

Clay Community Schools

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000893	AMBER WAVES OF GRAIN	EACH	17.00
000389	ANIMAL CRACKERS	EACH	20.28
000935	APPLE BUTTER	1/4 CUP	9.41
000898	APPLE OATMEAL BAR	EACH	24.00
000692	APPLE, FRESH	APPLE	25.13
000875	APPLES W/ CARMEL	SERVING	44.13
000762	APPLES W/ CINN GRANOLA & YOGURT	1 CUP	83.27
000393	APPLESAUCE UNSWEET	1/2 cup	13.00
000445	BACON SLICES	2 slices	0.00
000855	BAGEL & CREAM CHEESE	EACH	30.68
000885	BAGEL W/ CINNAMON BUTTER	EACH	37.16
000863	BAKED APPLES	1/2 CUP	33.16
000249	BAKED BEANS	1/2 cup	31.40
000928	BAKED POTATO	EACH	37.11
000930	BAKED ROLL W/ HOTDOG	EACH	34.00
000068	BANANAS	EACH	26.95
000537	BBQ CHICKEN/BUN	SERVINGS	36.20
000599	BBQ PORK ON BUN	1 sandwich	30.70
000823	BEEF & CHEDDAR/ BUN	EACH	26.29
000670	BEEF MANHATTAN	6 OZ SERVING	41.08
000720	BIRTHDAY TREAT	EACH	23.25
000082	BISCUIT WG	SERVING	27.00
000936	BISCUIT W/ APPLE BUTTER	EACH, 1/4 CUP	36.41
000782	BLACK BEANS	1/2 CUP	23.00
000790	BLUEBERRIES	1/2 CUP	12.62
000899	BLUEBERRY SLUSHIE	EACH	22.00
000721	BREAD & JELLY	EACH	24.00
000727	BREADSTICK BOSCO 6" WG	EACH	15.00
000320	BREADSTICK, WG	each	22.00
000305	BREAKFAST SANDWICH	EACH	26.00
000764	BROCC & CAULIFLOWER	1/2 CUP	3.50
000937	BROCC & CAULIFLOWER:3/4 cup	3/4 CUP	2.87
000516	BROCCOLI & CHEESE:1/2 cup	1/2 cup	7.60
000689	BROCCOLI W/ DIP	1/2 cup	4.00
000809	BROCCOLI, FRESH	1/2 CUP	3.00
000858	BROCCOLI, STEAMED	1/2 CUP	7.29
000910	CALZONE, ITALIAN	EACH	35.00
000925	CANTALOUPE	1/2	6.50
000900	CARROTS & BROCCOLI	1/2 CUP	7.50
000334	CARROTS & CELERY	3/4 cup	8.00
000821	CARROTS, fresh:1/2 CUP	1/2 CUP	5.01
000916	CARROTS, STEAMED	1/2 CUP	5.64
000802	CAULIFLOWER	1/2 CUP	3.00
000359	CELERY & PB	1/2 CUP	8.20
000267	CELERY STICKS 1/2 CUP	1/2 cup	2.00
000819	CELERY STICKS:1/4 CUP	.25 CUP	1.00
000879	CEREAL ASSORT. 2 OZ	BOWL	46.67
000388	CEREAL ASST. 1 oz	EACH	23.85
000474	CEREAL BAR	EACH	30.00
000699	CHEDDAR CHEESE STICK	oz	0.00
000592	CHEESE OMELET	EACH	1.00
000149	CHEESEBURGER / BUN	each	23.00
000679	CHEF SALAD	1 1/2 cup	26.01
000822	CHEF SALAD w/ BREADSTICK	1&1/2 cup	33.51
000507	CHICKEN & NOODLES/ROLL	6 OZ.	38.51
000508	CHICKEN & NOODLES/ROLL 200	6 OZ.	38.56
000848	CHICKEN ALFREDO	3/4 cup	31.35
000517	CHICKEN DRUMMIES	2 each	8.00
000454	CHICKEN FAJITA	SERVING	30.70
000309	CHICKEN NUGGETS	SERVING	16.25
001052	CHICKEN PATTY/ BUN	SANDWICH	37.00

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000559	CHICKEN POPPERS	12 pieces	14.00
000851	CHICKEN POPPERS/ RICE	1 CUP	49.78
000447	CHICKEN QUESADILLAS	each	45.66
000352	CHICKEN RANCH WRAP	EACH	42.51
000460	CHICKEN TENDERS	SERVING	16.00
000793	CHICKEN W/ PASTA & BROCCOLI	SERVING	51.86
000889	CHIK' N STARS	2 EACH	16.25
000865	CHILI SOUP / CRACKERS 220	6 OZ.	31.71
000510	CHILI SOUP / CRACKERS 250	6 OZ.	28.17
000620	CHIPS & SALSA	SERVING	17.33
000758	CHIPS, BAKED CHEETOS	SERVING	17.00
000341	CHIPS, DORITOS	BAG	10.00
000441	CHRISTMAS BREAK	SERVING	0.00
000933	CINN ROLL: 2.6 OZ	each	45.16
000884	CINNAMON BUTTER	1OZ	8.16
000418	CINNAMON ROLL	2 each	47.14
000675	CINNAMON ROLL ICING	1 TBSP	9.16
000703	CONDIMENTS	EACH	3.84
000896	COOKIE, CARNIVAL	EACH	17.00
000332	COOKIE, CHOC CHIP, OTIS	EACH	17.00
000926	COOKIE, SNICKERDOODLE, WG	EACH	19.00
000831	COOKS' CHOICE BREAKFAST	EACH	43.56
000465	COOKS' CHOICE LUNCH	SERVING	29.33
000271	CORN	1/2 cup	15.88
001062	CORN DOG wg	EACH	30.00
000820	CORN:1/3	1/3 cup	11.01
000505	CORNBREAD wg	EACH	24.00
000434	COTTAGE CHEESE	SERVING, 3 OZ	3.72
000722	COTTAGE CHEESE, LOW FAT	SERVING 3 OZ	3.76
000741	COWBOY CAVATINI	6 OZ	16.45
000841	CRISSCUT FRIES	1/2 CUP	14.00
000755	CUCUMBER COINS	.5 CUP	1.89
000859	DELI ROASTER POTATOES	1/2 CUP	25.00
000796	DINNER ROLL, WG	EACH	24.00
000932	DOG N' SUBS	each	34.00
000905	DOUBLE DRIBBLE MILK	cup	11.00
000903	DUNK IT BREAD STICK	EACH	17.00
000730	DUTCH WAFFLE	EACH	45.50
000854	EGG & MUFFIN SANDWICH	EACH	24.00
000860	ENGLISH MUFFIN, wg	each	23.00
000833	FALL BREAK	EACH	0.00
000779	FIESTA BLACK BEANS	.5 CUP	17.69
000769	FIESTA BLACK BEANS & RICE	.5 CUP	30.41
000704	FISH / BUN	EACH	37.00
000734	FLATBREAD w/ CHICKEN BBQ	each	33.00
000795	FORTUNE COOKIE	EACH	6.25
000904	FREE THROW FRUIT	1/2 cup	23.00
000828	FRENCH DRESSING	EACH	10.00
000487	FRENCH FRIES	1/2 cup	26.00
000368	FRENCH TOAST STICKS/ SYRUP	3 EACH	53.00
000245	FRESH FRUIT ASSORTED	EACH	13.13
000665	FRESH VEGGIES	1/2 CUP	3.80
000923	FRIES, STEAK	11=SERVING	26.00
000419	FRUIT COCKTAIL	1/2 cup	11.00
000667	FRUIT of cooks choice	1/2 cup	16.00
000895	FUN SHAPED NUGGETS	SERVING	16.25
000595	GARLIC TOAST	each	11.00
000871	GOLDFISH CRACKERS	PKG	14.00
000547	GOOD FRIDAY	1	0.00
000383	GRAHAM CRACKERS	SERVING	22.27
000422	GRAPE BUNDLES	3/4 cup	23.00

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No.	Description	Portion Size	Carbohydrates (Grams)
000876	GRAVY & BISCUITS	3OZ/1 EACH	34.32
000392	GREEN BEANS 1/2 C	1/2 cup	3.67
000827	GREEN BEANS 1/3	1/3 cup	6.44
000130	GRILLED CHEESE SANDWICH	EACH	32.00
000453	GRILLED HAM AND CHEESE	EACH	17.00
001048	HAM ON BUN	EACH	23.00
000161	HAMBURGER/ BUN	SERVING	22.00
000836	HAPPY NEW YEAR!!	EACH	0.00
000406	HASH BROWN PATTY	2 EACH	31.00
000887	HASHBROWN STARZ	8 PIECES	17.00
000669	HEARTZELS	EACH	23.00
000825	HOLIDAY COOKIE	EACH	16.00
000774	HONEY BUN, WW	EACH	38.00
000909	HONEY MUSTARD CUPS	EACH	7.00
000162	HOT DOG / BUN	each	27.00
000907	HUMMUS	.25 cup	6.48
000544	ICE CREAM CUP	SERVING	19.00
000857	JUICE, FRUIT&VEGETABLE BLEND	1/2 CUP	13.50
000372	JUICE, VARIETY	1/2 cup	14.95
000882	LABOR DAY	EACH	0.00
000448	LASAGNA	6oz	32.30
000757	LEAF LETTUCE	CUP	0.64
000806	LETTUCE & TOMATOS	3/4 cup	4.50
000607	MAC & CHEESE wg	1/3 CUP	14.51
000707	MANDARIN ORANGES	1/2 CUP	20.00
000890	MARCHING MILK	CUP	19.11
000938	MARINARA DIPPING SAUCE	EACH	8.00
000591	MASHED POTATOES	1/2 CUP	17.00
000864	MASHED POTATOES/GRAVY	1/2 CUP	19.86
000921	MEMORIAL DAY	EACH	0.00
000906	MERRY CHRISTMAS!!	SERVING	0.00
000489	MILK - Variety	cup	23.00
000817	MILK - WHITE	cup	11.00
000461	MINI CORN DOGS, WG	6 each	30.00
000431	MIXED FRUIT	1/2 CUP	17.00
000433	MIXED VEGETABLES cooked	1/3 CUP	14.68
000029	MUFFIN	EACH	25.00
000609	NACHO'S W/MEAT	SERVING	25.94
000837	NAVY BEANS	1/2 CUP	14.00
000145	NO SCHOOL TODAY	SERVING	0.00
000918	ONION RINGS	4 EACH	31.00
000085	ORANGE SMILES	1/2 cup	12.20
000663	PANCAKES / SYRUP	2 each	45.33
000785	PARMESAN CHEESE PKTS	PACKET	0.00
000838	PB&J JAMWICH STRBRY,WG	EACH	34.00
000611	PB&J JAMWICH, GRAPE,WG	SERVING	35.62
000931	PB&J SANDWICH:CHEESE STICK	EACH	55.31
000919	PB&J SANDWICH:YOGURT	EACH	71.31
000682	PB&J WAFER	EACH	30.00
000934	PBJ SANDWICH:2 M/2 G	EACH	57.17
000924	PBJ UNCRUSTABLE, GRP	EACH	32.00
000437	PEACHES	1/2 cup	17.00
000744	PEANUT BUTTER	SERVING	7.18
000333	PEANUT BUTTER SANDWICH	1/2 SANDWICH	12.50
000358	PEANUT BUTTER/JELLY CUP	2OZ	16.00
000365	PEARS	1/2 cup	15.12
000090	PEARS,FRESH	EACH	25.66
000493	PEAS & CARROTS	2/3 CUP	6.80
000040	PEAS: frozen	1/2 cup	12.94
000902	PEP RALLY RAVIOLI	6 OZ	22.50
000811	PINEAPPLE & BANANAS	1/2 CUP	19.41

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000092	PINEAPPLE,CHUNKS UNSWEETEN	1/2 cup	18.00
000585	PIZZA 5" ROUND CHEZ WG	each	40.00
000584	PIZZA PEPP STUFF CRUS,WG	SERVING	44.00
000597	PIZZA SMART PEPPERONI	each	33.00
000404	PIZZA VARIETY	SERVINGS	37.50
000797	PIZZA, CHEESE STUFF CR, WG	SLICE	35.00
000307	POP TART VARIETY	EACH	37.67
000927	POPCORN SHRIMP	1/2 c=20 pieces	21.00
000490	POTATO SMILES	6 smiles	30.00
000842	POTATO WEDGES	1/2 CUP	18.00
000677	PRESIDENT COOKIES	EACH	18.00
000915	PRETZEL	EACH	14.00
000735	PRETZEL DOG	serving	27.00
000361	PRETZEL w/CHEESE	EACH	15.37
000891	PROUD POTATOES	SERVING	20.00
000929	PUDDING, CHOC	EACH	26.00
000792	QUIRKY QUESADILLAS	EACH	54.02
000829	RANCH DRESSING,LT	EACH	5.00
000881	RANCH STYLE BEANS	1/2 CUP	12.65
000482	RAVIOLI	3/4 cup	22.50
000834	RED BEANS	1/2 CUP	18.00
000816	RED PEPPER STRIPS: 1/4 CUP	.25 CUP	1.25
000767	REFRIED BEANS	1/2 CUP	23.00
001000	RICE KRISPY TREATS	EACH	30.00
000702	SACK LUNCH	EACH	145.67
000869	SALAD & BREADSTICK	1 CUP	25.84
000139	SALAD w/ DRESSING	1 CUP	3.84
000449	SALISBURY STEAK /GRAVY	SERVING	5.30
000878	SALSA	2 OZ	3.66
000770	SANDWICH VEGGIES	3/4 cup	2.04
000646	SAUSAGE BLUEB PANCAKE WRAP	EACH	38.67
000880	SAUSAGE LINK	2 EACH	0.00
000502	SAUSAGE PATTY	EACH	1.00
000939	SCOOPY-DOO CINN GRAHAM STICKS	PACKAGE	21.00
000483	SEASONED FRIES	1/2 cup	16.00
000578	SEASONED WEDGES	1/2 cup	17.00
000765	SHOOT-N-SCORE SIDE SALAD	CUP	10.00
000873	SOFT TACO	EACH	29.94
000513	SPAGHETTI/MEAT SAUCE	6 OZ.	28.30
000794	SPINACH BERRY SALAD	CUP	16.69
000901	SPIRAL FRIES	1 CUP	15.00
000407	SPRING BREAK	EACH	0.00
000812	STAWBERRY & BANANAS	1/2 CUP	37.45
000862	STEAK BITES	4 EACH	6.00
000723	STRAWBERRIES, FRESH	1/2 cup	5.50
000098	STRAWBERRIES: frozen	1/2 cup	16.16
000671	STRAWBERRY BAR	EACH	28.00
000826	STRAWBERRY SLUSHIE	each	20.00
000892	STRIPE CELERY	.5 CUP	3.18
000329	SUB SANDWICH	SANDWICH	33.08
000872	SUN CHIPS	PKG	18.00
000799	SWEET BREAKFAST RICE	3/4 CUP	50.53
000808	TACO CONDIMENTS	EACH	6.49
000853	TACO SALAD	EACH	19.08
000529	TACO SALAD/240 JTM TACO MEAT	SERVINGS	31.52
000043	TATER TOTS	1/2 cup	16.00
000672	TEACHER IN-SERVICE DAY	EACH	0.00
000414	TEDDY GRAHAM	EACH	16.00
000440	THANKSGIVING BREAK	SERVING	0.00
000325	TOAST,WG	1 SLICE	14.00
000824	TOASTED CHEESE SANDWICH	each	31.00

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000610	TOMATO SOUP	1/2 CUP	9.78
000789	TOMATOES, CHERRY	1/2 CUP	3.46
000644	TROPICAL FRUIT SALAD	1/2 cup	20.08
000678	TURKEY AND NOODLES	6 OZ	21.47
001054	TURKEY/CHEESE SANDWICH	each	22.00
000666	VEGETABLE of cooks choice	serving	16.28
000922	VEGETABLE POT PIE	3/4 CUP	21.80
000856	VEGGIE,FRESH, COOK'S CHOICE	1/2 CUP	5.00
000712	WAFFLE STICKS	2 EACH	47.67
000101	WATERMELON,CHUNKS	1/2 cup	8.56
000650	WG DINNER ROLL	EACH	17.00
000687	WW BREAD	1SLICE	7.50
000542	YOGURT	1/2 cup	16.06
000886	YOGURT PARFAIT	EACH	57.16

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