

# Gainesville City Schools

## Recipe Carbohydrates List

| No.    | Description                    | Portion Size    | Carbohydrates<br>(Grams) |
|--------|--------------------------------|-----------------|--------------------------|
|        |                                |                 | *N/A*                    |
| 000649 | Apples, Raw, Sliced, Bagged    | 1 bag each      | 7.83                     |
| 000199 | Apples, Spiced                 | 1/2c            | 30.24                    |
| 000163 | Apples: Fresh Variety          | 1 each          | 25.13                    |
| 000642 | Applesauce Cups- Unsweetened   | Each            | 16.00                    |
| 000247 | Applesauce, Canned Unsweetened | 0.5 cup         | 15.00                    |
| 000574 | Asian Bowl High School         | 6 piece/0.5c    | 54.29                    |
| 000608 | Asian Brown Rice- Dry          | 4oz             | 21.29                    |
| 000716 | Asian Nuggets 5 piece          | 5 piece serving | 27.72                    |
| 000735 | Asian Nuggets 6 piece          | 6 piece serving | 33.26                    |
| 000748 | Asian Rice- Frozen             | 3/4c            | 24.01                    |
| 000784 | Bacon Burger                   | 1 each          | 32.00                    |
| 000789 | Bacon Cheeseburger             | 1 each          | 33.00                    |
| 000750 | Bagel, Mini Strawberry Filled  | 1 each          | 41.00                    |
| 000685 | Baked Beans, Pre-Sauced        | 1/2c            | 30.09                    |
| 000130 | Baked Beans, Scratch           | 2/3 cup         | 27.10                    |
| 000665 | Balsamic dressing              | 1 ounce         | 0.18                     |
| 000164 | Banana: Fresh                  | each            | 23.07                    |
| 000571 | BBQ Pork Sandwich              | 4oz             | 47.00                    |
| 000616 | BBQ Sauce Ind.                 | .44oz           | 7.04                     |
| 000089 | Beef & Macaroni                | 3/4 cup         | 16.89                    |
| 000692 | Beef & Macaroni- HS            | 1 cup           | 26.83                    |
| 000383 | Beef Burrito                   | EACH            | 32.70                    |
| 000764 | Beef Taco MS/HS                | 2 Tacos         | 5.49                     |
| 000076 | Beef Taco(using beef crumbles) | 2 Tacos         | 26.26                    |
| 000117 | Beefy Nachos Elementary/middle | 4oz scoop       | 22.03                    |
| 000276 | Beefy Nachos High School       | 6oz             | 38.96                    |
| 000782 | Belvita Breakfast Biscuit      | Packs Each      | 35.00                    |
| 000207 | Biscuit & Jelly 2.2oz          | each            | 36.00                    |
| 005039 | Black Bean Salad, Cold         | 2/3 cup         | 27.69                    |
| 000396 | Black Beans                    | 1/2 CUP         | 15.71                    |
| 000619 | Black Beans, Ranchero          | 1/2 cup         | 21.23                    |
| 000254 | Black Eyed Peas                | 1/2 CUP         | 21.35                    |
| 000255 | Blueberries, Fresh             | 1/2c            | 10.72                    |
| 000479 | Blueberry Muffin               | 1 muffin each   | 25.00                    |
| 000573 | Boneless Wings (6)             | 6 each          | 19.84                    |
| 000744 | Boneless Wings (7)             | 7 Each          | 23.18                    |
| 000499 | Breakfast Bun                  | Each            | 39.00                    |
| 000766 | Breakfast Stick- Egg & Bacon   | Sticks Each     | 17.00                    |
| 000256 | Broccoli, raw: fresh           | 0.5 cup         | 3.02                     |
| 000583 | Brussel Sprouts, Oven Roasted  | 1/2c            | 5.68                     |
| 000725 | Caesar Chicken Salad           | Salad(s)        | 15.09                    |
| 000787 | Caesar Side Salad              | 1 cup           | 13.57                    |
| 000660 | Calzone, Pepperoni             | Each            | 35.00                    |
| 000752 | Cantaloupe, raw                | 1/2 cup         | 8.51                     |
| 000213 | Carrot Souffle                 | 2/3 cup         | 28.13                    |
| 000022 | Carrot Sticks                  | 0.5 cups        | 8.42                     |
| 000033 | Carrot Sticks, Baby in Bag     | 1 pack each     | 3.71                     |
| 000260 | Carrots: canned, cooked        | 0.5             | 4.04                     |
| 000264 | Cauliflower, raw: fresh        | CUP             | 4.97                     |
| 000664 | Cauliflower, raw: steamed      | 1/2 cup         | 3.61                     |
| 000265 | Cauliflower: frozen,boiled     | 1/2 CUP         | 3.38                     |
| 000267 | Celery Sticks                  | 1/2 cup         | 1.35                     |
| 000691 | Celery Sticks, bagged          | 1/2 cup bags    | 3.27                     |
| 000515 | Cereal & Cereal                | 2 bowls ea      | 41.68                    |
| 000517 | Cereal & Grahams               | 1 of each       | 41.67                    |
| 000740 | Cereal Bar, General Mills      | Each            | 30.00                    |
| 000646 | Cereal, Pouch Variety          | SERVING         | 22.00                    |
| 001072 | Cereal, Variety                | 1 bowlpack      | 24.64                    |
| 000723 | Cheese Cubes RF                | 1 pack          | 0.00                     |
| 000549 | Cheese Puffs                   | 1 each          | 14.00                    |

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| No.    | Description                    | Portion Size | Carbohydrates<br>(Grams) |
|--------|--------------------------------|--------------|--------------------------|
| 000461 | Cheese Quesadilla              | 1 Each       | 36.02                    |
| 000450 | Cheese Toast                   | 1 SLICE      | 15.00                    |
| 000795 | Cheese, Shredded Garnish       | 0.5 ounce    | 0.51                     |
| 000481 | Cheeseburger on Bun            | 1 each       | 33.00                    |
| 000603 | Cheesy Broccoli                | 1/2c cup     | 6.30                     |
| 000771 | Cheesy French Bread Entree     | Slices Each  | 33.00                    |
| 000538 | Cheez-its Whole Grain          | 1 Each       | 14.00                    |
| 000655 | Chex Mix Cheddar               | 1 each       | 20.00                    |
| 000688 | Chex Mix Strawberry            | 1 Each       | 23.00                    |
| 000482 | Chicken & Noodles              | CUP          | 28.77                    |
| 000724 | Chicken Alfredo                | 10oz (1.25c) | 34.24                    |
| 000472 | Chicken Biscuit- 2oz           | EACH         | 35.00                    |
| 000626 | Chicken Burrito Tyson Bag Meat | 0.5c         | 37.68                    |
| 000777 | Chicken Chow Mein Meat         | 1/2c         | 41.51                    |
| 000778 | Chicken Chow Mein Noodles      | 6oz          | 33.78                    |
| 000372 | Chicken Chunks- ES             | 5 each       | 14.76                    |
| 000670 | Chicken Chunks- HS             | 7 each       | 18.32                    |
| 000671 | Chicken Chunks- MS             | 6 each       | 15.78                    |
| 000185 | Chicken Crunchy Taco Diced     | 1/2 cup      | 26.39                    |
| 000072 | Chicken Crunchy Taco Fajita Mt | EACH         | 25.96                    |
| 000625 | Chicken Crunchy Taco Tyson     | 0.5c         | 26.68                    |
| 000737 | Chicken Drumstick Oven Roasted | 1 Each       | 2.00                     |
| 000663 | Chicken Drumstick WG Breaded   | 1 Each       | 5.00                     |
| 000441 | Chicken Fajita Nachos High     | EACH         | 36.79                    |
| 000647 | Chicken Lo Mein                | 1 cup        | 35.64                    |
| 000672 | Chicken Nachos - ES/MS yellow  | 4oz          | 24.12                    |
| 000699 | Chicken Nachos - ES/MS queso   | 4oz          | 23.20                    |
| 000673 | Chicken Nachos - HS queso      | 6oz          | 39.54                    |
| 000798 | Chicken Nachos - HS yellow     | 6oz          | 41.07                    |
| 000105 | Chicken Nuggets, Homestyle 5pc | 5 pieces     | 15.52                    |
| 000775 | Chicken Nuggets, Homestyle 6pc | 6 pieces     | 18.62                    |
| 000792 | Chicken Nuggets, Homestyle 7pc | 7 pieces     | 21.73                    |
| 000722 | Chicken Parmesan- HS           | 8oz + Patty  | 64.68                    |
| 000613 | Chicken Salad                  | 1/2 CUP      | 3.76                     |
| 000550 | Chicken Salad Wrap             | 1/2 CUP      | 41.98                    |
| 001052 | Chicken Sandwich, Breaded      | EACH         | 40.00                    |
| 000415 | Chicken Soft Taco Diced        | 1/2 cup      | 31.54                    |
| 000414 | Chicken Soft Taco Fajita Meat  | EACH         | 31.37                    |
| 000609 | Chicken Stir Fry               | 3/4 CUP      | 12.09                    |
| 000712 | Chicken Taco Diced- no cheese  | 1/2 cup      | 25.78                    |
| 000087 | Chili                          | 1 cup        | 22.46                    |
| 000618 | Chili, Chicken                 | 1 cup        | 22.56                    |
| 000763 | Chilidog                       | 3oz          | 39.49                    |
| 000754 | Chips, Tortilla Bulk           | 1oz portion  | 18.36                    |
| 000758 | Churro, WG                     | 1 each       | 23.00                    |
| 000204 | Cinnamon Roll- LG 2oz          | 1 each       | 43.00                    |
| 000741 | Cinni Minis                    | 1 pack ea    | 39.00                    |
| 000494 | Colby Cheese Sticks            | stick        | 0.00                     |
| 000318 | Cole Slaw                      | 1/2 cup      | 14.41                    |
| 000659 | Collard Greens                 | 1/2 cup      | 8.41                     |
| 000505 | Cookie Red. Fat Baked          | 1 Each       | 24.09                    |
| 000774 | Cookie, Fudge Filled Wrapped   | Cookies Each | 31.00                    |
| 000796 | Cookie, Themed Sugar Cookie    | 1 cookie     | 18.00                    |
| 000065 | Cookies, Smart                 | serving      | 22.00                    |
| 000061 | Cool Tropics Fruit Juice Slush | servings     | 30.00                    |
| 001062 | Corn Dog:Turkey                | 1 each       | 31.11                    |
| 000464 | Corn on the cob                | 1 ea         | 18.29                    |
| 000152 | Corn, Whole Kernal             | 1/2 cup      | 17.97                    |
| 000710 | Corndog Pups Breakfast         | 4pc serving  | 20.67                    |
| 000627 | Corndog Pups Lunch             | 6pc serving  | 31.00                    |
| 000713 | Corndog Pups Lunch- HS         | 8pc servings | 41.33                    |

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|--------|--------------------------------|--------------|--------------------------|
| 000069 | Crackers, Animal               | each         | 21.00                    |
| 000272 | Cranberry Sauce: canned,swtnd  | 2oz portion  | 22.91                    |
| 000623 | Crispito, Chicken              | 2 Each       | 46.00                    |
| 000133 | Crispy Romaine Salad           | 1 cup        | 2.57                     |
| 000793 | Croutons, WG Cheese and Garlic | 1 pack each  | 8.00                     |
| 000377 | Cucumbers, Raw                 | 1/2 cup      | 2.63                     |
| 000147 | Curly Fries 1/2c               | 1/2 cup      | 16.89                    |
| 000742 | Curly Fries 3/4c               | 3/4c         | 25.34                    |
| 000679 | Diet Plate- CES                | 1 Each       | 1.00                     |
| 000638 | Donut Holes, Glazed            | Each         | 17.00                    |
| 000587 | Donuts                         | EACH         | 23.00                    |
| 000644 | Dorito,Chili-FL                | Each         | 20.00                    |
| 000639 | Doritos, RF cool ranch         | Each         | 19.00                    |
| 000606 | Dressing, Italian Light        | 1oz Serving  | 2.12                     |
| 000635 | Dressing, Italian Light 1.5oz  | 1.5oz cup    | 3.00                     |
| 000751 | Dressing, Oriental PP          | 1 Each       | 11.00                    |
| 000631 | Dutch Waffle                   | 1 Each       | 43.75                    |
| 000628 | Egg Roll, Vegetable, WG        | 1 each       | 22.00                    |
| 000701 | Fancy Greens Salad             | 1 cup        | 1.56                     |
| 000140 | Farmer's Garden Salad          | 1 cup        | 1.97                     |
| 000016 | Field Peas                     | 1/2 cup      | 18.24                    |
| 000582 | Fire RoastedCorn & Black Beans | 1/2c         | 19.00                    |
| 000191 | Fish Patty                     | 1 Patty      | 13.00                    |
| 000552 | Fish Soft Taco                 | 1 each       | 35.00                    |
| 000214 | Fish Sticks                    | 4 pieces     | 20.07                    |
| 000445 | Fish Taco                      | 1 each       | 24.50                    |
| 000636 | Flatbread, Rich's              | Each         | 26.00                    |
| 000487 | French Fries                   | 0.5 cup      | 17.14                    |
| 000653 | French Fries High              | 0.75         | 25.70                    |
| 000368 | French Toast Stix              | 3 each       | 24.00                    |
| 000518 | French Toast Stix MS HS        | 4 Sticks     | 32.00                    |
| 000522 | French Toast, Mini Choc or Cin | Pack         | 37.00                    |
| 000762 | Fruit 66                       | can(s)       | *N/A*                    |
| 000021 | Fruit Cocktail                 | 1/2 cup      | 21.50                    |
| 000773 | Fruit Mixed Cups               | Cups Each    | 19.00                    |
| 000245 | Fruit, Fresh Assorted          | EACH         | 18.66                    |
| 000330 | Fruit, Fresh Salad             | 1/2c         | 11.58                    |
| 000772 | Garlic Bread- Texas Toast      | Slices Each  | 11.00                    |
| 000746 | Goldfish Crackers Cheddar      | 1 each       | 14.00                    |
| 000513 | Goldfish Grahams               | 1 pack       | 19.00                    |
| 000695 | Grab and Go Breakfast Kit      | 1 KIT        | 56.00                    |
| 000509 | Graham crackers snack variety  | 1 pack       | 20.94                    |
| 000233 | Graham Crackers- squares       | 6 EACH       | 32.62                    |
| 000493 | Granola individual packages    | each         | 26.00                    |
| 000416 | Grape Tomatoes                 | 1/2 cup      | 5.88                     |
| 000714 | Grape Tomatoes, IW bags        | bag(s)       | 5.80                     |
| 000721 | Grapefruit, IW bags            | 1 each       | 13.11                    |
| 000460 | Grapefruit: Fresh Whole        | 1 each       | 20.68                    |
| 000422 | Grapes, Fresh                  | 1/2 cup      | 13.41                    |
| 000373 | Green Beans                    | 0.5 cup      | 4.26                     |
| 000019 | Green Peas                     | 1/2 cup      | 14.65                    |
| 000341 | Grilled Cheese & Yogurt        | 1 of each    | 47.02                    |
| 000045 | Grilled Cheese Sandwich        | SERVINGS     | 30.00                    |
| 000648 | Grilled Chicken Patty- CAA     | EACH         | 1.00                     |
| 000238 | Grilled Chicken Sandwich       | EACH         | 32.00                    |
| 000541 | Gripz                          | 1 Each       | 19.00                    |
| 000779 | Ham & Cheese Croissant         | EACH         | 27.00                    |
| 000475 | Ham Biscuit 2oz                | each         | 28.00                    |
| 000358 | Ham Patty                      | each         | 1.00                     |
| 000400 | Ham/turkey & Cheese Sub        | EACH         | 40.63                    |
| 000115 | Hamburger on Bun               | 1 each       | 32.00                    |

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| No.    | Description                    | Portion Size    | Carbohydrates<br>(Grams) |
|--------|--------------------------------|-----------------|--------------------------|
| 000452 | Hot Sauce                      | 7 gram          | 0.00                     |
| 000572 | Hotdog                         | 1 each          | 32.00                    |
| 000702 | Italian Salad                  | 1 cup           | 2.88                     |
| 000345 | Jelly                          | 1 pack          | 9.00                     |
| 000753 | Jonny Pops                     | 1 each          | *N/A*                    |
| 000674 | Juice, 4oz Aseptic Bx Any Flv  | Each            | 14.00                    |
| 000126 | Juice, 4oz frozen any flavor   | 4oz.            | 15.00                    |
| 000127 | Juice, 6oz Aseptic Bx Any Flv  | 6 oz.           | 14.00                    |
| 000590 | Juice, 6oz frozen any flavor   | 1 each          | 28.41                    |
| 000693 | Juice, Veggie 4oz              | 1 box or carton | 13.00                    |
| 000768 | Jumbo Tots 2pc                 | Rounds 2ea      | 16.00                    |
| 000769 | Jumbo Tots 3pc                 | Rounds 3ea      | 24.00                    |
| 000057 | Ketchup                        | Each            | 2.00                     |
| 000029 | Kiwi                           | each            | 11.14                    |
| 000726 | Lasagna, four cheese ES/MS     | 6.5oz           | 32.00                    |
| 000727 | Lasagna, four cheese HS        | 8.67oz          | 42.67                    |
| 000612 | Lettuce and tomato shredded    | 1 cup           | 4.09                     |
| 000657 | Lettuce, hydro bibb            | 1 cup           | 2.02                     |
| 000034 | Lettuce/Tomato:2 leaf,2 slice  | 1 lf,2 slc      | 1.25                     |
| 000511 | Mac and Cheese in Pouch        | 6oz ladel       | 30.86                    |
| 000799 | Mac and Cheese LOL Cheese      | 6oz             | 23.59                    |
| 000557 | Mac and Cheese LOL Pouch w/ham | 2/3 cup         | 23.02                    |
| 000755 | Mandarin Orange Cups           | 1 Each          | 21.00                    |
| 000192 | Mandarin Oranges Canned        | 1/2 cup         | 16.71                    |
| 000682 | Marinara dipping cups          | 1 cup each      | 7.00                     |
| 000203 | Marinara Sauce                 | 1/2c            | 15.03                    |
| 001050 | Mayonnaise: individual PC      | Pkt 12g         | 2.00                     |
| 000760 | McBurger                       | 1 each          | 39.00                    |
| 000677 | Meatball Sub- Chicken          | 3 piece sub     | 40.78                    |
| 000454 | MexiCali Corn                  | 1/2 CUP         | 14.98                    |
| 000178 | Milk, 1%                       | HALF PINT       | 13.00                    |
| 000555 | Milk, Chocolate FF             | HALF PINT       | 20.00                    |
| 000553 | Milk, Skim                     | HALF PINT       | 11.00                    |
| 000556 | Milk, Strawberry FF            | HALF PINT       | 19.00                    |
| 000554 | Milk, Vanilla FF               | HALF PINT       | 19.00                    |
| 000738 | Mini Bagels- Strawberry        | 1 Pack Each     | 41.00                    |
| 000446 | Mini Loaf                      | 1 each          | 29.00                    |
| 000568 | Mini Pancakes Eggo             | 1 Pouch         | 35.00                    |
| 000501 | Mini Pancakes Pillsury         | 1 Pouch         | 40.00                    |
| 000132 | Mixed Vegetables               | 1/2 cup         | 4.29                     |
| 000020 | Mixed Vegetables Caribbean     | 1/2 cup         | 5.34                     |
| 000488 | Mozz Cheese Stick              | stick           | 1.00                     |
| 000531 | Muffin Top                     | 1 Muffin        | 26.00                    |
| 000633 | Muffin, Blueberry              | 1 Muffin        | 26.00                    |
| 000187 | Munchable                      | Plate           | 42.00                    |
| 000223 | Mustard: individual PC         | Pkt 5g          | 0.29                     |
| 000171 | Nectarine, Fresh               | 1 whole         | 14.35                    |
| 000694 | NutriGrain Bar Apple Cinnamon  | 1 bar           | 24.00                    |
| 000521 | Onion Rings                    | Servings        | 27.00                    |
| 000661 | Orange Chicken and Rice        | 1 cup           | 41.63                    |
| 000134 | Orange Glazed Carrots          | 2/3 cup         | 18.78                    |
| 000412 | Orange Glazed Sweet Potatoes   | 1/2 cup         | 37.56                    |
| 000656 | Orange Smiles - 1 pk           | Pack(s)         | 9.00                     |
| 000086 | Oranges                        | EACH            | 11.28                    |
| 000206 | Pancake on Stick               | 1 each          | 22.00                    |
| 000743 | Parmesan Broccoli              | 1/2c            | 2.51                     |
| 000486 | PBJ Plate High School          | 1 each          | 55.00                    |
| 000736 | PBJ- Large for HS              | 1 each          | 52.00                    |
| 000658 | Peach cups, 4.4 oz USDA        | 4.4oz cup       | 19.00                    |
| 000757 | Peach Cups, Shelf Stable       | 1 Each          | 18.00                    |
| 000177 | Peaches, Canned                | 1/2 cup         | 18.54                    |

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|--------|--------------------------------|--------------|--------------------------|
| 000170 | Peaches: Fresh Medium          | 1 whole      | 14.31                    |
| 000277 | Pears, Canned                  | 2 halves     | 18.00                    |
| 000090 | Pears, Fresh Variety           | EACH         | 27.48                    |
| 000551 | Peas & Carrots                 | 1/2c         | 16.89                    |
| 000381 | Peas: Green, Frozen            | 1/2 cup      | 13.68                    |
| 000734 | Philly Beef Sandwich           | Sandwiches   | 46.60                    |
| 000788 | Pico de gallo, pre-cut         | 1/4 cup      | 4.00                     |
| 000756 | Pineapple Cups                 | 1 Each       | 16.00                    |
| 000031 | Pineapple Tidbits Canned       | 1/2c         | 18.42                    |
| 000121 | Pinto Beans                    | 1/2 cup      | 39.81                    |
| 000643 | Pinto Beans- Fiesta            | 1/2 cup      | 22.96                    |
| 000118 | Pizza Ch. Wh/Gr Stuffed Crust  | 1 slice      | 38.00                    |
| 000498 | Pizza Stuffed Pepperoni        | slice        | 38.00                    |
| 000348 | Pizza, Breakfast               | each         | 22.00                    |
| 000581 | Pizza, Brk Sausage & Gravy Nar | 1 Each       | 24.00                    |
| 000791 | Pizza, Buffalo Chicken         | slice(s)     | 34.66                    |
| 000731 | Pizza, Cheese 5" Deep Dish     | One Each     | 34.00                    |
| 000732 | Pizza, Cheese Bites Elementary | 4 pieces     | 28.00                    |
| 000733 | Pizza, Cheese Bites MS/HS      | 6 pieces     | 42.00                    |
| 000024 | Pizza, Cheese old style        | slice        | 30.00                    |
| 000729 | Pizza, Cheese10ct Round        | Slice        | 34.00                    |
| 000790 | Pizza, Chicken Florentine      | slice(s)     | 34.39                    |
| 000496 | Pizza, Chicken Quesadilla      | piece        | 38.20                    |
| 000786 | Pizza, Dominos Cheese 8ct      | 1 slice each | 29.00                    |
| 000785 | Pizza, Dominos Pepperoni 8ct   | 1 slice each | 29.00                    |
| 000584 | Pizza, Hawaiian                | slice        | 40.14                    |
| 000562 | Pizza, Meat Lovers             | each         | 34.55                    |
| 000707 | Pizza, Messy Garden - AK       | slice(s)     | 36.85                    |
| 000728 | Pizza, Pepperoni 10ct Round    | Slice        | 34.00                    |
| 000730 | Pizza, Pepperoni 5" Deep Dish  | One Each     | 34.00                    |
| 000311 | Pizza, Pepperoni old style     | each         | 33.00                    |
| 000585 | Pizza, Supreme                 | each         | 38.35                    |
| 000094 | Plums, Fresh                   | EACH         | 7.54                     |
| 000567 | Poptarts                       | 1 Each       | 37.00                    |
| 000157 | Potato Smiles 4 each           | 4 each       | 19.97                    |
| 000391 | Potato Smiles 6 each           | 6 each       | 29.95                    |
| 000411 | Potato Wedges                  | 1/2 cup      | 24.00                    |
| 000565 | Potatoes, Baby Bakers          | 1/2c         | 14.99                    |
| 000143 | Potatoes, Whipped              | 1/2 cup      | 14.13                    |
| 000575 | Potatoes, Whipped High         | 1 cup        | 28.73                    |
| 000507 | Pretzel, 1oz                   | 1 each       | 14.00                    |
| 000520 | Pretzel, 2oz                   | 1 each       | 28.00                    |
| 000097 | Raisins                        | 0.25 cup     | 28.70                    |
| 000514 | Ranch Gallons                  | 1 oz         | 1.89                     |
| 000201 | Ranch, Individual, Fat Free    | 1 packet     | 2.00                     |
| 000577 | Ranch, Jalepeno                | 1 cup each   | 2.00                     |
| 000315 | Red pepper strips or rings     | 1/2 cup      | 2.77                     |
| 000125 | Refried Beans                  | 2/3 cup      | 21.22                    |
| 000689 | Refried Beans, Dry instant     | 1/2c serving | 30.75                    |
| 000704 | Refried Beans, Dry instant GHS | 1/2c serving | 30.85                    |
| 000705 | Refried Beans, instant GMS     | 2/3 cup      | 31.78                    |
| 000781 | Rice Krispie Treat Large       | 1 bar each   | 30.00                    |
| 000745 | Rice Krispie Treat Mini        | 1 each       | 9.00                     |
| 000244 | Roll, 1oz Pre-Baked Wheat      | 1 each       | 14.00                    |
| 000263 | Roll, Wheat Dinner 2oz         | 1 each       | 27.00                    |
| 000215 | Sack Lunch- PBJ                | EACH         | 103.92                   |
| 000708 | Sack Lunch- PBJ shelf stable   | EACH         | 87.00                    |
| 000678 | Salad, Adult Entree            | EACH         | 9.38                     |
| 000759 | Salad, Arugula Chicken HS      | EACH         | 18.63                    |
| 000675 | Salad, Asian Chicken           | 1 salad      | 88.17                    |
| 000219 | Salad, Breaded Chicken ES MS   | each         | 18.03                    |

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# Gainesville City Schools

## Recipe Carbohydrates List

| No.    | Description                    | Portion Size   | Carbohydrates<br>(Grams) |
|--------|--------------------------------|----------------|--------------------------|
| 000242 | Salad, Breaded Chicken HS      | each           | 15.78                    |
| 000676 | Salad, Buffalo Chicken HS      | EACH           | 28.63                    |
| 000641 | Salad, Butter Lettuce          | 1 cup          | 2.46                     |
| 000066 | Salad, Chef ES MS              | each           | 13.57                    |
| 000578 | Salad, Chef HS                 | each           | 10.04                    |
| 000687 | Salad, Chicken Chunk HS        | 1 Salad Each   | 27.50                    |
| 000456 | Salad, Fajita Chicken ES MS    | each           | 10.99                    |
| 000579 | Salad, Fajita Chicken HS       | each           | 10.99                    |
| 000239 | Salad, Grilled Chicken ES MS   | EACH           | 7.89                     |
| 000512 | Salad, Grilled Chicken HS      | EACH           | 18.27                    |
| 000739 | Salad, Oriental                | 1/2 cup        | 9.24                     |
| 000599 | Salad, Red Rock                | 1 salad plate  | 65.75                    |
| 000776 | Salad, Shaker Southwest        | 12oz Each      | 65.35                    |
| 000593 | Salad, Taco HS                 | 1 each         | 19.12                    |
| 000095 | Salad, Taco w/ Beef            | 1 each         | 10.80                    |
| 000139 | Salad, Tossed                  | 1 CUP          | 4.00                     |
| 000683 | Salsa dipping cups             | 1 cup each     | 5.00                     |
| 001051 | Salsa, canned                  | 1/2c           | 8.42                     |
| 000717 | Saltines, WG                   | 1 pk           | 8.00                     |
| 000236 | Sandwich, Ham and Cheese       | EACH           | 29.39                    |
| 000235 | Sandwich, Turkey and Cheese    | EACH           | 29.00                    |
| 000474 | Sausage Biscuit 2oz            | ea             | 27.25                    |
| 000570 | Sausage, Turkey Patty          | 1 Each         | 0.25                     |
| 000720 | Scooby Doo Gummies             | 0.9oz          | 21.00                    |
| 900000 | SCRAMBLED EGGS                 | 1/4 CUP        | 4.84                     |
| 000497 | Sliced Apples                  | 1/2 cup        | 10.12                    |
| 000559 | Snack Bun Whole Grain          | 1 bun          | 19.00                    |
| 000700 | Snack Mix, Quaker Munchies     | 1 each         | 17.00                    |
| 000586 | Snack, Belly Bear              | 1 PACK         | 19.00                    |
| 000589 | Snack, Themed Graham Crackers  | each           | 22.00                    |
| 000504 | Sour Cream Ind.                | pack           | 4.00                     |
| 000530 | Southern Caviar- Black eye Pea | 1/2c           | 32.03                    |
| 000508 | Soybutter Sandwich             | 1 Each         | 27.00                    |
| 000173 | Spaghetti and Meat Sauce- Can  | 1 CUP          | 32.11                    |
| 000610 | Spaghetti/sauce & chicken- Can | 1 CUP          | 25.69                    |
| 000594 | Spice, Cajun Blend             | 1 Tablespoon   | 3.02                     |
| 000595 | Spice, Chili Blend             | 1 Tablespoon   | 1.55                     |
| 000596 | Spice, Italian Blend           | Tablespoons    | 1.77                     |
| 000597 | Spice, Mrs. Dash Blend         | 0.6667 Cup     | 24.50                    |
| 000471 | Spicy Chicken Sandwich         | EACH           | 48.00                    |
| 000706 | Spinach & Arugula Salad        | 1 cup          | 3.34                     |
| 000560 | Spinach and Kale- Steamed      | 1/2c           | 6.03                     |
| 000180 | Spinach Salad                  | 1 cup          | 3.33                     |
| 000703 | Spring Mix Salad               | 1 cup          | 3.57                     |
| 000686 | Sriracha Ketchup               | 1 packet each  | 2.00                     |
| 000767 | Steak Biscuit                  | Steak Biscuits | 36.00                    |
| 000123 | Steamed Broccoli               | 1/2 cup        | 3.31                     |
| 000526 | Steamed Cauliflower & Ranch    | 1/2 cup        | 3.35                     |
| 000545 | Steamed Squash & Ranch         | 1/2 cup        | 3.19                     |
| 000797 | Steamed Squash & Zucchini      | 1/2 cup        | 3.08                     |
| 000058 | Stewed Tomatoes                | 2/3c           | 12.47                    |
| 000165 | Strawberries: Fresh            | 1/2 cup        | 8.85                     |
| 000605 | Strawberry Cups                | frozen cup     | 19.00                    |
| 000491 | Stuffed Cheese Stix ES/MS 2ea  | 2 ea           | 30.00                    |
| 000794 | Stuffed Cheese Stix HS 3ea     | 3 ea           | 45.00                    |
| 000490 | Sunchips                       | 1oz bag        | 19.00                    |
| 000770 | Sunflower Seeds                | Packs Each     | 9.50                     |
| 000208 | Super Donut                    | 1 each         | 29.00                    |
| 000662 | Sweet and Sour Sauce, PP       | Each           | 4.00                     |
| 000196 | Sweet Potato Fries             | 1/2c           | 22.81                    |
| 000650 | Sweet Potato Fries High        | 3/4c           | 34.21                    |

*\*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*

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# Gainesville City Schools

## Recipe Carbohydrates List

| No.    | Description                    | Portion Size  | Carbohydrates<br>(Grams) |
|--------|--------------------------------|---------------|--------------------------|
| 000241 | Sweet Potato Souffle           | 2/3 cup       | 45.63                    |
| 000159 | Sweet Potato Tots              | 8 each        | 22.01                    |
| 000651 | Sweet Potato Tots M/High       | 12 each       | 33.01                    |
| 000056 | Sweet Potato, Baked            | 1/2 cup       | 19.01                    |
| 000357 | Syrup                          | each          | 10.00                    |
| 000100 | Tangerines, Fresh              | 1 Ea          | 16.01                    |
| 000202 | Tartar Sauce Individual        | 1 packet      | 3.00                     |
| 000278 | Tater Tots ES                  | 8 ea          | 13.89                    |
| 000652 | Tater Tots M/High              | 12 ea         | 20.83                    |
| 000534 | Tea                            | 1 gallon      | 201.56                   |
| 000604 | Terkiyaki Chicken and Rice     | 1 cup         | 41.93                    |
| 000451 | Three Bean Salad               | 1/2 cup       | 13.74                    |
| 000325 | Toast                          | 1 SLICE       | 14.00                    |
| 000440 | Toast, Garlic on 1/2 Sub Bun   | 1/2 bun       | 20.75                    |
| 000018 | Toast, Wh Wheat Plain/Garlic   | slice         | 14.34                    |
| 000506 | Tortilla Chip,Scoop/Round IW   | Each          | 19.00                    |
| 000519 | Tri Tator                      | Patty         | 13.50                    |
| 000160 | Tropical Fruit                 | 1/2 cup       | 15.87                    |
| 000780 | Turkey & Cheese Croissant      | EACH          | 27.00                    |
| 000409 | Turkey and Cheese Sub          | EACH          | 41.20                    |
| 000523 | Turkey and Dressing            | SERVINGS      | 13.61                    |
| 000783 | Turkey Bacon                   | 2 slices each | 0.00                     |
| 000747 | Turkey Stick                   | 1 each        | 0.00                     |
| 000470 | Uncrustable                    | 1 each        | 34.00                    |
| 000485 | Uncrustable w/ Cheese Stick    | 1 each        | 35.00                    |
| 000761 | Veggie Burger                  | burger(s)     | 47.30                    |
| 000279 | Veggie Dippers                 | 1/2c          | 4.46                     |
| 000447 | Veggie Dunkers                 | 1/2c          | 7.25                     |
| 000314 | Veggies, broc, cel, carr, caul | CUP           | 6.78                     |
| 000634 | Waffles Mini Eggo              | 1 each        | 35.00                    |
| 000632 | Waffles, Cinnamon Toast Mini E | 1 each        | 35.00                    |
| 000448 | Waffles, Pillsbury Mini        | 1 each        | 37.00                    |
| 000101 | Watermelon                     | 1/2 CUP       | 6.04                     |
| 000480 | Yogurt 4oz Variety             | 4oz cup       | 17.02                    |
| 000709 | Zesty Greens GHS               | 1/2c          | 6.67                     |
| 000765 | Zesty Taco Soup                | 6oz           | 17.58                    |

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