

Paramount Unified School District

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
003616	APPLE HARVEST SALAD	SERVINGS	27.35
001585	APPLE JUICE 4 OZ	EACH	14.00
001523	APPLE JUICE 8 OZ	1 EACH	28.00
001164	APPLES, FRESH	EACH	7.00
000554	APPLES, SLICES	SERVING	7.00
001167	APPLESAUCE #300302	1/4 CUP	7.91
001320	APPLESAUCE CAKE	SERVINGS	31.78
000045	APPLESAUCE CAKE	SERVING	30.47
003554	APPLESAUCE CUP	EA	14.00
003570	APRICOT, FRESH	EACH	7.80
003559	AVOCADO, FRESH	EA	11.75
000207	AVOCADO, SLICED	1/4 CUP	2.94
001171	BACON BITS #501406	1 TSP	0.66
001968	BAGEL PLAIN #500212	EACH	44.00
003349	BAGEL W/CREAM CHEESE	Serving	47.91
003590	BAGEL, MINI CINN	EACH	41.00
003584	BAGEL, MINI STRAWBERRY	EACH	41.00
001285	BAKED BEANS	1/4 CUP	13.48
000499	BAKED CHICKEN	SERVING	12.26
001892	BAKED CHICKEN W/ MASHED POTATO	SERVING	40.45
001570	BAKED CHICKEN W/ MASHED POTATO	SERVING	37.94
003354	Banana Muffin	Each	38.00
002635	Banana, Frozen Sliced Dole	Serving	32.00
000479	BANANAS, RAW PETITE	EACH	23.07
000251	BANANAS, SLICES	1/4 CUP	23.07
001961	BBQ - BURGER-TRIPLE B 2.4OZ	EACH	30.09
001977	BBQ - BURGER-TRIPLE B 3 OZ	EACH	32.11
002376	BBQ - CHEESEBURGERTRIPLE B 2.4	EACH	31.09
003176	BBQ - CHEESEBURGERTRIPLE B 3OZ	EACH	34.11
003220	BBQ - CHILI CHEESE HOTDOG	EACH	35.66
001948	BBQ - HOT DOG	1 EACH	29.00
003403	BBQ Chicken Burger	EACH	36.80
003366	BBQ CHICKEN FAJITA	3.6 oz Serving	5.87
002335	BBQ CHICKEN TERIYAKI BOWL	SERVING	50.45
003479	BBQ Pulled Pork Sandwich	Servings	34.56
003630	BBQ Roasted Chicken Bar	Serving	82.25
003650	BBQ ROASTED CHICKEN COMBO	Serving	42.23
003655	BBQ ROASTED CHICKEN COMBO	SERVING	47.20
002012	BBQ-BEEF RIB SANDWICH	EACH	39.58
003465	BEAN & CORN MIX	Servings	12.71
003687	BEAN, PINTO CHIPOTLE	1/2 CUP	12.10
003688	BEAN, PINTO CHIPOTLE	1/2 CUP	0.35
003678	BEANS, BAJA	1/2 CUP	6.48
003681	BEANS, BAJA (New Recipe)	1/2 CUP	7.76
002370	BEANS, BAJA (New Recipe)	1/2 CUP	7.76
002055	BEANS, BAKED	SERVINGS	3.53
003517	BEANS, BLACK	3/4 CUP	29.81
003511	BEANS, PINTO (CANNED)	1/2 CUP	27.45
002939	Beans, Ranch Style	1/2 CUP	21.00
001796	BEANS, REFRIED POUCH #100804	1/2 CUP	1.14
001176	BEANS, REFRIED,CANNED/VEGETARI	1/4 CUP	11.39
001827	BEEF BOWL	SERVING	31.68
003386	BEEF CRUMBLES TACO SEASONING	2 oz Serving	3.95
003594	BEEF HARD TACO 1 EA	EA	11.97
003592	BEEF SOFT TACO - 2 SERV	SERVING	33.84
003412	BEEF TERIYAKI DUNKERS W/RICE	SERVING	7.07
000002	BEEF, BOWL	1/2 CUP	29.37
000888	BEEF, CRUMBLES	2 OZ	1.01
001099	BEEF, PATTY 2.25OZ	1 EACH	1.00
003534	BEEF, PATTY SNS	4 oz	0.03
000147	BEEF, PATTY TRIPLE B'S 6-12	EACH	0.11
000191	BEEF, RIB PATTY SMOKI GRLL BNL	EACH	7.58
002003	BEEF, TERIYAKI BLSTR (DUNKERS)	SERVING	7.07

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No.	Description	Portion Size	Carbohydrates (Grams)
000142	BIRTHDAY CUPCAKE - CHOCOLATE	1 EACH	35.00
000299	BIRTHDAY CUPCAKE - WHITE	1 EACH	32.00
002008	BISCUITS	EACH	25.00
003675	BLACK BEAN & CORN SALAD	SERVINGS	15.13
003694	BLACK BEAN & CORN SALAD	SERVINGS	15.13
003659	BLACK BEAN SALAD W/CORN & AVO	SERVINGS	17.08
001769	BLUEBERRIES, FRESH	1/4 CUP	8.22
000293	BLUEBERRIES, FROZEN	1/4 CUP	4.72
001993	BREAD 4" WHITE WHL WHEAT(9-12)	EACH	30.00
001991	BREAD, 4" HOAGIE WHT WHL WHEAT	1EACH	29.00
003651	BREAD, GARLIC KNOT	EA	27.00
001995	BREAD, HAMBGR BUN WHITE WHL WH	EACH	30.00
003506	BREAKFAST BREAD	EA	*N/A*
003360	BREAKFAST BURRITO	EACH	28.03
003487	BREAKFAST CROISSANT EGG PATTY	SERVING	33.00
003486	BREAKFAST CROISSANT EGG+HAM	SERVING	33.71
003200	BREAKFAST CROISSANT SAUSAGE PA	SERVING	31.00
002414	BREAKFAST CROISSANT TURKEY	SERVING	32.25
003575	BREAKFAST ENTREE	EACH	*N/A*
002865	BREAKFAST NACHOS 6-12	SERVINGS	15.10
001691	BREAKFAST NACHOS K-8	1 SERVING	22.93
000801	BREAKFAST PIZZA	1 EACH	26.00
003593	BREAKFAST PIZZA POCKET	EA	17.00
002178	BREAKFAST TACO K-5	EACH	25.17
003433	BREAKFAST TACO W/TATER TOTS	1 EACH	32.27
003388	BREAKFAST, MINI BAR	EACH	39.00
001282	BROCCOLI WITH CHEESE SAUCE	1/2 CUP	4.78
003206	BROCCOLI, CARROT, BELL PEPPER	1/2 CUP	1.77
003546	BROCCOLI, RAW	oz	15.06
003661	BUFFALO CHICKEN WRAP	Servings	0.66
003660	BUFFALO CHICKEN WRAP RECIPE	Servings	33.25
001633	BUFFALO RANCH	1 OZ	1.78
001078	BUNS, MINI BURGER WHOLE WHEAT	1 EACH	18.00
003502	BURRITO BOWL	EACH	36.57
003527	BURRITO BOWL - BEEF CRUMBLE	EACH	40.10
003539	BURRITO BOWL-Ground Beef+ Fr	EACH	33.67
003538	BURRITO BOWL-SeasonedBEEF + Fr	EACH	33.67
003515	BURRITO, BEAN & CHEESE	EA	27.88
001395	BURRITO, BEEF GROUND	SERVING	19.00
001493	BURRITO, FIESTA BEAN/HS	EACH	59.92
000620	BURRITO, ULTIMATE BEAN & CHEES	EACH	52.31
002076	BYO 8" BURRITO-BEEF CRMBL4 OZ	EACH	21.01
003620	BYO BBQ ROASTED CHICKEN BAR	SERVING	40.63
002190	BYO BREAKFAST BURRITO	EACH	44.47
001738	BYO BREAKFAST TACO	EACH	17.61
003626	BYO BURRITO - CARNITAS	1 EACH	29.00
000201	BYO BURRITO - CARNITAS PLAIN	1 EACH	19.39
000890	BYO BURRITO - CHICKEN	EACH	19.90
000202	BYO BURRITO - CHICKEN	EACH	19.00
002492	BYO BURRITO - Chicken K-5	SERVINGS	14.84
002014	BYO BURRITO - TURKEY FILLING	SERVINGS	23.00
003322	BYO BURRITO Chicken Fajita	SERVINGS	26.24
003185	BYO BURRITO Chicken w/Seas K-8	SERVINGS	20.92
002043	BYO BURRITO-BEEF CRUMBLES K-5	SERVINGS	23.39
001981	BYO BURRITO-GROUND BEEF	SERVING	20.91
000490	BYO NACHOS	SERVING	32.17
003477	BYO POTATO BAR	SERVING	712.09
003133	BYO SOFT TACO - BEEF CRUM 4-12	2 EACH	31.85
003496	BYO SOFT TACO - GRND BEEF	2 OZ SERVING	16.92
002480	BYO SOFT TACOS - Chicken 6-12	SERVING	29.68
003476	BYO SUB - HAM	EACH	33.17
000736	BYO SUB - MEATBALL	EACH	35.00
001953	BYO SUB - MEATBALLS	EACH	32.67

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000687	BYO SUB - MEATBALLS 9-12	EACH	32.67
001867	BYO SUB - MEATBALLS 9-12	EACH	3.67
001952	BYO SUB - MEATBALLS ONLY 6-8	EACH	32.67
000366	BYO SUB - STEAK	SERVING	0.00
002765	BYO SUB - Turkey	1 EACH	31.00
002799	BYO SUB - Turkey	1 EACH	29.00
003010	BYO SUB - Turkey Ham	1 EACH	32.50
002078	BYO SUB SANDWICH - TRKY#702500	EACH	29.00
000685	BYO TACO - BEEF (2 SERVING)	1/4 CUP	19.92
001980	BYO TACO - BEEF (GRND BF-ONLY)	2 OZ SERVING	1.92
001764	BYO TACO - BEEF CRUMBLES	EACH	11.93
001740	BYO TACO - BEEF CRUMBLES 2oz	1 EACH	10.01
001763	BYO TACO - BEEF CRUMBLES 4-12	2 EACH	23.85
001886	BYO TACO - BEEF CRUMBLES K-5	1 EACH	14.46
002090	BYO TACO - Bf Crumbles K-5: 2	2 Tacos	28.93
003381	BYO Taco - Carnitas	EACH	26.00
003380	BYO Taco - Carnitas	EACH	13.00
000020	BYO TACO - GROUND BEEF-2 OZ	EACH	11.23
000686	BYO TACO - TURKEY 6-12	SERVING	22.00
001681	BYO TACO - TURKEY K-5	EACH	11.00
001705	BYO TACO SALAD 4 OZ	EACH	16.01
003618	CAESAR SALAD	SERVINGS	22.97
001603	CAPPUCCINO	6 oz	15.43
003664	CAPPUCCINO MIX	OZ	5.06
001942	CARAMEL DIP	EACH	16.00
000619	CARNITAS	3 OZ	0.73
003516	CARNITAS W/CHIPS	EACH	20.73
000602	CARROT BITES	OZ	4.46
002885	CATSUP, SRIRACHA INDIVIDUAL	EACH	2.00
003551	CAULIFLOWER FLORETS	OZ	27.62
000267	CELERY STICKS	CUP	4.41
000953	CEREAL, COCOA PUFFS	1 CUP	23.00
001407	CEREAL, MIX	EACH	19.96
003369	CEREAL, MIX W/CH BEAR GRAHAM	EACH	40.96
003503	CEREAL, MIX W/CRACKER, MIX	EACH	19.96
003498	CEREAL, MIX W/HONEY GRAHAM	EACH	40.96
003504	CEREAL, MIX W/MOZZ CHEESE	EACH	24.00
003544	CEREAL, SPECIAL K 12OZ BOX	EACH	21.08
101006	CEREAL, TRIX (BULK)	CUP	27.00
003188	Cheese Enchilada Plate	SERVING	41.24
003192	Cheese Enchilada-Green Sauce	2 EACH	29.46
002409	Cheese Enchilada-Red	2 EACH	27.87
001696	CHEESE MIX - Yellow & Mozz	1 OZ	0.85
001531	CHEESE, AMERICAN SHREDDED	OZ	2.03
001508	CHEESE, AMERICAN-SLICE (FS)	CASE	145.15
002068	CHEESE, CHDR SHRD MLD #700504	SERVINGS	1.01
003333	CHEESE, JALAPENO SAUCE #303803	3 OZ	9.17
003410	CHEESE, MOZZARELLA SHRED	OZ	1.33
003078	Cheese, Mozzarella String	EACH	0.00
000673	CHEESE, PARMESAN GRATED	TSP	0.00
000361	CHEESE, SLICED REDUCED FAT-HS	OZ	2.03
001117	CHEESE, CREAM	EACH	0.56
003209	CHEESEBURGER	EACH	35.64
002208	CHEESEBURGER SLIDERS #700213	SERVING	28.10
003172	CHEESEBURGER-TRIPLE B-EL	EACH	34.09
001602	CHEESEBURGER/HS	EACH	30.00
003203	Cheesy Cornbread Muffin, WG, 2	Each	30.00
003404	CHEESY QUESADILLA W/TATER TOTS	1 EACH	33.65
000618	CHEETOS CHEESE FLAV. SNACKS	1 EACH	10.00
001483	CHEF SALAD	1 EACH	56.88
003432	CHEF SALAD Large - CHIP	1 EACH	56.72
003606	CHEF SALAD Large - COOKIE	1 EACH	62.02
001917	CHERRIES, FRESH	1/4 CUP	5.46

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No.	Description	Portion Size	Carbohydrates (Grams)
003362	Chesse BF Croissant	Sandwich	32.00
002674	Chicken & Broccoli W/ Alfredo	1/2 Cup	12.63
000004	CHICKEN ALFREDO AND NOODLES	1 CUP	19.96
003469	Chicken Alfredo Pasta	1/2 Cup	39.72
001891	CHICKEN BAKED #701110	SERVING	7.00
000633	CHICKEN BASE	1 TSP	0.01
002676	Chicken Bowl 9-12: Snack Bar	Serving	53.89
002102	Chicken Bowl 9-12: Snack Bar	Serving	56.36
000596	CHICKEN BRKFST SAUSAGE PATTY	EACH	0.50
003455	CHICKEN BROTH	1 Cup	0.98
000841	CHICKEN BURGER	EACH	45.00
002346	CHICKEN BURGER Elementary	burger	44.00
002337	CHICKEN BURGER Hot & Spicy	Each	44.00
003617	CHICKEN CAESAR SALAD	SERVINGS	5.20
000204	CHICKEN CAESAR SALAD-CROUTONS	EACH	15.28
003183	CHICKEN COMBO	EACH	40.89
003607	CHICKEN DRUMSTICK COMBO	EA	70.45
000023	CHICKEN ENCHILADA	2 EACH	30.85
002361	CHICKEN ENCHILADA HS Snack Bar	3 EACH	43.25
002688	CHICKEN ENCHILADA HS Snack Bar	3 EACH	31.25
003280	CHICKEN ENCHILADA PLATE SB	3 EACH	56.47
002384	CHICKEN ENCHILADA Snack Bar #2	3 EACH	43.84
002388	CHICKEN ENCHILADA-White Cheese	2 EACH	27.44
003384	Chicken Fajita Bowl	Serving	34.35
003395	Chicken Fajita Bowl 6-12	Serving	18.53
003387	Chicken Fajita Bowl 6-12	Serving	18.53
003414	Chicken Fajita Bowl 6-12 LRG	Serving	19.01
003586	CHICKEN FAJITA BURRITO 10"	SERVINGS	34.48
002491	CHICKEN FAJITA BURRITO 8"	SERVINGS	20.02
003581	CHICKEN FAJITA BURRITO 8"	SERVINGS	26.51
003633	CHICKEN FAJITA MIX	SERVINGS	4.49
002496	CHICKEN FAJITA W/BROCOLLI	OZ	2.18
003438	Chicken Fajita w/Rice	Serving	5.90
001737	CHICKEN FAJITA WRAP	1 WRAP	35.24
000675	CHICKEN FAJITAS	OZ	0.30
003406	CHICKEN FAJITAS SOFT TACO	SERVING	15.14
003156	Chicken Fried Rice	2/3 CUPS	104.11
003169	Chicken Fried Rice Bowl	EACH	124.11
003657	CHICKEN N' CINN ROLL	SERVING	41.00
003492	CHICKEN N' FRNCH TST	SERVING	36.00
003595	CHICKEN N' PANCAKE	SERVING	21.49
003396	CHICKEN N' WAFFLES	SERVING	57.91
000169	CHICKEN NUGGETS HEART SHAPE	SERVING	7.00
001864	CHICKEN ORANGE BOWL	SERVING	18.59
000716	CHICKEN ORANGE MANDARIN	SERVING	17.54
003501	CHICKEN ORANGE W/RICE K-5	SERVING	18.59
001760	CHICKEN OVEN ROASTED K-5	EACH	0.00
000182	CHICKEN PATTIES BREADED FULLY	1 EACH	5.58
001815	CHICKEN POLLO LOCO 6-12	1 Serving	0.00
000663	CHICKEN POP CORN	SERVING	16.97
000103	CHICKEN ROASTED - Franks Hot S	SERVING	1.50
001046	CHICKEN ROASTED 8 PC CUT UP	EACH	0.00
000904	CHICKEN ROASTED SEASONED	SERVING	1.50
000862	CHICKEN ROASTED-SERVING	SERVING	1.00
003148	Chicken Salad	1/2 CUP	3.50
003423	Chicken Salad Sandwich G&G	EACH	69.88
003356	Chicken Salad w/Cranberries	1/2 CUP	11.53
000148	CHICKEN STRIPS	3 EACH	12.00
002792	Chicken Tamale in Green Sauce	EACH	19.00
003636	Chicken Tamale w/Baja Beans	Servig	26.76
003609	Chicken Tamale w/sides	EACH	31.63
000821	CHICKEN TAQUITOS	EACH	12.00
002103	Chicken Tenderloin Fritters CK	3 tendors	19.50

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003631	CHICKEN TENDERS w/MASHED POTAT	SERVING	34.95
001826	CHICKEN Teriyaki w/Rice	SERVING	19.90
002632	Chicken w/ Broccoli	2 oz	2.11
003641	CHICKEN, MANDARIN ORANGE COMBO	SERVINGS	44.24
003490	CHICKEN, NUGGET HOLIDAY	SERVING	16.00
003421	Chicken, Roasted Combo	SERVING	16.50
003464	CHICKEN, ROASTED W/GRAVY	1 Serving	17.10
003670	CHICKEN, SPICY PATTY	EA	12.96
003536	CHICKEN, SWEET & SOUR W/RICE	SERVING	21.42
002046	CHICKEN, TERIYAKI #701103	SERVING	10.97
002058	CHICKEN, TERIYAKI BOWL	SERVINGS	50.45
003191	CHICKEN, TERIYAKI BOWL w/BROCC	SERVINGS	50.47
003642	CHICKEN, TERIYAKI COMBO	SERVING	35.24
001690	CHILAQUILES SAUCE	1 OZ	1.82
001971	CHILI	SERVING	11.85
000117	CHILI - CARNE&BEANS-SIDE (CRUM	1/2 CUP	13.16
001863	CHILI BOWL	SERVING	39.71
003604	CHILI CHEESE DOG	SERVINGS	49.69
003528	CHILI CHEESE FRIES	1.75 CUP	40.55
000730	CHILI con CARNE&BEANS (Grnd)	1/2 CUP	12.88
003643	CHILI FRIES	1/2 CUP	46.46
000193	CHILI FRIES 6-12	1 CUP	28.68
000878	CHILI FRIES K-5	1/2 CUP	28.92
000756	CHILI FRIES K-5 GRND BEEF	SERVING	30.42
001005	CHILI POWDER	1 TSP	1.01
000473	CHINESE STYLE VEGETABLES	1/2 CUP	10.96
003157	CHINESE STYLE VEGETABLES-Update	1/2 CUP	11.16
001762	CHIPS, VARIETY	1 EACH	*N/A*
003336	CHIX TERIYAKI BOWL w/BROCC New	SERVINGS	57.02
002295	Chix-N-Fry Stix	Serving (4 pc)	16.00
003202	Chocolate Chip Rice Krisp Bar	EACH	34.00
002551	Chocolate Heat N Ice Icing	Serving (2TBSP)	27.00
003051	Chorizo & Scrambled Eggs	1/2 Cup	2.41
000628	CHOW MEIN NOODLES	3/4 CUP	27.72
001153	CHOW MEIN NOODLES	3/4	41.87
003155	CHOW MEIN NOODLES- Updated	3/4 CUP	27.85
001678	CILANTRO	1 TSP	0.04
003163	CILANTRO & ONION MIX	1 TSP	0.98
003537	CINNAMON BUN	EACH	36.50
001604	CINNAMON FRENCH TOAST	EACH	30.00
000120	CINNAMON ROLL	EACH	35.00
000895	COCOA KRISPIES BAR	BAR	26.00
001369	COLESLAW SALAD	1/4 CUP	6.99
003619	CONDIMENT BAR - NACHO/TACO	SERVINGS	4.10
003695	CONDIMENTS	EA	17.28
003692	CONDIMENTS	EA	8.32
003696	CONDIMENTS 2	EA	10.51
003697	CONDIMENTS 3	EA	11.28
003698	CONDIMENTS 4	EA	7.52
000969	COOKIE, APPLE RED DELICIOUS	1 EACH	12.48
000598	COOKIE, CHOCO CREMES SANDWICH	1 EACH	20.00
000650	COOKIE, FORTUNE	1 EACH	7.00
001747	COOKIE, HEART SHAPED # 102467	EACH	12.47
001822	COOKIE, HOLIDAY EASTER EGGS	EACH	12.46
003458	COOKIE, HOLIDAY TREE & BELL	EACH	12.49
001627	COOKIE, JACK O' LANTERN	EACH	12.49
003637	COOKIE, RED VELVET IW	EACH	25.00
000887	COOKIE, SHAMROCK	EACH	12.47
000296	COOKIE, TURKEY	1 EACH	13.76
000939	COOKIES, HEARTS #102467	1 EACH	20.00
000938	COOKIES, HUGS NOT DRUGS #10246	1 EACH	20.00
000081	COOKIES, MINI CHOCOLATE CHIP	1 EACH	18.94
000270	CORN	1/4 cup	7.62

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003466	CORN DOG, CHICKEN #500604	EA	30.00
003489	CORN DOG, MINI CHICKEN #500402	SERVING	30.00
001934	CORN DOGS, MINI TURKEY	SERVING	30.00
000015	CORN DOGS, MINI TURKEY	SERVING	30.00
003686	CORN SALSA	1/2 CUP	20.36
001621	COTTAGE CHEESE LOWFAT	1 OZ	1.00
002915	Country Fresh Potato Salad	3/4 CUP	33.00
000937	CRACKER, ABC	1 EACH	20.00
003446	CRACKER, CHOCOLATE BEAR GRAHAM	EACH	21.00
003348	Cracker, Cinnamon Elf Graham	Each	21.00
001020	CRACKER, GRAHAM SCOOBY-DOO	EACH	21.00
003500	CRACKER, HONEY GRAHAM #102703	EA	21.00
003589	CRACKER, MIX	EA	*N/A*
003505	CRACKER, MIX	EA	92.00
003447	CRACKER, WG PIZZA #101410	EA	15.00
002071	CRACKER, GOLDFISH WH/GRN#101403	SERVING 1.1 oz	20.00
000168	CRACKERS, GOLDFISH SNACK CHEDD	1 EACH	14.00
003383	CRANBERRIES, DRIED	EACH	27.13
001195	CREAM CHEESE	3/4 EACH	0.56
002049	CROUTONS, WHOLE GRAIN #103051	SERVING	18.75
000241	CROUTONS, WONTON CHIPS	1 OZ	16.00
000197	CUCUMBER, SLICES	1/2 CUP	2.00
003550	CUCUMBER, WHOLE	EACH	2.00
003237	Diced Potatoes	Serving	20.00
003325	Diced Potatoes w/Bellpepper/On	1/2 cup serv	16.05
003240	Diced Potatoes- Seasoned	1/2 cup serv	13.97
003167	DOMINOS CHEEZILLA PIZZA	EACH	32.00
002878	DOMINOS KICKN' CHICK PIZZA	EACH	30.00
001516	DOMINOS PIZZA	1 SLICE	32.00
000909	DONUT HOLES, CHOCOLATE CAKE	5 DONUT HOLES	27.00
003542	DONUT, IW DAVES	EACH	40.00
000919	DONUT, MINI CHOCOLATE	EACH	41.00
001958	DONUT, SUPER CHOCOLATE	EACH	54.41
003340	DONUTS, MINI POWDERED	EACH	41.00
003317	Doritos Cool Ranch Tortilla Ch	Each	20.00
002287	Doritos Nacho Cheese Tortilla	Each	20.00
000617	DORITOS NACHO CHEESIER FLAV. T	1 EACH	10.00
003287	Double Chocolate Coffee Cake	EACH	56.90
003625	DRESSING, APPLE CIDER VINEGRET	EA	11.00
003629	DRESSING, CAESAR POUCH	POUCH	2.00
003683	DRESSING, RANCH	OZ	1.56
000680	DRESSING, RANCH	1 OZ	1.56
003580	DRESSING, RANCH PACKET	EACH	2.00
000651	DRESSING, SESAME SALAD	SERVING	5.95
003127	Drumstick, Whole Grain Breaded	EACH	5.00
003151	Egg Salad	1/3 Cup	0.90
000184	EGG, BOILED	EACH	0.53
001790	ENCHILADA, PORK CARNITAS	1 EACH	37.00
002710	Energy Bowl- Berry Blend	EACH	57.45
003610	ENTR SALD, SPICY CHKN - CHIP	SERVING	31.65*
003621	ENTR SALD, SPICY CHKN - COOKIE	SERVING	59.39
003391	ENTREE SALAD, ASIAN CHKN - CHI	SERVING	36.59*
003602	ENTREE SALAD, ASIAN CKN - COOK	SERVING	60.89
003615	ENTREE SLD, A.HARVEST W/CHIP	SERVING	81.41*
003612	ENTREE SLD, A.HARVEST W/COOKIE	SERVING	105.71*
003442	ESQUITES	SERVING	27.40
003685	FAJITA VEGGIES	1/4 Cup	3.04
002397	Famous Chicken Bar	Serving	91.29
003146	Famous Chicken Bowl 6-12	Serving	60.10
002362	Famous Chicken Bowl HS SBar	Serving	36.83
003165	Famous Chicken Bowl HS SBar	Serving	113.63
003281	Fiesta Santa Fe Bean & Cheese	EACH	54.00
003190	Frappuccino	SERVING	26.84

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No.	Description	Portion Size	Carbohydrates (Grams)
003297	Frappuccino- HS	SERVING	56.27
001478	FRENCH TOAST	EACH	30.00
000368	FRENCH TOAST STICKS	EACH	30.00
003572	FRESH SALAD	SERVING	5.68
003531	FROZEN MIXED BERRY CUP	EA	20.07
003682	FROZEN, STRAWBERRIES/BLUBERRY	1/2 CUP	9.26
003512	FRUIT COCKTAIL (CANNED)	1/2 CUP	0.00
003613	FRUIT CUP, FROZEN VARIETY	EA	73.38
001945	FRUIT CUP, PEACH	EACH	20.26
000208	FRUIT CUP, STRAWBERRY	EACH	33.05
001963	FRUIT JUICE CUP, FROZEN VARIET	EACH	16.00
003614	FRUIT JUICE, VARIETY	EA	44.00
000205	FRUIT, FRESH	CUP	28.84*
000245	FRUIT, FRESH ASSORTED	Servings	11.27
000123	FUNNEL CAKE	EACH	43.00
003693	FUNNEL CAKE W/SAUSAGE	EACH	45.00
003233	Good Morning Sandwich	SERVING	28.00
002728	Grand Slam Breakfast	EACH	27.58
000877	GRANOLA ORIGINAL	1/2 CUP	43.00
001224	GRAPES, FRESH	CUP	28.92
000071	GRAPES, FRESH (GREEN)	1/4 CUP	7.23
000072	GRAPES, FRESH (RED)	1/4 CUP	7.34
001923	GRAPES, FRESH MIX (GREEN/RED)	1 CUP	57.83
001064	GRAVY, CHICKEN	1/4 CUP	0.40
000026	GRAVY, CHICKEN MIX	2 OZ	0.40
000851	GRILLED CHEESE SANDWICH	1 EACH	31.81
002113	GRILLED CHEESE Sandwich #50109	Sandwich	30.88
000661	GUACAMOLE	1 OZ SERVING	7.36
000206	GUACAMOLE	2 TBSP	5.22
000006	HAM & CHEESE MCMUFFIN	EACH	29.50
003451	Ham & Chesse Croissant	Sandwich	35.17
001586	HAM ROAST	OZ	0.00
000817	HAM, WATER ADDED	OZ	1.67
002039	HAMBURGER ON BUN	EACH	32.09
003282	Happy Bday Chocolate Cupcake	EACH	26.00
003283	Happy Bday Vanilla Cupcake	EACH	27.00
000632	HOLIDAY COOKIE	1 EACH	18.65
003137	Holiday Graham Cracker	EACH	21.00
001154	HONEY DEW MELON	1/4 CUP	17.46
003667	HONEY, PACKET	EA	0.82
002336	Hot & Spicy Breaded Chix Patty	Each	12.00
001975	HOT DOG	EACH	29.00
001999	HOT DOG-HOFFY 8/1-EL	EACH	4.00
000048	HOT DOGGIES	Serving	31.50
003358	Hot Ham & Cheese Sandwich	Sandwich	32.75
003665	ICE COFFEE	SERVINGS	0.41
001938	ICE CREAM BAR, COOKIES N CREAM	EACH	19.00
003666	ICED COFFEE BATCH	SERVINGS	175.00
001951	JICAMA & CUCUMBER	1/2 CUP	3.00
000555	JICAMA STIX	1/2 CUP	6.00
001228	JICAMA STIX & LEMON	1/2 CUP	5.27
001647	JUICE BAR, ORANGE	EACH	12.00
001648	JUICE BAR, STRAWBERRY	EACH	14.00
001628	JUICE BAR, TROPICAL	EACH	16.00
003648	JUMPIN - JUICE MIXED BERRY LRG	EACH	86.48
003247	JUMPIN JUICE - BERRY BLEND BRK	EACH	68.47
003690	JUMPIN JUICE - BERRY PATCH	SERVINGS	37.50
003649	JUMPIN JUICE - BLUEBERRY LRG	EACH	74.71
003689	JUMPIN JUICE - ORANGE APPLE	SERVINGS	31.77
003653	JUMPIN JUICE - PEACH BERRY BRK	1 EACH	62.98
003645	JUMPIN JUICE - PEACH BERRY LRG	1 EACH	81.00
003457	JUMPIN JUICE - PEACH BRK	1 EACH	42.81
000925	JUMPIN JUICE - PEACH W/CRACKER	1 EACH	73.07

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No.	Description	Portion Size	Carbohydrates (Grams)
001632	JUMPIN JUICE - STRAWBERRY	1 EACH	78.18
003445	JUMPIN JUICE - STRAWBERRY BRK	1 EACH	86.85
003647	JUMPIN JUICE - STRAWBERRY LRG	1 EACH	98.04
002341	Jumpin Juice-Berry Blend	EACH	54.64
003372	JUMPIN JUICE-BLUBERRY W/CRBKFS	EACH	77.69
003187	Jumpin Juice-Pineapple	EACH	59.53
002085	JUMPIN JUICE-STRAW/VNLL K-12	1 EACH	83.43
002275	Jumpin Juice-Tropical Blend	EACH	57.30
003644	Jumpin Juice-Tropical Paradise	EACH	98.22
003299	Jurassic World Graham Crackers	EACH	21.00
002949	K-8 BREAKFAST BAR W1D1	1 CUP	18.78
002950	K-8 BREAKFAST BAR W1D2	1 CUP	52.06
001629	K-8 BREAKFAST BAR W1D3	1 CUP	56.34
002779	K-8 BREAKFAST BAR W1D4	1 CUP	130.66
002236	K-8 BREAKFAST BAR W1D5	1 CUP	209.63
003005	K-8 BREAKFAST BAR W2D1	1 CUP	34.07*
002780	K-8 BREAKFAST BAR W2D2	1 CUP	65.98
002596	K-8 BREAKFAST BAR W2D3	1 CUP	28.43
002117	K-8 BREAKFAST BAR W2D4	1 CUP	70.58
002730	K-8 BREAKFAST BAR W2D5	1 CUP	457.08
003416	K-8 BREAKFAST BAR W3D1	1 CUP	146.73
001667	K-8 BREAKFAST BAR W3D2	1 CUP	16.03
002818	K-8 BREAKFAST BAR W3D3	1 CUP	10.56
001668	K-8 BREAKFAST BAR W3D4	1 CUP	16.05
001669	K-8 BREAKFAST BAR W3D5	1 CUP	22.36
002235	K-8 BREAKFAST BAR W4D1	1 CUP	220.52
002639	K-8 BREAKFAST BAR W4D2	1 CUP	81.80
002543	K-8 BREAKFAST BAR W4D3	1 CUP	451.24
003062	K-8 BREAKFAST BAR W4D4	1 CUP	344.77
002638	K-8 BREAKFAST BAR W4D5	1 CUP	247.74
000393	K-8 LUNCH BAR W1D1	1 CUP	12.29
000872	K-8 LUNCH BAR W1D2	1 CUP	16.60
002135	K-8 LUNCH BAR W1D3	1 CUP	56.97
002732	K-8 LUNCH BAR W1D4	1 CUP	20.17
002921	K-8 LUNCH BAR W1D5	1 CUP	34.95
002782	K-8 LUNCH BAR W2D1	1/2 CUP	16.60
003007	K-8 LUNCH BAR W2D2	1 CUP	22.72
003390	K-8 LUNCH BAR W2D3	1 CUP	8.84
002504	K-8 LUNCH BAR W2D4	1 CUP	13.35
002431	K-8 LUNCH BAR W2D5	1 CUP	10.22
002640	K-8 LUNCH BAR W3D1	1 CUP	168.59
003405	K-8 LUNCH BAR W3D2	1 CUP	23.28
000394	K-8 LUNCH BAR W3D3	1 CUP	12.08*
003409	K-8 LUNCH BAR W3D4	1 CUP	27.48
003411	K-8 LUNCH BAR W3D5	1 CUP	20.51
003417	K-8 LUNCH BAR W4D1	1 CUP	30.11
003418	K-8 LUNCH BAR W4D2	1 CUP	30.10
003407	K-8 LUNCH BAR W4D3	1 CUP	95.65
003420	K-8 LUNCH BAR W4D4	1 CUP	14.86
003422	K-8 LUNCH BAR W4D5	1 CUP	22.84
001188	Ketchup, INDIVIDUAL	1 EACH	2.47
000545	KIWI, SLICES	1/4 CUP	3.76
001229	KIWIFRUIT, FRESH	CUP	15.05
002801	La Victoria Salsa Picante Mild	TBSP	1.00
003634	LASAGNA ROLLUP	SERVINGS	35.22
002116	LBar K-8/WEEK#4	1 CUP	31.10
002112	LBar SFSP/WK1-THURSDAY	1 CUP	9.46
003583	LEMON, FRESH	EA	5.00
001908	LETTUCE, 5 WAY GREEN SALAD	1/4 CUP	1.28
000297	LETTUCE, 50/50 MIX ROM/ICE	1/4 CUP	0.46
001408	LETTUCE, CHOPPED	1/4 CUP	0.43
002016	LETTUCE, ROMAINE-SHRED	CUP	1.68
001348	LETTUCE, SHREDDED	1/4 CUP	0.43

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No.	Description	Portion Size	Carbohydrates (Grams)
000893	LOADED BREAKFAST BURRITO	EACH	27.62
003541	LOAF, MINI APPLE CINNAMON	EACH	35.20
003321	Low Fat Fudge Bar	EACH	22.00
002207	Low Sodium Teriyaki Sauce	each	5.64
002896	LUNCH BAR 6-12 W1D1	1 CUP	43.53
002795	LUNCH BAR 6-12 W1D2	1 CUP	30.78
003413	LUNCH BAR 6-12 W1D3	1 CUP	38.01
003379	LUNCH BAR 6-12 W1D4	1 CUP	28.22
003425	LUNCH BAR 6-12 W1D5	1 CUP	37.07
002844	LUNCH BAR 6-12 W2D1	1 CUP	43.92
003022	LUNCH BAR 6-12 W2D2	1 CUP	1.41*
003397	LUNCH BAR 6-12 W2D3	1 CUP	19.20
003398	LUNCH BAR 6-12 W2D4	1 CUP	17.75
003402	LUNCH BAR 6-12 W2D5	1 CUP	62.77
001047	LUNCH BAR 6-12 W3D1	1 CUP	432.55
001056	LUNCH BAR 6-12 W3D2	1 CUP	692.37
002952	LUNCH BAR 6-12 W3D3	1 CUP	9.83
001676	LUNCH BAR 6-12 W3D4	1 CUP	4.98
002889	LUNCH BAR 6-12 W3D5	1 CUP	10.32
002938	LUNCH BAR 6-12 W4D1	1 CUP	26.90
002163	LUNCH BAR 6-12 W4D2	1 CUP	18.31
001645	LUNCH BAR 6-12 W4D3	1 1/2 CUP	20.47
002556	LUNCH BAR 6-12 W4D4	1 CUP	15.09
000449	LUNCH BAR 6-12 W4D5	1 CUP	55.17
003427	LUNCH BAR SFSP W1D1	1 CUP	12.33
002391	LUNCH BAR SFSP W1D2	1 CUP	4.27
003419	LUNCH BAR SFSP W1D3	1 CUP	18.44
003064	LUNCH BAR SFSP W1D4	1 CUP	16.38
003258	LUNCH BAR SFSP W2D2	1 CUP	8.54
002783	LUNCH BAR SFSP W2D3	1 CUP	21.55
002599	LUNCH BAR SFSP W2D4	1 CUP	13.76
003482	LUNCH BAR SOUP	1 CUP	29.69
003640	MACARONI & CHEESE *NEW*	SERVINGS	28.49
002465	MACARONI & CHEESE Updated	2/3 CUP	29.14
000069	MACARONI AND CHEESE	1/4 CUP	9.42*
000637	MACARONI AND TUNA SALAD	1/4 CUP	7.52
900002	MACARONI SALAD	1/2 CUP	2.75
003143	Macaroni Salad with Tuna	Serving 1/2cup	16.89
001965	MACARONI, HAM & CHEESE	2/3 CUP	24.32
000013	MACARONI, HAM & CHEESE	2/3 CUP	26.30
003519	MANAGER'S CHOICE	SERVING	*N/A*
001233	MANDARIN ORANGES - CAN	1/4 CUP	8.50
003371	Maple Flavored Mini Pancakes	EACH	35.00
003373	Maple Flavored Mini Waffles	EACH	35.00
002653	Maple Heat N Ice Icing	2 TBSP	40.22
001334	MARGARINE	1 OZ	0.00
003677	MASHED POTATO W/GRAVY	1/2 CUP	15.45
000485	MAYONNAISE, INDIVIDUAL	EACH	0.00
000111	MAYONNAISE, INDIVIDUAL RED. C	EACH	0.80
000759	MAYONNAISE, LITE (CHEFS PRIDE)	TSP	0.33
001323	MCMUFFIN, EGG	1 EACH	20.54
003326	Meat Lasagna	EACH	8.82
003327	Meat Lasagna-Rathney	EACH	23.45
000003	MEAT LOAF	3/4" SLICE	7.04
001742	MEAT LOAF	3/4" SLICE	10.80
002473	MEAT SAUCE- PORK CRUMBLES	3/4 CUP	10.54
000129	MEATBALLS, BEEF	5 EACH	1.00
002000	MEATBALLS, BEEF #700212	SERVING	7.06
001859	MEATSAUCE #107213	3/4 CUP	7.50
000905	MEATSAUCE #303801	3/4 CUP	10.46
001374	MEATSAUCE w/BEEF CRUMBLES	3/4 CUP	11.47
001918	MEATSAUCE w/BEEF CRUMBLES	3/4 CUP	11.47
002075	MEATSAUCE, SAUSAGE/BEEF	3/4 CUP	9.09

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No.	Description	Portion Size	Carbohydrates (Grams)
000927	MELON CANTALOUPE & HONEYDEW	1/4 CUP	9.78
000993	MELON CANTALOUPE & HONEYDEW WE	2 CUP	43.28
001641	MELON CANTALOUPE & HONYDEW BAL	1/2 CUP	22.89
001695	MELON CANTALOUPE & HONYDEW CHU	2 CUP	43.28
001935	MELON, CANTALOUPE	1/4 CUP	3.26
001687	MELON, CANTALOUPE CHUNKS	1 CUP	37.01
001664	MELON, CANTALOUPE WEDGES	1 CUP	10.94
000560	MELON, HONEYDEW	1/4 CUP	3.86
001694	MELON, HONEYDEW CHUNKS	1 CUP	15.45
001663	MELON, HONEYDEW WEDGES	1 CUP	32.06
003235	Mexicali Tortilla Soup	Serving (16oz)	72.00
003547	MILK, 1% HALF GALLON	1 EACH	110.40
001614	MILK, CHOCOLATE NONFAT	1 EACH	22.00
001615	MILK, STRAWBERRY NON FAT	1 EACH	27.00
001616	MILK, WHITE 1%	1 EACH	14.00
003545	MILK, WHITE 1% - GALLON	GALLON	14.00
003320	Mini Ice-Cream Cone	EACH	14.00
003639	Mini Ravioli	SERVINGS	20.29
003370	Minni Cinnis	EACH	40.00
003456	MIXED CHEESE	OZ	0.53
000605	MIXED FRUIT - VARIETY	1/2 CUP	273.23
003530	MIXED FRUIT FROZEN CUP	EA	9.31
002274	Mixed Fruit Tropical Blend	Serving (1/2c)	10.97
002202	MONGOLIAN BBQ	SERVING	19.65
001862	MONGOLIAN BBQ	1/2 CUP	3.89
000010	MONGOLIAN BBQ	SERVING	54.59
000812	MUFFIN, APPLE CINNAMON	1 EACH	33.30
001513	MUFFIN, BLUEBERRY	1 EACH	40.95
000753	MUFFIN, CHOCOLATE CHIP	EACH	35.60
001130	MUFFIN, CORNMEAL WHOLE GRAIN	1 EACH	36.80
003352	Muffin, WG Banana #500683	Each	38.00
000784	MUSTARD	TSP	0.94
002440	MUSTARD PACKET	EACH	1.00
003459	Nacho - Beef Crumble	SERVING	46.12
003525	NACHO CHEESE W/TORTILLA CHIPS	SERVING	43.00
002044	NACHO'S - BEEF CRUMBLES 6-12	SERVINGS	26.29
000287	NACHO'S - BEEF CRUMBLES K-5	SERVINGS	26.29
001759	NACHO'S MEAT - BEEF CRUMBLES	2 OZ	2.93
000218	NACHO'S MEAT - GROUND BEEF	1/4 CUP	1.92
000151	NACHO'S MEAT - TURKEY TACO FIL	1 OZ	23.34
002009	NACHO'S MEAT - TURKEY-IN PROGR	1/4 CUP	4.87
002712	NACHO'S W/ Chicken 6-12	SERVINGS	43.30
002673	NACHO'S W/ Chicken 6-12	SERVINGS	24.90
002490	NACHO'S W/ Chicken K-5	SERVINGS	24.30
002015	NACHO'S W/ TRKY TACO FIL 6-12	SERVINGS	26.30
001054	NACHO'S W/ TRKY TACO FIL K-5	SERVINGS	24.54
003175	Nacho- Chicken Fajita w/Season	SERVING	26.22
003493	Nacho- Plate, Carnitas	SERVING	46.03
003444	Nacho- Plate, Chicken Fajita	SERVING	46.93
003471	Nacho- Plate, Ground Beef	SERVING	50.82
003468	Nacho- Plate, Turkey Taco	SERVING	46.03
001926	NACHOS BAR - BEEF CRUMBLES	SERVING	43.67
001854	NACHOS BAR - BEEF CRUMBLES	SERVING	21.83
001925	NACHOS BAR - BEEF CRUMBLES	SERVING	24.67
001048	NACHOS BAR - TURKEY TACO FIL	SERVING	41.37
001035	NACHOS BAR - TURKEY TACO FIL	SERVING	21.37
001084	NACHOS BAR - TURKEY TACO FIL	SERVING	25.12
001083	NACHOS BAR - TURKEY TACO FIL	SERVING	44.12
001216	NACHOS WITH BEEF & CHEESE	SERVING	22.58
003239	NACHOS WITH BEEF & CHEESE	SERVING	22.58
003491	NACHOS WITH BEEF & CHEESE	SERVING	0.90
000645	NACHOS WITH CHEESE	SERVING	41.34
000556	NECTARINES, FRESH	EACH	14.35

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No.	Description	Portion Size	Carbohydrates (Grams)
003673	NOODLES, CHOW MEIN WG	SERVINGS	57.38
001241	OLIVES, SLICED	OZ	1.77
001242	ONION POWDER	TSP	1.69
003224	Onion Rings - Whole Grain	Servings	28.00
001472	ONION, GREEN	OZ	2.00
001243	ONIONS, FRESH, RED	OZ	2.45
000626	ONIONS, FRESH, CHOPPED	OZ	2.45
001612	ORANGE JUICE 4 OZ	1 EACH	14.00
001613	ORANGE JUICE 8 OZ	1 EACH	27.00
000176	ORANGE, SECTIONS	1/2 CUP	16.00
001148	ORANGE, WEDGES	1/4 CUP	*N/A*
001244	ORANGES, FRESH	EACH	30.27
000884	PAN DULCE	EACH	34.00
001146	PANCAKE SAUSAGE WRAP	EACH	23.40
000829	PANCAKES	EACH	18.67
003199	Papa John's Cheese Pizza	EACH	39.26
003198	Papa John's Pepperoni Pizza	Each	40.00
001426	PASTA SALAD	1/2 CUP	20.07
001286	PASTA SALAD	3/8 CUP	8.49
002667	PASTA SALAD w/CHICKEN	1/2 CUP	22.24
000586	PASTA SALAD w/HAM	1/2 CUP	24.20
000718	PASTA SALAD w/HAM Carolyn	1/4 CUP	8.78
002057	PASTA SALAD w/o HAM	1/2 CUP	22.81
003543	PASTA, SPAGHETTI NOODLE	OZ	20.30
002017	PASTA, SPAGHETTI-JM SWANK	1/2 CUP SERVIN	81.19
003364	PB & J Sandwich G&G - Chip	Serving	51.00
003600	PB & J Sandwich G&G - Cookie	Serving	56.30
003374	PB&J ES Combo	SERVING	32.00
001212	PEACHES, DICED	1/4 CUP	9.13
000088	PEACHES, FRESH	EACH	15.00
003514	PEACHES, FROZEN	1/2 CUP	11.00
000276	PEACHES, SLICED	1/2 CUP	17.00
000113	PEACHES, SLICED CANNED CLING	CUP	36.52
000672	PEANUT BUTTER & JELLY SANDWICH	EACH	32.00
003353	Peanut Butter Package	Each	3.49
001246	PEARS, DICED - CAN	1/4 CUP	7.53
000090	PEARS, FRESH	EACH	25.66
001275	PEPPERS, JALAPENO	OZ	0.94
000042	PICKLES, DILL	1/4 CUP	1.60
003223	PICO de Gallo	1/4 Cup	5.00
003208	PICO de Gallo	1/2 CUP	12.17
000752	PINEAPPLE RINGS - CAN	1/4 CUP	8.50
001249	PINEAPPLE TIDBITS-CAN	1/4 CUP	10.50
001450	PINEAPPLE TIDBITS/BKFST	1/2 CUP	17.86
001637	PINEAPPLE, DICED	1/4 CUP	6.80
000808	PIRATES JUMPIN JUICE	EACH	69.55
003343	Pirates Pot of Gold	Servings	27.32
003605	PIZZA POCKET	EA	31.00
003377	PIZZA, 4 CHEESE #701609	Each	36.00
000046	PIZZA, BREAKFAST CHEES&SAUSAGE	EACH	14.30
003378	PIZZA, PEPPERONI #701610	EACH	35.00
003408	PIZZA, PEPPERONI GALAXY#701604	Each	36.00
000094	PLUMS, FRESH	EACH	7.54
003357	Pollo Loco Style Chicken Bowl	SERVING	19.01
003462	Pollo Loco Style Chicken Bowl	SERVING	11.26
000607	POP TART, STRAWBERRY	EACH	38.00
000790	POP-TARTS FROSTED STRAWBERRY	EACH	75.99
003144	Poptart, WG Frosted Fudge IW	EACH	76.00
002636	Poptart, WG Frosted Strawberry	EACH	75.00
000282	PORK BREAKFAST SAUSAGE PATTY	1 EACH	1.00
003351	Pork, Pulled, Cooked #110730	2 oz	0.00
002741	Potato Skins	Servings	23.61
000363	POTATO, BAKED	1 EACH	48.88

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Paramount Unified School District

No.	Description	Portion Size	Carbohydrates (Grams)
001739	POTATO, BAKED WITH CHILI	SERVING	63.45
000024	POTATO, BAKED WITH CHILI	SERVING	62.48
003597	POTATO, CURLY FRIES	1/2 CUP	13.00
002077	POTATO, HASH BROWN#501006	EACH	14.95
000242	POTATO, SALAD	1/2 CUP	16.60
003638	POTATO, SMILES	SERVING	20.00
003484	POTATO, SWEET CRINKLE #701810	1/2 CUP	19.22
001577	POTATO, TATER TOTS	1/2 CUP	16.00
001149	POTATO, WEDGES	1/2 CUP	15.00
000016	POTATOES, MASHED NATURE'S OWN	1/2 CUP	15.05
000498	POTATOES, OVEN FRIES	1/2 CUP	12.00
003439	Pozole, Pork	Servings	18.27
002805	Pre Cooked Turkey Chunked W/D	Serving (2.9oz)	0.00
002678	Pre-Cooked Turkey & Gravy W/D	Serving	2.00
002798	Pre-Sliced Browned Turkey Stea	Serving	0.00
003441	PRETZEL W/CHEESE	SERVING	31.66
000776	QUESADILLA	1 EACH	25.07
001454	QUESADILLA	1 EACH	16.84
000665	RAISINS 1.5 OZ Box	EA	29.98
001937	RASPBERRIES, FRESH	1/4 CUP	3.67
001608	RAVIOLI	1 CUP	30.00
003306	Reduced Fat Ice-Cream Sandwich	EACH	25.00
003662	REFRESHER, STRAWBERRY	SERVINGS	22.50
003145	Relish, Sweet Pickle	OZ	11.00
001788	RICE A RONI	1/2 CUP	10.64
001654	RICE CRISPY MINI TREAT	EACH	8.50
002013	RICE, CHICKEN	1/2 CUPS	20.23
002059	RICE, MEXICAN-UNCLE BEN#106713	1/2 cup	4.88
003443	RICE, Par-Boiled Brown	1/2 cup	1.06
001825	RICE, SPANISH	1/4 CUP	12.00
002005	RICE, SPANISH RICE-UNCLE BENS	1/2 CUPS	0.00
003684	ROASTED CHICKEN BUFFALO SAUCE	1 Serving	2.00
003359	Roasted Chicken w/BBQ Sauce	1 Serving	9.18
003628	ROASTED CHICKEN W/GARLIC BREAD	EACH	17.80
003510	ROASTED CHICKEN W/TORTILLA	EACH	20.80
003483	ROSTED Teriyaki Chicken COMBO	1 Serving	0.43
000630	ROTINI NODDLLES	1/2 CUP	27.09
003558	ROTINI NODDLLES - DRY	OZ	67.74
000124	ROTINI NOODLES: COOKED	1/4 CUP	10.02
002886	ROTINI PASTA & CHEESE SAUCE	1 Cup	1340.33
002932	ROTINI PASTA & MEATLESS SAUCE	1/2 CUP	41.32
003591	ROTINI SPAGHET W GROUND BEEF	1 CUP	55.50
003627	ROTINI SPAGHETTI W GROUND BEEF	3/4 CUP	31.89
003563	ROTINI, WHOLE GRAIN DRY 20# CA	oz	21.27
003624	SALAD BAR, CHEF	SERVINGS	12.33
003424	SALAD, CHCKN ENTREE - CHIP	1 EACH	51.06
003608	SALAD, CHCKN ENTREE - COOKIE	1 EACH	56.80
003671	SALAD, CHICKEN BLT	SERVINGS	2.87
003367	SALAD, S WEST BBQ CHKN - CHIP	SERVING	67.99
003611	SALAD, S WEST BBQ CHKN -COOKIE	SERVING	73.29
003368	SALAD, SIDE (DAILY)	EACH	9.74
003298	SALAD, SIDE CUC & JIC (FRI)	EACH	4.00
003699	SALAD, SPICY CHKN ENTREE - CHI	1 EACH	50.75
003669	SALAD, SPICY CHKN ENTREE - CO	1 EACH	56.05
003470	SALAD, TURKEY CAESAR ENTREE	1 EACH	46.09
001259	SALSA, RED GOLD MILD	1 OZ	8.00
003526	SANDWICH, TURKEY	SERVING	33.99
001487	SANTA FE CHICKEN SALAD (WED)	1 EACH	26.89
001873	SANTA FE CHICKEN SALAD (WED)	1 EACH	51.06
003646	SANTA FE CORN SALAD	SERVINGS	38.50
002029	Saturday School Salad Bar	1 CUP	1.12
001370	SAUCE, BBQ	OZ	5.67
001689	SAUCE, EL PATO (MEXICAN HOT ST	OZ	1.01

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No.	Description	Portion Size	Carbohydrates (Grams)
002634	SAUCE, EMBASA SALSA VERDE MEDI	SERVING	2.00
000764	SAUCE, ENCHILADA GREEN	1 OZ	1.42
000765	SAUCE, HOT WING FRANK'S REDHOT	TSP	0.00
001187	SAUCE, KETCHUP	TBSP	5.00
001433	SAUCE, SPAGHETTI	1/2 CUP	10.88
003579	SAUCE, TACO	EACH	1.00
003212	Sausage Breakfast Bagel	EACH	15.73
000847	SAUSAGE LINKS	SERVING	2.00
003658	SAUSAGE N' CINN ROLL	SERVING	35.00
003495	SAUSAGE N' French Toast	SERVING	30.00
003596	SAUSAGE N' PANCAKE	SERVING	15.49
003440	SAUSAGE N' WAFFLES	SERVING	51.91
002349	Sausage, Cheese & HB Quesadill	EACH	30.79
002800	Sauteed Spinach & Mushrooms	1/2 Cup	6.01
001895	SCRAMBLED EGGS	1/4 CUP	1.54
001476	SCRAMBLED EGGS	1/4 CUP	1.57
000748	SCRAMBLED EGGS AND HAM	1/2 CUP	6.29
001962	SCRAMBLED EGGS, HAM & CHEESE	1/4 CUP	3.63
001972	SCRMBLD EGGS, HAM & CHEESE	1/4 CUP	3.11
003523	SEASONAL FRUIT SATURDAY	SERVING	*N/A*
003196	Seasoned Diced Potatoes	Serving	25.00
000892	SEASONING BLEND, MRS DASH ORIG	1/4 TSP	0.00
002378	Seasoning Mexican Rice Low Sod	1/2 cup	3.00
003344	Shipwreck Salad	EACH	41.42
002562	Side Kicks Frozen 100% Fruit J	EACH	20.00
003599	Side Salad	Serving	7.84
002750	Smoothie Recipe	EACH	56.87*
002478	SOFT TACO - Chicken K-5	EACH	14.84
000127	SOUP, CHICKEN NOODLE CAMPBELL	1/2 CUP	7.84
000624	SOUP, HOMESTYLE CHICKEN NOODLE	1/2 CUP	10.00
001780	SOUP, TORTILLA MEXICALLI	1 CUP	38.00
001620	SOUR CREAM	1 TBSP	0.50
000907	SPAGHETTI & BEEF CRUMBLES	3/4 CUP	34.79
002177	SPAGHETTI & CHEESE SAUCE	1/2 CUP	35.09
003448	SPAGHETTI & MEATBALLS	Servings	49.08
001743	SPAGHETTI & MEATLESS SAUCE	1/2 CUP	41.32
001847	SPAGHETTI & SAUCE	1/2 CUP	41.32
001835	SPAGHETTI MEATSAUCE	3/4 CUP	8.06
003632	SPAGHETTI ROTIN W/BEEF CRUMBLE	3/4 CUP	30.30
003635	SPAGHETTI SAUCE	Cups	21.59
003494	SPAGHETTI SAUCE W GROUND BEEF	3/4 CUP	8.87
000195	SPAGHETTI, AND MEATBALLS	1/2 CUP	33.35
002079	SPAGHETTI, BEEF & SAUSAGE	3/4 CUP	28.99
000186	SPAGHETTI, PLAIN NOODLES	1/2 CUP	19.89
002137	SPAGHETTI, W/ BEEF & Pork Crum	3/4 CUP	28.83
001125	SPAGHETTI, WITH GROUND BEEF	3/4 CUP	27.95
002630	SPAGHETTI, WITH GROUND BEEF	3/4 CUP	28.67
001126	SPICY CHICKEN BURGER	BURGER	41.00
002136	Sprinkles Light Rainbow	TSP	0.00
000291	SPRINKLES, CANDY #107445	1 TSP	1.54
003435	Steamed Broccoli	1/2 Cup	5.42
000099	STRAWBERRIES, FRESH	1/4 CUP	11.06
000098	STRAWBERRIES, FROZEN	1/4 CUP	16.52
000118	STRAWBERRIES, SLICED & FROZEN	CUP	66.10
000158	STRAWBERRY CUP	EACH	33.05
003162	Street Carnitas Tacos	SERVING	28.00
003350	Street Carnitas Tacos K-8	SERVING	14.00
003168	Street ChickenTacos	SERVING	15.92
003679	STREUSEL COFFEE CAKE	SERVING	57.57
001296	STREUSEL COFFEE CAKE	SERVING	57.57
000682	STREUSEL COFFEE CAKE-Carolyn	SERVING	59.90
003288	Streusel Coffee Cake-RECIPE	EACH	57.20
003674	SUB, HAM & CHEESE	EACH	40.00

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No.	Description	Portion Size	Carbohydrates (Grams)
003623	SUB, HAM & CHEESE - CHIP	EACH	42.72*
003622	SUB, HAM & CHEESE - COOKIE	EACH	67.02
003450	SUB, HAM & SHREDDED CHEESE	EACH	39.17
003676	Sub, Tuna Salad	Ea	38.65
003394	SUB, Tuna Salad	EACH	58.34
003582	SUB, TURKEY & CHEESE	EACH	58.58
003426	SUB, TURKEY & CHEESE	EACH	63.28
003497	SUB, TURKEY & CHEESE	EACH	61.14
003485	SUB, TURKEY & CHEESE	EACH	61.14
001761	SUB, TURKEY & CHEESE	EACH	31.61
003429	SUB, TURKEY & CHEESE HS & MS	EACH	37.19
003363	SUB, TURKEY HAM & CHEESE	EACH	56.71
003437	SUGAR GLAZE	SERVINGS	18.91
003588	SUPPER ENTREE	EA	*N/A*
003499	SYRUP, CHOCOLATE #108001	SERVING	24.00
000121	SYRUP, MAPLE	OZ	5.87
003385	TACO BOWL (Beef Crumble)	Serving	12.63
003540	TACO MEAT	OZ	1.11
003518	TACO MEAT + CHIPS	4 OZ SERVING	21.92
003564	TACO MEAT - 40#	OZ	0.50
003565	TACO SEASONING	EA	251.88
000483	TACO SHELL	EACH	9.00
001553	TACO SNACK	EACH	38.00
001928	TAJIN CHILI PWD	1/4 TSP	0.00
001967	TAMALE BEAN & PORK	EACH	22.00
000820	TANGELO	EACH	20.00
003566	TANGERINES, FRESH	Each	11.20
000100	TANGERINES, FRESH	1 LB	11.20
003279	Tater Tot Bowl	EACH	42.90
003663	TEA, LIPTON BREWED	GALLON	0.00
003335	Tender Teriyaki Chicken	Serving	14.00
003392	TERIYAKI CHICKEN	SERVINGS	8.57
003460	Teriyaki Chicken (Roasted)	1 Serving	17.44
003436	TERIYAKI CHICKEN - Plain Strip	SERVINGS	8.57
003415	Teriyaki Chicken Bowl Large	SERVING	59.06
003434	Teriyaki Chicken Bowl Large	SERVING	59.06
003430	Teriyaki Chicken Bowl Large	SERVING	59.06
003346	Teriyaki Chicken Burger	EACH	38.84
003393	TERIYAKI CHICKEN W/RICE	SERVING	33.81
003431	Teriyaki Chicken w/Rice ES	SERVING	33.81
003147	Thousand Island Dressing	OZ	3.50
002410	Three Cheese Enchilada-Green	2 EACH	33.25
000181	TOMATO PASTE, CANNED #304000 6	2 TBSP	5.95
001144	TOMATO, DICED	1/4 CUP	2.09
001142	TOMATO, SLICED	1 CUP	8.35
001787	TORTILLA 10" WHOLE GRAIN FLOUR	EACH	29.00
000713	TORTILLA 6" WHOLE GRAIN FLOUR	EACH	14.84
000581	TORTILLA 8" WHOLE GRAIN FLOUR	EACH	19.00
000491	TORTILLA CHIPS	OZ	19.00
003568	TORTILLA CHIPS 2 OZ BAG	EACH	19.00
000173	TORTILLA CHIPS REDUCED FAT	OZ	19.00
003154	TORTILLA, 4.5" CORN	EACH	7.00
000676	TORTILLA, CORN 6"	1 EACH	13.00
001947	TORTILLA, STRIPS WHITE CORN	1 OZ	15.12
003221	Tostada Shell - 6"	EACH	9.00
001767	TOSTADA, BOWL	EACH	14.00
000039	TRAIL MIX	1 TSP	1.92
001488	TRIANGLE SANDWICH	Sandwich	28.25
002914	TRIANGLE SANDWICH, ECE	Sandwich	14.30
003601	TRKY&CHEESE G&G - COOKIE	Serving	61.49
003585	TRKY&CHEESE SNDWCH G&G - CHIPS	Serving	56.19
000019	TUNA SALAD	1/4 CUP	3.25
003507	TUNA SALAD SANDWICH	Servings	46.33

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003355	TUNA SALAD SANDWICH	Servings	37.83
003461	TUNA SALAD SANDWICH G&G	Serving	58.66
003603	TUNA SALAD SANDWICH G&G - CHIP	Serving	39.72*
003361	Turkey & Chesse BF Croissant	Sandwich	31.95
002418	Turkey & Chesse Croissant	Sandwich	32.50
001139	TURKEY & GRAVY ELEMENTARIES	1/2 CUP	6.72
000133	TURKEY & GRAVY:JACK,6-8,&BV	1/2 CUP	2.49
002503	Turkey Bacon Fully Cooked Jenn	Each	0.00
003135	TURKEY CHOPPED FOR MASHED POT	2 oz of cooked	1.23
003513	TURKEY GRAVY W/MASHED POTATOES	EACH	35.89
003668	TURKEY GRAVY W/POTATOES 6-12	EACH	67.89
003553	TURKEY HAM, JENNIE-O	OZ	8.00
003449	TURKEY MEATBALL	SERVINGS	4.00
001063	TURKEY ROAST-CKD	3 OZ	2.99
002382	TURKEY ROAST-CKD-Solo	2 OZ	0.00
000171	TURKEY ROAST-RAW #702500	3 OZ	1.65
003508	Turkey Sandwich, IW	Sandwich	30.44
000974	TURKEY SAUSAGE PATTY	EACH	0.00
001964	TURKEY SLIDERS	SERVING	37.86
001966	TURKEY SLIDERS-W/POTATOES	SERVING	54.83
002004	TURKEY TACO FILLING-#700329	oz	2.00
002001	TURKEY TACO FILLING-#700330	SERVING	3.00
003509	TURKEY TACO W/TORTILLA	EACH	22.00
000758	TURKEY, BREAST DELI SMOKED	OZ	0.50
003171	Turkey, Cheese & HB Quesadilla	EACH	32.13
003050	Turkey, Chorizo Sausage Crumbl	SERVING	1.00
002064	TURKEY, HAM CKD DICED-JENNIE O	SERVING	1.00
002764	Turkey, Pre-Sliced Jennie-O	Serving	0.00
000146	TURKEY, TACO FILLING, FULLY CO	OZ	1.00
003315	Unbreaded Chicken Patty	EACH	1.00
002489	Unseasoned Chicken Strips, Coo	1.25 oz	0.00
003672	VEGETABLE, ROASTED	SERVINGS	16.45
003587	VEGETABLES, VARIETY	3/4 CUP	1998.10
001819	VEGGIE GARDEN PLATTER	2 OZ	5.44
001626	VERY BERRY JUICE 4 OZ	EACH	15.00
003533	VERY BERRY JUICE 8 OZ	EACH	15.00
001625	VERY JUICE 8 OZ	EACH	29.00
001770	WAFFLE BFAST BAR/WEEK#2&4	1 CUP	19.35
001469	WAFFLE BLUEBERRY	EACH	33.00
000835	WALNUTS, CHOPPED	CUP	4.00
001284	WATERMELON	WEDGES	5.53
000825	WATERMELON WEDGES	EACH	37.79
000106	WATERMELON, FRESH	1/4 CUP	2.10
000101	WATERMELON,CHUNKS	CUP	12.08
003324	WG Breaded Homestyle Chunks	SERVING	14.00
003284	WG Chocolate Chip Cookie	EACH	24.30
003337	WG Cinnamon Toast Crunch Bar	EACH	40.00
003334	WG Cocoa Puffs Filled Bar	EACH	43.00
002804	WG Double Choc Chip Muffin BV	EACH	52.00
003285	WG Double Chocolate Chip Cooki	EACH	32.10
003215	WG French Toast Sticks	SERVING	28.00
003214	WG Grain Breaded Bone-In Chick	Each	6.00
002816	Wheat Garlic Toast 1" Thick Sl	EACH	16.00
000338	WHIPPED TOPPING	1 TBS	1.00
003177	White Wheat Blueberry Bagel	EACH	35.00
002380	White Whole Wheat Bagel	Each	36.00
003243	Whole Grain Apple Churro	EACH	27.00
003178	Whole Grain Baked Biscuit	EACH	13.00
002234	Whole Grain Banana Bread	Each	44.00
003166	Whole Grain Bean & Cheese Burr	EACH	40.00
002629	Whole Grain Belgian Waffle	Each	32.00
003164	Whole Grain Breaded Chick Bite	EACH	16.00
002377	Whole Grain Brown Rice Uncle B	1/2 Cup	35.00

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003309	Whole Grain Brownie Bite	EACH	21.00
002781	Whole Grain Cheese Garlic Crou	1/4 Cup	4.00
002294	Whole Grain Cheesy Cornbread M	Each	39.00
002520	Whole Grain Chicken Corn Dogs	Serving	29.21
003170	Whole Grain Chicken Egg Roll	EACH	20.00
003179	Whole Grain Chicken Egg Roll	EACH	20.00
002120	Whole Grain Chicken Nuggets- E	3.8 oz	23.45
002438	Whole Grain Chicken Taquitos	Serving (2 ea)	27.00
003134	Whole Grain Choc Chip Crumb Ca	EACH	49.00
003197	Whole Grain Chocolate Chip Min	Each	19.80
002338	Whole Grain Coffee Crumb Cake	Each	61.00
003328	Whole Grain Confetti Cookie	EACH	30.00
003161	Whole Grain Donut w/Choc Chips	EACH	43.96
002552	Whole Grain Donut w/Choc Icing	EACH	44.57
002233	Whole Grain Funnel Cake (Dutch	Each	43.00
003330	Whole Grain Glazed Break Bun	EACH	39.00
002126	Whole Grain Grilled Cheese San	Sandwich	30.54
003311	Whole Grain Homestyle Chicken	SERVING	16.00
002125	Whole Grain Hot & Spicy Chicke	Serving	9.00
002340	Whole Grain Italian Herb Sand	Each	27.00
002677	Whole Grain Jumbo Ravioli Chee	Serving	24.00
003341	Whole Grain Mini Apple Cinnamo	EACH	19.50
003307	Whole Grain Mini Choc Chip Muf	EACH	19.80
003158	Whole Grain Mini Maple Pancake	SERVING	20.00
003318	Whole Grain Mini Pan Dulce	EACH	15.00
003314	Whole Grain Mini Rice Krispies	EACH	9.00
002446	Whole Grain Pink Heart Cookie	Each	21.00
002424	Whole Grain Sourdough Grilled	Each	31.95
003160	Whole Grain Triple Choc Cookie	EACH	31.00
002213	Whole Grain Turkey Pancake Wra	EACH	17.00
002179	Whole Wheat Cinnamon Roll	Each	36.00
003141	Whole Wheat Sausage & Gravy Ba	EACH	28.00
003201	Wings, Honey BBQ	SERVING	6.00
003389	YOGURT & CRACKERS	EACH	39.00
002082	YOGURT BANANA SPLIT-K-8	1 EACH	46.57
003691	YOGURT PARFAIT - MIXED BERRY	EACH	55.29
000967	YOGURT PARFAIT - PEACH	1 EACH	64.01
002084	YOGURT PARFAIT - STRAW/VANILLA	1 EACH	78.80
002108	YOGURT PARFAIT - STRAWBERRY	1 EACH	72.55
000951	YOGURT PARFAIT - STRAWBERRY	1 EACH	79.55
003454	YOGURT PARFAIT LG-BLUEBERRY	EACH	77.53
003656	YOGURT PARFAIT LG-MIXED BERRY	EACH	89.31
003365	YOGURT PARFAIT LG-PEACH	EACH	81.42
003453	YOGURT PARFAIT LG-STRAWBERRY	EACH	84.56
003132	YOGURT PARFAIT-BANANA/GRANOLA	EACH	47.79
003652	YOGURT PARFAIT-BLUEBER/GRANOLA	EACH	43.71
003184	YOGURT PARFAIT-BLUEBER/GRANOLA	EACH	63.95
001855	YOGURT PARFAIT-PEACH/GRANOLA	1 EACH	64.88
002464	YOGURT PARFAIT-PEACH/GRANOLA	1 EACH	65.76
003186	YOGURT PARFAIT-PINEAPP/GRANOLA	EACH	68.50
003654	YOGURT PARFAIT-STRAW/BLUE/GRAN	Serving	60.08
002466	YOGURT PARFAIT-STRAW/GRANOLA	Each	77.17
001057	YOGURT PARFAIT-STRAW/GRANOLA	Serving	65.21
002086	YOGURT PARFAIT-STRW/VNLL 9-12	1 EACH	79.67
000074	YOGURT, STRAWBERRY LOW FAT	1 CUP	47.00
000780	YOGURT, TRIX	EACH	18.00
001619	YOGURT, TRIX RASPBERRY	1 EACH	17.00
000476	YOGURT, VANILLA LOW FAT	1 CUP	51.00
000613	ZUCCHINI STIX	1/4 CUP	1.99

**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.