

# 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
000356	APPLESAUCE,SWEETENED	1/2 cup	22.31
000601	BAKED BEANS (VEGETARIAN) 2	1/2 cup	33.45
000068	BANANAS	EACH	18.65
000046	BBQ Chicken	EACH	4.33
000729	BBQ Chicken Max Snax	each (3 wedges)	36.00
000111	BBQ Sauce Dunk Cup	1 oz	8.00
000199	Beef & Bean Chili w/ cheese	6 oz spoodle	15.49
000196	Beef & Bean Chili w/ cheese HS	1 cup	21.02
000718	Biscuit	each	22.00
001074	BISCUITS*SAUSAGE	EACH	0.50
000701	Black Beans	1/2 cup	22.91
000192	Blueberry Crisp	1/2 cup	40.87
000189	Blueberry Pancake Wrap	1 each	25.00
000193	Breakfast Burrito,Egg & Cheese	each	29.00
000722	Breakfast Skillet (Frittata)	each	2.00
000595	broccoli floret,frozen,steamed	1/2 CUP	3.88
000727	Butter Pat	pat	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	7.33
000567	Carrots,frozen, glazed	1/2 CUP	8.44
000570	Carrots,fzn,chicken base	1/2 CUP	7.34
000458	CARROTS: can,cooked	1/2 CUP	5.94
000741	Celery Stick & Cucumber Dipper	1/2 cup	4.17
000470	Celery Sticks	1/2 cup	1.95
000646	Cereal, Cheerios WG	EACH	22.40
000647	Cereal, Cinnamon Toast Crunch	EACH	22.00
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
000648	Cereal, Reeses Puff WG	EACH	21.00
000724	Cereal, Rice Chex WG	each	24.00
000219	Cereal,Golden Grahams WG	each	24.00
000731	Cheese Calzonettes	3 pieces	35.00
000161	CHEESEBURGER ON A BUN	1 each	33.00
000496	Chicken Nugget	5 each	12.99
000740	Chicken Nugget - high school	8 each	20.94
000134	Chicken Quesadilla Max	each	38.00
000138	Colby Jack String Cheese Stick	1 oz	0.00
000505	Corn Dog,turkey,Foster Farms	1 each	27.34
000689	Corn, canned yellow	1/2 cup	17.64
000271	CORN: frozen, yellow	1/2 CUP	15.76
000350	crackers, saltine	4 pack	9.00
000746	Cranberries	package	28.00
000272	CRANBERRY SAUCE: canned,swtnd	1 oz	13.44
000352	CROUTONS,SEASONED	1 package	18.03
000699	Crunchy Beef Taco	2 each	26.59
000377	CUCUMBER,RAW	1/2 cup	2.72
000471	Dressing, Ranch Light Dunk cup	dunk cup	2.00
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	10.72
000745	Fajita Chicken Salad - pvhs	EA	7.94
000508	Fajita Chicken Wrap - HS	EA	26.96
000463	Fajita Chicken Wrap- Elem	EA	19.96
000543	Fajita Chicken Wrap- Middle	EA	19.96
000187	Fish Sandwich	each	48.00

*\*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)
000484	FRENCH FRIES: deep fry	3 oz	33.99
000089	Fresh Apple Slices	package	7.96
000638	Fruit Punch - 4 OZ	4 OZ	15.00
000637	Fruit Punch, 6 oz	6 OZ	22.00
000107	Garlic Breadstick	each	16.00
000716	Giorgio cheese pizza	each	39.00
000717	Giorgio Pepperoni Pizza	each	37.00
000672	Graham Crackers	2 packs	22.00
000639	Grape Juice, 6 oz	6 OZ	28.00
000640	Grape Juice- 4 OZ	4 OZ	14.00
000422	GRAPES,Fresh	1/2 cup	14.00
000530	Green Beans, canned	1/2 cup	3.49
000417	Green Beans,frozen	1/2 CUP	4.52
000002	Green Beans,frozen w/ ham base	1/2 CUP	4.64
000379	HAMBURGER ON A BUN	1 each	32.00
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
000738	Juice, Blue Raspberry - 4oz	4 oz	14.00
000737	Juice, Orange Pineapple - 4oz	4 oz	14.00
000736	Juice, Sour Apple - 4oz	4 oz	14.00
000472	Ketchup, dunk cup	dunk cup	7.00
000082	Ketchup,pc, heinz	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
000739	Lettuce, Tomato, Cheese Cup	each	0.90
000014	Lima Beans, canned	1/2 cup	16.82
000668	Lima Beans, frozen	1/2 cup	15.89
000703	Mandarin Oranges	1/2 cup	17.00
000118	MAX STICKS - HS	3 EA	48.00
000316	MaxStix - Elem/Middle	2 EA	32.00
001050	Mayonnaise, light heinz pc	1 packet	1.11
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
000733	Mini Cheese Ravioli - Elem/Mid	7 pieces	25.26
000734	Mini Cheese Ravioli - HS	14 pieces	50.52
000681	Mini Corn Dogs	6 each	28.00
000529	Mixed Fruit	1/2 cup	18.00
000140	Mozzarella String Cheese Stick	1 oz	1.00
000223	MUSTARD: individual PC	1 packet	0.27
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
000207	Pancakes, Mini Maple	pouch	35.00
000693	Pasta & Meat Sauce	1 cup	47.65
000715	Pasta & Meatballs	servings	43.26
000714	Pasta & Meatballs - HS	servings	64.21
000033	peach crisp- topping mix 1/2 c	1/2 cup	49.87
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
000039	pear crisp- topping mix 1/2 c	1/2 cup	50.61
000205	Pear Cup	each	24.08
000537	Pears	1/2 cup	18.99

*\*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)
000392	Pears, rosy	1/2 cup	20.80
000090	PEARS,FRESH	EACH	21.49
000445	Peas, frozen	1/2 CUP	13.59
000572	PEAS: can,cooked	1/2 CUP	13.70
000730	Pepperoni Calzonette	3 pieces	35.00
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	23.00
000087	Pizza, Breakfast, Saus Scramb	each	24.07
900050	POT WEDGES,FRZ,CKD	1/2 cup	18.18
900052	RAISINS,SEEDLESS	1.33 OZ	29.85
000378	Real Slice Cheese Pizza	slice	32.00
000376	Real Slice Pepperoni Pizza	slice	32.00
000224	RELISH: individual PC	PC packet	3.51
000146	Ridgefields Sidekicks	4.4 oz	20.00
000144	Ridgefields Slushie Cups	5.5 oz	22.00
000113	Roasted Garlic Mashed Potatoes	1/2 cup	17.00
000279	salad, dark greens	1 cup	1.64
000744	salad, pacetti bay	1 cup	10.37
000197	salsa	1/4 cup	4.00
000532	SANDWICH, ham & cheese	whole	35.11
000743	sandwich, pacetti bay	each	43.96
000571	Sauce, Marinara	1/2 cup	11.00
000673	Scrambled Egg Biscuit	each	23.00
000183	Scrambled Eggs, precooked	1 oz	1.00
000031	Sliced Apples	1/2 cup	17.88
000131	Sliced Cheese, LF Yellow Amer	2 slices	2.00
000148	Sliced Turkey Breast & Gravy	4.4 oz	3.99
000021	Soft Shell Taco	2 EACH	41.59
000275	Soybutter & Jelly Sandwich	each	29.00
000710	Spicy Chicken Sandwich	EACH	44.00
000099	STRAWBERRIES,FRESH	1/2 cup	6.79
000720	Strawberries,Frozen, ss	each	22.00
000098	STRAWBERRIES: frozen	1/2 CUP	33.18
000276	Sunrise Twist	each	19.00
000109	Sweet n Sour Sauce	1 oz	8.00
000398	Sweet Potato Puffs	1/2 cup	23.00
000349	SYRUP,PANCAKE	each	25.00
000179	Tac-Go w/ Egg cheese & sausage	each	14.00
000545	Taco Sauce, pc	pckt	1.03
000100	TANGERINES,FRESH	EACH	11.21
000544	Tarter Sauce, pc	1 packet	1.41
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
000030	TUNA SALAD SANDWICH-whole	whole	36.94
000075	Turk Ham & chz sandwich- whole	sandwiches	33.68
001054	Turkey & Cheese Sand - whole	sandwiches	34.67
000629	Turkey & Gravy - diced	1/2 cup	6.13
000630	Turkey & Gravy - roast turkey	2 oz wt	13.91
000521	Turkey and Gravy, Jennie O	6 fl oz	7.78
000234	VACATION	EACH	0.00
000732	WG White Wheat Roll	each	26.00
000735	Wheat Yeast Roll (elem & mid)	1 roll	17.00
000742	wrap, pacetti bay	each	27.04

\*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.