

Brunswick County Schools

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Recipe Carbohydrates List

Nov 29, 2012

No.	Description	Portion Size	Carbohydrates (Grams)
900218	Apple Crisp	5x5 square	46.09
000617	Apple Slices in Bag	pkg	8.00
000411	Apple Strawberry Sauce	each	13.00
000668	Apple Wedges (T)	each	14.64
000671	Apple Wedges (T)	each	14.64
000627	Apple, Fresh	each	14.64
000026	Applesauce	#8 scoop	14.40
000509	Asian Glazed Vegetables, Beef	#8 scoop	17.32
900021	Asian Pear, Fresh	each	13.00
000527	Baby Carrots with Dip	1/2 cup	7.00
000744	Bagged Lunch HS	servings	115.96
000726	Bagged Lunch K-8	servings	87.88
000699	Bags, Lunch	each	*N/A*
000490	Baked Beans	#8 scoop	33.73
900115	Baked Friday Fries	3oz tongs	19.49
900024	Baked Potato, fresh	each	36.59
000449	Baked Sweet Potato	each	28.90
000665	Banana: Baby	each	18.50
900027	Banana: fresh, petite	each	23.07
000736	BBQ Carolina Pork on Bun EMS	each	25.41
000308	BBQ Carolina Pork on Bun HS	each	25.62
000400	BBQ Chicken	Serving	24.50
000687	BBQ Chicken Sandwich	each	40.55
900030	BBQ Sauce 1oz	portion	10.00
000528	Beef & Gravy, Mix	#8 scoop	4.76
000612	Beef Vegetable Soup	12 oz	13.82
900031	Biscuit, Homestyle	each	23.00
000316	Black Eyed Peas	#8 scoop	22.23
900032	Blackeyed Peas, canned	1/2 cup	28.88
000615	Blueberries, Fresh	1/2 cup	12.98
000333	Blueberry Crisp	4x6 square	37.90
000372	Breaded Mozzarella Sticks	5 sticks	28.02
000563	Breaded Pork Chop	Each	16.00
900036	Breadsticks, French	each	30.00
000583	Broccoli & Cauliflower	1/2 cup	3.02
900037	Broccoli & Cauliflower (Fresh)	1/2 cup	2.38
900038	Broccoli (frozen) w/Cheese	#8 scoop	5.02
000399	Broccoli Cheese Soup	8oz ladle	20.59
000609	Broccoli with Dip (T)	1/2 cup	4.15
900039	Broccoli, Steamed	#8 scoop	5.94
000690	Broccolini with Dip (T)	1/2 cup	5.00
900128	Brown Rice	#8 scoop	25.16
000712	Brown Rice Pilaf	#8 scoop	18.81
000498	Brownie, Mix	8x12 square	18.96
000496	Buffalo Hot Wings	4 Wings	2.33
900043	Cabbage, Fresh, Steamed	#8 scoop	9.11
900044	California Blend Vegetables	# 8 scoop	6.04
900045	Candied Sweet Potatoes	1/2 cup	33.75
900046	Cantaloupe, Fresh (T)	1/2 cup	11.10
000626	Carnival Cauliflower w/Dip (T)	1/2 cup	5.46
900047	Carrot & Celery Sticks (T)	1/2 cup	5.76
900049	Carrots, Canned, (P) cooked	#8 scoop	7.49
000446	Carrots, Canned, (W) cooked	#8 scoop	8.72
000309	Carrots, frozen, steamed	#8 scoop	10.54
000679	Catfish Strips	serving	14.59
900230	Catsup 9gm	2 packet	6.00
900050	Celery Sticks with Dip (T)	1/2 cup	3.95
000513	Cereal Bar Cin Tst Cr, 37 gram	each	27.00
000512	Cereal Bar Cocoa Puff, 37 gram	each	28.00
000358	Cereal Bar Trix, 37 gram	each	27.00
000361	Cereal, Cinnamon Toasters	each	23.29
900054	Cereal, Honey Graham Squares	each	24.00
000732	Cereal, Honey Nut Toasty O's	each	19.00

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No.	Description	Portion Size	Carbohydrates (Grams)
000362	Cereal, Marshmallow Matey's	each	24.00
000634	Cereal, Toasty O's	each	14.00
000451	Cheese Bosco Sticks	1 stick	25.00
000573	Cheese Grits	3/4 cup	24.01
000537	Cheese Stick, Colby Jack	each	0.00
000538	Cheese Stick, Mild Cheddar	each	0.00
000365	Cheese Stick, String Mozz.	each	1.00
001080	Cheese Toast	each	13.95
000723	Cheeseburger EMS (T)	each	26.52
000653	Cheeseburger HS (T)	each	26.52
000674	Cheesy Bean Dip	#8 scoop	15.77
000500	Cheesy Broccoli & Cauliflower	#8 scoop	5.12
000466	Chef Chicken Salad (T)	servings	44.53
000710	Chef Salad, Cheese (T)	servings	18.81
000708	Chef Salad, Fajita(T)	servings	21.80
000709	Chef Salad, Turkey(T)	servings	19.71
900063	Cherry Tomato Cup	1/2 cup	3.45
000629	Chicken & Dumpling (Fajita)	8 oz ladle	25.01
000556	Chicken & Dumplings	8 oz ladle	25.45
000312	Chicken & Gravy, Mix	#8 scoop	4.10
000389	Chicken & Noodles	1 cup	26.30
900066	Chicken Biscuit	each	30.16
000380	Chicken Noodle Soup	12oz foam	21.54
000530	Chicken Nuggets	5 Nuggets	14.87
900069	Chicken Sandwich (T)	each	37.11
000675	Chili Cheese Dip	#6 scoop	18.19
000526	Chili for Hot Dogs Pkg	1oz ladle	2.42
000452	Chili with Cheez-Its	1 ladle 8oz	43.41
000450	Chili with Crumble & Beans	1 cup	26.55
000603	Chips & Salsa Munchie Pack	servings	64.74
000650	Chips, Baked BBQ Lays	each	19.00
000649	Chips, Baked Lays	each	19.00
000651	Chips, Baked SC & Onion Lays	each	19.00
900077	Chips, Cheetos (.875oz)	each	17.00
000648	Chips, Cheetos Hot (.875oz)	each	17.00
900078	Chips, Dorito's Cool Ranch -RF	each	19.00
000720	Chips, Doritos Nacho Cheese-RF	each	19.00
000721	Chips, Doritos Spicy Chili -RF	each	20.00
000593	Chips, Sun Chip Garden Salsa	each	19.00
000592	Chips, SunChip Harvest Cheddar	each	19.00
000591	Chips, SunChip Original	each	18.00
900080	Cinnamon Applesauce	#8 scoop	18.86
000504	Cinnamon Glazed French Toast	each	32.00
900084	Cole Slaw	#8 scoop	11.35
000506	Cole Slaw, Condiment	#16 scoop	5.68
900085	Collard Greens	1/2c spood	3.17
000655	Cookie, Candy Chip 1.3 oz	each	24.91
000395	Cookie, Carnival	each	19.00
000397	Cookie, Chocolate Chip	each	19.00
000656	Cookie, Chocolate Chip 1.3 oz	each	24.76
000396	Cookie, Sugar 1.3 oz	each	24.63
900089	Corn Puppies	6 nuggets	31.82
000445	Corn, Canned (P)	#8 scoop	16.34
900087	Corn, Canned (W)	#8 scoop	16.34
000608	Corn, Frozen	#8 scoop	19.04
900088	Corndog, Turkey	each	31.00
000523	Crackers, Animal 1 oz	each	23.00
000598	Crackers, Belly Bear 1 oz	each	17.90
000357	Crackers, Bug Bites 1oz	each	23.00
000597	Crackers, Cinnamon Grhm 21 gm	each	17.90
900093	Crackers, Goldfish, Cheddar	each	17.00
000596	Crackers, Goldfish, Pretzel	each	14.00
900094	Crackers, Graham 21 gm	each	16.00

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No.	Description	Portion Size	Carbohydrates (Grams)
000352	Crackers, Sport Snack MJM	each	20.00
900096	Crackers, Wheat	each	30.00
900095	Crackers,Cheez-It Reduced Fat	each	28.00
000686	Cranberry Glaze	#16 scoop	28.46
900098	Cranberry Sauce	#16 scoop	27.45
900172	Crunchy Tacos	2 each	21.54
000667	Cucumbers with Dip (T)	1/4 cup	2.89
000580	Deli Roasters (potatoes)	#8 scoop	23.33
000066	Diced Pears	#8 scoop	20.10
000678	Dip, Sticks and Chips	each	68.30
900057	Double Cheeseburger (T)	each	27.52
900102	Dressing, 1000 Isle FF 1.5 oz	1.5 OZ	12.00
000706	Dressing, French FF -12gm	12 gm	4.00
000705	Dressing, French FF 1.5 oz.	1.5 oz	12.00
900228	Dressing, Honey Dijon 1.5 oz.	1.5 oz	14.83
000704	Dressing, Italian FF 1.5 oz.	1.5 oz	4.94
900103	Dressing, Italian FF 12 gm	12 gm	2.00
900105	Dressing, Ranch FF -12gm	12 gm	2.00
000636	Dressing, Ranch FF 1.5 oz.	1.5 oz	9.89
900104	Dressing, Ranch Lite 1 oz.	each	3.78
000681	Dried Fruit Mix	each	31.96
000725	EC Supply Elem Bagged lunch	servings	90.86
900144	Egg & Cheese Biscuit	each	25.52
000589	Egg Noodles, Cooked	#8 scoop	15.65
000703	Elem BBQ Carolina Pork on Bun	each	25.25
000348	Field Peas	#8 scoop	22.04
900201	Fiesta Fixin's (T)	1/2 cup	3.74
000713	Fig Pieces	#16 scoop	28.08
900113	Fish Fillet on Bun(T)	each	40.17
000488	Fish Nuggets	4 Nuggets	19.00
000375	French Fries, Spicy	3oz tongs	20.51
900117	Fresh Fruit (App/Org/Ban/Grp)	piece	17.82
000376	Friday Fries, HS	4oz tongs	36.80
900122	Frozen Fruit Bar (Shape-Ups)	each	15.00
900123	Fruit & Gelatin w/Whip Topping	5 oz cup	21.78
000658	Garden Peas	#8 scoop	14.80
000677	Garden Peas (F)	#8 scoop	14.80
900119	Garden Salad 2010 (T)	1 Cup	4.54
000586	Garlic Breadsticks	each	30.47
000542	Gatorade, G-Berry	each	21.00
000541	Gatorade, G2 Grape	each	7.00
000543	Gatorade, Ice Punch	each	21.00
000544	Gatorade, Lemon Lime	each	21.00
000605	GF Chef Salad w/Ham&Cheese(T)	Servings	34.41
000562	Glazed Carrots, Canned	#8 scoop	10.76
000561	Glazed Carrots, Frozen	#8 scoop	11.54
000604	Gluten Free Breakfast Pack	servings	56.56
000501	Gluten Free Munchie Pack 1	servings	38.06
000728	Gluten Free Munchie Pack 2	servings	22.66
000729	Gluten Free Munchie Pack 3	servings	29.77
000718	Grain/Bread Singles	each	14.38
000474	Grapes, Fresh	1/2 cup	15.56
900217	Gravy, Brown from mix	#16 scoop	4.25
900223	Gravy, Chicken from mix	#16 scoop	4.61
000351	Great Northern Beans	#8 scoop	12.93
000390	Green Beans (W), Canned	#8 scoop	4.43
900193	Green Beans, Canned (P)	#8 scoop	4.54
000081	Green Beans, Frozen	#8 scoop	5.62
000392	Grilled Chicken Sandwich (T)	each	25.10
900225	Grits, Corn: cooked	3/4 cup	24.88
000569	Ham & Cheese Hoagie (T)	each	34.64
900147	Ham & Egg Biscuit	each	24.46
900110	Ham & Egg Muffin	each	27.44

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No.	Description	Portion Size	Carbohydrates (Grams)
000508	Ham Biscuit	each	23.40
000572	Ham, Egg & Cheese Biscuit	each	29.36
000733	Hamburger Elem & Mid (T)	each	25.00
000328	Hamburger HS (T)	each	25.00
900171	Hearty Soft Taco Beef	each	39.60
000652	Honey Mustard Sauce 1oz	each	8.00
900131	Hot Dog on Bun	each	24.00
000745	Hot Dog with SunChips	each	42.00
000688	Hot Tomato Rice testing	1 Cup	26.92
000565	Hush Puppies	2 each	14.17
000700	Italian Dressing	TSP	0.32
000441	Jelly, Assorted, Individual	each	9.00
000635	Juice Bar, All Flavors	each	14.51
000550	Juice Bar, All Flavors	each	15.00
000657	Juice, 4 oz Apple	each	14.51
000587	Juice, 4 oz Grape	each	19.01
900178	Juice, 4oz Choice	each	12.69
000412	Juice, 4oz Fruit Blend	each	17.11
000414	Juice, 4oz Orange	each	13.00
000415	Juice, 4oz Org/pineapple	each	15.51
000366	Juice, 6oz Choice	each	24.38
000670	Kiwi Cut (T)	each	10.12
000623	Kiwi, Fresh	each	10.12
900138	Lima Beans	#8 scoop	20.32
900186	Macaroni & Cheese, RF (LOL)	6 oz serving	32.82
000693	Mango, Fresh	1/2 C	19.41
000666	Mango, Fresh	1/4 C	9.71
000442	Margarine 5gm	each	0.00
000738	Marinara Dipping Cup	portion	3.00
000402	Marinara Dipping Sauce	#8 scoop	9.94
900209	Mashed Potatoes-Potato Pearls	#8 scoop	2.50
900232	Mayonnaise RF 12gm	each	2.00
000532	Melon Medley	1/2 cup	10.69
000230	MILK, 1% Lowfat	each	12.00
000228	Milk, Chug 1% Chocolate	Chug	46.50
000552	Milk, Chug 1% Strawberry	Chug	46.50
000231	MILK, Fat free, Skim	each	11.00
000443	MILK, Skim Chocolate	each	24.00
000227	MILK, Skim Strawberry	each	22.00
000029	Mixed Fruit	#8 scoop	17.77
000637	Mozzarella Sticks w/Marinara	8 sticks	56.64
000408	Muffin, Banana 2 oz	each	24.00
000410	Muffin, Blueberry 2oz	each	25.00
000660	Munchie Pack with Raisins	servings	84.63
000680	Munchie Pack, can fruit	servings	72.66
900233	Mustard 5gm	each	1.00
000374	Nacho's Elementary	serving	21.37
900159	Nacho's High School	serving	36.56
000241	Orange Glazed Sweet Potatoes	#8 scoop	25.94
000672	Orange Wedges (T)	each	11.28
000385	Orange, Fresh	each	15.39
000336	Pancake & Sausage Stick	each	21.00
000314	Parsley Potatoes	#8 scoop	21.05
000567	PBJ Munchie Pack	serving	52.00
000662	PBJ Munchie Pack with Raisins	servings	81.74
000661	PBJ Munchie Pack with Raisins	servings	81.74
900210	Peach Crisp	4x6 square	45.02
900160	Peach Crisp (F)	4x5	51.85
000393	Peach Cup (F)	each	30.70
000004	Peaches in Juice	#8 scoop	16.89
000088	PEACHES,FRESH	EACH	12.40
000669	Pear Wedges (T)	each	22.88
000384	Pear, Raw, with Skin	each	27.52

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No.	Description	Portion Size	Carbohydrates (Grams)
000310	Peas & Carrots	#8 scoop	10.61
000447	Peas, canned, (W) cooked	#8 scoop	24.46
000315	Peas: canned, (P) cooked	#8 scoop	19.07
000685	Peppers & Onions	#16 scoop	5.38
000619	Persimmon, Raw, with Skin	each	19.56
000692	Philly Beef Large pan test	each	31.60
000684	Philly Cheese Elem & Middle	each	27.65
000731	Philly Cheese High School	each	28.20
000006	Pineapple Tidbits	#8 scoop	19.94
000448	Pinto Beans (P)	#8 scoop	18.68
900161	Pinto Beans (W)	#8 scoop	21.53
000507	Pizza, Breakfast Bagel(T)	each	19.00
000320	Pizza, Breakfast(T)	slice	24.00
000317	Pizza, Cheese(T)	slice	34.00
000638	Pizza, French Bread(T)	each	33.93
000318	Pizza, Pepperoni (T)	slice	36.95
000578	Pizza, Stuffed Crust (T)	each	39.00
000386	Plum, fresh	each	7.54
000622	Pomegranate, Fresh	each	16.27
000434	Pop Tart, Brown Sugar 1.76 oz	each	33.93
000417	Pop Tart, Strawberry 1.76 oz	each	34.93
900184	Popcorn Chicken	15 bites	12.99
000568	Pork Chop Sandwich	each	40.00
900135	Potato Rounds	9 Nuggets	20.00
900203	Potato Wedges, Seasoned	3oz tongs	19.23
000497	Premium Chicken Nuggets	6 Nuggets	18.26
900083	Premuim Chicken Sandwich (T)	each	40.00
000734	Pudding, Chocolate	#8 scoop	23.77
000735	Pudding, Vanilla	#8 scoop	24.81
000724	Pureed Bagged Lunch	servings	100.86
000727	Pureed Bagged Lunch Grissett	servings	89.86
000616	Radish Cup with Dip	1/2 cup	3.02
000097	Raisins	#16 scoop	29.93
000453	Rib-B-Q Sandwich	each	41.60
900133	Roast Pork in Gravy	2 oz serving	4.54
000299	Roasted Chicken	serving	3.13
000601	Roasted Potatoes	#8 scoop	23.33
000614	Roasted Sweet Potatoes	#6 scoop	35.91
000701	Salad Italian 2012 (T)	1 Cup	11.55
000334	Salsa Cup 2oz	#16 scoop	4.37
000683	Salsa Cup 4oz	#8 scoop	8.74
900148	Sausage Biscuit	each	24.00
000338	Sausage Patty	each	1.00
000558	Savory Stuffing	#8 scoop	8.31
000387	Scrambled Eggs	#16 scoop	2.00
900109	Scrambled Eggs with Cheese	servings	1.75
000458	Short Cake	serving	33.74
000486	Shrimp Poppers	21 bites	22.40
000492	Slushie Cup	each	22.00
000647	Snack 100 cal, Cheese Nip 22gm	each	14.00
000519	Snack 100 cal, Chip Ahoy 23gm	each	18.00
000646	Snack 100 cal, Lorna Doone	each	16.00
000521	Snack 100 cal, Oreo 23gm	each	19.00
000641	Snack, Cookie, G-ma's, Chip	pkg	44.00
000643	Snack, Cookie, G-ma's, Fudg	pkg	54.00
000642	Snack, Cookie, G-ma's, Oatmeal	pkg	45.00
000644	Snack, Cookie, G-ma's, Peanut	pkg	38.00
000594	Snack, Giant Gold Fish Choco	each	19.00
000645	Snack, Giant Gold Fish Cinna	each	19.00
000595	Snack, Giant Gold Fish Vanil	each	19.00
000359	Snack, Kid Mix Munchie	each	18.15
000520	Snack, Marshmallow Treat 23gm	each	17.00
000664	Snow Peas with Dip	28 gm	4.34

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No.	Description	Portion Size	Carbohydrates (Grams)
000682	Soft Taco Chicken HS	each	35.21
000739	Soft Taco Chicken MS	each	21.21
900234	Sour Cream 1oz	portion	4.00
000742	Southwestern Salsa	#8 scoop	12.49
900163	Spaghetti in Sauce	#8 scoop	40.68
000534	Spaghetti Sauce, Turkey	#8 scoop	8.02
000716	Spanish Rice	1/2 Cup	20.77
000663	Spanish Rice Pilaf EMS	1/2 Cup	20.77
900165	Spiced Apples	#8 scoop	20.78
000332	Spicy Black Beans	#8 scoop	31.92
000514	Spinach Toss Up	each	6.00
000694	Spirals in Sauce	1 Cup	51.54
000628	Star Fruit, Fresh	each	10.00
000455	Stir Fry Chicken	#8 scoop	9.32
900226	Strawberries, Fresh	1/2 cup	8.85
900227	Strawberry Cup (F)	1/2 cup	33.05
000469	Strawberry Short Cake	each	69.79
000689	Strawberry Shortcake, Fresh	each	49.67
000741	Sub Sandwich 1/2 Italian (T)	each	40.64
000740	Sub Sandwich 1/2 Trk & Ch (T)	each	42.46
000503	Succatash	#8 scoop	22.83
000632	Succatash, canned corn	#8 scoop	23.58
900235	Sweet & Sour Sauce 1oz	portion	11.00
900167	Sweet Potato Souffle	#8 scoop	58.77
000491	Sweet Potato Wedges	4oz tongs	30.72
000719	Sweet Tater Puffs	10 Nuggets	25.80
000418	Syrup 1oz	each	18.67
000575	Taco Joe on a Bun	each	29.60
900236	Taco Sauce 9gm	each	1.00
000624	Tangelo, Fresh	each	10.14
000479	Tangerine, Fresh	each	10.14
900237	Tartar Sauce 9gm	each	1.50
000454	Teriyaki Grill Bites	4 Bites	3.81
000696	TestingChicken & Gravy, Fajita	#6 scoop	5.17
000531	Tex Mex Salad	#8 scoop	19.01
900238	Texas Pete Hot Sauce, 7gm pc	packet	1.00
900150	Toast, Whole Wheat	slice	10.00
900151	Toasted Cheese Sandwich EMS	each	24.63
000717	Toasted Cheese Sandwich HS	each	26.10
900168	Toasted Turkey & Cheese	each	26.85
000695	Tortilla Chips 1 oz	10 Chips	18.50
000707	Tortilla Chips 2 oz	2 bags	37.00
900137	Trimnings L,T & P (T)	1/4C in tray	2.55
000621	Tropical Fruit	#8 scoop	3.05
000546	Tropicana, Lemonade	each	1.20
000545	Tropicana, Orangeade	each	1.20
000524	Tuna Salad	#8 scoop	9.01
000525	Tuna Salad Sandwich	Each	29.01
900211	Turkey & Cheese Hoagie (T)	each	37.85
000697	Turkey & Cheese on a Bun (T)	each	28.93
000607	Turkey & Noodles (egg noodle)	CUP	16.25
000483	Turkey & Noodles (WWRotini)	CUP	17.11
000300	Turkey in Gravy	#8 scoop	0.00
000327	Turnip Greens	1/2c spood	3.17
000350	Uncrustable & Mozz Stick	each	35.00
000394	Vegetable Soup	8 oz foam	12.47
000743	Veggie Tray with Ranch	3/4 cup	9.58
000529	Watermelon	1/2 cup	10.27
000730	Wheat Dinner Roll	each	12.15
000737	Wheat Dinner Rolls (2)	2 each	24.30
000559	Whipped Topping	2 TBSP	2.00
000673	White Bean Dip	#8 scoop	13.70
000639	xChef Salad EMS, Cheese (T)	servings	48.81

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No.	Description	Portion Size	Carbohydrates (Grams)
000640	xChef Salad EMS, Fajita(T)	servings	21.70
900062	xChef Salad EMS, Turkey(T)	servings	19.71
000722	xCrackers, Cinn. Graham 21 gm	each	17.90
000714	xSpanish Rice Pilaf HS	1 Cup	41.54
000560	Yellow Cake with Frosting	1 square	27.52
000691	Yellow Squash with Dip (T)	1/2 cup	4.46
000499	Yellow Squash, Seasoned	#8 scoop	7.55
000485	Yogurt Munchie Pack	servings	67.00
000516	Yogurt, Cherry Vanilla 4 oz	each	19.00
000517	Yogurt, Strawberry 4 oz	each	19.00
000625	Zucchini Sticks with Dip (T)	6 sticks	4.13
000659	Zucchini, Steamed	#8 scoop	5.31

**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.