

## Carbohydrate List

Item	Portion	Recipe #	Carb Grams	Cal	Fat	Sat Fat	Vit A (%)	Vit C (%)	Iron	Fiber
<b>Bread and Grain</b>										
Bagel	1 half	175600	23.5g	110	1	0	0	0	7.5	1
Buddy Boy Bun-Klosterman	1	K	33g	190	3.5	0.5	0	0	10	2
Cracker, whole grain -Keebler	2 cr.	311588	3g	30	2	0	0	0	0	0
Dinner Roll -Klosterman	1	3915	17g	85	2.1	0.5	0	0	0.89	0.9
Garlic toast	1 sl	788414	15g	163	10	2	11	0	5	0
Hamburger bun-Multi-Grain-Klosterman	1	K	19.2g	113	2.6	0.6	0	0	1.7	1.6
Hot dog bun- white-Klosterman	1	K	21.6g	123	2.2	0.5	0	0	1.36	
Macaroni	2 oz	110750	9.5g	49.5	0	0	0	0	1 mg	0
Rice	2 oz	473191	11.2g	54	0.5	0.1	0	0	0.2	0.86
Rotini, cooked w/broth	2 oz	110790	9.5g	50	0.5	0	0	0	0.5	0
Rotini, cooked w/broth	2 oz	110810	9.5g	50	0.5	0	0	0	0.5	0
Soft Pretzel (2 pretzels=grain)	2	542512	32	140	2	0	0	0	12	2
Soft Tortilla	1	331031	19.5g	114	2.5	0.4	0	0	1.15	1.2
Spaghetti	2 oz	110810	9.5g	49.5	0.5	0	0	0	3	0
Stuffing Mix (prior to preparation)	1.1 oz	220744	23g	120	2	0	0	0	6	1
Taco Shell (hard)	1	356510	21g	150	6	2	0	0	4	2
Tortilla Chips	9	163020	18.9g	144	6.3	1.8	0	0	0	0.9
Wheat bread-Klosterman	2 sl	K	24.8g	138	2.4	0.6	0	0.2	1.84	3.8
Wheat Hoagie Roll-Klosterman	1	K	27g	140	2	0	0	0	10	4
White bread-Klosterman	2 sl	K	24.8g	134	1.8	0.4	0	0	1.52	1.2
<b>Vegetables</b>										
American Blend Lettuce	1.5 oz	451720	0.5g	1	0	0	4	2	0	0
Asparagus	2 oz	530395	1g	6.6	0	0	3.3	8.3	<.5	<.5
Baked Potato (3 oz)	1	108300	21g	93	0	0	0	18	2	6
Beans Refried	2 oz	120540	5g	22	0	0	3.5	2		
Beans Veg	2 oz	120530	10g	44	0	0	0	0	7	4
Broccoli 2oz	2 oz	119245	3g	15	<1	0	23.4	53.4	2.5	2
Brussel Sprouts	3 sprouts	426288	4g	23.5	0	0	1.5	45	1.5	1.5

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Cal.Blend-Broc.,Calif.,Carrots	2oz.	323233	2g	7.5	0	0	5	8.5	<1	0.5
Carrots & Peas 2oz.	2 oz	119458	5g	25	0	0	15	3	2	1.5
Carrots fzn	2 oz	150390	3g	13	0	0	64.5	1.5	1%	1 g
Cauliflower	2 oz	285600/11 9326	1.5g	8	0	0	0	27	1	1
Cole Slaw	2oz.	293148	1.6g	7.5	0	0	16.5	14	<1	0.5
Corn frz 2oz	2 oz	120490	7g	33	0	0	1	2	0	1 g
Fresh Carroteenies	1 pkg	613967	3	12	0	0	159	4	1%	1
Glazed Carrots 2oz.	2 oz	118915	3g	14.5	0	0	89.5	1	0.5	1
Green Beans #10 - 2oz	2 oz	110730	4g	7	0	0	1	2	0	0
Mashed Potatos	2 oz	613738	44.5g	220	2.9	0.5	0	17	3.5	4
Mixed Veg. 2oz	2 oz	283771	6g	30	0.5	0	15	3	1	1
Peas Frz - 2oz	2 oz	110510	3.5g	21	0	0	1	14.5	1 mg	1 g
Potato Smiles	2 oz	228818	16g	107	4	<1	0	4	0	1
Potato Wedges	2oz.	110570	5.75g	45	2	1	0	2.5	0.5	0
Shredded Carrot	1 oz	198161	5.7g	23.4	0	0	137	5	0.6	1.7
Shredded Lettuce 1oz	1 oz	678791	<.5g	1	0	0	<1	<1	<1	<1
Spinach	2 oz	300713	2.5g	14	0	0	37.5	6.5	0.5	1
Spring Mix Lettuce	.5 oz	173500	1.7g	10	0	0	23	17	3.4	1
Succotash	2 oz	527157	8.8g	14.4	<.5	0	<.5	4.4	1.6	1.2
Sweet Potatoes	2 oz	161070	12g	53	0	0	36	7	2	1
Tomato Sauce for Pasta	2 oz	111280	4.5g	20	0	0	350	6	1	1
Tomato Soup 4oz.	4 oz	101427	19g	90	1	1	8	8	2	2
Turnip Greens	2 oz	221988	1.5g	12.5	0	0	16.5	3.5	1.5	1
Veg Soup 4oz.	4 oz	102059	14g	80	1	0	25	0	10	3
Winter Blend	2 oz	285770	1.3g	6.3	0	0	0.6	13.67	1	0.67
Yellow Squash	2 oz	510408	1.2g	6.8	0	0	0	0	<.5	<.5
Zucchini	2 oz	533734	1.2g	5.6	0	0	<.5	2.8	<1	<.5
<b>Fruit</b>										

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Cherries frz comm*	2 oz	154020	14.5g	57.8	0.1	0	122.5RE	.02 mg	0.23	1.35
Apple (fresh)*	1 med	597481	16g	81	0.5	0.1	7RE	8 mg	0.25	3.7
Apple (fresh)*	3 slc.	597481	8g	40.5	0.3	0.05	3.5RE	4 mg	0.125	1.85
Apple Slices comm	2 oz	120500	5g	25	0	0	0	0	1%	0
Apple Slices frz comm	2 oz	150370	5g	25	0	0	0	0	1%	0
Applesauce comm	2 oz	120510	12.5g	48.5	0	0	0	2	1.5%	1 g
Apricot #10 comm	2 sl.	110840	13	50	0	0	5	3	1%	1 g
Banana (fresh)*	1 med	201006	26.7g	105	0.5	0.2	9RE	10mg	0.35	2.7
Crushed Pineapple	2 oz	110720	8.0g	50	0.1	0	0.8	5mg	0.24	0.5
Diced Pears in syrup*	2 oz	110700	12.2g	47.3	0.8	0	0	0.8	0.14	1
Fruit Mix #10 -comm	2 oz	120520	12 g	46	0	0	2.5	73.5	1.5%	.5 g
Grapes-Red or White	2 oz	197831	4g	15.5	0	0	0.5	1.5	0.5	0.25
Kiwi	2 oz	287008	8g	35	0	0	2.3	93.5	1.5	2.3
Mandarin Oranges in light syrup*	2 oz	117897	10.2g	38.5	0.1	0	53	12.5	0.24	0.45
Orange (fresh)*	1 med	198005	14.4g	59	0.4	0	28RE	59mg	0.11	0
Orange (fresh)*	3 slc.	198005	7.2g	29.5	0.2	0	14	29.5mg	0.06	0
Orange Juice comm	4 oz	251390	13g	56	0	0	1	82	1%	0
Peach Cup, comm	4 oz	232470	29	117	0	0	4	195	2.0%	2 g
Peaches cling Diced -comm	2 oz	110700	9.25g	34	0	0	4.5	2.5	1.3%	.5 g
Peaches in syrup*	2 oz	110700	12.8g	47.3	0.8	0	21RE	1.75mg	0.17	0.83
Pears Diced Comm	2 oz	110690	9.5g	35.8	0	0	0	1	1%	.5 g
Pears Sliced comm	2 oz	110680	9.5	35.8	0	0	0	1	1%	.5 g
Pineapple Tidbits*	2 oz	201367	8.5g	50	0.1	0	0.8	5mg	0.24	0.5
Sliced Pears in syrup*	2 oz	110680	12.2g	47.3	0.8	0	0	0.8	0.14	1
Tropical Fruit Salad insyrup*	2oz	614556	10.5g	55	0.1	0	8.5	11	0.34	0.85
<b>Protein Sources: Beef, Poultry, Cheese, Beans, Fish, Egg, Pork</b>										
4 Meat Balls	4	203710	6g	181	11	4	0	1	11	1

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BBQ Riblette-comm	1	451410	11g	212	13	5	4	2	11	1
Beans Veg	2 oz	120530	10g	44	0	0	0	0	7	4
Bosco Breadstick Cheese Filled	1	432180	24g	210	7	4	4	0	2	1
Cheese Quesadilla	1	200190	30g	390	24	13	10	60	0	3
Chicken & Cheese Quesadilla	1	341910	33g	331	13	5	3	0	8	2
Chicken Hip Dipper	1	344140	14g	240	12	3	0	0	2	1
Chicken Nuggets	5	150220	13g	267	17	5	2	0	7	1
Chicken Nuggets Heart Shaped	4	E.B.L.	1g							
Chicken Patty	1	344320	15g	240	14	3	1	0	8	2
Chicken Tender	3	150140	15g	240	14	3	1	0	8	2
Chili (coney -1oz, spaghetti- 2oz)	2 oz	704717	4.5	130	10	4.25	14.75	4	6.25	1
Corn Dog on a Stick	1	210323	22g	250	14	5	2	0	0	15
Deli Turkey	2 oz	442763	1g	46	0.5	0	0	2	2	0
Fish square	1	576255	16g	170	7	1	1	0	0	6
French Toast (Farm Rich)	1ea	176550	13g	90	3	1	0	0	4%	0
French Toast/- Commodity (Michael)	3 ea	240110	27.75	172	4	1	200	0	4%	1
Hamburger Patty	3 oz	105880	2g	154	9	4	1	0	9	1
Hot Dog	1	143545	3g	150	12	3	0	0	5	0
Macaroni & Cheese	6 oz	150260	23g	350	22	14	29	0	6	1
Meat Sauce comm	6 oz	106340	9.5	195	9.6	4.3	12	31	14	2.2
Mini Corn Dogs	5	210358	27g	315	18	4.5	1.5	0	0	15
Mozz cheese sliced*	1 oz	150270	0.7	90	7	4.4	78RE	0	0.06	0
Mozz String Cheese*	1 ea	529581	0	80	6	3.5	200RE	0	0	0
Papa Johns Cheese Pizza 14" Elementary/Middle	1sl		39g	300	11	3.5	8	6	10	2
Papa Johns Pepperoni Pizza 14" Elementary/Middle	1sl		38g	310	13	4	10	6	20	2
Papa Johns Cheese Pizza 16" Jr. High/Sr. High	1 sl.									

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Papa Johns Pepperoni Pizza 16" Jr. High/Sr. High	1 sl.									
Pepperoni*	1 slice		0.2g	30	2.6	1	0	0	0.08	0
Philly Cheese Steak (meat)	2 oz	373860	1.5g	82	3	1.5	1	1	11	1
Pizza Dipper	4-Jan	208264	30	340	16	6	8	0	6	0
Pork Patty	1	460100								
Sausage Patty or link	2	109000	0g	85	5	2	0	0	0	2
Shredded Cheddar Cheese-comm	1 oz	150250	<.5g	67	5.5	3.5	2.8	0	3	0
String Cheese (GFS)	1 oz	470732	0g	80	5	3	4	0	0	0
Taco Meat-JTM comm	2 oz	454230	2.6g	80	4	1.3	8	2	7.5	1.3
Turkey in Gravy	5.33 oz	202140	3g	35	1	0	0	0	0	0
Turkey Roast	2 oz	110560	1g	48.9	0.5	0	0	0	1	0
Uncrustable PB&J (Grape)	4.8 oz	109430	54g	574	32	6	0	0	15	6
Uncrustable PB&J (Strawb.)	4.8 oz	352720	54g	574	32	6	0	0	15	6
Whole Wheat Cheese Pizza	1	437430	31g	270	10	4	4	10	0	30
Whole Wheat Pep. Pizza	1	437440	31g	270	10	4	4	6	0	15
Yellow Cheese sliced	1 oz	334450	2g	106	8.9	5.6	343RE	.01mg	0	27
<b>Milk - Meyer Dairy</b>										
*Fat Free Milk 8 oz	8 oz		13g	86	0.4	0.3	10	0.09	0.1	0
*Low Fat (1%) Milk 8oz	8 oz		13g	102	2.6	1.6	10	4	0.12	0
* Low-Fat Chocolate Milk 8oz	8 oz		27g	158	2.5	1.5	10	2	0.6	0
*Low-Fat Strawberry Milk 8 oz.	8 oz		31g	170	2	1.5	10	4	0	0
<b>Snacks</b>										
Dannon Yogurt Strawberry	4 oz	101796	20g	130	3	2	2	0	0	0
Trix Yogurt Rasp Rainbow	4 oz	551770	23g	120	2	1	10	0	0	0
Trix Yogurt Strawbanana	4 oz	551760	23g	120	2	1	10	0	0	0
Trix Yogurt Watermelon Burst	4 oz	551781	23g	120	2	1	10	0	0	0
<b>Ice Cream - Trauth 2006-07</b>										
Chocolate/Strawberry Sundae Cup	3 oz	7781	13g							

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<i>Fudge Bar</i>	3 oz	7381	24g 25g							
<i>Mini Moo</i>	3 oz	7463	15g							
<i>Orange Creamsicle</i>	3 oz	7325	16g/17g							
<i>Vanilla Cup</i>			16g							
Vanilla Sandwich			16g							
<b>Sauces, Dressings &amp; Gravy</b>										
BBQ Sauce	1 pkt	294659	4g	17	0	0	0	1	1	0
Cheese Sauce Cup (2=meat alt.)	2 cups	219130	10g	316	22	14	16	0	4	0
Cheese Sauce (from #10 Can)	2 oz	184280	3.5g	39.5	3	0.5	0	0	0	0
Chicken Broth KE (2oz Liquid)*	.25tsp	160790	.5g	15	1	<.5	0	0	0	0
GFS French Dressing 1 pkt	1 pkt	187186	2g	48	4	1	0	0	0	0
GFS Italian Dressing 1 pkt	1 pkt	187194	1g	10	1	0	0	0	0	0
GFS Ranch Dressing 1 pkt.	1 pkt	160080	1g	66	7	1	0	0	0	0
Gravy	1 tbsp	2990025	6g	35	1	0	0	0	0	0
Honey Dip 1 pkt	1 pkt	771953	8g	28	0	0	0	0	0	0
Honey Mustard 1 pkt.	1 pkt	160040	4g	74	6	1	0	0	1	0
Ketchup 1 pkt.	1 pkt	272086	3g	11	0	0	1	1	0	0
Margarine	1 tbsp	113271	0g	101	11	1.8				
Marzetti Caesar 1.5floz	1.5 oz	554758	2g	216	23	4	1	1	1	0
Marzetti FF Italian 1.5 floz	1.5 oz	549584	5g	24	0	0	2	4	0	0
Marzetti Honey French 1oz.	1 oz	554677	9g	141	12	2	2	1	1	0
Marzetti Lite Italian 1.5fl oz	1.5 oz	456152	4g	21	1	0	0	1	0	0
Marzetti Ranch 1floz.	1 oz	537705	1g	154	16	3	0	0	0	0
Mustard 1 pkt.	1 pkt	109908	1g	10	0	0	0	0	0	0
Pancake syrup 1 pkt.	1 pkt	160090	31g	123	0	0	0	0	0	0
Pizza dipping sauce 1 pkt	1 pkt	130834	4g	17	0	0	2	5	1	1
Salsa*	1oz	452841	2g	10	0	0	100RE	0	0	0
Spaghetti Sauce 2oz.	2 oz	11280	4.5g	20	0	0	7.5	5	2	0.5
Taco Sauce 1 pkt	1 pkt	420697	2g	28	0	0	0	0	0	0

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Tartar Sauce 1 pkt	1 pkt	159980	2g	37	3	1	0	0	0	0
<b>Breakfast Items</b>										
Apple Cinnamon Muffin	1.8 oz	576999	23g	170	7	2	0	0	4	0
<i>Apple Granola Bar-GFS</i>	1 ea	369330	33g	190	6	1	20	20	25	0
Bagel Stix-GFS	2.5 oz	388096	31g	190	6	3	2	0	8	3
Banana Nut-Muffin	1.8 oz	576972	22g	180	7	1	0	2	4	0
Biscuit - GFS	1	609293	29g	220	10	3	0	0	8	1
Blueberry-Muffin	1.8 oz	577006	26g	192	9	1	1	0	4	1
Blueberry-Toaster Pastry	1 ea	765562	37g	200	5	1	10	0	10	1
Cheerios Honey Nut	1	509396	22g	110	2	0	8	8	20	1
Cherry-Toaster Pastry	1 ea	862347	38g	200	5	1	10	0	10	1
Crispix	1	600385	18g	80	0	0	6	6	30	0
Kix	1	600407	14g	70	1	0	6	6	25	0
Pizza Cinnamon Tastries-GFS	2.5 oz	828289	37g	248	9	1	1	0	16	1
Rice Krispies	1	233005	16g	70	0	0	4	4	4	0
Sunflower Seeds-GFS	1oz	504180	5g	170	15	2	0	0	6	2
Syrup Cups	1	160090	31g	123	0	0	0	0	0	0
<b>Fresh and Dairy</b>										
Baby Carrots	1 oz	613967	3g	12	0	0	159	4	1	1
On-Top Dairy Topping	2 tbsp	330442	2g	25	2	2	0	0	0	0
On-Top Dairy Topping(sugar-free)	2 tbsp	699101	2g	25	2	2	0	0	0	0
Pudding (chocolate)	2oz.	163554	13g	72	2	0.5	0	0	0.5	0
Pudding (vanilla)	2 oz	106771	13g	75	2	0.5	0	0.5	0	0
Raisins	1.5 oz	544426	32g	132	0	0	0	0	7	2
Ranch Dip	1 oz	537705	1g	154	16	3	0	0	0	0
<b>Beverages</b>										
Apple 100% Juice (GFS)	4 oz	248916	14g	60	0	0	0	100	0	0
Grape 100% Juice (GFS)	4 oz	248983	18g	80	0	0	0	100	0	0

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Orange 100% Juice (GFS)	4 oz	248878	12g	50	0	0	0	100	0	0
Spring Water	8 oz	408401	0g	0	0	0	0	0	0	0
<b><i>Dry Snacks</i></b>										
Animal Crackers	.75oz	767808	16g	100	3	1	0	0	4	0
Baked Cheetos	24.8g	191090	17g	115	4	1	2	0	4	0
Baked Cheetos, Crunchy	1 oz	105190	15g	160	10	3	0	0	4	0
Cheese & Crackers w/Stix	1 pkg	847267	10g	96	5	2	7	0	3	0
Chortles (sweet & crunchy)	1 pkg	Tristate	19	114	1	0	0	2	6	0.5
Clodhoppers - Cocoa	1 pkg	Tristate	27g	165	6	5	0	0	4	2
Clodhoppers - Vanilla	1 pkg	Tristate	27g	165	6	5	0	0	4	2
Fortune Cookies	1	591173	6g	30	0	0	0	0	0	0
Fritos-menu	1oz	105040	15g	160	10	2	0	0	1	1
Giant Goldfish Grahams	2ct	194510	19g	120	4	1	0	0	6	1
Gold Fish Crackers	.75oz	110431	13g	100	5	1	0	0	4	1
PB & Choc. Chip Granola Bar	1 ea	100830	20g	120	4	1	0	0	2	1
Pretzels	1 pkg	158771	19g	120	4	1	0	0	6	1
Smart Food-White Cheddar Popcorn	5/8 oz	105220	9g	100	6	1	0	0	19	1
Sunchips (Cheddar)	1 oz	105260	18g	140	6	1	0	0	2	2
Sunchips (Original)	1 oz	105380	20g	140	6	1	0	0	2	2
Sunflower Seeds (GFS)	1 pkg	504180	5g	170	15	2	0	0	6	2
Teddy Grahams	.75oz	509965	16g	90	3	1	0	0	4	0
Healthy Cow Cookies	1 cookie	602121	21g	130	4	0	0	0	4	0
Tostitos-menu	1 pkg	415020	17g	140	8	1	0	0	2	1
<b><i>Recipe Side Items</i></b>										
		Recipe #	CARB	CAL	FAT	PRO	CHOL	Na		
Apple Crisp	2 oz	6	8.34g	39.5	0.8	0.2	0	8 mg		
Asian Green Beans	2 oz	13	1.18g	14.5	0.8					
Asian Broccoli	2 oz	12	1.18g	13.3	0.6					
Baked Apples	2 oz	5	5.39g	29	<1					
Baked Beans	2 oz	6	12.92g	63.1	0.3					

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Cherry Crisp	2 oz	6	11g	50	0.7	0.5	0	7.7mg		
Glazed Carrots	2 oz	1	0.99g	10.2	0.7			8.41mg		
Pasta Salad w/ fresh veggies	2 oz	11-B	7.46g	44.7	1.3					
Pasta Salad w/ frozen veggies	2 oz	11-A	8.25g	49.5	1.4					
Seasoned Green Beans	2 oz	2	0.18g	9.5	0.9			6.08mg		
<b><i>Recipe Entrée Items</i></b>										
Chicken Salad with pickle relish	2 oz	7	2.6g	168	16	3.3	120.9mg	61mg		
Chicken Salad with Pickles	2 oz	7	1.3g	164	16	3.3	134mg	105.7mg		
Garlic Toast with Cheese	1 slice		16.4g	343	24	10.8	16	0	5.12	0
Philly Cheese Steak (sandwich)	1	8	23.8g	295	12	6.4				
Pizza Bagel (bagel,sauce,cheese)	1		42g	310	15	8.8	506RE	6RE	8.62	2
Pizza Bagel ** (bagel,sauce,cheese, pepp.)	1		35.8g	340	18	8.4	428RE	6RE	7.88	2
Soft Pretzel & Cheese	(2&2)		42g	456	24	14	16	0	16	2
Toasted Cheese Sandwich	1	11	29.38g	389	24					
Tuna Salad with pickle relish	2 oz	3	1.9g	52.8	2.8	5	47.8mg	116mg		
Tuna Salad with pickles	2 oz	3	0.6g	49	2.7	5	60.6mg	160.8mg		
<b><i>Specialty/Holiday Items</i></b>										
Pumpkin Pie	1 slice	257559	51g	320	11	6	25	0	6	3

\*Information obtained from the Bowes & Church's Food Values of Portions Commonly Used 17th edition.