

Gainesville City Schools

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (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
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	22.74
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	28.11
000276	Beefy Nachos High School	4oz	42.71
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)	7.09
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
000461	Cheese Quesadilla	1 Each	36.02

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No.	Description	Portion Size	Carbohydrates (Grams)
000629	Cheese Stuffed Breadstick M/H	2 Each	36.00
000450	Cheese Toast	1 SLICE	15.00
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
000699	Chicken Nachos - ES/MS yellow	4oz	23.20
000672	Chicken Nachos - Tyson ES/MS	4oz	23.20
000673	Chicken Nachos - Tyson HS	4oz	39.00
000105	Chicken Nuggets, Homestyle 5pc	5 pieces	9.17
000775	Chicken Nuggets, Homestyle 6pc	6 pieces	11.02
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
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
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

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No.	Description	Portion Size	Carbohydrates (Grams)
000377	Cucumbers, Raw	1/2 cup	2.63
000147	Curly Fries 1/2c	1/2 cup	17.89
000742	Curly Fries 3/4c	3/4c	26.83
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
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*

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No.	Description	Portion Size	Carbohydrates (Grams)
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
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
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

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No.	Description	Portion Size	Carbohydrates (Grams)
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
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, Cheese 10ct Round	Slice	34.00
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
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

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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
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 Elementary	2 ea	30.00
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
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
000765	Taco Soup	6oz	10.51
000100	Tangerines, Fresh	1 Ea	16.01
000202	Tartar Sauce Individual	1 packet	3.00
000278	Tater Tots ES	8 ea	13.89
000652	Tator Tots M/High	12 ea	20.83

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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

**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.