67
000184 - Grab&Go Fruit and Pasta Me	Each	1	88.09
000729 - Grab&Go Grilled Chix Salad	meal	1	110.47
000719 - Grab&Go Ham Sandwich Me	serving	1	104.56
000737 - Grab&Go Meal	0	1	0.00
000728 - Grab&Go Roast Beef Sand	meal	1	91.67
000721 - Grab&Go Spicy Chick Sld Me	meal	1	65.02
000734 - Grab&Go Tuna Salad Meal	meal	1	84.31
000716 - Grab&Go Turkey Sandwich	Serving	1	64.05
000596 - Graham Cracker Snacks	serving	1	21.26
000726 - Graham crackers, Gripz, Cho	package	1	19.00
500100 - GRANOLA	1/4 CUP	50	24.85
900005 - Granola - Homemade	1/4 CUP	100	23.31
000594 - Grape Juice	6 oz	1	28.00
000422 - Grapes: 1	CUP	1	15.78
000789 - Grapes: 1/2	1/2 cup	1	7.89
000423 - Great Northern Beans: day 1	CUP	1	37.33
000670 - Green Beans - Frozen	servings	150	2.72
500101 - GREEN BEANS IN CHEESE	1/4 CUP	50	3.40
000790 - Green Beans, ACS: 1	1 cup	11.5	8.34
000081 - Green Beans, ACS: 1/2	1/2 CUP	23	4.17
000810 - Green Beans, ACS: 1/3	1/3 cup	34	2.82
000791 - Green Beans, ACS: 1/4	1/4 cup	47	2.04
000319 - Green Peas	1/2 cup	24	11.92
000825 - Green Peas: 1/4	1/4 cup	48	5.96
000512 - Green Salad	1/2 cup	25	1.67
000441 - Grilled Cheese Sandwich	1 sandwich	1	26.59
000474 - Grilled Chicken	serving	1	3.20
000643 - Grilled Chicken Salad	1 Serving	1	18.06
000502 - Grilled Chicken Salad w/Carr	serving	1	9.79
000572 - Grilled Chicken Sandwich	sandwich	1	18.20
000675 - Grilled Ham and Cheese	serving	1	23.60
000331 - Grits	1 CUP	1	37.79
000711 - Grits - In Microwave	3/4 cup	65	13.89

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Recipe	Portion Size	# of Portions	Carbs (g)
000831 - Grits: 1/2	1/2 cup	1	18.89
500103 - GROUND BEEF & MACARO	3/4 CUP	50	26.14
500104 - GROUND BEEF AND SPANI	2/3 CUP	50	27.04
500105 - GROUND BEEF STROGAN	3/4 CUP	50	9.63
000383 - Ham	serving	90	0.78
000590 - Ham and Cheese Biscuit	serving	1	22.57
000832 - Ham and Cheese Biscuit WG	serving	1	23.57
000637 - Ham and Cheese PoBoy	1 sandwich	50	16.05
001048 - Ham and Cheese Sandwich	EACH	1	23.06
000196 - Ham and Cheese Sandwich	Each	1	85.10
000762 - Ham and Cheese Sandwich	Each	1	83.15
000761 - Ham and Cheese Sandwich	Each	1	102.21
000681 - Ham and Cheese Toast WW	serving	1	12.57
000776 - Ham and Cheese Wrap	wrap	1	24.38
000571 - Ham For Breakfast	1.25 oz	1	0.56
000541 - Ham USDA CKD SLD FRZ	1.22 oz	524	0.43
000066 - Hamburger Helper	3/4 cup	300	30.39
000161 - Hamburger on a Bun	SERVING	1	16.37
000921 - Hamburger on a Bun: 85/15	SERVING	1	15.00
000920 - Hamburger on a Bun: 90/10	SERVING	1	15.00
000744 - Hamburger Steak	1 steak	100	1.37
000363 - Hamburger Steak W/Gravy	1 steak	100	3.89
000666 - Hamburger Tater Tot Casser	serving	50	7.20
500321 - HARVEST DELIGHT	1/2 CUP	50	16.16
500314 - HARVEST STEW	3/4 CUP	50	18.20
000492 - Hash Brown Casserole	1/2 cup	100	35.65
000369 - HASH BROWN POTATOES	1/2 CUP	1	21.92
000238 - Hash Browns Patty	patty	1	14.17
500106 - HERBED BROCCOLI & CAU	1/2 CUP	50	9.56
000153 - HOLIDAY	SERVING	1	0.00
500107 - HONEY BARBECUE SAUCE	2 TBSP	50	20.91
500108 - HONEY DRESSING	2 TBSP	50	8.93
005027 - Honey Lemon Chicken	1 PIECE	100	5.72
500109 - HONEY-LEMON CHICKEN	SERVINGS	50	1.05
000472 - Honeydew Melons:1	1 cup	50	32.99
000792 - Honeydew Melons:1/2	1/2 cup	100	16.49
000610 - Hot Cinnamon Apples: 1	1 cup	50	27.43
000793 - Hot Cinnamon Apples: 1/2	1/2 cup	100	13.72
000529 - Hot Ham and Cheese Sandw	1 sandwich	1	24.45
000313 - Hot Pocket, Pepperoni	1 hot pocket	100	44.00
000627 - Hot Wing Chicken Sandwich	1 sandwich	50	16.48
000546 - Hot Wings	1 wing	96	0.05
000507 - Hotdog Bun	1	1	22.00
000154 - Hotdog Chili Sauce	1 ounce	1	4.05
000062 - Hotdog Fixings	serving	1	2.82
000695 - Hotdog Meal	serving	1	78.24
000384 - Hotdog on a Bun	1 hotdog	1	27.32
000160 - Hotdog To Go	Each	1	68.44

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Recipe	Portion Size	# of Portions	Carbs (g)
500110 - HUMMUS	1/2 CUP	50	22.38
000560 - Hush Puppies	servings	75	24.61
000137 - Hushpuppies: Purchased	Servings	43	22.31
500156 - INSTANT MASHED POTAT	1/2 CUP	50	16.76
500157 - INSTANT MASHED POTAT	1/2 CUP	50	17.18
500111 - ITALIAN BREAD	EACH	50	28.23
000465 - Italian Chicken Casserole	serving	100	20.58
500112 - ITALIAN DRESSING	2 TBSP	32	1.47
500128 - ITALIAN DRESSING(NEW)	2 TBSP	50	0.95
500113 - ITALIAN SEASONING MIX	2 TBSP	32	3.21
000929 - Italian Seasoning Mix	tablespoons	8	3.79
000699 - Jalapeno Peppers	serving	1	1.23
000393 - Jell-O	1/2 cup	35	17.39
000403 - Jell-O	1/2 cup	35	17.39
000394 - Jell-O w/Fruit	1 serving	50	20.90
000404 - Jell-O With Fruit	1/2 cup	27	38.45
000345 - Jelly	1 TBSP	1	13.29
000566 - Jelly Biscuit WG	serving	1	31.01
000549 - Juice, Variety	4 oz	100	14.00
000222 - Ketchup: individual	EACH	1	2.32
000809 - Ketchup: individual: 2	EACH	1	4.64
000427 - KIDNEY BEANS: canned_dra	CUP	1	37.12
000121 - Kiwi	Serving	1	12.97
500400 - KUNG FU SWEET SOUR B	SERVING	50	55.48
000405 - Lasagna	SERVINGS	50	36.12
000875 - Lasagna and Breadstick	SERVINGS	50	36.55
500115 - LASAGNA W/ GRND PORK	SERVINGS	50	28.34
500114 - LASAGNA WITH GROUND	SERVINGS	50	28.34
500309 - LENTILS OF THE SOUTHW	1/4 CUP	50	10.96
000500 - Lettuce Leaves	1 leaf	1	0.15
000428 - Lima Beans	1/2 cup	25	14.12
000299 - Little Smokies	2 ounces	80	2.93
000169 - Little Smokies - Secondary	2.5 ounces	64	3.67
000713 - Mac and Cheese Easy	serving	40	43.64
500116 - MACARONI AND CHEESE	2/3 CUP	50	27.44
000164 - Macaroni and Cheese	2/3 CUP	50	27.80
000634 - Macaroni and Cheese (Quick	1/2 cup	100	25.97
500129 - MACARONI AND CHEESE(2/3 CUP	50	32.70
000807 - Macaroni and Cheese, RF:1	1 cup	100	30.88
005034 - Macaroni and Cheese, RF:2/	2/3 cup	150	20.59
500408 - MACARONI CARBONARA	CUP	50	39.23
000069 - Macaroni Noodles:CKD	1/2 cup	14	71.16
500117 - MACARONI SALAD	1/2 CUP	50	25.03
000532 - Mandarin Chicken Salad	serving	1	41.59
000131 - Mandarin Oranges	1/2 cup	22	19.33
000853 - Mandarin Oranges Fresh	1/2 cup	1	20.28
000823 - Mandarin Oranges: 1	1 cup	11	38.66
000509 - Margarine	teaspoon	1	0.00

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Recipe	Portion Size	# of Portions	Carbs (g)
000661 - Marinara Sauce	1/4 cup	50	14.26
500118 - MARINATED BLACK BEAN	1/2 CUP	50	16.72
000237 - Mashed Potatoes	1/2 CUP	38	15.47
500119 - MASTER MIX	1/2 CUP	50	40.68
000736 - May Choose 2	0	1	0.00
000732 - May Choose 3	0	1	0.00
000033 - Mayonnaise and Mustard	1 serving	1	2.05
001050 - MAYONNAISE:individual PC	Pkt 7g	1	0.19
500120 - MEAT BALLS	2 EACH	50	7.90
500121 - MEAT LOAF	3/4" SLICE	50	8.00
000165 - Meat Loaf	3/4" SLICE	50	6.11
500325 - MEDITERRANEAN QUINOA	3/4 CUP	50	22.66
500122 - MEXICALI CORN	1/4 CUP	50	7.72
000603 - Mexican Beef Burrito	servings	50	52.54
000876 - Mexican Chicken and Cornbr	3/4 cup	120	5.82
000616 - Mexican Chicken Casserole	3/4 cup	120	5.62
000696 - Mexican Chicken Salsa	serving	4	9.22
000499 - Mexican Hamburger Cassero	3/4 cup	50	5.67
500123 - MEXICAN SEASONING MIX	2 TBSP	32	7.99
000622 - Mexican Skillet	3/4 cup	50	30.12
000878 - Mexican Skillet and Cornbrea	3/4 cup	50	30.62
000046 - Milk 1%	carton	1	13.00
000818 - Milk Chocolate FF	carton	1	22.00
000231 - Milk fat free	HALF PINT	1	13.00
000057 - Milk served w/all meals	1 carton	2850	22.00
000819 - Milk Strawberry FF	carton	1	29.00
000228 - MILK,1% Chocolate	HALF PINT	1	22.00
000230 - MILK,1% Lowfat	HALF PINT	1	12.18
000229 - MILK,2% Lowfat	HALF PINT	1	11.71
000226 - MILK,Whole	HALF PINT	1	11.71
000122 - Milk: AHS	Carton	5700	21.95
500124 - MINESTRONE	1 CUP	50	18.12
000738 - Mini Maple Pancakes	serving	1	34.00
000739 - Mini Strawberry Pancakes	serving	1	34.00
000431 - MIXED FRUIT: frozen,sweet	CUP	1	60.58
000628 - Mixed Vegetable Casserole	1/2 cup	100	15.68
000432 - Mixed Vegetables	1/2 cup	24	7.86
000433 - Mixed Vegetables, Frz Boiled	1/2 cup	1	11.91
000569 - Muffin	muffin	1	30.00
000683 - Muffin and Yogurt	serving	1	47.00
500125 - MUFFIN SQUARES	SERVINGS	50	16.87
000893 - Muffin, Apple WG	muffin	1	23.00
000892 - Muffin, Banana WG	muffin	1	24.00
000102 - Muffin, Blueberry Sara Lee	Each	1	32.00
000223 - Mustard, single serve	Pkt 5g	1	0.05
500126 - NACHO CHEESE SAUCE	3 TBSP	50	4.95
000166 - Nachos w/Ground Beef	1/3 cup	50	21.40
500127 - NACHOS WITH GROUND B	SERVINGS	50	19.28

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Recipe	Portion Size	# of Portions	Carbs (g)
000435 - NAVY BEANS: from dry,boil	CUP	1	47.41
000083 - NECTARINES,FRESH	EACH	1	14.35
000633 - Northern Mississippi Cornbre	1 square	50	20.47
500409 - NOT FRIED RICE	CUP	50	28.97
000323 - OATMEAL	CUP	1	24.05
500132 - OATMEAL COOKIES	EACH	50	19.35
500133 - OATMEAL MUFFIN SQUAR	SERVINGS	50	34.51
000332 - Oatmeal Raisin Cookie WG	cookie	100	18.00
500130 - OATMEAL RAISIN COOKIE	EACH	50	33.34
000436 - OKRA: frozen,boiled	CUP	1	11.79
000928 - Olive Garden Dressing	oz	8	0.71
000386 - Onion Rings	1/2 cup	80	28.74
000862 - Onion: Red Raw	1/4 cup	1	3.74
500303 - OODLES OF NOODLES	CUP	50	43.45
000557 - Open Face Roast Beef Sand	serving	112	42.81
500410 - ORANGE CREAM DRESSIN	2 TBSP	50	8.29
500134 - ORANGE GLAZE	2 TSP	50	8.24
500135 - ORANGE GLAZED CARRO	1/3 CUP	50	7.65
500136 - ORANGE GLAZED SWEET	1/4 CUP	50	22.86
000595 - Orange Juice	6 oz	1	20.00
500137 - ORANGE RICE PILAF	1/2 CUP	50	27.85
500138 - ORANGE RICE PUDDING	1/3 CUP	50	24.53
000705 - Orange Sherbet	4 ounces	1	22.50
500139 - ORANGE-PINEAPPLE GEL	SERVINGS	50	22.84
000085 - Oranges: 138 ct	serving	1	11.28
000704 - Oriental Chicken	3/4 CUP	50	5.95
000614 - Oriental Vegetables	1/2 cup	50	6.19
500140 - OVEN FRIED CHICKEN	SERVINGS	50	9.66
000103 - Oven Fried Chicken	SERVINGS	50	9.68
001004 - Oven Fried Chicken: cut up/8	SERVING	50	9.69
000306 - Pancake on a Stick	1stick	56	23.29
500141 - PANCAKES	EACH	50	16.26
000565 - Pancakes	serving	1	41.00
000922 - Pancakes, Aunt Jemina: WG	serving	1	41.00
000010 - Parsley Potatoes	1/2 cup	100	0.00
000170 - Pasta Penne: Whole Grain	2 oz	32	41.00
500142 - PASTA SALAD	3/8 CUP	50	16.83
000112 - Pasta Salad	CUP	50	35.08
000750 - PB and J Sandwich	sandwich	1	49.07
000703 - PB sandwich for Snack	1/2 sandwich	1	17.64
000396 - PB&J	1 sandwich	1	43.12
000694 - PB&J Sandwich Meal	serving	1	111.97
500143 - PEACH COBBLER	SERVINGS	50	46.41
000213 - Peach Cobbler	SERVINGS	100	39.65
000070 - Peach Short Cake	EACH	1	46.76
000749 - Peaches Diced Frozen	serving	1	18.00
000915 - Peaches Diced Frozen: 1	cup	1	36.00
000116 - Peaches, Frozen:USDA	Each	1	29.92

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Recipe	Portion Size	# of Portions	Carbs (g)
000088 - PEACHES,FRESH	EACH	1	8.30
000459 - Peaches: w/liquid	1/4 cup	50	8.11
000820 - Peaches: 1	1 cup	12	33.79
000129 - Peaches: 1/2	1/2 cup	24	16.89
000680 - Peanut Butter	1 oz	1	6.04
500144 - PEANUT BUTTER BARS	EACH	50	18.91
500145 - PEANUT BUTTER COOKIE	EACH	50	16.27
500146 - PEANUT BUTTER GLAZE	TBSP	50	8.54
000358 - Pear Salad	2 pear halves	50	30.98
000341 - Pears	1/2 cup	92	19.91
000811 - Pears, Fresh 100 ct	EACH	1	35.03
000090 - Pears, Fresh 150 ct	EACH	1	25.28
000438 - Pears: drained	1/4 cup	29.5	7.93
000821 - Pears: 1	1 cup	46	39.82
000127 - Pears: with liquid	1/2 cup	23	19.91
000439 - PEAS & CARROTS: frozen,b	CUP	1	16.19
000038 - PEAS & ONIONS: frozen,boil	CUP	1	15.53
000486 - Peppers and Onions	serving	1	4.57
500327 - PEPPY QUINOA	1/2 CUP	50	28.60
000485 - Philly Sandwich	sandwich	1	8.24
000461 - Pickle Slices	serving	1	2.00
000041 - PICKLES,SWEET	EACH	1	7.40
000800 - Pineapple Tidbits: 1	1 cup	11	33.49
000130 - Pineapple Tidbits: 1/2	1/2 cup	22	16.74
000076 - Pineapple Upside Down Cak	SLICE	100	37.07
000854 - Pinto Beans : Canned LS 1/2	1/2 cup	96	20.33
000855 - Pinto Beans : Canned LS 1/4	1/4 cup	192	10.16
000757 - Pinto Beans LS	1/2 cup	100	7.65
000798 - Pinto Beans LS: 1/4	1/4 cup	200	3.83
000348 - Pinto Beans: Simple	1/4 cup	37	13.07
000007 - Pinto Beans: USDA canned L	1/2 cup	48	19.63
000503 - Pizza - Sausage WG	1 slice	1	35.00
000702 - Pizza -Cheese WG	slice	1	34.00
500147 - PIZZA CRUST	SERVINGS	50	26.11
000181 - Pizza Crust (scratch)	SERVING	100	26.13
000526 - Pizza Dipping Sauce	1/4 cup	50	4.37
000910 - Pizza French Bread peppero	pizza	1	34.00
500148 - PIZZA WITH CHEESE TOP	SERVINGS	50	33.25
500149 - PIZZA WITH GROUND BEE	SERVINGS	50	30.98
500150 - PIZZA WITH GROUND POR	SERVINGS	50	30.77
000780 - Pizza, Cheese 4X6, Tony's	slice	1	37.12
000781 - Pizza, Cheese Sticks, Tony's	serving	1	30.00
000782 - Pizza, Pepperoni 4X6, Tony's	slice	1	33.00
000911 - Pizza, Sausage 4X6, Tony's	slice	1	33.99
500151 - PIZZABURGER ON ROLL	SERVINGS	50	30.69
000890 - Plums: size 45 & 50: 1	cup	1	15.07
000094 - Plums: size 45 & 50: 1/2	1/2 cup	1	7.54
000612 - Pompeii Fruit Bar	serving	1	0.00

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Recipe	Portion Size	# of Portions	Carbs (g)
000900 - Pop Tart Strawberry WG	pastry	1	38.00
000518 - Popcorn, White Cheddar	bag	1	8.90
500328 - PORCUPINE SLIDERS	SLIDER	50	25.53
000336 - Pork Chops	1 chop	50	0.39
000623 - Pork Chops With Spanish Ri	serving	50	22.62
000399 - Pork Rib Sandwich	sandwich	1	22.02
000551 - Pork Roast	2 oz servings	46	0.00
500152 - PORK STIR-FRY	3/4 CUP	50	11.12
000659 - Pot Roast	serving	50	0.61
000381 - Potato Rounds	1/2 cup	80	21.78
500153 - POTATO SALAD	2/3 CUP	50	17.89
000242 - Potato Salad	1/2 CUP	100	18.62
000117 - Potato Wedges:USDA	1/2 cup	1	19.38
500154 - POTATOES AU GRATIN	1/2 CUP	50	22.47
001067 - POTATOES.MASHED (Pearl	1/3 CUP	32	19.11
500155 - POURABLE PIZZA CRUST	SERVINGS	50	26.02
000649 - Powdered Sugar	2 tablespoons	1	14.97
000592 - Pretzels	serving	1	23.00
000096 - PRUNES: canned hvv syr	CUP	1	65.05
001071 - PUDDINGS,CHOC,DRY MIX	1/2 CUP	1	27.72
000873 - Pulled Pork on a Bun	1 Sandwich	40	21.00
000407 - Pulled Pork, Dry Pack	2 ounces	53	0.00
500413 - PUMPKIN CAKE	SERVING	50	29.70
500315 - PURPLE POWER BEAN W	WRAP	50	37.91
500158 - QUICHE W/ SELF FORMIN	SERVINGS	50	11.35
000473 - Quick and Easy Beef Stew	1 cup	8	41.48
000700 - Quick Baked Potato	servings	50	18.75
000510 - Rainbow Cake	1 square	70	33.45
500326 - RAINBOW RICE	CUP	50	28.16
000097 - RAISINS	1/4 cup	1	28.70
500160 - RANCH DRESSING	2 TBSP	50	3.50
000496 - Ranch Dressing, from mix	1 ounce	100	2.37
000877 - Ranch Parmesan Chicken an	serving	50	28.23
000605 - Ranch Parmesan Pasta Chic	serving	50	28.23
000478 - Ranch Style Potato Wedges	1/2 cup	50	27.77
000535 - Ranch Style Potatoes	1/2 cup	50	21.15
000672 - Ranch Style Potatoes -Cann	1/2 cup	50	11.12
000724 - Raspberry Vinaigrette FF	package	1	13.00
000146 - Red Beans: USDA	1/2 cup	24	17.83
500161 - REFRIED BEANS	1/3 CUP	50	12.19
000008 - Refried Beans: 1/2	1/2 cup	26	20.22
000817 - Refried Beans: 1/4	1/4 cup	51	10.31
000241 - Refrigerator Cheesecake	each	72	49.08
000712 - Rice - Microwave	1/2 CUP	50	49.99
000519 - Rice Krispy Treat, Purchased	1 bar	1	27.89
001000 - Rice Krispy Treats	EACH	24	33.09
001049 - RICE KRISPY TREATS:SEC	EACH	12	32.71
000710 - Rice Pilaf	1/2 cup	1	22.00

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Recipe	Portion Size	# of Portions	Carbs (g)
500162 - RICE PUDDING	1/4 CUP	50	17.49
500163 - RICE-VEGETABLE CASSE	2/3 CUP	50	19.62
000766 - Roast Beef	3 oz	105	1.00
000774 - Roast Beef Sandwich	serving	1	22.98
000692 - Roast Beef Sandwich Meal	serving	1	59.11
000597 - Roast Beef w/Gravy	serving	105	3.00
500322 - ROASTED FISH CRISPY SL	WRAP	50	36.67
500164 - ROLLS (YEAST)	EACH	50	29.80
000801 - Romaine Shredded: 1	1 cup	5.5	2.91
000110 - Romaine Shredded: 1/2	1/2 cup	11	1.46
000183 - Romaine Salad W/Grilled Chi	servings	6	37.07
000180 - Romaine Salad with Walnuts	cup	6	35.42
000787 - Romaine Spinach Salad: 1 c	1 cup	12	5.34
000889 - Romaine Spinach Salad: 1.5	1 1/2 cup	8	8.00
000139 - Romaine Spinach Salad: 1/2	1/2 cup	25	2.56
000748 - Romaine W/Dressing	1/2 cup	25	3.06
000632 - Rosey Applesauce	1/2 cup	100	15.37
000852 - Rosey Applesauce: 1	1 cup	50	30.75
500165 - ROYAL BROWNIES	SERVINGS	50	25.48
500166 - SALISBURY STEAK	SERVINGS	50	5.95
000390 - Salisbury Steak	1 steak	100	3.54
000312 - Salsa	1/4 cup	63	4.33
000543 - Salsa Chicken	serving	4	37.38
000883 - Salsa: 1 oz	1 oz	126	2.16
001051 - SALSА:COMMODITY	OZ	1	1.98
000521 - Salt Free Chicken Bake	1 serving	270	0.00
000698 - Sandwich Bar	sandwich	1	32.61
000464 - Sandwich Bun	bun	1	15.00
000868 - Sandwich Bun WW	bun	1	15.00
000588 - Sandwich Fixings	serving	1	3.00
000197 - Sandwich Wrap with Turkey	Each	1	24.06
000049 - Sauerkraut, Canned	1/4 cup	36.5	2.66
000561 - Sausage Biscuit	serving	1	21.83
000833 - Sausage Biscuit WG	serving	1	22.83
000467 - Sausage Dog	serving	1	24.00
000359 - Sausage Gravy	1/4 cup	70	1.80
000320 - Sausage Pancake on a Stick	each	56	23.00
000550 - Sausage Patty	patty	1	0.00
000471 - Sausage Pizza	slice	1	35.00
000511 - Sausage Pizza 4x6 rectangle	1 slice	96	35.00
000308 - Sausage Pizza 4x6, Tony's	5.19 oz slice	50	35.00
500167 - SCALLOPED POTATOES (1/2 CUP	50	24.68
500168 - SCALLOPED POTATOES;(F	1/2 CUP	50	18.73
500169 - SCRAMBLED EGGS	1/4 CUP	50	1.64
900001 - Seasoning Mix, Chili 8/11	serving	1	3.00
900002 - Seasoning Mix, Sloppy Joe 8/	serving	1	5.00
900004 - Seasoning Mix, spag/pizza 8/	serving	1	3.00
000731 - Select One	1	1	0.00

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Recipe	Portion Size	# of Portions	Carbs (g)
000706 - Sherbet - Orange Luigi	4 ounces	1	27.00
000707 - Sherbet - Raspberry	4 ounce	1	27.00
000708 - Sherbet -Lime Luigi's	4 ounces	1	27.00
000584 - Sherbet cup	4 oz cup	1	0.00
000534 - Shredded Lettuce	1/2 cup	1	1.07
000375 - Shredded Lettuce/Diced Tom	1/2 cup	100	1.81
000477 - Slaw Dressing	1 oz serving	32	8.53
000392 - Sliced Tomatoes	1 slice	1	3.57
000114 - Sloppy Joe on a Bun	EACH	50	24.01
500170 - SLOPPY JOE ON A ROLL	SERVINGS	50	35.93
000105 - Sloppy Joe: From Seasoning	Serving	61	7.81
500308 - SMOKED TURKEY & BEAN	1 CUP	50	13.63
500323 - SMOKIN' POWERHOUSE C	SERVING	50	37.49
000005 - Soft Taco Supreme	servings	50	24.91
000505 - Sour Cream	1 ounce	1	1.98
000205 - Sour Cream RF DF	ounce	75	2.12
000690 - Southwest Dip	1/2 cup	25	29.91
500172 - SPAGHETTI : BEEF & POR	1 CUP	50	34.23
500171 - SPAGHETTI AND MEAT SA	1 CUP	50	34.22
000759 - Spaghetti and Meat Sauce	1 CUP	50	34.30
000602 - Spaghetti Noodles	2 oz	32	41.73
000171 - Spaghetti Noodles WG	1/2 cup	180	18.22
000276 - Spaghetti Noodles WG: Elem	1/2 cup	100	32.80
000330 - Spaghetti Sauce: 1	1 cup	12	29.85
000646 - Spaghetti with Meat Sauce	8 ounces	100	40.90
500316 - SPANISH CHICKPEA STEW	CUP	50	37.92
000001 - Spanish Rice	2/3 cup	32	22.01
500173 - SPANISH RICE	1/3 CUP	50	13.69
500174 - SPICE CAKE	SERVINGS	50	36.91
000882 - Spice Cake :WW	SERVINGS	50	28.91
500131 - SPICE CAKE(NEW)	SERVINGS	50	29.24
500175 - SPICE ICING	2 TSP	50	9.40
500176 - SPICED APPLE TOPPING	1/3 CUP	48	21.70
000495 - Spicy Chicken Sandwich	sandwich	1	25.37
000200 - Spicy Chicken Sandwich Me	Each	1	54.00
500412 - SPICY ITALIAN POTATO C	1/2 CUP	50	31.05
990027 - SPICY SEASONED ALMON	1/4 CUP	100	8.63
000578 - Spicy Spuds	1/2 cup	50	17.84
000768 - Spinach Leaves Fresh: 1	cup	1	1.66
000860 - Spinach Leaves Fresh: 1/2	1/2 cup	1	1.66
000220 - Spinach Salad	3 ounces	50	9.84
000051 - SPINACH: frozen,boiled	CUP	1	9.12
000050 - SPINACH:canned	CUP	1	7.28
000640 - Spud Lite Potato Salad	1/2 cup	50	13.99
000881 - Squash Apple Casserole	1/2 cup	6	17.52
000850 - Squash Medly: 1/2	1/2 cup	25	2.97
000052 - SQUASH,SUMMER: boiled	CUP	1	7.76
000054 - SQUASH,WINTER: baked	CUP	1	18.14

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Recipe	Portion Size	# of Portions	Carbs (g)
000055 - SQUASH,WINTER: boiled	CUP	1	21.54
500324 - SQUISH SQUISH LASAGNA	SERVING	50	29.04
500406 - STAGECOACH SPAGHETTI	2/3 CUP	50	21.92
000082 - Steak and Gravy	1 Serving	100	5.64
000558 - Steak and Gravy II	1 Serving	100	21.47
000589 - Steak Biscuit	biscuit	1	28.00
000834 - Steak Biscuit WG	biscuit	1	29.00
000764 - Steak Breaded	1 Serving	100	19.37
000365 - Steak Nuggets	8 nuggets	100	16.56
000357 - Steamed Cabbage	1/4 cup	49	2.69
000576 - Steamed Cabbage: 1/2	1/2 cup	100	4.08
000802 - Steamed Cabbage: 1/4	1/4 cup	195	2.09
000585 - Steamed Squash:1/2	1/2 cup	25	3.94
000803 - Steamed Squash:1/4	1/4 cup	50	1.97
500318 - STIR FRY FAJITA CHICKEN	1.25 CUP	50	58.85
000240 - Stir Fry Vegetables: 1/2	1/2 cup	20	3.09
000847 - Stir Fry Vegetables: 3/4	3/4 cup	12	5.15
500300 - STIR FRY-RICE EGGS & HA	CUP	50	34.97
500177 - STIR-FRY SAUCE	3 TBSP	50	3.12
000866 - Strawberries Frz: 1/2	1/2 cup	1	33.05
000099 - Strawberries, Fresh	1/2 cup	1	5.84
000788 - Strawberries, Fresh: 1 cup	1/2 cup	1	5.84
000098 - STRAWBERRIES: frozen	CUP	1	66.10
000079 - Strawberry Cup:USDA	EACH	96	32.94
000039 - Strawberry Milk	carton	1	29.00
000075 - Strawberry Shortcake	EACH	70	62.02
000891 - String Cheese	stick	1	*N/A*
000581 - Stroganoff	3/4 cup	50	5.04
000446 - Stroganoff W/Noodles	3/4 cup	50	20.39
000036 - Stromboli	SERVINGS	50	31.25
000115 - Stromboli w/Turkey	EACH	100	30.76
500179 - STROMBOLI WITH TOMAT	SERVINGS	50	23.01
001056 - Sub Sandwich	EACH	1	24.00
000206 - Sub Sandwich Meal	EACH	1	69.63
000340 - Sugar Cookie WG	1 cookie	100	18.00
000747 - Sun Chips Garden Salsa	oz bag	1	19.00
000654 - Sun Chips Harvest Cheddar	oz bag	1	19.03
000746 - Sun Chips Original	oz bag	1	19.00
000378 - Sunn Dried Tomato Wrap	sandwich	1	35.00
500213 - SWEET AND SOUR PORK	3/4 CUP	50	19.31
500180 - SWEET AND SOUR SAUCE	2 TBSP	32	5.18
500307 - SWEET POTATO & BLACK	1 CUP	50	43.49
000545 - Sweet Potato Casserole	1/2 cup	72	31.87
000887 - Sweet Potato Casserole: 1/4	1/4 cup	144	15.93
000449 - Sweet Potato Crunch	1/2 cup	100	28.30
500182 - SWEET POTATO PIE	SERVINGS	50	37.13
000475 - Sweet Potato Wedges	serving	8	13.50
000056 - Sweet Potato, Baked	EACH	1	26.16

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Recipe	Portion Size	# of Portions	Carbs (g)
000808 - Sweet Potato, Baked: 1/2	EACH	1	13.08
500181 - SWEET POTATO- PLUM B	SERVING	50	46.48
000841 - Sweet Potatoes Candied	1/2 cup	24	34.14
000172 - Sweet Potatoes Fries	servings	80	22.94
000840 - Sweet Potatoes Mashed	1/2 cup	24	26.28
000349 - Syrup	2 TBSP	1	24.13
500183 - TABOULEH (tah-BUHL-lee)	3/4 CUP	50	26.96
000071 - Taco Filling: With Turkey Tac	SERVING	50	32.16
000533 - Taco Fixings	1 serving	1	8.38
000575 - Taco Fixings w/Salsa	serving	1	3.06
000870 - Taco Mixture	SERVINGS	50	2.33
500184 - TACO PIE WITH BEANS	SERVINGS	50	38.21
500185 - TACO PIE WITH SALAD TO	SERVINGS	50	27.23
500186 - TACO SALAD	SERVINGS	50	20.11
000123 - Taco Sauce	Each	1	1.03
000814 - Taco Sauce: 2	Each	1	2.06
000140 - Tacos with Chips	SERVING	50	21.04
000168 - Tacos with Chips - Secondar	SERVING	50	21.04
000104 - Tacos: From Seasoning Pac	Servings	50	6.04
000100 - Tangerines: 120 ct	EACH	1	11.21
500187 - TARTAR SAUCE	2 TBSP	32	7.94
500301 - TASTY TOTS	Serv. 6 Tots	50	31.66
500188 - TERIYAKI SAUCE	2 TBSP	50	9.58
000280 - Thanksgiving Holiday	0	1	0.00
500189 - THICK VEGETABLE SOUP	CUP	50	34.71
500190 - THOUSAND ISLAND DRES	2 TBSP	32	7.02
500191 - THREE BEAN SALAD	1/4 CUP	50	4.56
000755 - Tilapia	serving	42	0.98
000325 - Toast WW	oz	1	11.00
000838 - Toast WW and Jelly	slice	1	20.01
000836 - Toast WW Jelly and Margari	slice	1	20.01
000556 - Toasted Buns	each	1	16.81
000120 - Toasted Buns: 1/2	1/2 bun	1	7.50
000665 - Toasted Buns: Whole	Each	1	15.00
500192 - TOASTED CHEESE SAND	SERVINGS	50	16.00
500193 - TOASTED TURKEY HAM &	SERVINGS	50	34.42
000411 - Toaster Pastry	2 pastries	25	76.00
000839 - Toaster Pastry :1	1 pastry	50	38.00
000282 - TOFU BURGERS	6 1/30 OZ PATTY	50	41.80
000283 - TOFU FRIED RICE	1 1/4 CUP	50	35.98
000758 - Tomato Diced	1/4 cup	1	1.76
500194 - TOMATO SAUCE (MEATLE	2 TBSP	32	3.01
000128 - TOMATO SAUCE: scratch	2 TBSP	128	3.26
000504 - Tomato Slices	1/4 cup	1	1.57
000058 - TOMATOES: canned	CUP	1	20.64
000307 - Tony's Cheese Pizza 4x6	4.85 ounce	50	32.01
500195 - TOP PASTRY CRUST-STEAM	PIECES	50	7.79
000777 - Tortilla 8 inch ww	tortilla	1	22.00

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Recipe	Portion Size	# of Portions	Carbs (g)
000598 - Tortilla, WG, FRZ, USDA	tortilla	1	20.00
000709 - Tossed Salad W/Ranch	1/2 cup	25	4.29
500196 - TUNA AND NOODLES	CUP	50	33.15
000501 - Tuna Salad	1 cup	50	17.54
000630 - Tuna Salad in Pita Pocket	1 cup	50	18.21
000185 - Tuna Salad Plate	Each	1	24.12
500197 - TUNA SALAD SANDWICH	SERVINGS	50	34.41
000763 - Turkey & Cheese Sandwich	1	1	85.15
500051 - TURKEY A LA KING	3/4 CUP	50	16.34
000642 - Turkey and Dressing	SERVINGS	50	16.17
500198 - TURKEY AND DRESSING S	SERVINGS	50	18.31
000019 - Turkey and Gravy	servings	300	5.83
000842 - Turkey and Noodles	1 CUP	50	26.11
000418 - Turkey Baked	3 ounces	80	2.64
000189 - Turkey Barley Soup	Cup	12	18.59
000453 - Turkey Breast, USDA	3.20 oz	1	0.00
000454 - Turkey Breast: Deli Smoked	3.20 oz	1	0.16
000553 - Turkey Deli Sandwich	1 Sandwich	1	15.00
000445 - Turkey Ham and Cheese Wr	wrap	1	22.55
000126 - Turkey Pot Pie, ACS	2/3 cup	100	12.36
000218 - Turkey Rice Soup	1 cup	100	15.10
000173 - Turkey Roast: USDA A5	2 oz serving	52	1.78
000009 - Turkey Sandwich	EACH	1	22.00
000072 - Turkey Taco Meat: USDA	EACH	37	2.45
000212 - Turkey Tetrazinni	SERVINGS	50	28.98
000805 - Turnip Greens: 1/2	1/2 cup	50	6.49
000450 - Turnip Greens: 1/4	1/4 cup	100	3.25
000059 - TURNIP GREENS: boiled	CUP	1	6.28
000060 - TURNIPS: boiled	1/4 CUP	1	1.97
900007 - Tuscan Romaine Salad	1 cup	100	3.54
900008 - Tuscan Salad Dressing	1 oz	128	3.00
000234 - VACATION	EACH	1	0.00
500199 - VANILLA CREAM FROSTIN	1 1/4 TBSP	51	17.11
000515 - Vanilla Pudding, Instant	1/2 cup	35	27.05
000141 - Vanilla Pudding: 1	cup	12	51.68
000828 - Vanilla Pudding: 1/2	1/2 cup	24	25.84
000023 - Vanilla Wafers	8 cookies	1	21.00
000027 - Vegetable Beef Soup	1 cup	100	0.00
500200 - VEGETABLE CHILI	3/4 CUP	50	27.01
500317 - VEGETABLE CHILI BOAT	3/4 CUP	50	20.72
500201 - VEGETABLE LASAGNA	SERVINGS	50	31.15
500202 - VEGETABLE PIZZA	SERVINGS	50	34.07
500203 - VEGETABLE QUESADILLA	SERVINGS	50	25.77
500204 - VEGETABLE SOUP	CUP	50	11.52
000483 - Vegetable Soup, ACS	1 cup	100	19.77
500205 - VEGETABLE STROMBOLI	SERVINGS	50	22.28
500220 - VEGETABLE WRAPS	SERVINGS	50	33.78
001061 - VEGETARIAN BEANS	CUP	1	51.26

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Recipe	Portion Size	# of Portions	Carbs (g)
000289 - VEGETARIAN CHILI	2 CUPS	50	29.62
000174 - Veggie Pasta Salad	CUP	100	71.25
000463 - Veggie Sticks	3/4 cup	100	4.93
000279 - Veteran's Day	holiday	1	0.00
000564 - Waffles	serving	1	27.00
000697 - Waldo Cornbread	serving	100	10.09
500207 - WALDORF FRUIT SALAD	1/3 CUP	50	9.08
000277 - Waldorf Salad	1/4 CUP	100	9.91
000339 - Warehouse Squash Casserol	1/2 cup	25	17.17
000679 - Watermelon	1 cup	43	21.36
000101 - Watermelon	1/2 cup	1	12.08
500208 - WHIPPED TOPPING	2 TBSP	50	3.90
500209 - WHITE BREAD	EACH	50	17.11
000087 - White Cake LF	Servings	70	24.86
500219 - WHITE SAUCE: THICK	2 TBSP	32	3.89
500210 - WHITE SAUCE: THIN	2 TBSP	32	2.38
000352 - Whole Kernel Corn	1/2 cup	50	10.80
000888 - Whole Kernel Corn: 1/4	1/4 cup	100	5.40
000848 - Whole Kernel Corn: NS Cann	1/2 cup	50	5.72
000143 - Whole Wheat Bread	each	1	11.00
000867 - Whole Wheat Bread: 2	2 slices	1	22.00
000020 - Whole Wheat Rolls SM	2 oz rolls	300	33.08
000859 - Whole Wheat Rolls SM	1 oz rolls	600	16.54
000191 - Whole Wheat Rolls: 1 oz	roll	2	14.00
000880 - Whole Wheat Rolls: 2 oz	2 rolls	1	28.00
000924 - Whole Wheat Sandwich Brea	slice	1	11.00
000885 - Whole Wheat Sugar Cookies	EACH	50	28.40
500211 - WHOLE WHEAT SUGAR C	EACH	50	28.22
000715 - Yam Patty, Standard	servings	72	32.00
000327 - Yeast Rolls	1 roll	250	17.61
500212 - YELLOW CAKE	SERVINGS	50	31.66
000479 - Yogurt	4 oz container	1	22.10
000684 - Yogurt and Cereal	serving	1	45.20
000249 - Yogurt Parfait	Each	1	51.01
000898 - Yogurt Strawberry Bulk Pack	4 oz serving	1	19.48
000899 - Yogurt Vanilla Bulk Pack	4 oz serving	1	19.48
000053 - ZUCCHINI SQUASH: boiled	CUP	1	6.46

Legend: *N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

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