

Carb Count February 14, 2017

Product Name	Portion Size	Carbs (grams)
1 % White Milk New	1 serving	16
1% Milk	1 cup	16
3 Cheese Panini	1 serving	4.27
Almond Broccoli Salad W/Turkey	1/2 CUP	25.74
Almond Cherry Bread Pudding	1 SQUARE	26.94
Almond Chicken Fajitas	EACH	37.4
Almond Chicken Pilaf	CUP	15.57
Almond Date Bars	1 EACH	7.54
Almond Peach Muffin	EACH	34.82
Almond Snack Mix	1/3 CUP	28.11
Almonds, Yogurt, Fruit Lunch	SERVING	37.93
Animal Snackers	1 Bag	37.8
Apple	1 each	13.95
Apple Cobbler	SERVINGS	47.46
Apple Crisp	SERVINGS	31.75
Apple Juice Suncup 4 oz	1 srv	13
Apple Juice:Cnnd,Unswtn,+Vit C	4 fl.oz.	14.01
Apple, Fresh Pack	1 srv.	15.66
Apple,Fresh With Skin	1 EACH	20.75
Apple/Carrot/Raisin/Salad	3/4 CUPS	68.02
Apple-Honey Crisp	SERVINGS	30.48
Applesauce	1 each	53.99
Applesauce Cake	SERVINGS	33.18
Applesauce,Sweetened	1 CUP	43.03
Applesauce:Cnnd,Unswtnd,+Vit C	1 CUP	27.55
Apricots: Canned,Light Syrup	1 CUP	41.72
Arroz Con Queso	SERVINGS	32.12
Asian Chicken Salad	1 svg	60.42
Asparagus/Carrots, Fresh Cook	1 each	7.67
Asparagus: Fresh,Boiled	1 CUP	7.4
Aztec Grain Salad	1 CUP	53.56
Bacon Cheese Burger	1 serving	31.44
Bagel 4 oz. Sliced	1 Serv.	60
Bagel Cinnamon Raisin:Secondar	1 EACH	49.22
Bagel Dog	1 each	49.6
Bagel With Cream Cheese	1 serv.	61.01
Bagels,Cinnamon-Raisin	1 EACH	39.19
Bagels,Plain,Enriched	1 EACH	37.19
Baked Beans (Vegetarian)	SERVINGS	35.98
Baked Cajun Fish	1 PIECE	0.42

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Baked Cheetos	1 Bag	30
Baked Fish Scandia	1 PIECE	4.67
Baked Lays, BBQ	1 Bag	26
Baked Lay's, Original	1 Bag	26
Baked Potato	1 EACH	36.59
Baked Ruffles, Sour Cr/Cheddar	1 Bag	24
Baked Sweet Potatoes & Apples	1/4 CUP	16.56
Baking Powder Biscuits	1 EACH	22.09
Banana Bread Squares	SERVING	25.56
Banana Cranberry Almond Muffin	EACH	35.57
Banana Muffin & Straw Yougurt	1 Serving	49.7
Banana Muffin W Peach Yougurt	1 serv.	50.57
Banana Muffin/Straw-Bana Yog	1 serv.	51.9
Banana Slices	1 CUP	34.26
Bananas	1 EACH	26.95
Barbecue Sauce	2 TBSP	12.48
Barbecued Beef On A Roll:(Can)	SERVINGS	35.73
Barbecued Chicken	SERVINGS	15.82
BBQ Chicken Sandwich	1 each	24.32
BBQ Chicken Sandwich	1 each	24.32
BBQ Chicken Sandwich	1 each	37.42
BBQ Sauce Packet	2 TBSP	6.24
BBQ Shredded Chicken Sandwich	1 serving	53.41
BBQ Shredded Pork Sandwich	1 serving	64.29
Bean Burrito	SERVINGS	40.01
Bean Soup	SERVINGS	29.36
Bean Taco	2 EACH	32.12
Beef & Bean Tamale Pie	SERVINGS	31.51
Beef Burrito	EACH	21.33
Beef Burrito: Canned Meats	EACH	21.45
Beef Jerky, Original	1 Bag	3
Beef Jerky, Peppered	1 Bag	4
Beef Jerky, Teriyaki	1 Bag	4
Beef Shephard's Pie	SERVINGS	23.75
Beef Stew	SERVINGS	16.47
Beef Stir-Fry	3/4 CUP	11.11
Beef Taco	2 EACH	20.35
Beef Taco Pie	SERVINGS	26.42
Beef Taco: Canned Meats	2 EACH	20.35
Beef Tamale Pie	SERVINGS	23.39
Beef Vegetable Soup	CUP	8.97

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Beet Greens: Boiled	1 CUP	7.86
Beets: Canned	1 CUP	12.26
Biscuits W/Sausage	1 EACH	18.85
Biscuits: Plain Purch (2oz)	1 EACH	18.85
Biscuits: Plain,Purch (2.5)"	1 EACH	18.85
Black Bean Salad	1 each	20
Black Bean Side Salad	1 each	21.49
Black-Eyed Peas:From Dry,Boil	1 CUP	35.5
Blue Raspberry Juice Bar	1 each	21
Blueber Muffin W Peach Yougurt	1 serv.	50.34
Blueberries,Fresh	1 CUP	21.45
Blueberry Muff & Straw Yougurt	1 Serving	51.08
Blueberry Muffin Wg Daves	1 each	38.5
Blueberry Parfait	1 srv.	102.13
Bok Choy Wrappers	2 WRAPS	56.18
Bottom Pastry Crust (Sheet)	PIECES	12.11
Bread Stuffing	SERVINGS	22.64
Break Bagel,Sausage/Chee Egg	1 srv.	61.13
Break. Bagel/Sausage/Cheese	1 srv.	60.5
Break. Burr. Egg Chee Salsa	1 srv.	4.38
Break.Paniniegg/ Bacon Che	1 each	61.5
Breakfast Bagel, Cheesy	1 srv.	61.71
Breakfast Bagel, Ham & Cheese	1 each	60.58
Breakfast Bagel,Ham Cheese Wg	1 srv.	61.65
Breakfast Bagel,Saus Chees Wg	1 srv,	61.74
Breakfast Burrito	1 srv.	28.61
Breakfast Burrito #1	1 serving	47.87
Breakfast Burrito #2	1 serving	44.56
Breakfast Burrito W/ Salsa	EACH	31.32
Breakfast Burrito W/Potatoes	1 srv.	44.07
Breakfast Burrito, Ham & Chees	1 each	3.5
Breakfast Panini	1 srv.	62.1
Breakfast Pizza -Cheese	1 srv	20.1
Broc Cheese & Rice Casserole	SERVINGS	19.9
Broccoli Florets	1 Half Cup	7.53
Broccoli Salad	1/2 CUP	31.05
Broccoli Side With Ranch	1 half cup	8.53
Broccoli,Raw: Fresh	1 CUP	6.04
Broccoli: Fresh, Boiled	1 CUP	11.2
Broccoli: Frozen, Boiled	1 CUP	9.84
Brown Bread	EACH	19.27

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Brown Gravy	2 TBSP	1.97
Brown Rice Pilaf	1/2 CUP	30.36
Brown Rice Special	1 cup	39.15
Brown Rice-Auhsd	1 cup	0
Brown Rice-Auhsd	1/2 cup	0
Brownies	SERVINGS	23.22
Burrito - Beef And Bean	1 each	8.08
Burrito - Beef And Bean	1 each	43.93
Burrito - Chicken And Rice	1 each	64.5
Burrito - Chicken And Rice	1 each	34.61
Burrito- Bean	1 each	40.56
Burrito- Bean	1 each	17.2
Burrito- Bean Burrito	1 each	35.56
Burrito/Nacho Variety	1 svg	60.06
Burrito-Beef & Bean	1 each	38.66
Burrito-Chicken & Rice	1 each	63.06
Butter: Individual	1 PAT	0
Butternut Squash Quesadillas	1 each	53.69
Butternut Squash Quesadillas	1 each	53.25
Butternut Squash Quesadillas	2 each	67.07
Buzz S Chocolate Chip Cookie	1 bag	34.82
Cabbage Saute	3/4 CUP	25.52
Cabbage: Boiled	1 CUP	8.27
Caesar Salad	1 each	1.61
Caesar Salad	1 svg	49.39
Cajun Sausage/Turkey Jambalaya	3/4 CUP	23.74
California Roll	1 Serving	41.02
Cantalope	1 half cup	13.06
Cantalope-Side	1 half cup	6.53
Carnitas Super Burrito	1 serving	65.65
Carrot Cake	SERVINGS	33.02
Carrot Pack	1 mini packet	3.7
Carrot Sticks	1/2 CUP	9.24
Carrot Sticks	1 CUP	11.69
Carrot-Raisin Salad	1/4 CUP	15.92
Carrots, Raw	4 ounces	2.72
Carrots: Canned, Cooked	1 CUP	8.09
Carrots: Fresh, Boiled	1 CUP	12.82
Carrots:Frozen, Boiled	1 CUP	11.29
Cauliflower Mac 'N Cheese	5 OZ	49.76
Cauliflower,Raw: Fresh	1 CUP	4.97

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Cauliflower: Frozen,Boiled	1/2 CUP	3.38
Cauliflower:Fresh Boiled	1 CUP	5.1
Celery Sticks	1 CUP	3.56
Central Valley Harvest Bake	1/2 CUP	20.26
Cereal,Variety	1 SERVING	22.7
Cheese Crisps	1 bag	28
Cheese Nachos	1 srv.	52.37
Cheese Pizza, Pan Coast	1 slice	0
Cheese Sauce	2 TBSP	3.3
Cheese Toast	1 EACH	12.67
Cheese,Cream	1 TBSP	0.8
Cheeseburger On A Bun	1 srv	32.93
Cheeseburger On A Bun	1 srv	31
Cheeseburger On A Bun	1 EACH	20.53
Cheeseburger With Chips	1 each	14.5
Cheetos, Baked	1 bag	30.02
Cheetos, Baked	1 Bag	26
Cheez-Its	1 Bag	28.35
Cherries,Fresh	1 CUP	22.09
Cherry Cobbler	SERVINGS	51.27
Cherry Crisp	SERVINGS	31.57
Chex Mix, Original	1 bag	35.44
Chic' Penne	1 1/2 CUP	44.43
Chicken A La King	3/4 CUP	14.56
Chicken Alfredo With A Twist	1 CUP	40.86
Chicken And Noodles	CUP	21.31
Chicken Caesar Salad	1 each	1.61
Chicken Caesar Salad	1 Serving	50.49
Chicken Caesar Wrap	1 serv.	25.78
Chicken Chop Suey	3/4 CUP	7.92
Chicken Curry Casserole	3/4 CUP	26.41
Chicken Fajitas	1 serving	61.32
Chicken Fajitas	EACH	23.37
Chicken Fried Rice	1 each	8.16
Chicken Gravy	2 TBSP	1.99
Chicken Noodle Soup	CUP	12.19
Chicken Noodle Soup	Servings	7.58
Chicken Nuggets W/Sprial Fries	1 svg	44.44
Chicken Patty Sandwich	1 svg	45
Chicken Pot Pie	CUP	22.97
Chicken Rice Soup	CUP	16.77

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Chicken Salad	1/2 CUP	7.38
Chicken Salad W/Almonds	3/4 CUP	25.41
Chicken Stir-Fry	3/4 CUP	11.12
Chicken Strips W/Curly Fries	4 pieces	55.12
Chicken Taco	2 EACH	20.35
Chicken Tamale Pie	SERVINGS	23.28
Chicken Teriyaki Roll	1 Serving	38
Chicken Teriyaki Special	1 srv.	1456.4
Chicken Teriyaki Special	1 svg	70.83
Chicken Tetrizzini	SERVINGS	24.27
Chicken Tomato Bake	SERVINGS	28.03
Chicken Vegetable Soup	CUP	8.99
Chicken& Cheddar Cheese Panini	1 serv.	5.63
Chicken, Edamame Kung Pao	1 each	57.64
Chicken, Mandarin Orange Wg	1 serving	64.74
Chickpea Balls	4 1/2 BALLS	35.58
Chickpea Salad Sandwich	4 OZ	43.15
Chili Con Carne W/ Beans	1/2 CUP	10.67
Chinese Style Vegetables	1/4 CUP	3.76
Choc Muffin & Straw Yogurt	1 Serving	51.38
Chocolate Cake	SERVINGS	30.47
Chocolate Chip Cookies	EACH	16.1
Chocolate Glaze	TBSP	12.7
Chocolate Milk Ff	1 svg	21.56
Chocolate Muffin, Dave's	1 each	42
Chocoleana Cake	SERVINGS	34.07
Cinnamon Glazed Almonds	1/4 CUP	13.15
Cinnamon Roll	1 each	0
Cinnamon Roll	1 serv.	0
Cinnamon Roll & Stw.Youg	1 serv.	57.46
Cinnamon Roll Icing	1 TB	7.48
Cinnamon Rolls	EACH	37.69
Clear Dressing	2 TBSP	6.98
Collards: Frozen	1 CUP	12.07
Condiments- Variety	1 svg	1.26
Confetti Soup	1 CUP	10.4
Confetti Veggie Spag Salad	3/4 CUP	18.85
Corn And Green Bean Casserole	1/2 CUP	18.8
Corn Chowder	2 CUPS	55.83
Corn Dogs	2 dogs	54
Corn Nuts, BBQ	1 Bag	28.49

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Corn On The Cob, Fresh	1 each	18.31
Corn On The Cob: Frozen,Boiled	1 EACH	18.98
Corn Pudding	SERVINGS	18.46
Corn Salad Fresh/Frozen	.5 cup	28
Corn Salad Side	1 half cup	18.5
Corn Salad Side	1 half cup	17
Corn: Canned, Yellow	1 CUP	23.52
Corn: Frozen, Yellow	1 CUP	31.85
Cornbread	SERVINGS	18.03
Cornbread Stuffing	SERVINGS	21.19
Country Fried Steak	SERVINGS	7.36
Cowboy Cookies: 1 Each	COOKIES	26.36
Crackers	4 EACH	8.89
Crackers,Graham	4 EACH	44.03
Cranberry Almond Cookie	COOKIE	16.07
Cranberry Sauce: Canned,Swtnd	1 CUP	111.91
Cranitas Super Burrito	1 serving	63.63
Cream Cheese	1 TBSP	0.8
Cream Cheese Cup	1 portion cup	1.01
Cream Gravy	2 TBSP	2.8
Cream Of Chicken Soup	CUP	13.95
Cream Of Vegetable Soup	CUP	15.41
Creamed Corn: Canned	1 CUP	46.41
Creamy Cole Slaw	1/4 CUP	4.52
Creamy Dip For Fresh Vegetable	2 TBSP	4.76
Crispy Chicken Salad	SERVINGS	7.16
Crunchy Hawaiian Chicken Wrap	WRAP	41.51
Cucumber Sauce	2 TBSP	2.19
Cucumber Sticks	1 each	6.87
Cucumber,Raw	1 OZ	0.61
Deli Sub:On Hot Dog Bun	1 EACH	24.29
Dessert Topping:Semi Solid,Frz	1 TBSP	1.08
Dirty Potatoes	1/2 CUP	16.74
Domino's Pizza Variety	1 srv.	0
Donut,Yeast-Lvnd,Glazed,Enr(In	1 EACH	28.76
Doritos, Cool Ranch	1 Bag	19
Doritos, Spicy, Sweet Chili	1 Bag	20
Double Choc Muffin Wg Daves	1 each	40
Eagle Pizza	EACH	32.21
Egg Salad Sandwich	SERVINGS	30.05
Egg,Hard-Boiled	1 EACH	0.56

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Eggplant: Boiled	1 CUP	8.64
English Muffin/ Saus.& Cheese	1 serv.	27.89
English Muffins,Plain,Toasted	1/2 EACH	13.69
Falafel Meal Ahs Students	1 each	47.25
Fat Cat Banana Muffin	1 srv.	28.28
Fat Cat Blue Muffin	1 srv.	28.08
Fat Cat Wr Double Cho. Muffin	1 serv.	28.38
Ff Chocolate Milk New	1 cup	21.56
Ff Chocolate Milk- Auhsd New	1 serving	21.56
Fiesta Mexican Lasagna	SERVING	52.17
Fiesta Wrap	WRAP	26.93
Fortune Cookie	1 each	6.5
French Bread Cheese Pizza	1 srv.	35
French Bread Pizza Wg	1 srv.	34
French Bread Pizza, Red Baron	1 each	0
French Bread Pizza-Pepperoni	1 each	0
French Dressing	2 TBSP	2.84
French Fries: Deep Fry	1 OZ	11.22
French Fries: Oven Heat	2.5 OZ	22.11
French Toast Sticks	1 SERVING	56.82
Fried Rice	3/4 CUP	29.37
Frosted Flakes- Str.Pop Tart	1 srv.	76.5
Fruit And Almond Crumble	EACH	55.99
Fruit Cocktail:Canned,Lt Syrup	1 CUP	36.13
Fruit Juice,Assorted	4 fl.oz.	15.62
Fruit Pan Dowdy	SERVING	44.22
Fruit Punch	1 srv	15
Fruit Salad: Canned,Lt Syrup	1 CUP	38.15
Fruit Snack, Welch's	1 Bag	48.9
Fruit,Fresh Assorted	EACH	18.8
Fruits, Canned Variety	1 svg	18.02
Fruits, Fresh Variety	1 svg	14.28
Garbanzo Bean Burgers	2 (4 OZ) PATTY	39.18
Garden Burger	1 serv.	46.18
Garden Salad	1 each	38.68
Garden Salad	1 serving	32.71
Garden Salad	1/2 CUP	3.74
Garden Side Salad	1 each	9.63
Ginger Cookies	EACH	28.88
Gingerbread	SERVINGS	41.79
Glaze,Powdered Sugar	32 FL OZ	28.32

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Golden Corn And Carrots	1/2 CUP	13.24
Goldfish Crackers	1 bag	17
Granola	1/4 CUP	24.85
Grape Juice	1 srv.	88
Grape Juice Bar	1 each	21
Grape Juice: Canned,Unswtnd	4 fl.oz.	18.67
Grapefruit Halves	1/2 EACH	10.34
Grapefruit Juice: Canned,Unswt	4 fl.oz.	9.8
Grapefruit Sections:Cnd,Juice	1 CUP	22.93
Grapes, Fresh, Red	1 each	16.1
Grapes,Fresh	1 CUP	15.78
Great Northern Beans: From Dry	1 CUP	37.33
Green Apple Juice Bar	1/3 cup	21
Green Beans In Cheese Sauce	1/4 CUP	3.4
Green Beans, Canned	1 cup	6
Green Beans: Canned,Cooked	1 CUP	6.08
Green Beans: Fresh,Boiled	1 CUP	9.85
Green Beans: Frozen,Boiled	1 CUP	8.71
Grilled Cheese Sand. W Cn Soup	1 svg	62.24
Grilled Chicken Sandwich W/Chi	1 each	21.16
Grits, Plain	1 CUP	37.79
Ground Beef & Macaroni (Mex)	3/4 CUP	26.14
Ground Beef And Spanish Rice	2/3 CUP	27.04
Ground Beef Stroganoff	3/4 CUP	9.63
Guacamole	1 each	3.92
Ham And Cheese Breakfast Bagel	1 serv.	61.16
Ham And Cheese Lunch Bagel	1 each	61.82
Ham And Cheese Sandwich	1 each	4.46
Ham And Cheese Sandwich	1 svg	41.11
Ham And Cheese Sandwich W/Chip	1 each	12.43
Ham And Cheese Sandwich W/Chip	1 each	12.51
Ham And Cheese Sandwich W/Chip	1 each	39.77
Ham And Turkey Sandwich	1 each	37.7
Ham Sandwich	1 EACH	28.66
Ham,Egg,Cheese Biscuit	1 each	43.09
Ham,Egg,Cheese Biscuit Wg	1 each	28.05
Hamburger On A Bun	1 each	2
Hamburger On A Bun	1 SERVING	21.05
Hamburger, Costco	1 each	0
Hamburger, Costco W/Chips	1 each	15
Harvest Delight	1/2 CUP	16.16

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Harvest Stew	3/4 CUP	18.2
Hash Brown Potatoes	1/2 CUP	22.24
Hawaiian Almond Haystacks	EACH	54.32
Hearty Macaroni Dinner	2 1/2 CUPS	57.61
Herbed Broccoli & Cauliflower	1/2 CUP	9.56
Holiday	1 SERVING	0
Honey Almond Granola	1/4 CUP	26.04
Honey Barbecue Sauce	2 TBSP	20.91
Honey Bun & Yogurt Str.	1 serv.	59.46
Honey Bun Pastry: Large	1 EACH	35.95
Honey Bun Pastry:Elem	1 EACH	28.76
Honey Dressing	2 TBSP	8.93
Honey Nut Cheerios-Pop Tart	1 srv.	74.5
Honey-Almond Granola Bars	EACH	19.33
Honey-Lemon Chicken	SERVINGS	1.05
Hot And Sour Soup	3/4 CUP	1.73
Hot Chocolate	1 packet	14.95
Hot Dog - Millers	1 each	334
Hot Dog - Millers W/Chips	1 each	342
Hot Dog On A Bun	1 each	335
Hot Dog On A Bun:Turkey Hot	1 SERVING	23.34
Hot Sauce-Frank's	1 OZ	2.03
Hummus	1/2 CUP	22.38
Hummus Wrap	1 serv.	44.17
Ice Cream Sundae Cup	1 serving	0.49
Instant Mashed Potatoes: Flake	1/2 CUP	16.76
Instant Mashed Potatoes: Granu	1/2 CUP	17.18
Italian Bread	EACH	28.23
Italian Dressing	1 TBSP	0
Italian Dressing	2 TBSP	1.47
Italian Dressing(New)	2 TBSP	0.95
Italian Dressing, Lite	1 each	5
Italian Seasoning Mix	2 TBSP	3.21
Jelly	1 TBSP	14.69
Jicama	1 each	10.4
Kale & Spinach Smoothie	1 serv	34.22
Kale Caesar Salad	1 srv	58.07
Ketchup	1 packet	3
Ketchup: Individual	1 Pkt 6g	2.47
Kettle Chips, Sea Salt+Pepper	1 Bag	22
Kettle Corn	1 Bag	30

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Kidney Beans: Canned,Drained	1 CUP		37.12
Kinder's BBQ Pork Sandwich	1 Sandwich	*N/A*	
Kung Fu Sweet Sour Beef Stew	SERVING		55.48
Lasagna W/ Grnd Pork & Beef	SERVINGS		28.34
Lasagna With Ground Beef	SERVINGS		28.34
Lay's Potato Fun Size	1 each		8
Lentil Burgers	5 OZ PATTY		43.55
Lentil Soup	1/2 CUPS		42.63
Lentils Of The Southwest	1/4 CUP		10.96
Lettuce & Tomato:1 Leaf,2 Slice	1 lf,2 slc		2
Lima Beans: Canned,Cooked	1 CUP		31.83
Lunch Breakfast Burrito	1 each		7.67
Lunch Breakfast Burrito-Potato	1 each		28.26
Macaroni And Cheese	2/3 CUP		27.44
Macaroni And Cheese(New)	2/3 CUP		32.7
Macaroni Carbonara	CUP		39.23
Macaroni Salad	1/2 CUP		25.03
Mandarin Orange Chicken	1 serving		81.99
Mandarin Orange, Fresh	4 ounce	*N/A*	
Mandarin Orange, Fresh	4 ounces		15.13
Mango Smoothie	1 serv		67.06
Marinated Black Bean Salad	1/2 CUP		16.72
Mashed Potatoes:Flakes,Mlk+But	1 CUP		22.83
Master Mix	1/2 CUP		40.68
Mayonaise Packet	1 packet		0
Mayonaise Packet 9 Gr - Portio	1 Packet		0
Mayonnaise:Individual Pc	1 Pkt 7g		1.32
Meat Balls	2 EACH		7.9
Meat Loaf	3/4 SLICE"		8
Meatball Sandwich W/Chips	1 each		15.21
Meatball Sub Sandwich	1 each		26.39
Mediterranean Quinoa Salad	3/4 CUP		22.66
Melon Balls: Frozen	1 CUP		13.74
Mexicali Corn	1/4 CUP		7.72
Mexican Beans	4 oz		6.53
Mexican Beef-22,2oz Portions	2 oz portions		6.14
Mexican Beef-42-2 oz Portions	2 OZ.		4.25
Mexican Chicken	2 oz.		3.98
Mexican Seasoning Mix	2 TBSP		7.99
Mexican Succotash	1/4 CUPS		14.12
Milk - Variety	1 HALF PINT		20.87

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Milk 1% Low Fat	1 each	16
Milk Non Fat Chocolate	1 each	21.56
Milk Variety	1 svg	37.56
Milk, 1% Auhsd	1 srv.	14.81
Milk,1% Lowfat	1 HALF PINT	21.56
Milk,2% Chocolate	1 HALF PINT	30.33
Milk,2% Lowfat	1 HALF PINT	11.71
Milk,Nonfat Chocolate	1 srv.	19.96
Milk,Skim	1 HALF PINT	12.15
Milk,Whole	1 HALF PINT	11.71
Minestrone	1 CUP	18.12
Mixed Fruit: Frozen,Sweetened	1 CUP	60.58
Mixed Vegetables: Canned,Ckd	1 CUP	15.09
Mixed Vegetables: Frozen,Boiled	1 CUP	23.82
Muffin Squares	SERVINGS	16.87
Mustard Greens: Frozen,Boiled	1 CUP	4.67
Mustard Packet	1 packet	1
Mustard: Individual Pc	1 Pkt 5g	0.29
Nacho Beef	2 OZ	5.46
Nacho Cheese Sauce	3 TBSP	4.95
Nacho Chicken	2 OZ.	4.91
Nachos Supreme Cheese Sauce	1 srv.	4.25
Nachos Supreme Lunch Special	1 srv.	75.4
Nachos Supreme-Beef	1 each	68.42
Nachos Supreme-Beef	1 each	81.64
Nachos Supreme-Chicken	1 each	81.38
Nachos Supreme-Chicken	1 each	74.16
Nachos With Ground Beef	SERVINGS	19.28
Navy Beans: From Dry,Boiled	1 CUP	47.41
Nectarine, Fresh	1 piece	27.22
Nectarines,Fresh	1 EACH	13.61
No Breakfast	1 SERVING	0
No Lunch	1 SERVING	0
No School Today	1 SERVING	0
Nonfat Frozen Yogurt-Vanilla	1 serving	22
Not Fried Rice	CUP	28.97
Nutrigrain Bar, Apple/Cinnamon	1 Bar	24
Nutrigrain Bar, Strawberry	1 Bar	34.94
Oatmeal	1 CUP	31.12
Oatmeal Cookies	EACH	19.35
Oatmeal Muffin Squares	SERVINGS	34.51

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Oatmeal Raisin Cookies(New)	EACH	33.34
Oats 'N Honey Bar	2 Bars	14.5
Okra: Frozen,Boiled	1 CUP	11.79
Oodles Of Noodles	CUP	43.45
Orange	1 serving	15.39
Orange Cream Dressing	2 TBSP	8.29
Orange Glaze	2 TSP	8.24
Orange Glazed Carrots	1/3 CUP	7.65
Orange Glazed Sweet Potatoes	1/4 CUP	22.86
Orange Juice	1 serving	13.45
Orange Juice Bar	1 each	21
Orange Juice Suncup 4 oz	1 srv.	13
Orange Juice: Canned,Unswtnd	1 CUP	27.41
Orange Rice Pilaf	1/2 CUP	27.85
Orange Rice Pudding	1/3 CUP	24.53
Orange-Pineapple Gelatin	SERVINGS	22.84
Oranges	1 serv.	15.39
Oranges Halves	1/2 EACH	7.7
Oranges,Raw,Florida	1 serving	16.27
Oven Fried Chicken	SERVINGS	9.66
Pan Coast Cheese Pizza	1 each	25
Pan Coast Cheese Pizza-9	1 each	20.83
Pan Coast Pepperoni Pizza	1 each	24.9
Pancakes	EACH	16.26
Panini Ham & Cheddar	1 serving	6.03
Panini Pastrami & Swiss	1 srv.	7.83
Panini Turkey Bacon Cheddar	1 svg.	40.59
Panini; Mozzerall & Pesto	1 svg.	5.99
Parmesan Side	1 TBSP	0.17
Pasta Meat Sauce	6 OZ	12.01
Pasta Meat Sauce	6 OZ	12.01
Pasta Salad	3/8 CUP	16.83
Pasta Variety	1 svg	201.44
Pasta W/Alfredo Sauce	1 each	61.24
Pasta W/Alfredo Sauce	1 each	40.23
Pasta W/Chicken-Alfredo Sauce	1 each	17.55
Pasta With Alfredo & Chicken	1 Serving	65.87
Pasta With Marinara Sauce	1 serving	66.05
Pasta With Meat Sauce	1 serving	47.52
Pasta With Pesto Chicken	each	69.01
Peach Cobbler	SERVINGS	46.41

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Peach Smoothie	1 serv.	57.02
Peach Smoothie	1 serv	36.34
Peaches	1 each	26.79
Peaches,Fresh	1 EACH	14.31
Peaches: Canned,Light Syrup	1 CUP	36.52
Peanut Butter Bars	EACH	18.91
Peanut Butter Cookies	EACH	16.27
Peanut Butter Glaze	TBSP	8.54
Pear, Fresh	1 piece	35.06
Pears,Fresh	1 svg.	25.28
Pears: Canned,Light Syrup	1 CUP	38.08
Peas & Carrots: Frozen,Boiled	1 CUP	16.19
Peas & Onions: Frozen,Boiled	1 CUP	15.53
Peas Green,Canned,Drained	1 CUP	21.42
Peas: Frozen,Boiled	1 CUP	22.82
Peppers And Onion Saute-Auhsd	2 OZ	2.88
Peppy Quinoa	1/2 CUP	28.6
Persimmon, Fresh	1 each	31
Pesto Chicken Pizza	1/pizza	2.94
Philly Cheesesteak Sandwich	1 each	23.35
Philly Cheesesteak Sandwich	1 each	12.17
Philly Cheesesteak Sandwich	1 each	13.27
Pickles,Dill Spear	1 EACH	0.84
Pickles,Sweet	1 EACH	7.4
Pineapple Chunks:Canned,Lt Syr	1 srv.	33.89
Pineapple Juice: Canned,Unswtn	1 CUP	32.18
Pink Lemonade Juice Bar	1 each	21
Pink Lemonade Juice Bar	1 each	21
Pinto Beans: Cooked	1 CUP	44.84
Pizza - BBQ Chicken	1 serv.	56.26
Pizza - BBQ Chicken	1/pizza	7.07
Pizza - BBQ Chicken Wg 16"	1 Serving	240.26
Pizza - Combination	1/pizza	4.36
Pizza - Combination	1/pizza	3.81
Pizza - Combination Wg	1/pizza	27.24
Pizza - Ham And Olive	1/pizza	0.87
Pizza - Hawaiian	1/slice	2.6
Pizza - Hawaiian 14",Auhsd"	1 svg	263.79
Pizza - Hawaiian 16",Auhsd"	1/slice	2.6
Pizza - Hawaiian Wg 16",Auhsd"	1/slice	25.6
Pizza - Pepperoni	1/pizza	2.5

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Pizza - Pepperoni	1/pizza	2.35
Pizza - Pepperoni 14",Auhsd"	1/pizza	33.02
Pizza - Pepperoni 16",Auhsd"	1/pizza	2.64
Pizza - Pepperoni Wg 16",Auhsd"	1/pizza	25.64
Pizza -Cheese	1/pizza	2.37
Pizza -Cheese	1/pizza	2.23
Pizza -Cheese 14",Auhsd"	1/pizza	32.89
Pizza Cheese Wg 16",Auhsd"	1/pizza	25.51
Pizza -Cheese-16",Auhsd"	1/pizza	2.51
Pizza Crust	SERVINGS	26.11
Pizza Dominos Cheese	1 svg	34
Pizza Dominos Pepperoni	1 svg	35
Pizza With Cheese Topping	SERVINGS	33.25
Pizza With Ground Beef Topping	SERVINGS	30.98
Pizza With Ground Pork Topping	SERVINGS	30.77
Pizzaburger On Roll	SERVINGS	30.69
Pizza-Sausage And Olive	1/pizza	3.11
Pizza-Sausage And Olive	1/pizza	2.64
Pizza-Sausage And Olive Wg	1/pizza	25.74
Plums,Fresh	1 EACH	7.54
Plums: Canned,Light Syrup	1 CUP	41.03
Popcorn Chicken Salad	1 each	20.69
Popcorn Chicken Salad	1 serving	48.04
Porcupine Sliders	SLIDER	25.53
Pork Roast	1 Serving	55.16
Pork Stir-Fry	3/4 CUP	11.12
Potato Chips/Lays Fun Size	1 each	8
Potato Puffs: Frozen,Cooked	1 CUP	34.93
Potato Salad	2/3 CUP	17.89
Potatoes Au Gratin	1/2 CUP	22.47
Potatoes Variety	3 svg	14.55
Pourable Pizza Crust	SERVINGS	26.02
Prunes: Canned Hvy Syr	1 CUP	65.05
Puddings,Choc,Dry Mix,Inst,Pre	1/2 CUP	13.41
Pulled BBQ Pork San.W / Corn	1 each	35.46
Pumpkin Cake	SERVING	29.7
Purple Power Bean Wrap	WRAP	37.91
Quiche W/ Self Forming Crust	SERVINGS	11.35
Quick Baked Potatoes	1/2 EACH	24.72
Rainbow Rice	CUP	28.16
Rainbow Salad	1 CUP	32.94

Carb Count February 14, 2017

Raisin Box	.25 CUP		130.89
Ranch Dressing	2 TBSP		3.5
Ranch Dressing Packet-Ken's	1 packet		2
Raspberry Shortbread Cookies	1 pack		8
Red,Green Peppers With Onion	1/4 cup	*N/A*	
Refried Beans	1/3 CUP		12.19
Refried Beans: Canned	1 CUP		32.25
Relish: Individual Pc	1 PC packet		2.63
Rice - Plain	1/2 cup		81.91
Rice Bowl W/Toasted Almonds	1 CUP		33.36
Rice Burgers	(6 OZ) PATTY		42.89
Rice Krispies Treat	1 Bar		27.89
Rice Krispy Treats	EACH		15.62
Rice Krispy Treats:Secondary	EACH		31.24
Rice Pudding	1/4 CUP		17.49
Rice-Vegetable Casserole	2/3 CUP		19.62
Roast Beef Sandwich	1 each		4.52
Roast Beef Sandwich	1 svg		39.94
Roasted Fish Crispy Slaw Wrap	WRAP		36.67
Roasted Squash Soft Tacos	62 each		67.26
Rolls (Yeast)	EACH		29.8
Romaine Salad	2 cups		6.38
Romaine Side Salad	1 each		11.42
Royal Brownies	SERVINGS		25.48
Salad Dressing,Assorted	TBSP		1.83
Salad,Tossed: No Dressing	CUP		7.18
Salads Variety	1 svg		42.32
Salisbury Steak	SERVINGS		5.95
Salsa - Side	2 TBSP		1.5
Salsa:Commodity	1 OZ		1.98
Sandwiches Variety	1 svg		21.19
Sauerkraut:Canned	1 CUP		6.08
Sausage & Cheese Brkfst Bagel	1 each		53.74
Sausage Chx Apple, Costco	1 each		3
Sausage,Egg, Cheese Biscuit	1 each		43.21
Sausage,Egg, Cheese Biscuit Wg	1 each		28.17
Sausage,Egg,Cheese,Luncbiscuit	1 each		43.78
Scalloped Potatoes (Dehyd)	1/2 CUP		24.68
Scalloped Potatoes:(Fresh)	1/2 CUP		18.73
Scrambled Eggs	1/4 CUP		1.64
Small Caesar Side Salad	34 oz	*N/A*	

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Small Side Salad W/Ranch	1 each		10.65
Smoked Turkey & Bean Soup	1 CUP		13.63
Smokin' Powerhouse Chili	SERVING		37.49
Snackwell's Creme Sandwich	1 Pack		38.15
Sour Cream	1 TBSP		1.01
Southwest Chicken Salad	1 each		44.77
Southwest Corn Salsa	1/2 cup		20.61
Soy Sauce Packet	1 packet	*N/A*	
Spaghetti : Beef & Pork Sauce	1 CUP		34.23
Spaghetti And Meat Sauce	1 CUP		34.22
Spaghetti Noodles	1 cup		43.2
Spaghetti W/ Meat Sauce	13 OZ		53.15
Spaghetti W/ Meat Sauce	13 OZ		53.42
Spaghetti W/ Meat Sauce & Roll	13 OZ		68.15
Spanish Chickpea Stew	CUP		37.92
Spanish Rice	2 oz		2.02
Spanish Rice	2 oz		30.06
Spanish Rice	1/3 CUP		13.69
Special K Bar, Honey Nut	1 Bar		15.88
Spice Cake	SERVINGS		36.91
Spice Cake(New)	SERVINGS		29.24
Spice Icing	2 TSP		9.4
Spiced Apple Topping	1/3 CUP		21.7
Spicy Chicken Burger	1 each		10.15
Spicy Chicken Burger	1 each		1.68
Spicy Chicken Burger	1 each		1.61
Spicy Chicken Burger	1 srv		27.14
Spicy Chicken Burger	1 svg		41
Spicy Chicken Salad	1 srv		59.44
Spicy Italian Potato Chunks	1/2 CUP		31.05
Spicy Seasoned Almonds	1/4 CUP		8.03
Spinach: Frozen,Boiled	1 CUP		9.12
Spinach:Canned	1 CUP		7.28
Squash,Summer: Boiled	1 CUP		7.76
Squash,Winter: Baked	1 CUP		18.14
Squash,Winter: Boiled	1 CUP		21.54
Squish Squash Lasagna	SERVING		29.04
Stagecoach Spaghetti	2/3 CUP		21.92
Stir Fry Fajita Chicken	1.25 CUP		58.85
Stir Fry-Rice Eggs & Ham	CUP		34.97
Stir-Fry Sauce	3 TBSP		3.12

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Straw.& Banana Smoothie	1 serv	63.76
Strawberries	1/2 cup	10.09
Strawberries, Fresh	.5 cup	11.67
Strawberries,Fresh	1 CUP	11.06
Strawberries: Frozen	1 CUP	66.1
Strawberry Parfait	1 srv.	102.79
Stromboli	SERVINGS	21.31
Stromboli With Tomato Sauce	SERVINGS	23.01
Sugar Cookies	EACH	21.47
Sugar Packet	1 TSP	4.2
Sun Chips, Harvest Cheddar	1 Bag	29
Sun Chips, Original	1 Bag	29
Suncup Juice	1 carton	13
Sweet And Sour Pork	3/4 CUP	19.31
Sweet And Sour Sauce	2 TBSP	5.18
Sweet Potato & Black Bean Stew	1 CUP	43.49
Sweet Potato Fries	14 pieces	13.99
Sweet Potato Pie	SERVINGS	37.13
Sweet Potato- Plum Bread Squar	SERVING	46.48
Sweet Potato, Baked	1 EACH	23.61
Syrup,Pancake	1 TBSP	12.06
Tabouleh (Tah-Buhl-Lee)	3/4 CUP	26.96
Taco Meat-Beef	1 OZ	1.46
Taco Pie With Beans	SERVINGS	38.21
Taco Pie With Salad Topping	SERVINGS	27.23
Taco Salad	SERVINGS	20.11
Tacos, Beef	1 each	37.55
Tacos-Beef	each	10.76
Tangerines,Fresh	1 EACH	11.74
Tartar Sauce	2 TBSP	7.94
Tasty Tots	Serv. 6 Tots	31.66
Teriyaki Chicken Special	7 OZ	5.68
Teriyaki Sauce	2 TBSP	9.58
Thai Chicken Salad	1 Serv.	67.07
Thick Vegetable Soup	CUP	34.71
Thousand Island Dressing	2 TBSP	7.02
Three Bean Salad	1/4 CUP	4.56
Toast, Mixed Grain Bread	1 SLICE	11.35
Toast, White Bread	1 SLICE	12.03
Toast,Raisin	1 SLICE	13.66
Toast,Whole-Wheat Bread	1 SLICE	12.79

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Toasted Cheese Sandwich	SERVINGS	16
Toasted Turkey Ham & Cheese	SERVINGS	34.42
Tofu Burgers	1/3 OZ PATTY	41.82
Tofu Fried Rice	1/4 CUP	40.3
Tomato Sauce (Meatless)	2 TBSP	3.01
Tomatoes: Canned	1 CUP	20.64
Top Dog (Half) Lunch	1 each	82.31
Top Dog Hot Dog	1 hot dog	22.76
Top Dog Lunch	1 each	82.88
Top Pastry Crust-Steamtable Pan	PIECES	7.79
Tortilla Chips, Round	1 Bag	36.45
Tuna And Noodles	CUP	33.15
Tuna Salad Sandwich	SERVINGS	34.41
Tuna Sandwich	1 svg	1.41
Turkey A La King	3/4 CUP	16.34
Turkey And Dressing Supreme	SERVINGS	18.31
Turkey Sandwich W/Cheese	1 svg	40.32
Turkey Sandwich W/Cheese & Chp	1 each	13.41
Turkey Sandwich W/Cheese & Chp	1 each	13.05
Turkey Sandwich With Cheese	1 each	61.79
Turkey Sandwich With Cheese	1 each	53.79
Turkey W/Cheese Sandwich	1 EACH	31.52
Turkish Bulgur Dish	1 CUP	14.04
Turnip Greens: Boiled	1 CUP	6.28
Turnips: Boiled	1/4 CUP	1.97
Vacation	1 EACH	0
Vanilla Cream Frosting	1/4 TBSP	17.11
Vanilla Frozen Yogurt-No Sugar	1 serving	32.28
Vegetable Chili	3/4 CUP	27.01
Vegetable Chili Boat	3/4 CUP	20.72
Vegetable Lasagna	SERVINGS	31.15
Vegetable Pizza	SERVINGS	34.07
Vegetable Quesadilla	SERVINGS	25.77
Vegetable Soup	CUP	11.52
Vegetable Stromboli	SERVINGS	22.28
Vegetable Wrap Sushi	1 Serving	42
Vegetable Wraps	SERVINGS	33.78
Vegetables Canned Variety	1 svg	33.71
Vegetables Fresh Variety	1 svg	4.28
Vegetarian Beans	1 CUP	51.26
Vegetarian Chili	2 CUPS	35.54

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Waldorf Fruit Salad	1/3 CUP	9.08
Watermelon, Chunks	1 CUP	11.48
Watermelon-Side	1 half cup	5.44
Wg French Bread Pizza	1 each	26
Whipped Topping	2 TBSP	3.9
White Bread	EACH	17.11
White Sauce: Thick	2 TBSP	3.89
White Sauce: Thin	2 TBSP	2.38
Whole Wheat Sugar Cookies	EACH	28.22
Winter Squash Blend	1 cup	15.43
Wr Cheese French Brd. Pizza	1 Serv.	333.11
Yellow Beans: Canned, Cooked	1 CUP	6.89
Yellow Cake	SERVINGS	31.66
Yogurt Parfait, Blueberry	1 srv	95.72
Yogurt Parfait, Strawberries	1 srv	113.06
Zombie Sausage & Cheese	1 srv.	35.25
Zombie, Cheese	1 srv.	35.25
Zombie, Cheese & Sausage Lofat	1 each	30.02
Zombie, Cheese/Sausage Lofat	1 each	31.02
Zombie, Sausage & Cheese	1 each	45.24
Zucchini	1 Half Cup	1.51
Zucchini	4 oz	2.76
Zucchini Squash: Boiled	1 CUP	6.46
Zucchini Strips W/Italian	1 half cup	6.51
Zucchini Strips With Ranch	1 half cup	2.51