

st johns county school district

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000636	Apple Juice - 4 OZ	4 OZ	13.00
000635	Apple Juice, 6oz	6 OZ	20.00
000064	APPLES,Fresh	EACH	14.64
000707	Applesauce, Mixed Fruit	each	16.00
000209	Applesauce, orginal, Motts, pc	each	24.00
000212	Applesauce, Strawberry, Motts	each	23.00
000356	APPLESAUCE,SWEETENED	1/2 cup	22.31
000601	BAKED BEANS (VEGETARIAN) 2	1/2 cup	33.45
000743	baked potato	each	66.32
000068	BANANAS	EACH	18.65
000046	BBQ Chicken	EACH	4.33
000111	BBQ Sauce Dunk Cup	1 oz	8.00
000196	Beef Chili with beans	5.83 oz	15.00
000718	Biscuit	each	28.00
001074	BISCUITS*SAUSAGE	EACH	29.00
000701	Black Beans	1/2 cup	22.91
000673	Breakfast biscuit	each	31.00
000193	Breakfast Burrito,Egg & Cheese	each	29.00
000722	Breakfast Skillet (Frittata)	each	2.00
000595	broccoli floret,frozen,steamed	1/2 CUP	3.89
000727	Butter Pat	each	0.00
000477	Carrot & Celery Dippers	1/2 cup	4.07
000476	Carrot & Cucumber Dipper	1/2 cup	4.47
000512	Carrot Bites	1/2 CUP	6.17
000446	Carrots, frozen	1/2 CUP	7.35
000458	CARROTS: can,cooked	1/2 CUP	5.95
000470	Celery Sticks	1/2 cup	1.95
000190	Cereal, Apple Cinnamon Cheerio	.875 oz	19.84
000647	Cereal, Cinnamon Toast Crunch	EACH	22.00
000728	Cereal, Cocoa Puffs	bowlpak	25.00
000216	Cereal, Frosted Flakes, MG RS	each	24.00
000702	Cereal, Fruit Loops RS MG	each	24.00
000220	Cereal, Honey Nut Cheerios	each	22.00
000218	Cereal, Lucky Charms WG	each	23.00
000724	Cereal, Rice Chex WG	each	24.00
000645	CEREAL,FRUITY CHEERIOS	EACH	23.00
000219	Cereal,Golden Grahams WG	each	24.00
000161	CHEESEBURGER ON A BUN	1 each	36.10
000496	Chicken Nugget	5 each	13.00
000746	Chicken Nugget - HIGH SCHOOL	8 each	18.73
000134	Chicken Quesadilla Max	each	38.00
000733	Chicken Tender Basket	each	34.00
000634	colby cheese omelet	2.1 oz	3.00
000505	Corn Dog	1 each	28.00
000689	Corn, canned yellow	1/2 cup	17.63
000271	CORN: frozen, yellow	1/2 CUP	15.78
000738	Cracker, Graham Chocolate Bear	each	20.25
000737	Cracker, Graham, Honey	each	20.25
000736	Cracker, Graham, Vanilla Bear	each	20.25
000734	Cranberries	each	28.00
000272	CRANBERRY SAUCE: canned,swtnd	1 oz	13.44
000739	Crunchy Beef Taco	2 each	26.59
000377	CUCUMBER,RAW	1/2 cup	2.72
000471	Dressing, Ranch Light Dunk cup	dunk cup	1.00
000276	Egg & Cheese Slider	each	18.00
000182	Egg Patties, Grilled	each	1.00
000370	EGG,HARD-BOILED	1 EACH	0.56
000185	EggStravaganza- Bacon & Cheese	serving	1.00
000712	Fajita Chicken Salad - 10 EACH	EA	8.72
000508	Fajita Chicken Wrap - HS	EA	26.35
000463	Fajita Chicken Wrap- Elem	EA	20.35
000543	Fajita Chicken Wrap- Middle	EA	20.35
000089	Fresh Apple Slices	package	7.96

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

st johns county school district

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000638	Fruit Punch - 4 OZ	4 OZ	15.00
000637	Fruit Punch, 6 oz	6 OZ	22.00
000721	Fruitables Plus	each	14.00
000107	Garlic Breadstick	each	16.00
000639	Grape Juice, 6 oz	6 OZ	28.00
000640	Grape Juice- 4 OZ	4 OZ	18.00
000422	GRAPES,Fresh	1/2 cup	14.00
000530	Green Beans, canned	1/2 cup	3.50
000417	Green Beans,frozen	1/2 CUP	4.55
000379	HAMBURGER ON A BUN	1 each	34.10
001050	Heinz Mayonnaise PC	1 packet	0.41
001052	Homestyle Chicken Sandwich	1 EACH	45.00
000133	Homestyle Mac & Cheese	servings	29.00
000110	Honey Mustard Dip Sauce	1 oz	9.00
000162	HOT DOG ON A BUN	1 each	24.96
000345	JELLY	1 each	13.29
000269	Juice, Apple / Cherry	6 oz	19.50
000082	Ketchup,pc	2 packet	6.00
000381	LETT, PICK,TOM:1 leaf,3ea,1sl	1 lf,3 ea,1 slc	1.47
000034	LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	1.11
000703	Mandarin Oranges	1/2 cup	20.00
000118	MAX STICKS - HS	3 EA	48.00
000316	MaxStix - Elem/Middle	2 EA	32.00
000172	Milk, Chocolate, Fat Free	container	20.00
000171	Milk, Skim Half Pint, TG Lee	half pint	12.00
000170	Milk,1% Half Pint, TG Lee	half pint	13.00
000681	Mini Corn Dogs	6 each	28.00
000529	Mixed Fruit	1/2 cup	18.00
000223	MUSTARD: individual PC	1 packet	0.27
000740	Nachos	each	37.54
000167	NO BREAKFAST	SERVING	0.00
000156	NO LUNCH	SERVING	0.00
000145	NO SCHOOL TODAY	SERVING	0.00
000642	Orange Juice - 4 OZ	4 OZ	13.00
000641	Orange Juice, 6 oz	6 OZ	19.00
000086	ORANGES- whole	1 each	11.33
000580	Oven Baked Chicken	each	0.00
000189	Pancake Sausage Wrap	1 each	26.00
000207	Pancakes, Mini Maple	pouch	34.00
000715	Pasta & Meatballs	servings	41.23
000714	Pasta & Meatballs - HS	servings	62.47
000093	Peaches - single serving	4.4 oz	29.98
000088	PEACHES,FRESH	EACH	8.30
000437	PEACHES: can,light syrup	1/2 CUP	18.22
000612	Peanut Butter & Jelly Sandwich	each	67.86
000205	Pear Cup	each	24.08
000537	Pears	1/2 cup	18.99
000392	Pears, rosy	1/2 cup	20.80
000090	PEARS,FRESH	EACH	21.17
000445	Peas, frozen	1/2 CUP	13.60
000572	PEAS: can,cooked	1/2 CUP	13.72
000092	PINEAPPLE CHNKS:can,itsyr	1/2 CUP	16.17
000013	PINEAPPLE tidbits:can,itsyr	1/2 CUP	16.17
000504	Pizza, Breakfast, Bacon Scramb	each	20.00
000087	Pizza, Breakfast, Sausage	each	16.00
000378	Pizza, Cheese WG Wedge	slice	35.00
000376	Pizza, Pepperoni WG Wedge	slice	35.00
900046	Pizza,cheese,Galaxy 4in.	EA	28.58
000186	Popcorn Chicken	14 pieces	12.00
900050	POT WEDGES,FRZ,CKD	1/2 cup	18.18
000732	Potato, Crinkle Cut 1/2"	serving	19.99
000731	PVHS salad	each	17.56
000745	Raisels, Watermelon Shock	box	35.00

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

st johns county school district

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
900052	RAISINS,SEEDLESS	1.33 OZ	29.85
000166	Rice, Brown, cooked	1/2 cup	17.15
000198	RICE,Cooked White	1/2 cup	29.76
000146	Ridgefields Sidekicks	4.4 oz	20.00
000144	Ridgefields Slushie Cups	5.5 oz	22.00
000518	Roll, White Wheat 2oz	1 each	27.00
000279	salad, dark greens	1 cup	1.64
000197	salsa	1/4 cup	4.00
000532	SANDWICH, ham & cheese	whole	36.11
000571	Sauce, Marinara	1/2 cup	12.08
000183	Scrambled Eggs, precooked	1 oz	1.00
000031	Sliced Apples	1/2 cup	17.88
000131	Sliced Cheese, LF Yellow Amer	2 slices	0.00
000148	Sliced Turkey Breast & Gravy	4.4 oz	3.99
000699	Soft Taco - Elem/Middle	1 each	23.85
000021	Soft Taco- High School	2 EACH	45.71
000735	Soy Milk	each	20.00
000275	Soybutter & Jelly Sandwich	each	29.00
000710	Spicy Chicken Sandwich	EACH	44.00
000720	Strawberries,Frozen, ss	each	22.00
000098	STRAWBERRIES: frozen	1/2 CUP	33.18
000109	Sweet n Sour Sauce	1 oz	8.00
000398	Sweet Potato Bites	11 pieces	21.00
000349	SYRUP,PANCAKE	each	25.00
000180	Tac-Go, egg, ham & cheese	each	15.00
000545	Taco Sauce, pc	pckt	1.03
000698	taco-commod Elementary	1 EACH	21.47
000665	taco-commod Secondary	2 EACH	42.94
000100	TANGERINES,FRESH	EACH	11.21
000726	Toast -double	serving	21.00
000725	Toast -single	slice	10.50
000475	Tomato & Celery Dippers	1/2 cup	2.68
000473	Tomato Dippers	1/2 cup	3.20
000075	Turk Ham & chz sandwich- whole	sandwiches	34.68
001054	Turkey & Cheese Sand - whole	sandwiches	35.67
000617	White Wheat Roll, 1oz	each	14.00
000235	Yogurt, Upstate Farms, Peach	4 oz	18.93
000554	Yogurt, Upstate, Cherry Van	4 oz	18.93
000236	Yogurt, Upstate, Raspberry	4 oz	18.93
000238	Yogurt, Upstate, Strawb banana	4 oz	18.93
000239	Yogurt, Upstate, Strawberry	4 oz	18.93

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.