

Sweet Home Schools

Recipe Carbohydrates List

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No.	Description	Portion Size	Carbohydrates (Grams)
000001	cheese slice	each	0.29
000002	Spaghetti Sauce, recipe ,meat	6 oz	9.97
000003	Italian Dippers	6 oz	20.23
000004	caeser salad	ea	6.31
000005	lasagna rolls	each	15.99
000006	BREAD STICKS,PLAIN	each	6.84
000007	PINTO BEANS: cooked	CUP	44.84
000008	REFRIED BEANS: canned	CUP	36.32
000009	grilled cheese triple	each	38.81
000010	soft pretzel	2 oz	46.98
000011	CHICKEN NUGGET RTC BRD ORG W/D	ea.	12.00
000012	YELLOW BEANS: canned,cooked	CUP	6.89
000013	assorted fruit tray	.5cup	13.05
000014	deluxe panther burgers	ea	48.57
000015	chicken platter	3 oz	10.25
000016	whole wheat pretzel	2oz	0.00
000017	ice cream treat	3.5oz	*N/A*
000018	pork sausage	each	16.86
000019	cinnamon applesauce	.5	14.20
000020	mini pancakes	each	17.72
000021	whipped topping	.5oz	4.61
000022	CARROT STICKS	.5cup	11.69
000023	gelatin	4oz	16.09
000024	assorted pudding cup	3.33 oz	20.22
000025	CAULIFLOWER:fresh boiled	CUP	5.10
000026	strawberry whip	.5oz	14.96
000027	blueberry in a cloud	4oz	16.68
000028	ice cream treat	3.5oz	*N/A*
000029	ice juicce	bar	3.16
000030	chicken patty on a sesame roll	each	41.40
000031	2 hard shell tacos	each	19.93
000032	CORN ON THE COB: frozen,boiled	EACH	18.98
000033	beefy mac and cheese	5oz	14.67
000034	LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	17.58
000035	MUSTARD GREENS: frozen,boiled	CUP	4.67
000036	Shaved ham and cheese /pretzel	each	58.98
000037	big daddys pizza	each	38.99
000038	PEAS & ONIONS: frozen,boiled	CUP	15.53
000039	cheesey mashed potato	serving	14.95
000040	PEAS: frozen,boiled	CUP	22.82
000041	PICKLES,SWEET	EACH	7.40
000042	PICKLES,DILL SPEAR	EACH	0.91
000043	POTATO PUFFS: frozen,cooked	CUP	35.52
000044	BAKED POTATO	EACH	36.59
000045	sliced apples	oz	3.86
000046	baked lays	each	22.32
000047	Hodge Podge Platter	serving	20.50
000048	assorted juice tray	each	14.02
000049	SAUERKRAUT:canned	CUP	6.08
000050	SPINACH:canned	CUP	7.28
000051	SPINACH: frozen,boiled	CUP	9.12
000052	SQUASH,SUMMER: boiled	CUP	7.76
000053	ZUCCHINI SQUASH: boiled	CUP	6.46
000054	SQUASH,WINTER: baked	CUP	18.14
000055	SQUASH,WINTER: boiled	CUP	21.54
000056	SWEET POTATO, BAKED	EACH	23.61
000057	ice cream	each	26.37
000058	TOMATOES: canned	CUP	20.64
000059	TURNIP GREENS: boiled	CUP	6.28
000060	TURNIPS: boiled	1/4 CUP	1.97
000061	stuffed crust bread sticks	serving	22.70
000062	Italian Dressing	1oz	4.45
000063	APPLE JUICE:cnnd,unswtn,+vit C	4 fl.oz.	14.01

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No.	Description	Portion Size	Carbohydrates (Grams)
000064	APPLES,Fresh	EACH	19.06
000065	Sweet Home's Ranch Dressing	1 oz	1.76
000066	Caeser Salad Dressing	1oz	2.35
000067	Greek Dressing	1oz	0.90
000068	BANANAS	EACH	26.95
000069	Meatball Sauce	1 oz	1.78
000070	Macaroni and Cheese (6oz)	6 oz	29.95
000071	Spaghetti with Meat Sauce	6 oz	26.51
000072	Tuna Salad, lettuce on a Bun	servings	26.27
000073	Sloppy Joe on a Bun, gr beef	servings	30.55
000074	SALSA BISQUE (6-12)	8 oz	25.90
000075	Hot Ham sub w/ cheese & pep	1	23.15
000076	Mashed Potatoes	1/3 cup	13.62
000077	GRAPE JUICE: canned,unswtnd	4 fl.oz.	18.67
000078	GRAPEFRUIT JUICE: canned,unswt	4 fl.oz.	11.07
000079	Vegetarian Vegetable Soup	8 oz	5.34
000080	GRAPEFRUIT HALVES	1/2 EACH	10.34
000081	Ranch Dressing	1 TBSP	1.80
000082	Turkey Sub	1	46.65
000083	NECTARINES,FRESH	EACH	14.35
000084	ORANGE JUICE: canned,unswtnd	CUP	27.41
000085	ORANGES HALVES	1/2 EACH	7.70
000086	ORANGES	EACH	15.39
000087	Garlic Butter	serving	0.05
000088	PEACHES,FRESH	EACH	14.31
000089	Garlic Toast	1 sl	10.05
000090	PEARS,FRESH	EACH	25.66
000091	PINEAPPLE JUICE: canned,unswtn	CUP	32.18
000092	PINEAPPLE CHUNKS:canned,lt syr	CUP	33.89
000093	Chicken Tenders w/ Dip K-5 ser	3 pieces	13.93
000094	PLUMS,FRESH	EACH	7.54
000095	Chicken Tenders w/ Dip 6-12ser	4 pieces	17.97
000096	PRUNES: canned hvy syr	CUP	65.05
000097	RAISINS	CUP	114.81
000098	STRAWBERRIES: frozen	CUP	33.05
000099	STRAWBERRIES,FRESH	CUP	11.06
000100	TANGERINES,FRESH	EACH	11.74
000101	WATERMELON,CHUNKS	CUP	11.48
000102	Vegetable Soup, recipe (8oz)	8 oz	6.34
000103	Vegetable Soup, recipe (6oz)	6 oz	4.83
000104	Chicken Vegetable Soup, recipe	8 oz	10.62
000105	Chicken Vegetable Soup, recipe	6 oz	8.09
000106	Chicken Vegetable Soup w/ rice	6 oz	24.67
000107	Chicken Vegetable Soup w/ rice	8 oz	32.38
000108	Beef Vegetable Soup, recipe	6 oz	8.03
000109	Beef Vegetable Soup, recipe	8 oz	10.54
000110	Sloppy Joe on a Bun, gr pork	servings	30.55
000111	Gravy	1 oz	1.10
000112	Macaroni and Cheese (8oz)	8 oz	44.92
000113	Meatball sub w/ cheese & sauce	serving	53.18
000114	Hamburger on a Bun	serving	36.00
000115	Cheeseburger on a Bun	serving	27.71
000116	Rice, seasoned (K-5)	#10 scoop	19.98
000117	Rice, seasoned (6-12)	#8 scoop	26.74
000118	Baby Carrots with Dip	serving	7.13
000119	Glazed Carrots (K-5)	1/3 cup	5.26
000120	Glazed Carrots (6-12)	1/2 cup	8.65
000121	Cheese Sauce, recipe	1 oz	4.54
000122	Broccoli w/ cheese sauce (K-5)	1/3 cup	6.00
000123	Broccoli w/ cheese sauce (6-12)	1/2 cup	10.14
000124	Open Faced Turkey Sandwich K-5	serving	18.56
000125	Open Faced Turkey Sandwich6-12	serving	31.21
000126	Turkey and gravy (K-5)	4 oz spoodle	5.03

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000127	Turkey and gravy (6-12)	6 oz spoodle	8.10
000128	French Toast Stick	4 pcs	42.00
000129	Spaghetti Meat Sauce	6 oz	5.42
000130	Tossed Garden Salad	3/4 cup	4.75
000131	Tossed Salad Greens	3/4 cup	4.33
000132	Pizza Sub w/ cheese & pepperon	serving	51.56
000133	Pizza sauce, recipe	1 oz	3.37
000134	Ham sub w/ cheese & lettuce	serving	26.92
000135	Ham sub w/ cheese & lettuce	serving	48.66
000136	Chicken salad	1/3 cup	463.60
000137	Baked Potato Soup	8 oz	20.78
000138	Beef Vegetable Soup w/ barley	8 oz	10.56
000139	SALAD, TOSSED: no dressing	CUP	7.19
000140	Beef Vegetable Soup w/ barley	6 oz	8.04
000141	Chili Soup	8 oz	19.03
000142	Cream of Broccoli	8 oz	32.29
000143	Cream soup base	10 gal	4851.44
000144	SALSA BISQUE (K-5)	6 oz	19.43
000145	NO SCHOOL TODAY	SERVING	0.00
000146	French Onion Soup	6 oz	7.62
000147	French Onion Soup	8 oz	10.00
000148	Minestrone Soup	8 oz	17.77
000149	CHEESEBURGER ON A BUN	EACH	21.72
000150	Chicken Salad, recipe	#12 scoop	13.20
000151	Turkey Salad, recipe	#12 scoop	13.20
000152	Turkey salad wrap	each	34.88
000153	HOLIDAY	SERVING	0.00
000154	Navy Bean Soup, recipe	6 oz	25.03
000155	Navy Bean Soup, recipe	8 oz	32.85
000156	NO LUNCH	SERVING	0.00
000157	Garfield Bread	1 each	38.39
000158	Spaghetti Sauce, recipe	6 oz	9.97
000159	Buttered noodles	1/2 cup	51.97
000160	Split Pea Soup	6 oz	12.91
000161	HAMBURGER ON A BUN	SERVING	21.26
000162	HOT DOG ON A BUN:turkey hot	SERVING	23.34
000163	Cream of Tomato Soup	6 oz	21.52
000164	Taco Seasoning, recipe	serving	1.60
000165	Taco Meat, recipe	1/4 cup	4.46
000166	Meat and cheese Taco	each	18.11
000167	NO BREAKFAST	SERVING	0.00
000168	Meat and cheese Taco w/lettuce	each	18.64
000169	BBQ Sauce, recipe	1 oz	13.56
000170	Vegetable Pasta Salad w/ squ	3.25 oz cup	20.47
000171	Vegetable Pasta Salad w/ cuc	3.25 oz cup	20.49
000172	Tuna Salad, on Crossiant	#12 scoop	28.86
000173	Spaghetti with Meatballs	6 oz	26.51
000174	Spaghetti w/ Meatballs,sec	serving	46.86
000175	Toasted Cheese Sandwich	serving	23.60
000176	Toasted Cheese Sandwich, sec	1.5 sandwiches	35.39
000177	Rice and Spanish Sauce, recipe	4 oz	44.41
000178	Pulled pork on a bun	#16scoop(1/4C)	32.09
000179	Salad Dressing, Italian	1 Tbsp	2.22
000180	Pizza, cheese, recipe	serving	28.04
000181	Pizza, cheese, recipe,secondar	serving	28.37
000182	Pizza, cheese/pep, recipe	serving	28.07
000183	Pizza, cheese/pep, recipe,sec	serving	28.40
000184	Spicy Chicken Wrap	serving	39.25
000185	Spaghetti w/ Meatballs, elem	serving	32.74
000186	Honey BBQ Beef Rib on bun	serving	36.72
000187	Meat and Cheese Taco	serving	16.56
000188	Meat and Cheese Taco w/ lettuc	serving	16.83
000189	Nacho Grande (Cheese)	serving	31.50

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No.	Description	Portion Size	Carbohydrates (Grams)
000190	Nacho Grande (meat)	serving	21.67
000191	Spicy Chicken w/ che/let on bu	serving	33.35
000192	Chicken Patty w/ cheese on bun	serving	35.48
000193	Spicy Chicken w/ let on bu	serving	37.65
000194	Chicken Tender Sub	serving	54.52
000195	Chicken Tender wrap	serving	31.05
000196	Breakfast Burrito w/ E&S	serving	22.10
000197	Breakfast Burrito w/ E/S/C	serving	21.88
000198	Cheese Omelet	serving	1.92
000199	Cheese Omelet on Croissant	serving	25.77
000200	Cheese Omelet w/ Saus on Cro	serving	42.03
000201	Egg, ham, & Cheese on Cro	serving	26.06
000202	Hotdog on bun	serving	26.21
000203	Peanut butter and Jelly, sec	1.5 sandwich	53.89
000204	Peanut butter and Jelly, ele	sandwich	43.84
000205	Fruit & Nut Trail Mix	1/4 cup	9.92
000206	Assorted Meat Sub	serving	44.81
000207	Baked Pasta w/ meat sauce &che	#8 scoop	14.73
000208	Baked Ronti w/ meat sauce	6 oz spoodle	19.25
000209	Baked Rotini w/ meat sauce	#8 scoop	14.44
000210	COWBOY COOKIES: 1 each	COOKIES	26.36
000211	GINGER COOKIES	EACH	28.88
000212	cherries jubilee	4oz	20.13
000213	cherries with pudding and top	4oz	18.47
000214	strawberry cup	4oz	29.28
000215	soft shell taco	each	24.12
000216	panther bagel	each	39.95
000217	SUGAR COOKIES	EACH	21.47
000218	fruit parfait	4 oz	28.04
000219	cherry whip	4oz	28.77
000220	pre cooked bacon slice	each	0.00
000221	BUTTER: individual	PAT	0.00
000222	KETCHUP: individual	Pkt 6g	1.51
000223	MUSTARD: individual PC	Pkt 5g	0.27
000224	RELISH: individual PC	PC packet	2.68
000225	SALAD DRESSING, Assorted	TBSP	1.74
000226	MILK, Whole	HALF PINT	11.71
000227	MILK, 2% Chocolate	HALF PINT	30.33
000228	MILK, 1% Chocolate	HALF PINT	26.10
000229	MILK, 2% Lowfat	HALF PINT	11.71
000230	MILK, 1% Lowfat	HALF PINT	12.18
000231	MILK, Skim	HALF PINT	12.15
000232	CRACKERS	4 EACH	8.92
000233	CRACKERS, GRAHAM	4 EACH	43.55
000234	VACATION	EACH	0.00
000235	sun chips	each	22.32
000236	chicken finger bar b que rib	2oz	13.72
000237	Chicken Caesar Salad	10oz	34.90
000238	soft pretzel	ea	58.00
000239	blueberries	4oz	24.89
000240	cherries with whipped topping	4oz	26.01
000241	cinnamon apple slices	4oz	15.42
000242	chicken finger sub	each	46.59
000243	chicken caesar salad plate	each	35.54
000244	baby carrots	oz	2.00
000245	FRUIT, FRESH ASSORTED	EACH	18.87
000246	FRUIT JUICE, ASSORTED	4 fl.oz.	15.62
000247	APPLESAUCE: cnnd, unswtnd, +vit C	.5cup	27.50
000248	APRICOTS: canned, light syrup	CUP	41.72
000249	chef salad	4 oz	3.39
000250	ASPARAGUS: fresh, boiled	CUP	7.40
000251	BANANA SLICES	CUP	34.26
000252	BEET GREENS: boiled	CUP	7.86

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000253	BEETS: canned	CUP	12.26
000254	BLACK-EYED PEAS:from dry,boil	CUP	35.50
000255	BLUEBERRIES,Fresh	CUP	21.45
000256	BROCCOLI,raw: fresh	CUP	6.04
000257	BROCCOLI: fresh, boiled	CUP	11.20
000258	BROCCOLI: frozen, boiled	CUP	4.92
000259	CABBAGE: boiled	CUP	8.27
000260	CARROTS: canned, cooked	CUP	8.09
000261	CARROTS:frozen, boiled	CUP	11.29
000262	CARROTS: fresh, boiled	CUP	12.82
000263	citrus fruit tray	4 oz	13.60
000264	CAULIFLOWER,raw: fresh	CUP	4.97
000265	CAULIFLOWER: frozen,boiled	1/2 CUP	3.38
000266	whole wheat roll	each	21.00
000267	CELERY STICKS	CUP	3.56
000268	CHERRIES,Fresh	CUP	22.09
000269	whole wheat pasta	2oz	41.00
000270	CORN: canned, yellow	CUP	15.42
000271	CORN: frozen, yellow	CUP	31.65
000272	CRANBERRY SAUCE: canned,swtnd	CUP	107.75
000273	CREAMED CORN: canned	CUP	46.41
000274	EGGPLANT: boiled	CUP	8.64
000275	breadstick	each	28.00
000276	spaghetti whole wheat	2oz	15.06
000277	high school assorted milk	8oz	28.83
000278	Big Daddy's 16" Pizza	8th of pizza	*N/A*
000279	big daddys	each	43.00
000280	pizza big daddys	each	43.00
000281	LENTIL BURGERS	1 5 OZ PATTY	41.76
000282	TOFU BURGERS	6 1/3 OZ PATTY	38.46
000283	TOFU FRIED RICE	1 1/4 CUP	35.89
000284	CHICKPEA BALLS	4 1/2" BALLS	35.63
000285	GARBANZO BEAN BURGERS	2 (4 OZ) PATTY	39.23
000286	HOT AND SOUR SOUP	3/4 CUP	1.95
000287	chicken nuggats	3.3 oz	9.13
000288	LENTIL SOUP	1 1/2 CUPS	40.86
000289	VEGETARIAN CHILI	2 CUPS	35.58
000290	MEXICAN SUCCOTASH	1 1/4 CUPS	14.09
000291	HEARTY MACARONI DINNER	2 1/2 CUPS	58.88
000292	APPLE/CARROT/RAISIN/SALAD	1 3/4 CUPS	68.06
000293	CABBAGE SAUTE	3/4 CUP	25.54
000294	CHICKPEA SALAD SANDWICH	4 OZ	38.94
000295	CORN CHOWDER	2 CUPS	55.81
000296	RICE BURGERS	1 (6 OZ) PATTY	40.04
000297	RAINBOW SALAD	1 CUP	32.94
000298	TURKISH BULGUR DISH	1 CUP	14.10
000299	spi/chicken patty whole wheat	each	55.00
000300	chicken patty on awhole roll	each	36.00
000301	Julienne Slad	each	15.05
000302	mashed potato simplot	.5cup	13.64
000303	Turkey hotdog onwhole wheat	each	37.00
000304	chicken caeser pita plate	each	53.04
000305	beef stroganoff	5 oz	31.92
000306	Salt potatoes	.5cup	8.91
000307	fruit crisp	4oz	10.45
000308	apricot frozen cup	4oz	30.37
000309	spicy ricey	1/2 cup	22.48
000310	Nardones 4x6 pizza 100% cheese	ea	35.05
000311	raspberry churro	equal	13.49
000312	apple churro	equal	13.50
000321	BAGELS,CINNAMON-RAISIN	1 EACH	39.19
000322	CREAM CHEESE	1 TBSP	0.59
000323	OATMEAL	CUP	31.12

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000324	TOAST, WHITE BREAD	SLICE	12.01
000325	TOAST,WHOLE-WHEAT BREAD	1 SLICE	12.79
000326	TOAST, MIXED GRAIN BREAD	SLICE	11.35
000331	GRITS, PLAIN	1 CUP	37.93
000344	SUGAR PACKET	1 TSP	4.20
000345	JELLY	1 TBSP	14.69
000347	BAGELS,PLAIN,ENRICHED	1 EACH	35.86
000349	SYRUP,PANCAKE	1 TBSP	12.06
000353	ENGLISH MUFFINS,PLAIN,TOASTED	1/2 EACH	13.69
000355	BISCUITS: PLAIN,PURCH (2.5")	EACH	16.98
000356	APPLESAUCE,SWEETENED	1 CUP	43.03
000367	TOAST,RAISIN	1 SLICE	13.66
000368	FRENCH TOAST STICKS	1 SERVING	56.82
000369	HASH BROWN POTATOES	1/2 CUP	21.92
000370	EGG,HARD-BOILED	1 EACH	0.56
000377	CUCUMBER,RAW	1 OZ	0.61
000413	COLLARDS: frozen	CUP	12.07
000419	FRUIT COCKTAIL:canned,lt syrup	CUP	36.13
000420	FRUIT SALAD: canned,lt syrup	CUP	82.26
000421	GRAPEFRUIT SECTIONS:cnd,juice	CUP	22.93
000422	GRAPES,Fresh	CUP	15.78
000423	GREAT NORTHERN BEANS: from dry	CUP	37.33
000424	GREEN BEANS: canned,cooked	CUP	6.08
000425	GREEN BEANS: fresh,boiled	CUP	9.85
000426	GREEN BEANS: frozen,boiled	CUP	8.71
000427	KIDNEY BEANS: canned,drained	CUP	37.12
000428	LIMA BEANS: canned,cooked	CUP	31.83
000429	MASHED POTATOES:flakes,milk+but	CUP	22.83
000430	MELON BALLS: frozen	CUP	13.74
000431	MIXED FRUIT: frozen,sweetened	CUP	60.58
000432	MIXED VEGETABLES: canned,ckd	CUP	15.09
000433	MIXED VEGETABLES:frozen,boiled	CUP	23.82
000435	NAVY BEANS: from dry,boiled	CUP	47.41
000436	OKRA: frozen,boiled	CUP	10.58
000437	PEACHES: canned,light syrup	CUP	36.52
000438	PEARS: canned,light syrup	CUP	38.08
000439	PEAS & CARROTS: frozen,boiled	CUP	16.19
000444	PLUMS: canned,light syrup	CUP	41.03
000484	FRENCH FRIES: deep fry	1 OZ	11.22
000487	FRENCH FRIES: oven heat	2.5 OZ	35.37
000489	MILK - Variety	HALF PINT	21.92

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