

# Gainesville City Schools

## Recipe Carbohydrates List Between 0 and 500 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
000589	Animal Cracker	each	21.00
000163	Apple: Fresh	1/2 cup	20.58
000649	Apples, Raw, Sliced, Bagged	1 bag each	7.83
000199	Apples, Spiced	1/2c	30.24
000642	Applesauce Cups- Unsweetened	Each	16.00
000247	Applesauce:cnnd,unswtnd,+vit C	0.5 cup	15.00
000574	Asian Bowl High School	6 piece/0.5c	49.29
000608	Asian Brown Rice	8oz ladel	42.58
000685	Baked Beans, NEW	1/2c	30.09
000130	Baked Beans, OLD	2/3 cup	27.10
000467	Baked Chicken Drumsticks	1 ea	0.00
000665	Balsamic dressing	1 ounce	0.18
000164	Banana: Fresh	each	23.07
000155	BBQ Chicken on Bun- Scratch	3 oz	54.04
000624	BBQ Pork Nachos	4oz	49.84
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	40.06
000462	Beef Ques(using beef crumbles)	1 Quesadilla	48.05
000076	Beef Taco(using beef crumbles)	2 Tacos	28.26
000117	Beefy Nachos Elementary/middle	4oz scoop	30.46
000276	Beefy Nachos High School	4oz	48.31
000207	Biscuit & Jelly 2.2oz	each	32.00
000580	Biscuit, Honey Corn	1 Each	32.00
000396	Black Beans	1/2 CUP	15.71
000619	Black Beans, Ranchero	2/3 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	5 Each	16.43
000667	Breakfast boat, turkey bacon	1 Each	25.00
000499	Breakfast Bun	Each	39.00
000630	Breakfast Round, Pepperoni	2 Each	12.00
000645	Breakfast Round, Pepperoni M/H	3 Each	18.00
000122	Broccoli Salad	1/2 cup	27.76
000256	Broccoli, raw: fresh	0.5 cup	3.02
000257	Broccoli: fresh, boiled	1/2c	5.60
000457	Brunch For Lunch w/ Granola	1 plate	67.00
000458	Brunch For Lunch- Elementary	1 plate	56.00
000583	Brussel Sprouts, Oven Roasted	1/2c	5.53
000654	Butternut squash, roasted	1/2c	26.39
000660	Calzone, WG meat and cheese	Each	33.00
000213	Carrot Souffle	2/3 cup	28.13
000022	Carrot Sticks	0.5 cups	8.42
000033	Carrot Sticks, Baby in Bag	serving	7.42
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	serving	44.00
000517	Cereal & Grahams	serving	42.00
000666	Cereal, Jumpstart Bfast Kit	1 KIT	59.00
000646	Cereal, Pouch Variety	SERVING	22.00
001072	Cereal, Variety	SERVING	22.00
000187	Cheese Plate	Plate	46.83

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No.	Description	Portion Size	Carbohydrates (Grams)
000549	Cheese Puffs	1 each	14.00
000629	Cheese Stuffed Breadstick M/H	2 Each	36.00
000450	Cheese Toast	1 SLICE	15.00
000532	Cheese Toast & Ham/Turkey	1 slice	15.25
000481	Cheeseburger on Bun	1 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	28.10
000240	Chicken & Rice	CUP	22.02
000620	Chicken and Waffles	1 sandwich	36.00
000621	Chicken and Waffles- Lunch	1 sandwich	41.00
000472	Chicken Biscuit- 2oz	EACH	27.00
000602	Chicken Broccoli Alfredo	12oz	53.58
000626	Chicken Burrito Tyson Bag Meat	0.5c	37.68
000372	Chicken Chunks- ES	5 each	13.06
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
000663	Chicken Drumstick WG Breaded	1 Each	5.00
000647	Chicken Lo Mein	1 cup	35.64
000672	Chicken Nachos - Tyson ES/MS	4oz	23.20
000673	Chicken Nachos - Tyson HS	4oz	39.00
000613	Chicken Salad	1/2 CUP	3.76
000502	Chicken Salad & Spinach w/Roll	1/2 CUP	55.54
000503	CHICKEN SALAD Sandwich	1/2 CUP	31.76
000550	Chicken Salad Wrap	1/2 CUP	41.98
001052	Chicken Sandwich, Breaded	EACH	40.00
000622	Chicken Sausage Bites	8 each	14.00
000415	Chicken Soft Taco Diced	1/2 cup	36.54
000414	Chicken Soft Taco Fajita Meat	EACH	36.37
000609	Chicken Stir Fry	3/4 CUP	12.09
000393	Chicken Tenders	5 tenders	15.00
000546	Chicken, Baked- Salad Bar Only	1 breast each	2.96
000087	Chili	1 cup	24.46
000561	Chili Cheese Fries	3/4 cup	40.18
000618	Chili, Chicken	1 cup	22.56
000598	Chips, Eagle Popped Crisps	Bags	16.00
000509	Cinnamon Elf Crackers	1 pack	20.94
000204	Cinnamon Roll- Mini	1 each	43.20
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	1 Each	24.09
000065	Cookies, Smart	serving	22.00
000061	Cool Tropics Fruit Juice Slush	servings	30.00
001062	Corn Dog:Turkey Foster Farms	EACH	30.37
000464	Corn on the cob	1 ea	18.29
000152	Corn, Whole Kernal	1/2 cup	17.97
500088	CORNBREAD	SERVINGS	18.03
000588	cracker, graham choc bear	each	19.00
000069	Crackers, Animal	each	23.00
000637	CRACKERS, GOLDFISH Ranch	Each	14.00
000684	Craisins, Strawberry flavored	1 pack each	28.00
000272	Cranberry Sauce: canned,swtnd	CUP	107.75
000293	Crazy Cabbage	1/2 cup	9.67
000179	Creamy Veggie Dip	2 TBSP	4.26

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No.	Description	Portion Size	Carbohydrates (Grams)
000623	Crispito, Chicken	2 Each	46.00
000377	Cucumbers, Raw	1/2 cup	2.63
000102	Diced Ham	2.5oz	4.15
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 Chili	Each	20.00
000606	Dressing, Italian Light	1oz Serving	2.12
000635	Dressing, Italian Light 1.5oz	1.5oz cup	3.00
000631	Dutch Waffle	1 Each	43.75
000628	Egg Roll, Vegetable, WG	1 each	22.00
000548	Eggs in a Nest	1 Nest	29.67
000016	Field Peas	1/2 cup	18.24
000582	Fire RoastedCorn & Black Beans	1/2c	19.00
000191	Fish Sandwich	1 SANDWICH	44.00
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
000014	Fries, Smiles	4 ea	20.08
000021	Fruit Cocktail	1/2 cup	26.54
000592	Fruit Dip, FF Greek Yogurt	2 TBSP	3.01
000245	Fruit, Fresh Assorted	EACH	21.40
000140	Garden Salad	1 cup	1.97
000513	Goldfish Grahams	1 pack	19.00
000233	Graham Crackers	6 EACH	32.26
000493	Granola individual packages	each	26.00
000416	Grape Tomatoes	1/2 cup	5.88
000460	Grapefruit: Fresh Whole	1 each	20.68
000422	Grapes, Fresh	0.5 cup	3.94
000373	Green Beans	0.5 cup	4.26
000019	Green Peas	1/2 cup	14.65
000341	Grilled Cheese & Yogurt	1 of each	50.00
000045	Grilled Cheese Sandwich	SERVINGS	30.00
000648	Grilled Chicken Patty- CAA	EACH	1.00
000238	Grilled Chicken Sandwich	EACH	32.00
000533	Grilled Ham/Turkey & Cheese	EACH	29.50
000541	Gripz	1 Each	19.00
000668	Grits, whole corn pre-cooked	4oz	16.50
000475	Ham Biscuit 2oz	each	24.00
000358	Ham Patty	each	1.00
000400	Ham/turkey & Cheese Sub	EACH	40.63
000115	Hamburger on Bun	1 each	32.00
000615	Hawaiian Chicken Wrap	WRAP	49.74
500106	HERBED BROCCOLI & CAULIFLOWER	1/2 CUP	9.56
000452	Hot Sauce	7 gram	0.00
000572	Hotdog SY15	1 each	32.00
000524	Hummus	1/2 CUP	23.48
000527	Hummus & Veggies	#30 Scoop	12.41
000345	Jelly	portion cups	9.00
000126	Juice	4oz.	15.00
000590	juice 6oz	1 each	11.30
000674	Juice, Aseptic Juice Box	Each	14.00

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No.	Description	Portion Size	Carbohydrates (Grams)
000693	Juice, Wango Mango Veggie	1 box or carton	13.00
000057	Ketchup	Each	2.00
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 Land o Lakes	2/3c	29.74
000557	Mac and Cheese LOL Pouch w/ham	2/3 cup	23.02
000131	Mac and Cheese Scratch	2/3 cup	30.53
000539	Mac and Cheese w/ Ham	3/4c	32.55
000192	Mandarine Oranges in Juice	0.5 cup	16.19
000569	Maple Breadstick	1 Each	23.00
000682	Marinara dipping cups	1 cup each	7.00
000203	Marinara Sauce	1/2c	15.03
005039	Marinated Black Bean Salad	2/3 cup	27.71
000542	Max Wrap Chili Cheese	Each	35.00
001050	Mayonnaise: individual PC	Pkt 12g	1.00
000677	Meatball Sub- Chicken	3 piece sub	40.78
000454	MexiCali Corn	1/2 CUP	14.71
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
000446	Mini Loaf	1 each	29.00
000568	Mini Pancakes Eggo	Pouch	35.00
000501	Mini Pancakes Pillsbury	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- 2oz top	28.00
000633	Muffin, Blueberry WG	each	26.00
000600	Mushrooms, raw	1/2c	1.48
000223	Mustard: individual PC	Pkt 5g	0.27
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	9.39
000412	Orange Glazed Sweet Potatoes	1/2	37.76
000656	Orange Smiles - 1 pk	Pack(s)	9.00
000086	Oranges	EACH	11.28
000206	Pancake on Stick	1 each	22.00
000354	Pancakes 2 count pkg.	each	35.00
000337	PBJ on Goldfish Bread	1 sandwich	41.00
000486	PBJ Plate High School	1 each	55.00
000658	Peach cups, 4.4 oz USDA	4.4oz cup	19.00
000177	Peaches: Canned in Light Syrup	1/2 cup	17.04
000170	Peaches: Fresh Medium	1 whole	14.31
000611	Peanut Butter Banana Muffins	1 Muffin	20.09
000090	Pears, Fresh	EACH	22.54
000277	Pears: Canned in Juice	2 halves	18.00
000551	Peas & Carrots	1/2c	16.89
000275	Philly Chicken Sandwich	1 ea	41.89
000563	Philly Chicken Wrap	1 ea	36.89
000601	Pineapple Chicken & Rice	1.33 Cup	40.41
000031	Pineapple Tidbits	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

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No.	Description	Portion Size	Carbohydrates (Grams)
000498	Pizza Stuffed Pepperoni	slice	38.00
000348	Pizza, Breakfast	each	22.00
000581	Pizza, Brk Sausage & Gravy Nar	1 Each	24.00
000024	Pizza, Cheese	slice	30.00
000496	Pizza, Chicken Quesadilla	piece	38.20
000584	Pizza, Hawaiian	slice	36.14
000562	Pizza, Meat Lovers	each	34.05
000311	Pizza, Pepperoni	each	33.00
000585	Pizza, Supreme	each	37.35
000094	Plums, Fresh	EACH	7.54
000567	Poptarts	1 Each	37.00
000079	Pork Taco	1 Taco	30.83
000157	Potato Smiles	4 each	19.97
000391	Potato Smiles, Orela	2.24	20.00
000411	Potato Wedges	1/2 cup	24.00
000565	Potatoes, Baby Bakers	1/2c	14.99
000143	Potatoes, Whipped	1/2 cup	16.98
000575	Potatoes, Whipped High	1 cup	34.43
000680	Potatoes, Whipped Loaded ES	1/2c	16.27
000681	Potatoes, Whipped Loaded HS	1c	32.55
000197	Potatoes, Whole Baby	1/2c servings	14.55
000466	Potatoes, Whole Baby Spicy	1/2 CUP	17.09
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
000314	Raw Veggies	CUP	6.78
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	30.00
000218	Rice, Brown Chicken Flavor	servings	19.42
000540	Rip Stick	1 Each	15.00
000244	Roll, Wheat Dinner 1oz	1 each	16.00
000263	Roll, Wheat Dinner 2oz	1 each	27.00
000133	Romaine Salad	1 cup	2.57
000216	Sack Lunch- Grilled Cheese	EACH	96.32
000459	Sack Lunch- Ham and Cheese	EACH	90.48
000215	Sack Lunch- PBJ	EACH	103.92
000678	Salad, Adult Entree	EACH	9.38
000675	Salad, Asian Chicken	1 salad	83.17
000219	Salad, Breaded Chicken ES MS	each	18.03
000242	Salad, Breaded Chicken HS	each	28.87
000676	Salad, Buffalo Chicken HS	EACH	28.63
000641	Salad, Butter Lettuce	1 cup	4.86
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	42.99
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
000599	Salad, Red Rock	1 salad plate	65.75
000593	Salad, Taco HS	1 each	19.80
000095	Salad, Taco w/ Beef	1 each	12.40
000139	Salad, Tossed	1 CUP	4.00
001051	Salsa	2TBSP	2.00
000683	Salsa dipping cups	1 cup each	5.00

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No.	Description	Portion Size	Carbohydrates (Grams)
000190	Sandwich Wrap	Wrap	38.55
000236	Sandwich, Ham and Cheese	EACH	29.69
000235	Sandwich, Turkey and Cheese	EACH	29.00
000474	Sausage Biscuit 2oz	ea	29.50
000570	Sausage, Turkey Patty	1 Each	0.25
000506	Scoops Chips	Each	15.00
500169	SCRAMBLED EGGS	1/4 CUP	1.64
000497	Sliced Apples	1/2 cup	10.12
000108	Sloppy Joe on Bun	1 SANDWICH EA	21.88
000669	Smoothie, orange creamsicle	8oz	31.98
000559	Snack Bun Whole Grain	1 bun	19.00
000586	SNACK CINNAMON BELLY BEAR	1 PACK	19.00
000504	Sour Cream Ind.	pack	4.00
000530	Southern Caviar- Black eye Pea	1/2c	25.79
000508	Soybutter Sandwich	1 Each	27.00
000173	Spaghetti and Meat Sauce- Can	1 CUP	27.93
000610	Spaghetti/sauce & chicken- Can	1 CUP	18.20
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
000560	Spinach and Kale- Steamed	1/2c	6.03
000180	Spinach Salad	1 cup	3.33
000051	Spinach: frozen,boiled	0.5 cup	4.56
000528	Squash Slices	1/2c	0.76
000052	SQUASH,SUMMER: boiled	0.5 cup	3.88
000055	SQUASH,WINTER: boiled	0.5 cup	10.77
000686	Sriracha Ketchup	1 packet each	2.00
000123	Steamed Broccoli	1/2 cup	3.31
000603	Steamed Broccoli with Cheese	2/3 cup	5.44
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
500318	STIR FRY FAJITA CHICKEN	1.25 CUP	58.85
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
000208	Super Donut	1 each	29.00
000537	Superfood Salad	1 cup	5.62
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
000212	Taco Soup	1 cup	20.84
000100	Tangerines, Fresh	Serving of 2ea	22.41
000202	Tartar Sauce Individual	1 packet	3.00
000278	Tator Tots	8 ea	17.86
000652	Tator Tots M/High	12 ea	26.79
000534	Tea	1 cup	16.12
000604	Terkiyaki Chicken and Rice	1 cup	41.93
000451	Three Bean Salad	1/2 cup	13.55
000325	Toast	1 SLICE	14.00
000440	Toast, Garlic on 1/2 Sub Bun	1/2 bun	20.75

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000018	Toast, Wh Wheat Plain/Garlic	slice	14.34
000495	Totally Taco pizza	pieces	28.00
000607	Totally Taco pizza- MS HS	4 pieces	40.00
000519	Tri Tator	Patty	13.50
000160	Tropical Fruit	1/2 cup	24.00
000409	Turkey and Cheese Sub	EACH	41.20
000523	Turkey and Dressing	SERVINGS	13.55
000627	Turkey Corndog Pups	6pc servings	31.00
000470	Uncrustable	1 each	34.00
000485	Uncrustable w/ Cheese Stick	1 each	35.00
500317	VEGETABLE CHILI BOAT	3/4 CUP	20.72
000591	Veggie Dip, FF Greek Yogurt	1.5 TBSP	2.48
000279	Veggie Dippers	1/2c	4.46
000447	Veggie Dunkers	1/2c	7.25
000104	Veggie Wraps	1 each	44.58
000476	Waffle Sticks (2 each)	2 each	27.00
000477	Waffle Sticks (3 each)	3 each	40.50
000634	Waffles Mini Eggo	1 each	35.00
000448	Waffles Smuckers Indiv.Wrapped	1 each	43.00
000632	Waffles, Cinnamon Toast Mini E	1 each	35.00
000101	Watermelon	1/2 CUP	6.04
000480	Yogurt 4oz	4oz cup	20.00

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