

# New Hanover County Schools

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
			*N/A*
001470	"Spooky" Cinnamon Sugar Crisps	each	7.09
000202	Apple Crisp	#6 scoop	50.60
000061	Apple Slices, bag	each	9.00
001388	Apple, Fresh, Cut	each	13.81
000064	Apple, Fresh, Whole	each	13.81
500002	APPLE-HONEY CRISP	SERVINGS	30.48
001267	Apples w/ Grapes, bag	each	9.00
001111	Apples, Spiced	1/2 cup	19.76
001102	Applesauce	1/2 CUP	14.89
000599	Applesauce Cup	each	14.00
001459	Applesauce Cup, Strawberry	each	15.00
001499	Asian Pear Wedges, Sun-Kissed	servings	16.74
001222	Bacon Cheeseburger	each	27.00
001366	Bacon, Turkey	each	0.00
900000	Bacon, Turkey, 2 ea	2 each	0.00
000546	Baked Beans	1/2 cup	27.51
001374	Baked Beans, Cold	1/2 cup	34.11
001514	Baked Beans, Del Monte	1/2 cup	34.11
000044	Baked Potato	each	48.01
001512	Baked Spaghetti	cup	40.43
000068	Banana	EACH	26.95
001023	Barbeque Sauce, PC	each	8.00
001260	BBQ Chicken Salad Shaker	servings	47.16
001016	BBQ Chicken, boneless	each	14.80
001306	BBQ Chicken, Roasted, 4pc	serving	11.43
001264	BBQ Chix Salad Shaker-no rice	servings	22.68
000884	BBQ Pinto Beans	1/2 cup	28.91
001394	BBQ pork, vinegar	#10 scoop	3.02
000563	BBQ Sandwich, pork, vinegar	#10 scoop	28.75
000898	Bean Burrito	each	42.62
001406	Beanie Burgers	each	54.80
000423	Beans, Great Northern	1/2 cup	26.14
000187	Beans, Lima	1/2 cup	18.61
001353	Beef Enchilada	each	27.09
001482	Beef Enchilada, Powder Mix	each	28.79
001462	Beef Patty	each	0.00
000894	Beef Taco	each	24.05
000147	Beef-a-Roni	cup	28.24
001434	Beets, Matchsticks, bag	2 each	10.84
001433	Beets, Matchsticks, fresh	1/2 cup	7.48
000590	Biscuit	each	27.00
001508	Biscuit, Bacon & Cheese	each	28.00
001284	Biscuit, Bacon, Egg & Cheese	each	27.97
000823	Biscuit, Egg & Cheese	each	29.00
001283	Biscuit, Sausage & Cheese	each	27.00
000908	Black Bean & Corn Salad	1/2 cup	20.85
000530	Black Beans	1/2 cup	33.04
001003	Black Beans, spicy	1/2 cup	33.23
000254	Black-Eyed Peas	1/2 cup	16.88
000889	BLT Sandwich	each	25.29
000772	Blueberries	1/2 cup	11.84
000458	Blueberry Loaf	each	26.00
001401	Bosco Stick, Pretzel & Cheese	each	27.00
000926	Bread, sliced	each	12.00
001030	Breadstick	each	15.00
001506	Breakfast Burrito, Bacon & Egg	each	12.89
001505	Breakfast Burrito, Egg & Cheese	each	13.90
001046	Breakfast Pizza	each	24.00
000258	Broccoli	1/2 cup	5.21
001265	Broccoli florets, bag	each	3.00
001133	Broccoli w/ Cheese Sauce	1/2 cup	5.84
000834	Broccoli, raw	1/2 cup	2.11

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No.	Description	Portion Size	Carbohydrates (Grams)
000475	Brown Rice	1/2 cup	23.87
001190	Brown Rice, 1 cup	cup	48.60
001380	Brownie	each	31.00
001486	Buffalo Chicken Flatbread	each	28.36
001415	Buffalo Chix Wrap	servings	27.51
000259	Cabbage, Boiled	1/2 cup	3.03
000989	California Blend Vegetables	1/2 cup	4.05
000934	Cantaloupe, diced	1/2 cup	12.34
001276	Cantaloupe, diced, bag	each	5.00
000905	Carolina Caviar	1/2 cup	17.76
001321	Carrot Sticks	1/2 cup	5.65
000022	Carrot Sticks, bag	each	5.00
000260	Carrots, Canned	1/2 cup	4.28
000880	Carrots, frozen	1/2 cup	7.70
000330	Carrots, glazed, canned	1/2 cup	15.44
000881	Carrots, glazed, frozen	1/2 cup	15.98
001268	Cauliflower florets, bag	each	3.00
001402	Cauliflower, Carnvial	1/2 cup	3.75
001212	Cauliflower, fresh	1/2 cup	2.49
000267	Celery Sticks	1/2 cup	1.95
001271	Celery sticks, bag	each	2.00
001253	Cereal Bar, Cinn Toast Crunch	each	30.00
000770	Cereal Bar, Cocoa Puffs	each	30.00
001502	Cereal Bar, Trix	each	30.00
001412	Cereal, Cheerios	ea	20.00
001450	Cereal, Chex	ea	24.00
000805	Cereal, Cinn Toast Crunch	each	22.00
001449	Cereal, Trix	ea	24.00
000907	Cheese Cubes, Cheddar	each	0.00
000575	Cheese Cup, Cheddar	each	14.00
001487	Cheese Sauce	#30 scoop	1.33
000595	Cheese Stick, Mozzarella	each	1.00
001078	Cheese Toast	each	14.00
900035	Cheese, Cheddar, Shredded	oz	1.01
900002	Cheese, Mozzarella, Shredded	1 oz	1.01
000379	Cheeseburger	each	27.00
000134	Cheesy Breadsticks	2 each	32.00
001370	Cheesy Breadsticks, HS	3 each	48.00
000529	Cheez-Its	each	14.00
000953	Chef Sal, Tang Chix w/Egg Ro	each	72.08
001485	Chef Salad, Chix Bacon Ranch	each	55.01
001436	Chef Salad, Chix Patty	each	23.44
001091	Chef Salad, Chix Patty, small	each	12.84
001404	Chef Salad, Chix Patty-w/grain	each	35.44
001408	Chef Salad, Grill Chix-w/grain	each	45.44
001437	Chef Salad, Grilled Chix	each	9.44
000822	Chef Salad, Grilled Chix-Cart	each	12.67
000485	Chef Salad, Ham & Cheese	each	8.11
001423	Chef Salad, Pop Chix-w/ grain	each	35.49
001438	Chef Salad, Popcorn Chicken	each	23.49
001439	Chef Salad, Turkey & Cheese	each	7.44
000483	Chef Salad, Turkey-Cart	each	10.67
001409	Chef Salad, Turkey-w/ grain	each	31.44
001458	Chef Salad,Chix Tender w/grain	each	35.44
000969	Chex Mix, Cheddar	each	20.00
001296	Chex Mix, Chocolate Caramel	each	21.00
000728	Chick Pea Salad	1/2 cup	16.91
001195	Chick Peas, cold	1/2 cup	23.39
000727	Chick Peas, Crunchy Roasted	1/2 cup	23.39
001363	Chicken & Cheese Pasta	cup	34.48
001329	Chicken & Cheese Soup-Brocc	1 cup	18.78
000943	Chicken & Cheese Soup-Spinach	1 cup	18.85
001498	Chicken & Cheese Soup-USDA P&O	1 cup	18.29

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No.	Description	Portion Size	Carbohydrates (Grams)
000028	Chicken & Gravy-test	1 cup	7.38
001004	Chicken & Pineapple Rice Bowl	Cup	36.22
001062	Chicken Biscuit	each	32.40
001455	Chicken Biscuit, Wrapped	each	35.00
900037	Chicken Breakfast Patty	each	5.40
000895	Chicken Breast, Grilled	each	2.00
001333	Chicken Chunks, Cart	servings	20.86
001225	Chicken Club, grilled	each	28.00
001348	Chicken Enchilada	each	25.38
001490	Chicken Filet Sand, Deluxe, RC	each	37.00
001010	Chicken Filet Sandwich	each	42.00
001509	Chicken Filet Sandwich, Cold	each	42.00
000499	Chicken Filet Sandwich, Deluxe	each	40.00
001491	Chicken Filet Sandwich, RC	each	38.00
001355	Chicken Fried Rice	cup	29.24
001184	Chicken Noodle Soup-not tested	Cup	31.96
001019	Chicken Nuggets	5 each	13.00
001342	Chicken Nuggets, HS	6 each	15.60
001495	Chicken Nuggets, HS, RC	6 each	14.38
001494	Chicken Nuggets, RC	5 each	11.96
001172	Chicken Parm Sand, unbreaded	each	33.17
000915	Chicken Parm w/ Pasta, breaded	serving	56.09
001106	Chicken Parmesan Sandwich	each	46.38
001489	Chicken Patty, 3 oz, RC	each	12.00
001349	Chicken Patty, 3.54 oz	each	16.00
001341	Chicken Patty, 3.75 oz	each	14.00
001488	Chicken Patty, 4.18 oz, RC	each	11.00
000686	Chicken Pot Pie	serving	39.88
001473	Chicken Pot Pie-gravy	serving	31.73
000497	Chicken Salad Sandwich-test	each	28.96
000441	Chicken Salad-test	1/2 cup	7.35
000885	Chicken Sandwich, Grilled	each	28.00
005020	Chicken Stir Fry-test	cup	10.06
001447	Chicken Tenders, 1 ea	each	8.00
001364	Chicken Tenders, 2 ea	2 each	16.00
001398	Chicken Tenders, Cart	2 each	21.31
001503	Chicken Waffle Sandwich	each	51.00
000911	Chicken, Cheesy Rice& Broccoli	1 cup	35.02
000764	Chicken, Italian	each	3.92
001472	Chicken, Mandarin	serving	19.13
001369	Chicken, Orange	#10 scoope	13.26
000792	Chicken, Popcorn	serving	15.51
001345	Chicken, Popcorn, HS	serving	20.68
001493	Chicken, Popcorn, HS, RC	serving	14.38
001492	Chicken, Popcorn, RC	serving	11.96
001305	Chicken, Roasted, 4pc	serving	0.00
000700	Chicken, Tangerine	#12 scoop	25.17
001463	Chicken, Teriyaki	#12 scoop	14.14
001511	Chicken, Thai Sweet Chili	serving	10.05
001210	Chipotle Dressing	teaspoon	1.18
000608	Chips, Baked, BBQ	servings	19.00
000119	Chips, Baked, Original	each	20.00
000959	Chips, Cheetos Flamin Hot Puff	each	14.00
001385	Chips, Cheetos, Crunchy	each	17.00
000698	Chips, Doritos, Nacho Cheese	each	20.00
000397	Chips, Doritos, Ranch	each	20.00
001297	Chips, Doritos, Sweet Chili	each	20.00
000193	Chips, Fantastix	each	19.00
000741	Chips, Tortilla Scoops	each	19.00
001510	Chix Filet Sand, Deluxe, Cold	each	40.00
000276	Cinnamon Toast	each	4.36
000838	Cocktail Sauce	each	6.00
000468	Cole Slaw	1/4 cup	3.02

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No.	Description	Portion Size	Carbohydrates (Grams)
001416	Collard Greens, fresh	1/2 cup	10.06
001320	Collards, Fresh, Sauteed	1/2 cup	9.52
000615	Cookie, Carnival	each	28.00
000614	Cookie, Chocolate Chip	each	27.00
000541	Corn Dog Nuggets	6 each	31.50
001343	Corn Dog Nuggets, HS	8 each	42.00
000360	Corn Muffin	each	36.00
000270	Corn, Canned	1/2 cup	15.87
001501	Cranberries, Dried, PC	each	28.00
001513	Creamy Pasta Salad	2/3 cup	23.59
001295	Crunchy Hawaiian Chicken Wrap	each	34.55
000976	Cucumber Slices	1/2 cup	3.17
000664	Cupcake, Chocolate	each	26.00
000663	Cupcake, White	each	27.00
001032	Dinner Roll	each	12.00
000749	Dressing, Honey Mustard	ea	7.00
000973	Dressing, Italian	each	5.00
000709	Dressing, Ranch	each	4.00
001258	Egg Roll, Chicken, 1 ea	each	20.00
000154	Egg Roll, Chicken, 2 ea	2 each	40.00
001381	Egg Roll, Vegetable	each	22.00
000579	Eggs, Scrambled, Pre Cooked	1/4 cup	2.02
001173	Fish Filet Sandwich	each	43.00
000984	Fish Nugget, Sweet Potato	4 each	23.00
001372	Fish Nugget, Sweet Potato-HS	5 each	28.75
000983	Fish Sticks	servings	20.00
001371	Fish Sticks-HS	5 each	27.50
000858	Fish Taco w/ Fish Nuggets	each	47.00
001308	Fish Taco w/ Fish Sticks	each	46.00
001397	French Fries, Cart	1/2 cup	16.80
001480	French Fries, Cart, Seasoned	1/2 cup	16.90
000702	French Fries, Crinkle Cut	1/2 cup	14.17
001481	French Fries, Seasoned	1/2 cup	14.28
001479	French Fry Spice	TBSP	2.78
001504	French Toast, Mini, Choc Chip	each	35.00
001354	Fried Rice #10 scp	#10 scoop	16.54
001368	Fried Rice 2-#10 scp	2-#10 scoop	33.08
000806	Frozen Fruit Cup, Variety	each	25.00
001281	Fruit Salad, Fresh	1/2 cup	9.65
000526	Fruit Snacks, scooby doo	each	21.00
000679	Garden Salad	1 cup	3.15
001373	Garden Salad, 1/2 cup	1/2 cup	1.57
001245	Garden Salad, Rom/Ice, 1/2 cup	1/2 cup	1.67
000890	Garden Salad-Romaine/Iceburg	1 cup	3.33
000132	Go-Gurt	each	10.00
000781	Goldfish, Cheddar	each	14.00
000527	Graham Crackers	each	17.00
000122	Graham Snack, Despicable Me	each	21.00
000847	Graham Snack, Scooby Doo	each	21.00
500100	GRANOLA	1/4 CUP	24.85
000839	Grapefruit Half	1/2 each	16.00
000422	Grapes, Fresh	1/2 cup	14.78
001275	Grapes, red, bag	each	10.00
000239	Gravy, Brown	2 fl oz	3.00
001154	Gravy, Chicken	1/4 cup	3.00
000424	Green Beans, canned	1/2 cup	2.78
000685	Green Eggs and Ham	1/4c eggs,3 ham	1.51
000891	Green Pepper Strips	1/2 cup	2.92
001273	Green Pepper Strips, bag	each	3.00
000759	Grilled Cheese Sandwich	ea	28.00
000502	Grilled Cheese Sandwich, Elem	each	27.00
000503	Grilled Ham & Cheese	each	26.67
000331	Grits	1/2 cup	16.01

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No.	Description	Portion Size	Carbohydrates (Grams)
000524	Grits, cheesy	1 cup	33.01
000925	Hamburger Bun	each	26.00
000758	Hamburger w/ Bun	ea	26.00
000974	Hoagie Roll	each	26.00
500109	HONEY-LEMON CHICKEN	SERVINGS	1.05
001277	Honeydew chunks, bag	each	5.00
000928	Hot Dog Bun	each	26.00
000127	Hot Dog Chili	serving	5.06
000505	Hot Dog w/ Bun	each	26.00
000844	Hot Sauce	each	0.00
000887	Hummus	1/2 cup	24.02
001299	Hummus w/ Pretzels	1/2 cup	39.02
001300	Hummus w/ tortilla chip	1/2 cup	43.02
001301	Hummus w/ tortilla wedge	1/2 cup	49.52
001302	Hummus w/ tortilla wedge, sm	1/2 cup	47.92
001382	Hushpuppies	3 each	18.00
001392	Hushpuppies, 4 ea	4 each	29.33
001516	Ice Cream, Birthday Cake	ea	14.00
001524	Ice Cream, Chocolate Scooter	ea	26.00
001518	Ice Cream, Cookie & Cream Sand	each	29.00
000828	Ice Cream, Cotton Candy	ea	14.00
001527	Ice Cream, Fudge-O	each	16.00
000630	Ice Cream, KuKu Crazy Cone	each	25.00
001391	Ice Cream, Orange Blossom	each	14.00
000829	Ice Cream, Polar Blast	ea	16.00
001526	Ice Cream, Salted Caramel	ea	23.00
000632	Ice Cream, Sandwich	each	33.00
001525	Ice Cream, Strawberry Scooter	ea	25.00
001519	Ice Cream, Tropi-Kool Fruit	each	23.00
001517	Ice Cream, Twist Cone	each	30.00
001522	Ice Cream, Twister Cup, Apple	ea	19.00
001520	Ice Cream, Twister Cup, B-day	ea	16.00
001521	Ice Cream, Twister Cup, Cotton	ea	15.00
001523	Ice Cream, Twister Cup, Rasp	ea	19.00
000633	Ice Cream, Vanilla Yogurt Cup	each	16.00
000755	Ice Cream, Cookies N' Cream Cone	each	25.00
001379	Infused Water	cups	0.73
000345	Jelly, grape	each	9.00
001266	Jicama Sticks, bag	each	5.00
001227	Jicama Sticks, roasted	each	5.66
000730	Juice, Apple, 4 fl oz	each(4floz)	14.00
000513	Juice, Apple, 6.75 oz	each	24.00
000516	Juice, Fruit Punch, 6.75 oz	each	25.00
000670	Juice, Grape, 4 fl oz	each	19.00
000514	Juice, Grape, 6.75 oz	each	29.00
000671	Juice, Orange, 4 fl oz	each	14.00
000874	Kale chips	1/2 cup	6.72
001191	Kale Salad	1/2 cup	5.60
001440	Kale Salad, Sweet	Cup	10.09
001471	Kale, Sauteed	1/2 cup	9.30
000600	Ketchup, PC	2 each	6.00
001464	Kiwi	1/2 cup	12.47
000861	Lasagna Rollup	each	33.96
000380	Lettuce and Tomato	serving	2.85
000034	Lettuce, Tomato & Pickle	each	1.07
001236	Macaroni & Cheese-cheese sauce	#6 scoop	26.08
900017	Macaroni and Cheese	#6 scoop	29.02
000751	Macaroni and Cheese, #12scoop	#12 scoop	14.51
000416	Macaroni Salad	1/2 cup	19.34
001386	Mandarin Oranges, canned	1/2 cup	19.51
000843	Mango, cut	1/2 cup	13.73
000815	Margarine w/ Cinnamon & Sugar	TBSP	1.70
001169	Margarine, PC	each	0.00

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000982	Marinara Dipping Sauce	each	3.00
000016	Mashed Potatoes, Flakes	1/2 cup	13.62
001231	Mashed Potatoes, fresh	1/2 cup	23.81
000180	Mayo, PC	each	1.00
001234	Meatball Hoagie, Elem/Middle	each	32.38
001232	Meatball Hoagie, HS	each	32.78
001461	Meatballs	each	5.87
001288	Med Salad Shaker w/ dressing	servings	17.80
001262	Med. Salad Shaker-w/ rice	servings	40.02
001261	Mediterranean Salad Shaker	servings	14.64
000725	Milk, 1%	each	13.00
000724	Milk, Chocolate Skim	each	20.00
000522	Milk, Lactose Free, 8 fl oz	each	12.00
000722	Milk, Skim	each	13.00
001330	Milk, Soy	each	20.00
000832	Milk, Strawberry Skim	ea	19.00
000419	Mixed Fruit, Canned	1/2 cup	15.90
001246	Mixed Fruit, fresh	1/2 cup	12.04
000799	Mixed Vegetables, Frozen	1/2 cup	12.96
000930	Mixed Vegetables, Mexican	1/2 cup	11.45
001430	Mtn Dew Kickstart-Pine, Or, Ma	each	15.00
001431	Mtn Dew Kickstart-Straw Kiwi	each	15.00
000160	Muffin, Blueberry	each	30.00
000818	Muffin, Choc Choc Chip	each	32.00
000819	Munchie Pack, Large	1 each	52.00
000675	Munchie Pack, Small	1 each	37.00
000280	Munchie Snack Mix	each	17.00
000223	Mustard, PC	each	0.00
000704	Nachos Grande w/ Cheese Cup	each	35.36
000787	Nachos Grande w/Cheese Sauce	each	28.05
000682	Nachos w/ Cheese Cup	each	19.00
001465	Naked Juice, Berry Blast	each	37.00
000083	Nectarine, Fresh	each	14.35
000875	Noodles, Oodles of Noodles	Cup	41.22
001407	North African Gumbo	3/4 Cup	38.26
000323	Oatmeal	Cups	49.42
000921	Olive Oil	Tablespoon	0.00
000279	Onion, Raw	1/8 cup	1.87
001387	Orange, Fresh, Cut	each	11.28
000086	Orange, Fresh, Whole	each	11.28
000726	Oriental Blend Vegetables	1/2 cup	5.90
000542	Pancake Sausage Stick	each	17.00
001456	Pancake Sausage Stick, Wrapped	each	17.00
000241	Pancakes, Mini Blueberry	each	38.00
000809	Pancakes, Mini Maple	each	36.00
001420	Papaya, fresh	1/2 cup	7.73
000319	Parsley Potatoes	1/ 2 cup	14.45
000138	Pasta Salad	2/3 cup	22.71
001476	PB & Cheese Munchie Pack, Lg	each	41.00
001475	PB & Cheese Munchie Pack, Sm	each	26.00
001478	PB & Yogurt Munchie Pack, Lg	each	56.00
001477	PB & Yogurt Munchie Pack, Sm	each	41.00
900030	PB&J Uncrustable, Grape	each	32.00
000830	Peach Crisp	2/3 cup	61.58
001118	Peach Cups, Frozen	each	19.00
000088	Peach, Fresh	each	8.30
000437	Peaches, canned	1/2 cup	14.21
001467	Peanut Butter Cup	each	8.00
001328	Pear halves, canned	1/2 cup	30.11
001500	Pear Wedges, Sun-Kissed	servings	20.27
000438	Pears, canned	1/2 cup	17.23
000090	Pears, Fresh, Whole	each	27.11
000040	Peas, canned	1/2 cup	11.61

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000870	Peas, frozen	1/2 cup	13.70
000916	Peppers & Onions	1/4 cup	2.22
001307	Peppers & Onions, frozen	1/4 cup	7.11
001418	Pickles, homemade-do not use	1/4 cup	5.49
001419	Pico de Gallo	1/4 cup	2.03
001269	Pineapple chunks, bag	each	7.00
000092	Pineapple, canned	1/2 cup	18.67
000007	Pinto Beans	1/2 cup	18.44
001383	Pizza, Buffalo Chicken	each	27.00
001384	Pizza, Cheese, 16", Cart	each	29.00
000479	Pizza, Cheese, Party	each	41.25
000602	Pizza, Cheese, Wedge	each	38.00
000782	Pizza, French Bread, Cheese	each	33.00
000783	Pizza, French Bread, Pepperoni	each	33.00
001257	Pizza, Pepperoni, 5" Cart	each	35.00
000480	Pizza, Pepperoni, Party	each	41.52
000601	Pizza, Pepperoni, Wedge	each	38.00
000094	Plums, Fresh, Whole	each	7.54
001483	Pop Tart, Fudge	each	38.00
001484	Pop Tart, Strawberry	each	38.00
000719	Pork Chop Sandwich	each	44.00
000209	Pork Chop, Country Fried	each	19.50
000833	Potato Salad, canned	1/2 cup	19.35
001425	Potato Salad, red pot, fresh	1/2 cup	21.45
000136	Potato Smiles	4 each	20.04
000190	Potatoes, canned	1/2 cup	15.13
001417	Potatoes, Herb Roasted	1/2 cup	18.87
001248	Potatoes, Roasted	1/2 cup	18.65
000868	Pretzels/Heartzels	each	15.00
000872	Pudding Cup, Chocolate	each	21.00
000871	Pudding Cup, Vanilla	each	20.00
001080	Pudding, Chocolate w/ Topping	1/2 cup	25.81
001259	Quesadilla, Black Bean	each	43.05
001336	Quesadilla, Chicken	each	21.21
001468	Quesadilla, Chicken, Premade	each	38.00
001274	Radish slices, bag	each	2.00
000097	Raisins, box	each	29.98
001280	Red Pepper Strips, bag	each	3.00
000760	Refried Beans	1/2 cup	20.99
000893	Remoulade Sauce	1 oz	2.40
000621	Rice Krispie Treat	each	31.00
000977	Rice Krispie Treat, Mini	each	9.00
000938	Romaine Salad	1 cup	2.08
000766	Salisbury steak	each	0.00
001112	Salsa, canned	1/8 cup	2.12
000945	Santa Fe Turkey Wrap	each	39.29
001362	Sausage Mini	each	12.00
000778	Sausage Patty, Breakfast	each	0.00
001421	Smoothie, Grape (Purple Daze)	Cup	38.48
001378	Smoothie, Orange-Apple	Cup	33.48
001270	Snow Peas, bag	each	7.00
001141	Sour Cream, PC	each	4.00
001414	Southwest Stuffed Baked Potato	servings	69.62
000873	Soy Sauce, PC	each	0.52
001233	Spaghetti & Meatballs	servings	40.33
000540	Spaghetti Sauce, canned	2 oz	5.96
000784	Spaghetti w/ Meatsauce	cup	40.04
001189	Spanish Rice	#12 scp	18.29
001395	Spinach Salad	Cup	2.66
001396	Spinach, steamed	1/2 cup	2.68
001249	Spring Mix, Mesclun	Cup	3.20
000769	Stewed Tomatoes	1/2 cup	6.34
000099	Strawberries, Fresh, Cut	1/2 cup	8.36

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# New Hanover County Schools

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
001389	Strawberries, Fresh, Whole	1/2 cup	8.36
000019	Strawberry cup, frozen	each	22.00
001432	Strawberry/Blueberry Cup	1/2 cup	10.11
001110	Stuffing, #8 scoop	1/2 cup	23.54
000720	Succotash	1/2 cup	18.78
000192	Sunchips Mix, Harvest Cheddar	each	15.00
001103	Sweet & Sour Sauce, PC	each	13.00
000909	Sweet Potato Salad, canned	1/2 cup	44.01
000912	Sweet Potato Salad, fresh	1/2 cup	15.69
000978	Sweet Potato Waffle Fries	1/2 cup	23.06
001318	Sweet Potato Wedges-test	each	17.54
000056	Sweet Potato, Baked	each	28.65
000900	Sweet Potatoes, glazed	1/2 cup	31.41
001211	Swiss Chard, Sauteed	1/2 cup	3.72
000924	Switch, Apple	each	27.00
000922	Switch, Black Cherry	each	30.00
000923	Switch, Fruit Punch	each	30.00
001314	Switch, Kiwi Berry	each	30.00
001515	Switch, Watermelon Strawberry	each	29.00
000349	Syrup, Pancake, PC	each	31.00
001186	Taco Meat, #10 scoop	#10 scp	5.05
001185	Taco Meat, #20 scoop	#20 scp	2.52
001255	Taco Pizza-test	ea	42.89
001037	Taco Sauce, PC	each	1.00
000100	Tangerine, fresh, whole	2 each	22.41
001026	Tartar Sauce, PC	each	6.00
000864	Tater Tots	1/2 cup	16.38
000324	Toast	each	12.00
000876	Toast, Pre-K	ea	6.00
000857	Tomato & Cucumber Salad	1/2 cup	4.85
000835	Tomatoes, cherry	1/2 cup	2.90
001272	Tomatoes, grape, bag	each	2.00
000899	Tortilla Wedges, 1.75 oz grain	10 wedges	23.89
000892	Tortilla Wedges, 2 oz grain	8 wedges	25.49
000776	Tortilla, 8"	each	24.00
000856	Turkey & Cheese Hoagie	each	27.83
001390	Turkey & Cheese on HB bun	each	27.83
001322	Turkey & Cheese Roll Up	each	1.83
001377	Turkey & Cheese Sandwich	each	25.83
001376	Turkey & Cheese Wrap	each	22.50
001251	Turkey Club	each	27.83
000587	Turkey Ham & Cheese Hoagie	each	27.83
000859	Turkey Ham & Cheese on HB bun	each	27.83
001325	Turkey Ham & Cheese Roll Up	each	1.83
000571	Turkey Ham & Cheese Sandwich	each	49.83
001507	Turkey Ham & Cheese Slider	each	13.33
001446	Turkey Ham & Cheese Wrap	each	22.50
001324	Turkey Ham Roll Up	each	2.00
001323	Turkey Roll Up	each	1.00
001196	Turkey Slices, Hot	serving	3.00
001444	Turkey Steak & Cheese Hoagie	each	27.00
001441	Turkey Steak & Cheese Sandwich	each	25.00
001442	Turkey Steak & Cheese Wrap	each	21.67
001443	Turkey Steak & Cheese- HB bun	each	27.00
001403	Turkey Steak w/ Gravy	serving	3.00
001405	Vegetable Cup	1/2 Cup	2.48
000750	Vegetable Soup	Cup	11.14
000942	Veggie Sticks	1/2 cup	3.81
001365	Waffles, 1 ea	each	16.50
001145	Waffles, 2 ea	2 each	33.00
001451	Waffles, Mini, Berry	each	37.00
001452	Waffles, Mini, Maple	each	38.00
000101	Watermelon, chunks	1/2 cup	11.24

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# New Hanover County Schools

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
001469	White Bean Salad	1/2 cup	26.57
001279	Yellow Squash Slices, bag	each	2.00
001149	Yogurt Cup, Strawberry	each	15.00
001454	Yogurt Cup, Strawberry-Ban	each	16.00
001235	Yogurt Parfait w/ Banana	each	50.60
001426	Yogurt Parfait w/ Blue & Straw	each	47.63
001445	Yogurt Parfait w/ Blue-Large	each	88.72
000919	Yogurt Parfait w/ Blueberries	each	49.65
000990	Yogurt Parfait w/ Grapes	each	53.66
000917	Yogurt Parfait w/ Peaches	each	53.68
000918	Yogurt Parfait w/ Strawberries	each	45.60
001219	Yogurt w/ Blueberries	each	30.06
001428	Yogurt w/ Blueberries & Straw	each	28.04
001218	Yogurt w/ Strawberries	each	26.01
001326	Yogurt, bulk	each	19.48
000994	Yogurt, Crazy Blue Crunch Parf	each	52.06
001339	Yogurt, high protein, variety	each	16.00
001427	Yogurt, Straw Parfait, B & S	each	47.63
001429	Yogurt, Straw w/ Blue & Straw	each	28.04
001278	Zucchini slices, bag	each	2.00

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