

Corona Norco USD
Recipe by Group - Detail

Group: BREAKFAST

Recipe ID: R-0200 B-CINNAMON ROLL

900159 CINNAMON ROLL
Carb 54.000 gm

Recipe ID: R-0202 B-WG MUFFIN/CHOC

900119 DOUBLE CHOC/CHIP MUFFIN
Carb 44.000 gm

Recipe ID: R-0203 B-YOGURT W/BAR

900050 YOGURT, YAMI STRAW/BAN
Carb 20.926 gm

900027 BAR MINI HONEY WHOLE WHEAT
Carb 19.000 gm

Total: (per 1 SERVING)
Carb **39.926** gm

Recipe ID: R-0205 B-COFFEE CAKE

900425 COFFEE CAKE
Carb 13.297 gm

Recipe ID: R-0206 B-MINI BAGELS

900021 BAGEL, MINI CINNAMON
Carb 0.594 gm

Recipe ID: R-0207 B-PANCAKE WRAP

900244 PANCAKE WRAP
Carb 5.965 gm

Recipe ID: R-0211 B-BANANA BRD SQUARE

900320 WG Banana Square
Carb 46.501 gm

Recipe ID: R-0212 B-GRAPE SMOOTHIE/BAR

900199 GRAPE JUICE - SMOOTHIE
Carb 18.991 gm

900329 YOGURT, STRAWBERRY PARFAIT PRO
Carb 19.500 gm

900027 BAR MINI HONEY WHOLE WHEAT

Total: (per 1 SMOOTHIE)
Carb **57.491** gm

Recipe ID: R-0213 B-CEREAL ASSORTED

900145 CEREAL - RICE KRISPIES
Carb 23 gm

900134 CEREAL - COCOA PUFFS RED. SUGAR
Carb 25 gm

900139 CEREAL - HONEY NUT CHEERIOS
Carb 22 gm

900030 OATMEAL
Carb 32 gm

900255 CHEESE STRING

Recipe ID: R-0214 B-MAPLE GLAZE DONUT

900143 WHOLE GRAIN DONUT
Carb 30.019 gm

900437 MAPLE GLAZE/ICING
Carb 20.110 gm

Total: (per 1 EACH)
Carb **50.129** gm

Recipe ID: R-0215 B-MONTE CRISTO SANDWICH

900121	FRENCH TOAST - MONTE CRISTO	Carb	14.004	gm
900073	SLICED TURKEY HAM (MONTE CRISTO)	Carb	0.588	gm
900256	CHEESE, AMERICAN YELLOW SLICED	Carb	0.500	gm
Total:	(per 1 1/2 SANDWICH)	Carb	15.092	gm

Recipe ID: R-0216 B-SUNRISE SANDWICH

900231	MUFFIN, WG ENGLISH, SLICED 3.5"	Carb	24.127	gm
900115	SAUSAGE, PORK PATTIE	Carb	0.999	gm
900256	CHEESE, AMERICAN YELLOW SLICED	Carb	0.500	gm
900177	EGG, PRE-COOKED FROZEN PATTY	Carb	1.071	gm
Total:	(per 1 EACH)	Carb	26.697	gm

Recipe ID: R-0217 VB-ENSURE W/YOGURT

900182	ENSURE MEAL SUPPLEMENT	Carb	40.001	gm
900050	YOGURT, YAMI STRAW/BAN	Carb	20.926	gm
Total:	(per 1 EACH)	Carb	60.927	gm

Recipe ID: R-0493 B-BREAKFAST BURRITO - COUNTRY SCRAMBLE

900472	COUNTRY BREAKFAST SCRAMBLE	Carb	9.002	gm
900430	TORTILLA 8" WHOLE GRAIN	Carb	24.000	gm
900462	CK-FRESH SALSA	Carb	2.830	gm
Total:	(per 1 EACH)			

Recipe ID: R-0556 B-BREAKFAST NACHOS W/ SALSA

900459	BACON & CHEESE EGGSTRAVAGANZA	Carb	1.000	gm
900300	CHIPS TORTILLA	Carb	31.001	gm
900462	CK-FRESH SALSA	Carb	2.830	gm
Total:	(per 1 SERVING)			

Recipe ID: R-0563 B-WHITE CONCHA (PAN DULCE)

900464	PAN DULCE (CONCHA) WHITE	Carb	34.000	gm
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Recipe ID: R-0566 B-SAUSAGE GRAVY & BISCUIT DIPPER

900467	SAUSAGE GRAVY (BREAKFAST)	Carb	4.059	gm
900468	BISCUIT DIPPER	Carb	12.956	gm
Total:	(per 1 SERVING)			

Recipe ID: R-0567 B-TROPICAL SMOOTHIE/BAR

900471	PINEAPPLE JUICE (SMOOTHIE)	Carb	8.250	gm
900329	YOGURT, STRAWBERRY PARFAIT PRO	Carb	19.500	gm
900016	APPLESAUCE CND UNSWEET			

900027	BAR MINI HONEY WHOLE WHEAT	Carb	6.506	gm
		Carb	19.000	gm
Total:	(per 1 SMOOTHIE)	Carb	53.256	gm

Group: CATERING RECIPES

Recipe ID: R-0357 CAT-TURKEY FEAST

900357	TURKEY WHOLE CHILI/FRZ CKD	Carb	0.000	gm
900153	MASHED POTATOES	Carb	13.990	gm
900212	GRAVY TURKEY	Carb	3.987	gm
900428	ROLL WHOLE WHEAT DINNER	Carb	15.000	gm
Total:	(per 1 MEAL)	Carb	32.977	gm

Recipe ID: R-0360 CAT-HAMBURGER

900078	BUN HAMBURGER 4" WHOLE WHEAT	Carb	38.034	gm
900040	BEEF PATTIE BBQ	Carb	0.000	gm
900142	FV - LETTUCE SHREDDED	Carb	0.387	gm
900405	TOMATO SLICE	Carb	0.800	gm
900294	PICKLE DILL CHIPS	Carb	0.500	gm
Total:	(per 1 EACH)			

Recipe ID: R-0361 CAT-CHICKEN SANDWICH

900078	BUN HAMBURGER 4" WHOLE WHEAT	Carb	38.034	gm
900279	CHICKEN FILET GRILLED	Carb	1.000	gm
900142	FV - LETTUCE SHREDDED	Carb	0.387	gm
900405	TOMATO SLICE	Carb	0.800	gm
900294	PICKLE DILL CHIPS	Carb	0.500	gm
Total:	(per 1 EACH)	Carb	40.721	gm

Recipe ID: R-0362 CAT-HOT DOG

900235	HOT DOG ALL BEEF	Carb	1.000	gm
900081	BUN HOT DOG WHOLE WHEAT	Carb	25.071	gm
Total:	(per 1 EACH)	Carb	26.071	gm

Recipe ID: R-0363 CAT-BAKED BEANS

Total:	(per 4 OZ SERVING)	Carb	32.145	gm
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Group: ELEMENTARY LUNCH

Recipe ID: R-0218 EL-GRILLED CHEESE

900215	GRILLED CHEESE	Carb	26.000	gm
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Recipe ID: R-0220 EL-CHEESEBURGER MINI

900258	CHEESEBURGERS MINI TWIN	Carb	39.000	gm
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Recipe ID: R-0221 EL-CHICKEN CORN DOG

900272	CHICKEN CORN DOG, WG	Carb	27.800	gm
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Recipe ID: R-0226 EL-MAC & CHEESE

900129	MACARONI AND CHEESE, WG	Carb	27.000	gm
900475	BREADSTICK - WG	Carb	12.996	gm
Total:	(per 1 EACH)	Carb	39.996	gm

Recipe ID: R-0227 EL-MINI MEATBALL SUB

900201	MINI MEATBALL SUB	Carb	6.667	gm
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Recipe ID: R-0228 EL-SPAGHETTI W/BREADSTICK

900248	SPAGHETTI	Carb	23.000	gm
900475	BREADSTICK - WG	Carb	12.996	gm
Total:	(per 1 SERVING)	Carb	35.996	gm

Recipe ID: R-0230 EL-ORANGE CKN W/RICE

900061	ORANGE CHICKEN	Carb	11.000	gm
900474	STICKY RICE	Carb	18.704	gm
900239	SOY SAUCE, LITE	Carb	0.420	gm
Total:	(per 1 SERVING)	Carb	30.124	gm

Recipe ID: R-0231 EL-HOT DOG

900351	TURKEY HOT DOG	Carb	3.000	gm
900081	BUN HOT DOG WHOLE WHEAT	Carb	25.071	gm
Total:	(per 1 EACH)	Carb	28.07	gm

Recipe ID: R-0232 EL-TAMALE W/CHKN

900391	TAMALE, CHICKEN AND CHEESE	Carb	45.022	gm
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Recipe ID: R-0233 EL-CHICKEN NUGGETS

900285	KICKIN CHICKEN NUGGETS, WG	Carb	13.000	gm
900480	CRACKERS-DICK AND JANE	Carb	22.505	gm
Total:	(per 1 SERVING)	Carb	35.505	gm

Recipe ID: R-0234 EL-CHEESEBURGER

900078	BUN HAMBURGER 4" WHOLE WHEAT	Carb	38.034	gm
900039	BEEF PATTIE	Carb	1.987	gm
900256	CHEESE, AMERICAN YELLOW SLICED	Carb	0.500	gm
900107	KETCHUP	Carb	3.000	gm
Total:	(per 1 EACH)			

Carb 43.521 gm

Recipe ID: R-0239 EL-LIME FISH BITES

900174 LIME FISH BITES Carb 21.000 gm

Recipe ID: R-0240 EL-MEATLOAF W/ MASHED POTATOES & ROLL

900162 MEATLOAF w/CHEESE Carb 8.001 gm
900428 ROLL WHOLE WHEAT DINNER Carb 15.000 gm
900153 MASHED POTATOES Carb 13.990 gm
Total: (per 1 SERVING) Carb **36.991** gm

Recipe ID: R-0247 EL-PEPPERONI PIZZA

900302 PIZZA CRUST WHOLE GRAIN 16" Carb 26.937 gm
900466 CK-PIZZA CHEESE MIX Carb 3.171 gm
900222 PEPPERONI Carb 0.000 gm
900439 CK-PIZZA SAUCE Carb 3.116 gm
Total: (per 1/8 PIZZA) Carb **33.224** gm

Recipe ID: R-0251 EL-ENTREE GARDEN SALAD

900440 CK-ENTREE SALAD MIX Carb 9.983 gm
900407 TOMATOES CHERRY Carb 3.012 gm
900108 CARROT STICKS RAW Carb 3.000 gm
900255 CHEESE STRING Carb 0.000 gm
900105 CROUTONS WHOLE GRAIN Carb 7.000 gm
900144 DRESSING-BUTTERMILK RANCH PACKET (12G) Carb 0.857 gm
900475 BREADSTICK - WG Carb 12.996 gm
Total: (per 1 EACH) Carb **36.848** gm

Recipe ID: R-0253 EL-SHRIMP POPPERS

900084 SHRIMP POPPERS Carb 23.814 gm

Recipe ID: R-0254 EL-TERIYAKI CHICKEN W/RICE

900399 TERIYAKI CHICKEN Carb 10.000 gm
900474 STICKY RICE Carb 18.704 gm
900239 SOY SAUCE, LITE Carb 0.420 gm
Total: (per 1 SERVING) Carb **29.124** gm

Recipe ID: R-0256 EL-TURKEY/GRAVY W/MASHED POTATOES

900441 CK-TURKEY & GRAVY Carb 4.374 gm
900153 MASHED POTATOES Carb 13.990 gm

900428	ROLL WHOLE WHEAT DINNER	Carb	15.000	gm
Total:	(per 1 SERVING)	Carb	33.364	gm

Recipe ID: R-0355 VB-BEEF TACO

900319	RICE BROWN	Carb	26.000	gm
900044	BEEF TACO MEAT JTM	Carb	1.476	gm
900242	CHEESE - SHREDDED CHEDDAR	Carb	0.506	gm
Total:	(per 1 TACO)	Carb	27.982	gm

Recipe ID: R-0387 EL-CHICKEN SANDWICH

900078	BUN HAMBURGER 4" WHOLE WHEAT	Carb	38.034	gm
900287	CHICKEN BREAST FILET BREADED WG - WHOLE MUSCLE	Carb	14.000	gm
900028	BBQ SAUCE CUP	Carb	10.125	gm
Total:	(per 1 EACH)	Carb	62.159	gm

Recipe ID: R-0559 EL-CRUNCHY BEEF TACO

900389	TACO SHELL. WG	Carb	12.000	gm
900242	CHEESE - SHREDDED CHEDDAR	Carb	0.506	gm
900385	TACO SAUCE PACKET	Carb	1.000	gm
900044	BEEF TACO MEAT JTM	Carb	2.738	gm
Total:	(per 1 EACH)	Carb	16.244	gm

Recipe ID: R-0572 EL-ROASTED CHICKEN & BISCUIT

900310	ROASTED CHICKEN, 8PC CUT	Carb	0.000	gm
900047	BISCUIT, DOUGH WG SPLIT	Carb	28.412	gm
Total:	(per 1 SERVING)	Carb	28.412	gm

Recipe ID: R-0573 EL-VEGE CHILI & CORN MUFFIN

900477	THREE BEAN VEGE CHILI	Carb	18.000	gm
900478	CORN MUFFIN	Carb	23.110	gm
Total:	(per 4 OZ)	Carb	41.110	gm

Group: FRUIT

Recipe ID: R-0229 F-ROSATI ICE CUP

900137	FV - ROSATI ICE CUP ASST.	Carb	25	gm
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Recipe ID: R-0258 F-PEACHES DICED CANNED

900278	PEACHES DICED CANNED	Carb	14.000	gm
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Recipe ID: R-0259 F-PLUM FRESH

900419	PLUM
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			Carb	12.955	gm
Recipe ID:	R-0261	F-RAISINS			
900367	RAISINS, SEEDLESS, UNSWEET		Carb	30.000	gm
Recipe ID:	R-0264	F-APPLESAUCE CANNED			
900016	APPLESAUCE CND UNSWEET		Carb	14.000	gm
Recipe ID:	R-0265	F-BANANA			
9040	Bananas, raw		Carb	23.068	gm
Recipe ID:	R-0268	F-APPLE WHOLE			
9003	Apples, raw, with skin		Carb	20.577	gm
Recipe ID:	R-0269	F-APPLES SLICED			
900015	APPLES, SLICED (BAG)		Carb	8.000	gm
Recipe ID:	R-0271	F-TROPICAL TRIO FRUIT/VEG SLUSH			
900414	TROPICAL TRIO FRUIT/VEG SLUSH		Carb	20.000	gm
Recipe ID:	R-0279	F-FRUIT CUP FROZEN			
Total:	(per 1 CUP) or (4oz)		Carb	20.090	gm
Recipe ID:	R-0280	F-MIXED FRUIT CANNED			
900131	FRUIT MIXED CANNED		Carb	15.188	gm
Recipe ID:	R-0285	F-STRAWBERRIES			
Total:	(per 1/2 CUP)		Carb	13.000	gm
Recipe ID:	R-0286	F-PEARS CANNED			
900286	PEARS, CANNED, BARTLETT, EXTRA LIGHT SYRUP		Carb	16.000	gm
Recipe ID:	R-0289	F-TANGERINE			
900393	TANGERINE		Carb	12.000	gm
Recipe ID:	R-0290	F-WATERMELON FRESH			
900090	WATERMELON FRESH		Carb	19.950	gm
Recipe ID:	R-0292	F-JUICE ORANGE 4OZ			
900099	JUICE ORANGE		Carb	14.000	gm
Recipe ID:	R-0293	F-JUICE APPLE 6OZ			
900094	JUICE APPLE		Carb	21.000	gm
Recipe ID:	R-0596	F-RAISELS			
900479	RAISELS - SOUR WATERMELON		Carb	35.392	gm

Group: MILK

Recipe ID: R-0295 M-MILK 1% WHITE

900171	MILK WHITE 1% LOWFAT	Carb	16.000	gm
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Recipe ID: R-0296 M-MILK NON-FAT CHOCOLATE

900169	MILK CHOCOLATE FAT FREE	Carb	20.000	gm
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Recipe ID: R-0297 M-MILK NON-FAT WHITE

900185	MILK WHITE NONFAT	Carb	12.000	gm
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Group: SAUCE/CONDIMENTS**Recipe ID: R-0356 CON-ASSORTED CONDIMENTS**

900144	DRESSING-BUTTERMILK RANCH PACKET (12G)	Carb	2	gm
900107	KETCHUP	Carb	3	gm
900438	MUSTARD PACKET	Carb	0.000	gm
900155	MAYONNAISE PACKET REDUCED CALORIE	Carb	2	gm
900028	BBQ SAUCE CUP	Carb	10	gm
900385	TACO SAUCE PACKET	Carb	1	gm

Recipe ID: R-0557 CK-FRESH SALSA

Total:	(per 2 OZ)	Carb	2.83	gm
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Group: SECONDARY LUNCH**Recipe ID: R-0331 SEC-CHEESEBURGER**

900078	BUN HAMBURGER 4" WHOLE WHEAT	Carb	38.034	gm
900039	BEEF PATTIE	Carb	1.987	gm
900405	TOMATO SLICE	Carb	0.800	gm
900294	PICKLE DILL CHIPS	Carb	0.500	gm
900107	KETCHUP	Carb	3.000	gm
900438	MUSTARD PACKET	Carb	0.000	gm
900142	FV - LETTUCE SHREDDED	Carb	0.102	gm
900256	CHEESE, AMERICAN YELLOW SLICED	Carb	1.000	gm
Total:	(per 1 EACH)	Carb	45.423	gm

Recipe ID: R-0332 SEC-SPICY CHICKEN SANDWICH

900267	CHICKEN BREAST FILET - HOT N SPICY	Carb	8.486	gm
900078	BUN HAMBURGER 4" WHOLE WHEAT	Carb	38.034	gm
900028	BBQ SAUCE CUP	Carb	10.125	gm
900155	MAYONNAISE PACKET REDUCED CALORIE	Carb	2.000	gm

Total:	(per 1 EACH)		Carb	58.645	gm
Recipe ID: R-0333 SEC-CRUNCHY BEEF TACO					
900044	BEEF TACO MEAT JTM		Carb	3.690	gm
900389	TACO SHELL. WG		Carb	24.000	gm
900142	FV - LETTUCE SHREDDED		Carb	0.408	gm
900242	CHEESE - SHREDDED CHEDDAR		Carb	1.012	gm
900385	TACO SAUCE PACKET		Carb	2.000	gm
Total:	(per 2 TACOS)		Carb	31.110	gm
Recipe ID: R-0334 SEC-ORANGE CHICKEN W/RICE					
900474	STICKY RICE		Carb	74.818	gm
900061	ORANGE CHICKEN		Carb	11.000	gm
900239	SOY SAUCE, LITE		Carb	0.420	gm
Total:	(per 1 SERVING)		Carb	86.238	gm
Recipe ID: R-0335 SEC-PAPA JOHNS CHEESE PIZZA					
900303	PAPA JOHN'S CHEESE PIZZA		Carb	39.000	gm
Recipe ID: R-0336 SEC-PAPA JOHN'S PEPPERONI PIZZA					
900304	PAPA JOHN'S PEPPERONI PIZZA		Carb	39.000	gm
Recipe ID: R-0337 SEC-SPAGHETTI W/BREADSTICK					
900257	SPAGHETTI W/ MEAT SAUCE		Carb	24.732	gm
900475	BREADSTICK - WG		Carb	12.996	gm
Total:	(per 1 SERVING)		Carb	37.728	gm
Recipe ID: R-0338 SEC-TERIYAKI CHICKEN W/RICE					
900399	TERIYAKI CHICKEN		Carb	10.000	gm
900474	STICKY RICE		Carb	74.818	gm
900239	SOY SAUCE, LITE		Carb	0.420	gm
Total:	(per 1 SERVING)		Carb	85.238	gm
Recipe ID: R-0339 SEC-BUFFALO CHEESE CRUNCHERS					
900074	BUFFALO CHEESE CRUNCHER		Carb	59.917	gm
Recipe ID: R-0343 SEC-MIGUELS BEAN & CHEESE BURRITO					
900164	MIGUEL'S BEAN & CHEESE BURRITO		Carb	46.000	gm
Recipe ID: R-0344 SEC-MIGUELS BRC BURRITO					
900166	MIGUEL'S BEAN,RICE, & CHEESE BURRITO		Carb	53.000	gm

Recipe ID: R-0351 SEC-SHRIMP POPPERS(LENT)

900084	SHRIMP POPPERS	Carb	47.627	gm
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Recipe ID: R-0352 SEC-YOGURT PARFAIT

900330	YOGURT, VANILLA LOW FAT	Carb	38.556	gm
900341	STRAWBERRY FROZEN - SLICED	Carb	23.000	gm
900195	GRANOLA BULK	Carb	40.000	gm
Total:	(per 1 PARFAIT)	Carb	01.556	gm

Recipe ID: R-0353 SEC-TAMALE CHICKEN/CHEESE

900391	TAMALE, CHICKEN AND CHEESE	Carb	45.022	gm
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Recipe ID: R-0354 SEC-TURKEY/GRAVY W/ POTATOES

900441	CK-TURKEY & GRAVY	Carb	4.374	gm
900153	MASHED POTATOES	Carb	13.990	gm
900428	ROLL WHOLE WHEAT DINNER	Carb	15.000	gm
Total:	(per 1 SERVING)	Carb	33.364	gm

Recipe ID: R-0561 SEC-CRISPY CHICKEN SALAD

900440	CK-ENTREE SALAD MIX	Carb	5.768	gm
900470	POPCORN CHICKEN WG	Carb	12.000	gm
900242	CHEESE - SHREDDED CHEDDAR	Carb	1.012	gm
900407	TOMATOES CHERRY	Carb	3.012	gm
900108	CARROT STICKS RAW	Carb	3.000	gm
900105	CROUTONS WHOLE GRAIN	Carb	7.000	gm
900475	BREADSTICK - WG	Carb	12.996	gm
900486	RANCH DRESSING CUP	Carb	2.022	gm
Total:	(per 1 EACH)	Carb	46.810	gm

Recipe ID: R-0562 SEC/HIGH SCHOOL-CHICKEN CAESAR SALAD/BREADSTICK

900440	CK-ENTREE SALAD MIX	Carb	5.768	gm
900279	CHICKEN FILET GRILLED	Carb	1.000	gm
900461	SHREDED PARMESAN CHEESE	Carb	0.567	gm
900105	CROUTONS WHOLE GRAIN	Carb	7.000	gm
900475	BREADSTICK - WG	Carb	12.996	gm
900485	CAESAR DRESSING CUP	Carb	2.022	gm
Total:	(per 1 EACH)	Carb	29.353	gm

Recipe ID: R-0564 SEC-BISCUIT

900047	BISCUIT, DOUGH WG SPLIT	Carb	28.412	gm
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Recipe ID: R-0568 SEC-CHICKEN CAESAR WRAP

900424	TORTILLA, WHOLE GRAIN 12"	Carb	40.052	gm
900488	CK-CHICKEN CAESAR MIX FOR WRAP	Carb	4.200	gm
900173	LETTUCE/SALAD 3-WAY MIX	Carb	2.000	gm
Total:	(per 1 WRAP)	Carb	46.252	gm

Recipe ID: R-0569 SEC-SPICY CHICKEN WRAP

900424	TORTILLA, WHOLE GRAIN 12"	Carb	40.052	gm
900469	CHICKEN TENDERS, HOT N' SPICY	Carb	11.333	gm
900242	CHEESE - SHREDDED CHEDDAR	Carb	1.012	gm
900173	LETTUCE/SALAD 3-WAY MIX	Carb	2.000	gm
900406	TOMATOES / DICED FRESH	Carb	3.008	gm
900484	CHIPOTLE RANCH DRESSING	Carb	4.000	gm
Total:	(per 1 WRAP)	Carb	61.405	gm

Recipe ID: R-0571 SEC-KENTUCKY-STYLE CHICKEN BOWL

900153	MASHED POTATOES	Carb	13.990	gm
900470	POPCORN CHICKEN WG	Carb	20.000	gm
900433	CORN, YELLOW, WHOLE KERNEL, CANNED	Carb	2.593	gm
900242	CHEESE - SHREDDED CHEDDAR	Carb	0.506	gm
900047	BISCUIT, DOUGH WG SPLIT	Carb	14.000	gm
900473	GRAVY (CHICKEN) - KENTUCKY CHICKEN BOWL	Carb	1.500	gm
Total:	(per 1 BOWL)	Carb	52.589	gm

Recipe ID: R-0575 SEC-GRAB N' GO BENTO BOX (HIGH SCHOOL)

900446	CK-HUMMUS	Carb	15.991	gm
900315	WG CRACKERS	Carb	28.000	gm
900255	CHEESE STRING	Carb	0.000	gm
900487	TAJIN - LOW SODIUM PACKET	Carb	0.000	gm
Total:	(per 1 EACH)	Carb	43.991	gm

Recipe ID: R-0597 SEC-HOT TURKEY & CHEESE HOAGIE

900482	ROLL - WHOLE WHEAT STEAK ROLL/HOAGIE	Carb	29.000	gm
900346	TURKEY BREAST SLICED - USDA	Carb	2.098	gm
900256	CHEESE, AMERICAN YELLOW SLICED	Carb	1.000	gm
Total:	(per 1 SANDWICH)			

Carb 32.098 gm

Group: SUPPER/SNACKS

Recipe ID: R-0306 SU-TURKEY/CHEESE LUNCH KIT

900417 TURKEY & CHEESE LUNCH KIT Carb 40.000 gm

Recipe ID: R-0309 SU-CHICKEN RANCH SANDWICH

900085 BUN, KNOT ROLL WW Carb 31.000 gm
900279 CHICKEN FILET GRILLED Carb 1.000 gm
900368 PROVOLONE CHEESE Carb 1.000 gm
900405 TOMATO SLICE Carb 0.800 gm
900173 LETTUCE/SALAD 3-WAY MIX Carb 2.000 gm
900144 DRESSING-BUTTERMILK RANCH PACKET (12G) Carb 1.714 gm
900444 CK-CAJUN SPICE MIX Carb 1.835 gm
Total: (per 1 EACJ) Carb **39.349** gm

Recipe ID: R-0310 SU-MEAL KIT, CHEESE

900364 SUPPER - CHEESE MEAL KIT Carb 90.520 gm

Recipe ID: R-0318 SN-SUN CHIPS HARVEST

900298 CHIPS SUN HARVEST CHEDDAR Carb 18.000 gm

Recipe ID: R-0323 SN-STRING CHEESE

900255 CHEESE STRING Carb 0.000 gm

Recipe ID: R-0325 SN-PUMPKIN SPICE COOKIE

900207 SNACK-PUMPKIN SPICE COOKIE Carb 23.465 gm

Recipe ID: R-0326 SN-CHOC CHIP COOKIE

900427 COOKIE CC 2.0 OZ RED FAT WHOLE GRAIN Carb 35.001 gm

Recipe ID: R-0328 SN-RICE KRISPIES CEREAL

900145 CEREAL - RICE KRISPIES Carb 23.000 gm

Recipe ID: R-0329 SU-TURKEY HOAGIE SANDWICH

900085 BUN, KNOT ROLL WW Carb 31.000 gm
900346 TURKEY BREAST SLICED - USDA Carb 3.497 gm
900155 MAYONNAISE PACKET REDUCED CALORIE Carb 2.000 gm
900438 MUSTARD PACKET Carb 0.000 gm
900256 CHEESE, AMERICAN YELLOW SLICED Carb 1.000 gm
Total: (per 1 EACH) Carb **37.497** gm

Recipe ID: R-0530 SN-PBJ POCKET				
900276	PBJ UNCRUSTABLE WW			
		Carb	26.000	gm
Recipe ID: R-0558 SU-GRILLED CHICKEN CAESAR WRAP				
900424	TORTILLA, WHOLE GRAIN 12"			
		Carb	40.052	gm
900173	LETTUCE/SALAD 3-WAY MIX			
		Carb	2.000	gm
900488	CK-CHICKEN CAESAR MIX FOR WRAP			
		Carb	4.200	gm
Total:	(per 1 WRAP)			
		Carb	46.252	gm

Group: VEGETABLES

Recipe ID: R-0260 VEG-FETA BEAN SALAD				
Total:	(per 4 OZ)			
		Carb	22.66	gm

Recipe ID: R-0262 VEG-ZUCCHINI STICKS				
900333	ZUCCHINI STICKS			
		Carb	3.000	gm

Recipe ID: R-0263 VEG-CARROT STICKS				
900108	CARROT STICKS RAW			
		Carb	6.000	gm

Recipe ID: R-0266 VEG-SALAD MIX				
900336	SPINACH FRESH			
		Carb	5.983	gm
900173	LETTUCE/SALAD 3-WAY MIX			
		Carb	2.000	gm
Total:	(per 1 CUP)			
		Carb	7.983	gm

Recipe ID: R-0267 VEG-CHERRY TOMATOES				
900407	TOMATOES CHERRY			
		Carb	6.000	gm

Recipe ID: R-0272 VEG-BROCCOLI FLORETS				
900063	BROCCOLI FLORETS			
		Carb	2.898	gm

Recipe ID: R-0273 VEG-CARROTEENIES BAG				
900112	CARROTS RAW BABY			
		Carb	7.460	gm

Recipe ID: R-0274 VEG-CORN CANNED				
900433	CORN, YELLOW, WHOLE KERNEL, CANNED			
		Carb	15.000	gm

Recipe ID: R-0275 VEG-POTATO SPIRALS				
900096	CRISPY POTATO SPIRALS			
		Carb	18.000	gm

Recipe ID: R-0276 VEG-POTATO SMILES				
900392	POTATO SMILES			
		Carb	17.637	gm

Recipe ID: R-0277 VEG-MASHED POTATOES				
900153	MASHED POTATOES			
		Carb	15.305	gm

Recipe ID: R-0278 VEG-CUCUMBER COINS				
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900106 CUCUMBER SLICED W/PEEL Carb 2.000 gm

Recipe ID: R-0281 VEG-GREEN BEANS CANNED

900035 BEANS, GREEN (CANNED) Carb 5.854 gm

Recipe ID: R-0282 VEG-JICAMA STICKS

900398 JICAMA Carb 10.206 gm

Recipe ID: R-0284 VEG-SHREDDED LETTUCE

900142 FV - LETTUCE SHREDDED Carb 1.630 gm

Recipe ID: R-0287 VEG-POTATO FRIES

900394 POTATOES FRIES Carb 17.010 gm

Recipe ID: R-0288 VEG-SWEET POTATO FRIES

900382 SWEET POTATO FRIES Carb 25.015 gm

Recipe ID: R-0291 VEG-SIDE SALAD SECONDARY

900440 CK-ENTREE SALAD MIX Carb 5.768 gm

900407 TOMATOES CHERRY Carb 3.012 gm

900144 DRESSING-BUTTERMILK RANCH PACKET (12G) Carb 0.857 gm

Total: (per 1 EACH) Carb **9.637** gm

Recipe ID: R-0474 VEG-CARROTS CANNED

900114 CARROTS SLICED CANNED Carb 4.050 gm

Recipe ID: R-0554 VEG-CORN ON THE COB

900431 CORN ON THE COB Carb 14.100 gm

Group: MISC/OTHER

Recipe ID: R-0301 CK-FIELD TRIP SANDWICH

900078 BUN HAMBURGER 4" WHOLE WHEAT Carb 38.034 gm

900346 TURKEY BREAST SLICED - USDA Carb 1.399 gm

900256 CHEESE, AMERICAN YELLOW SLICED Carb 1.000 gm

Total: (per 1 EACH) Carb **40.43** gm