

# Zionsville Community Schools

## Recipe Carbohydrates List Between 0 and 1000 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
000009	Alfredo Sauce	1/2 cup	10.01
001503	Apple Slices	3 slices	9.09
000064	Apples, Fresh 1/2 cup	Pkg	10.40
000011	Applesauce	1/2 cup	21.98
001404	Applesauce, Cinnamon	Container	14.00
001405	Applesauce, Strawberry	Container	14.00
001403	Applesauce, Watermelon	Container	22.00
000989	Baby Carrots 1/2 cup	1/2cup	5.98
000923	Bagel & Yogurt w/ Cheese Stick	1 ea	43.00
001275	Bagel and Yogurt - Pre K	1 ea	45.00
001118	Bagel, Cinnamon	Each	33.00
000016	Bagel, IW	1 ea	29.00
001200	Bagel, Mini Cinnamon	ea	41.00
001199	Bagel, Mini Strawberry	ea	40.93
000582	Baked Apples	1/2 CUP	12.71
001544	Baked Beans (HS, MS')	1/2 cup	24.22
000021	Baked Beans 1/2 C svg	1/2 cup	31.33
000023	Banana Pepper	1 oz	1.10
000068	Bananas	EACH	26.95
001024	Bananas, Cinnamon	1 banana	23.28
001545	BBQ Baked Beans (HS, MS')	1/2 cup	25.10
000987	BBQ Baked Beans 1/2 C svg	1/2 cup	35.57
000861	BBQ Pork Sandwich	1 ea	44.06
000024	BBQ Sauce Cups	1 ea	10.12
000026	BBQ Sauce, gallon	2 oz	29.72
000027	BBQ Sauce, PC	1 pkt	4.31
000028	Beef Gravy	2 oz	3.19
000263	Beef Patty, Hamburger	1 ea	0.00
001174	Beef Spaghetti Sauce	5.6 oz by weigh	9.08
001529	Beef Stick	each	1.00
001190	Black Beans	1/2 cup	16.77
001159	BLUEBERRIES	1/2 cup	7.87
001274	Brd Chicken Parm on pasta HS	1 ea	62.07
001224	Bread, WG	1 slice	12.00
000855	Breaded Chicken Parm on pasta	1 ea	43.59
000892	Breaded Mozzarella Sticks	6 ea	35.25
000036	Breadstick	1 ea	12.76
000905	Breadstick, Bosco 6" 9-12	2 ea	34.00
001009	Breakfast Bars, Chocolate Bana	1 ea	48.00
000736	Breakfast Bars, Chocolate Chip	1 bar	47.00
000642	Broccoli and Cauliflower Fresh	1.44 oz = 1/2 c	2.19
001310	Broccoli and Cheese Sauce	1/2 cup	6.69
000037	Broccoli, Steamed	1/2 cup	5.80
000256	Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
001469	Brownie	1.5 oz	14.86
000045	Bun, Hamburger 4" WG	1 ea	27.00
000046	Bun, Hot Dog WG	1 ea	26.00
000048	Bun, Sub Roll WG	1 ea	27.00
000869	Butter, Whipped Cup	1 ea	0.00
001496	Cali Blend and Cheese Sauce	1/2 cup	6.88
000407	California Blend Veg 1/2C	1/2 cup	6.17
001272	Cantaloupe	1/2 cup	6.53
001267	Carrot and Celery Sticks	6 sticks	2.37
000859	Carrots, Steamed	1/2 cup	9.43
000062	Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
000065	Celery Sticks	6 sticks	1.92
000067	Cereal Bar, Cinnamon Toast Cru	1 ea	30.00
000070	Cereal Bar, Fruity Cheerios	1 ea	29.00
001533	Cereal, Cinnamon Toasters	Bowl	43.77
001534	Cereal, Frosted Flakes	Bowl	51.00
001470	Cereal, Frosted Mini Wheat Str	Bowl	47.00

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No.	Description	Portion Size	Carbohydrates (Grams)
001535	Cereal, Honey Graham Toasters	Bowl	43.00
001536	Cereal, Honey Scooters	Bowl	46.00
001537	Cereal, Marshmallow Mateys	Bowl	23.50
000519	Cheese and Lettuce Cups	1.25 oz	0.91
000115	Cheese, American, Sliced, Fres	1 slice	1.01
001007	Cheese, Cheddar Shredded	1 oz	1.01
000117	Cheese, Co-Jack, Portions, Fre	1 ea	0.00
000773	Cheese, Mozzarella, LMPS, Shre	1 oz	0.00
000118	Cheese, Pamesan pkt	1 pkt	0.00
000771	Cheese, Pepper Jack Slices	1 slice	0.75
000119	Cheese, Queso (nacho)	4 oz	4.00
000994	Cheese, Shredded Blend	1oz	0.51
000401	Cheese, String Mozzarella	1 ea	0.00
001445	Cheese, White American, Sliced	1 slice	0.01
000995	Cheese,RS Cheddar Cheese Sauce	3 oz	4.00
000266	Cheeseburger	1 ea	28.00
001296	Cheesy Mashed Potatoes	1/2 cup	15.05
000890	Chef Salad	1 ea	31.98
001487	Chef Salad w/Ham	1 ea	31.98
000848	Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
001084	Chicken Alfredo	1 svg	50.65
000757	Chicken and Noodles	1 cup	14.34
001520	Chicken BBQ Sandwich	each	52.17
000121	Chicken Fajita Strips	2.46 oz	1.64
000651	Chicken Fajitas	2 ea	28.57
001083	Chicken Fried	1 piece	11.00
000120	Chicken Gravy	2 oz	3.19
000575	Chicken Grilled Unbreaded	1 ea	1.00
001518	Chicken Gyro	each	30.66
000125	Chicken Nuggets	5 ea	13.00
000126	Chicken Poppers	14 ea	9.60
000619	Chicken Salad	1/2 CUP	2.41
000945	Chicken Sand Spicy	1 ea	44.04
000587	Chicken Sandwich Breaded	1 ea	40.00
001489	Chicken Sandwich Dill	ea	40.00
000647	Chicken Sandwich Grilled	1 ea	28.00
000127	Chicken Tenders	3 ea	13.00
001524	Chicken, Chris P Chicken Sandw	each	43.00
001525	Chicken, Nugget Premium	5 ea	12.89
001488	Chicken, Patty Dill	patty	13.00
000760	Chicken, Patty, breaded	ea	13.00
001523	Chicken, Premium Spicy Sandwic	each	36.00
001341	Chicken, Wings, Boneless Hot &	5 each	10.16
000131	Chip, Baked Potato Chips, BBQ	1 ea (31.5g)	19.00
001250	Chip, Baked Sour Cream and Che	0.8 oz bag	17.00
001115	Chip, Cheetos RF 0.7 oz	package	13.00
000136	Chip, Cheetos, Hot	1 ea (56g)	17.00
001157	Chip, Cheez-It Atomic Cheddar	package	14.00
001452	Chip, Cheez-It WG	bag	14.17
000141	Chip, Chex Cheddar	1 ea (49gz)	20.06
001443	Chip, Corn Chip Taco in a Bag	bag	30.00
000144	Chip, Dorito, Cool Ranch RF 72	1 ea (28g)	19.00
001156	CHIP, DORITOS RF Cheese	Package	20.00
001444	Chip, Nacho Taco in a Bag	bag	28.00
000151	Chip, Popcorn, White Cheddar	1 ea (28g)	7.00
000152	Chip, Potato, Baked 0.875oz	1 ea (31.5g)	20.00
000148	Chip, Quaker Kid Mix, 104 ct	1 ea (24.4g)	17.00
000168	Chip, Tostito Scoops	1 ea	19.00
001104	Chuckwagon Corn	1/2 cup	15.58
000819	Cinnamon Applesauce	4 oz	22.50
000998	Cinnamon Roll	1 roll	89.48

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No.	Description	Portion Size	Carbohydrates (Grams)
001382	CLEMENTINES,RAW	ea	8.89
000173	Cocktail Sauce	2 oz	14.16
001189	Coffee Cake, WG Cinnamon 1 gr.	54 g	26.00
001368	Coney Dog	1 ea	34.47
000174	Coney Sauce	2 oz	6.00
001384	Cookie, Blueberry Lemon Bite	Pouch	21.26
000176	Cookie, Carnival	1 ea	28.00
001528	Cookie, Choc Frosted	ea	27.30
000177	Cookie, Chocolate Chip	1 ea	26.00
000178	Cookie, Double Chocolate Chip	1 ea	27.00
000678	Cookie, Presidents	1 pkg	17.96
001311	Cookie, Sugar Frosted	Each	27.00
000182	Corn Dog	1 ea	31.11
000183	Corn Dog Nuggets	6 ea	30.37
000184	Corn, Steamed 1/2 C	1/2 cup	18.11
000186	Country Baked Steak	1 ea	16.00
000187	Country Gravy	2 oz	5.54
000189	Cracker, Elf, Chocolate	1 ea	20.25
000931	Cracker, Goldfish Bulk	1.1 oz	20.13
000193	Cracker, Goldfish, Graham Cinn	1 ea	19.00
000194	Cracker, Graham	1 pkg	10.00
000866	Cracker, Saltine	1 pkg	5.00
001167	Craisins	1 packet	28.00
000198	Cream Cheese 100/.75 oz	1 ea	2.00
000199	Creamer, Coffee Pkts	1 pkt	2.00
001499	Crescent Roll, Chocolate	ea	37.00
000202	Crystal Light, Fruit Punch	1 pkt	0.00
000203	Crystal Light, Lemonade	1 pkt	0.00
000205	Crystal Light, Raspberry Lemon	1 pkt	0.00
001220	Cucumber Slices	1/2 Cup	2.68
000745	Danimals Crush Cup, Strawberry	1 ea	14.00
001457	Dasani Flavors Lemon	bottle	0.00
001458	Dasani Flavors Strawberry	bottle	0.00
001455	Dasani Water	bottle	0.00
001367	Donut, Yeast WG	ea	52.24
001107	Double Cheeseburger	1 ea	29.00
000901	Dressing, Asst 1.5 oz	1 pkg	4.48
000856	Dressing, Asst 12g	1 pkg	5.67
000966	Dressing, Asst Gallon	1 oz	5.79
001354	Dressing, Blue Cheese	ounce	12.71
000209	Dressing, Caesar gallon	2 oz	1.89
000212	Dressing, Dijon Honey Mustard,	2 oz	10.12
000857	Dressing, French 12g	1 pkt	3.00
000215	Dressing, French Honey 1.5 oz	1 pkt	13.00
001058	Dressing, Greek	2oz	0.03
001440	Dressing, Greek Pasta	oz	1.87
000216	Dressing, Italian FF 12g	1 pkt	13.17
000220	Dressing, Italian FF, gallon	2 oz	5.49
000235	Dressing, Italian Golden1.5 oz	1 pkt	3.96
000218	Dressing, Italian Light 1.5oz	1 pkt	2.00
000237	Dressing, Ranch 1.5 oz	1 pkt	3.96
000781	Dressing, Ranch 12g	1 pkt	0.86
000239	Dressing, Ranch FF 1.5 oz	1 pkt	6.92
000241	Dressing, Ranch RF, gallon	1 oz	7.09
001438	Dressing, Sriracha Honey	oz	1.94
001198	Edamame	1/2 cup	8.08
000370	Egg, Hard Boiled	1 EACH	0.36
001374	Emergency Meal	ea	93.00
001521	Fish Filet	each	13.00
000767	Fish Sticks	4 ea	23.00
001358	Flat Bread 4" whole grain	ea	26.33

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No.	Description	Portion Size	Carbohydrates (Grams)
000269	Flour Tortilla, 6"	2 ea	26.93
000276	Flour Tortilla, WW 12"	1 ea	43.00
001393	Foothill Farms Chili Cheese	gram	1.00
001392	Foothill Farms Fiesta Lime	gram	0.00
001394	Foothill Farms Nacho Cheese	gram	1.00
001391	Foothill Farms Ranch	gram	1.00
001008	French Toast Sticks, WG	3 sticks	43.00
000595	Fresh Fruit	1 ea	22.49
001178	Frozen Fruit Juice Cup, Berry	1 cup	19.00
001179	Frozen Fruit Juice Cup, Cherry	1 cup	19.00
001180	Frozen Fruit Juice Cup, Waterm	1 cup	25.00
001279	Frozen Yogurt, Chocolate	1/2 cup	23.00
001280	Frozen Yogurt, French Vanilla	1/2 Cup	17.60
001196	Frudel, Apple	1 ea	37.00
001195	Frudel, Cherry	1 ea	37.00
001429	Fruit and Yogurt Parfait - Ele	Parfait cup	55.68
001246	Fruit and Yogurt Parfait FC ON	Parfait cup	101.24
001326	Fruit and Yogurt Parfait MS	Parfait cup	75.56
000279	Fruit Cocktail	1/2 cup	17.82
000280	Fruit Roll Ups, Crazy colors	1 ea	11.00
000835	Fruit Soaking Liquid	N/A	1.83
001219	Garden Fresh Vegetables 1/2 C	1/2 c	4.82
000677	Garden Fresh Vegetables bulk	1/2 c	2.88
001052	General Tso Chicken	1 bowl	68.19
000961	General Tso's Sauce	1 oz	12.26
000300	Gordita, Loco Bread	1 ea	26.00
000301	Granola Bar, Thin Mint	1 ea	510.29
001245	Granola, Cinnamon	1/4 Cup	17.00
001134	GRAPEFRUIT,RAW,PINK&RED&WHITE,	1/2 Each	5.17
000422	GRAPES,Fresh	CUP	15.02
000304	Green Beans 1/2 C	1/2 cup	5.91
001547	Green Beans w/Ham	1/2 cup	8.09
000573	Grilled Cheese Sandwich	1 ea	28.00
000740	Grilled Ham and Cheese	1 sandwich	26.00
001247	Grilled Pepperjack Cheese Sand	ea	28.00
001517	Gyro Seasoning	cup	44.06
001349	Ham and Cheese Stuffer	ea	32.00
001213	Ham and Cheese on Wheat	1 ea	25.00
001328	Ham and Cheese Sub	1 ea	28.00
001226	Ham and Turkey Slices	6 slices	0.00
001430	Ham and Turkey Sub	ea	28.00
001446	Ham, Diced	1.5 oz	0.00
000652	Hamburger w/bun	1 ea	27.00
000632	Home Fries	3.2 OZ	18.00
000305	Honey	1 ea	11.54
000306	Honey Mustard Dipping Cup	1 ea	5.00
000309	Hot Dog on Bun	1 ea	26.98
000308	Hot Dog, 8:1	1 ea	0.98
000792	Hot Italian Sub	1 sub	32.46
000971	Hot Sauce Pkt	1 pkt	0.23
001057	Hummus w/Pita Bread	1 svg	54.18
001239	Hunan Orange Chicken	14 ea	39.06
001184	Hunan Style Orange Sauce	2 oz	22.00
001264	Ice Cream, Chocolate Scooter B	1 ea	26.00
001255	Ice Cream, Cookies and Cream C	1 ea	25.00
001270	Ice Cream, Crazy Cone	1 ea	25.00
001256	Ice Cream, Cup Birthday Cake F	1 ea	17.00
001463	Ice Cream, Cup Cotton Candy	cup	14.00
001259	Ice Cream, Cup Lemon Sherbet L	1 ea	23.00
001260	Ice Cream, Cup Orange Sherbet	1 ea	23.00
001257	Ice Cream, Cup Raspberry FroYo	1 ea	23.00

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No.	Description	Portion Size	Carbohydrates (Grams)
001258	Ice Cream, Cup Vanilla FroYo F	1 ea	16.00
001539	Ice Cream, Fudge-O Bar	each	16.00
001462	Ice Cream, Mint Sandwich	ea	33.00
001266	Ice Cream, Orange Blossom Bar	1 ea	14.00
001261	Ice Cream, Polar Blast Fruit B	1 ea	16.00
001542	Ice Cream, Raspberry Sherbet	ea	27.00
001540	Ice Cream, Salted Caramel Brow	each	30.00
001541	Ice Cream, Sandwich Cookies an	each	29.00
001262	Ice Cream, Sandwich Mighty Min	1 ea	12.00
001265	Ice Cream, Strawberry Scooter	1 ea	25.00
001460	Ice Cream, Tropi-Kool Mango	ea	36.00
001461	Ice Cream, Tropi-Kool Strawber	ea	43.00
001459	Ice Cream, Twist Cone	ea	30.00
001254	Ice Cream, Twister Cup Cotton	1 ea	15.00
001251	Ice Cream, Twister Cup FF Sour	1 ea	19.00
001252	Ice Cream, Twister Cup Sour Gr	1 ea	19.00
001543	Ice Cream, Vanilla Cup	ea	14.00
001263	Ice Cream, Vanilla Sandwich RF	1 ea	33.00
001478	Icing for Cinnamon Rolls	1 oz	30.13
000352	Jalepeno Pepper Slices	1 OZ	0.97
000359	Jelly, Grape, Bulk	2 TBSP	25.07
000360	Jelly, Packet, Grape	1 EA	9.11
000794	Jennie-O Turkey Ham	6.36 slices	0.00
000837	Jicama	1 bag	4.80
000365	Juice, Apple 10 oz	1 EA	35.00
000371	Juice, Apple Cup	ea	14.00
000640	Juice, Assorted 4oz	1 EA	13.50
001383	Juice, Grape	cup	18.00
000373	Juice, Mixed Berry 10 oz	1 ea	36.00
000374	Juice, Orange 10 oz	1 ea	33.00
000376	Juice, Orange Cup	1 ea	13.00
001494	Juice, Orange Medley	carton	13.00
001376	Juice, Sunset Sip	ea	10.00
000381	Ketchup, Packets	1 ea	2.00
001197	Kiwi with Oranges	1/2 cup	8.17
000383	Lettuce, Shredded	1/2 CUP	0.94
000388	Mandarin Oranges	1/2 cup	24.63
001114	Marinara Sauce Cups	PC	3.00
000001	Mashed Potatoes	1/2 cup	14.63
001236	Meat Sauce over Rotini Pasta	Bowl	45.28
000888	Meatball Sub	1 EA	37.16
000351	Meatballs, BBQ	1 ea	10.61
000764	Meatballs, Pork Reduced Sodium	5 ea	5.01
000897	Mexican Relish Boat	1 boat	5.55
001110	Milk, 1% White 12 oz	container	17.00
000395	Milk, 1/2 Pint 1% White	1 ea	13.00
000967	Milk, 1/2 pint FF Strawberry	1 carton	19.00
000396	Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
000397	Milk, 1/2 Pint Skim White	1 ea	13.00
001108	Milk, FF Chocolate 12 oz	1 Container	38.00
001111	Milk, FF Strawberry 12 oz	Container	35.00
001109	Milk, FF White 12 oz	Container	18.00
000718	Mini Cinnis	1 ea	39.00
001240	Mixed Fruit	1/2 cup	22.07
000889	Mixed Greens Salad	cup	2.53
000400	Mixed Vegetables 1/2 C	1/2 cup	13.35
001389	Mrs. Dash Garlic & Herb	gram	0.00
001395	Mrs. Dash Jalapeno	gram	1.25
001390	Mrs. Dash Southwest Chipotle	gram	0.00
000406	Mustard Packets	1 pkt	0.00
000581	Nachos, Secondary	1 EA	23.52

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000411	Nutri-Grain, Apple Cinnamon	1 EA	24.00
000410	Nutri-Grain, Strawberry	1 EA	25.00
000417	Olives, Ripe, Sliced	1 oz	1.78
000418	Onion, Red	1 OZ	3.53
000086	Orange - Whole	EACH	11.28
000440	Oriental Blend Vegetables	1/2 cup	11.97
000441	Pancake, Maple	1 PKG	35.00
001468	Pancake, WG	2 ea	24.00
000445	Pasta, Penne	1/2 CUP	21.00
001237	Pasta, Rotini WG Barilla 1 c	1 cup	36.28
000894	Pasta, Rotini WG Barilla 1/2 c	1/2 cup	19.50
000576	PB&J Sandwich	1 EA	65.51
001485	PB&J Uncrustable, Grape 5.3 oz	ea	64.00
000447	Peaches, Diced	1/2 CUP	21.66
001476	Peaches, Diced, Cups, Frozen	ea	19.00
000448	Peaches, Sliced	1/2 cup	19.80
000450	Peanut Butter	4 tbsp	15.75
000449	Peanut Butter and Jelly Graham	1 ea	30.50
000451	Peanut Butter, PC	1 ea	6.07
000806	PEAR, BOSCO, RAW, WHOLE	1/2 ea	12.83
000452	Pears, Diced	1/2 cup	21.60
000453	Pears, Sliced	1/2 cup	15.57
001316	Peas and Carrots, Steamed	1/2 cup	4.50
000454	Peas, Steamed 1/2 cup	1/2 cup	14.11
000455	Pickle Relish, pkt	1 pkt	3.00
000456	Pickles, Spears and Chips	1/4 cup	1.21
000457	Pineapple, Chunk	1/2 cup	16.95
000459	Pineapple, Tidbit	1/2 cup	22.57
001435	Pizza, 4x6 BBQ Chicken	slice	33.85
001432	Pizza, 4x6 Cheese	Each	30.00
001152	Pizza, 4x6 Chicken Fajita	Each	31.49
001153	Pizza, 4x6 Pepperoni	Each	29.00
001129	Pizza, 5" Cheese	each	33.00
001130	Pizza, 5" Pepperoni	each	33.00
001546	Pizza, 8" Wedge Pepperoni	ea	29.00
001241	Pizza, BBQ Chicken	slice	38.14
001064	Pizza, Big Daddy Cheese	1 slice	39.97
001131	Pizza, Big Daddy Pepperoni	Slice	5.37
001352	Pizza, Buffalo Chicken EC	slice	39.58
001039	Pizza, Calzone	1 ea	35.00
000462	Pizza, Cheese Quesadilla	1 slice	39.27
001473	Pizza, Chicken Quesadilla	2 triangles	31.93
001034	Pizza, Chs Stfd Breadstick - B	2 sticks	30.00
001191	Pizza, French Bread	1 ea	36.00
001035	Pizza, Garlic French Bread	1 ea	38.46
001508	Pizza, Hawaiian 5"	1 slice	36.22
001447	Pizza, Meatlovers	Slice	29.03
001381	Pizza, Rippers Cheese	Slice	32.11
001128	Pizza, SC Cheese ConAgra	each	43.70
001127	Pizza, SC Pepperoni Tony's	each	40.00
000474	Pop Tart, WG Brown Sugar Cinna	1 ea	36.92
000473	Pop Tart, WG Strawberry IW	1 ea	37.92
000475	Pork Tenderloin Patty	1 ea	18.15
000476	Pork Tenderloin Sandwich	1 ea	45.15
001366	Pork, Citrus Marinated Chopped	4 oz	1.60
000478	Potato, Baked	1 ea	30.72
001325	Potato, Roasted Red	1/2 cup	14.43
001522	Potato, Waffle Fry	3.35 oz	26.61
000919	Potatoes, Au Gratin 0.5 cup	0.5 cup	29.70
001482	Potatoes, Au Gratin with Ham	0.5 cup	28.35
001504	Power Pack - FC	1 container	43.73

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No.	Description	Portion Size	Carbohydrates (Grams)
001530	Powerade, Zero, Fruit Punch	ea	0.00
001531	Powerade, Zero, Grape	ea	0.00
001532	Powerade, Zero, Mixed Berry	ea	0.00
000623	Premium Salad, Breaded Chicken	1 EA	36.69
001373	Premium Salad, Chopped	1 EA	34.80
001185	Premium Salad, Ham and Turkey	1 EA	32.50
000624	Premium Salad, Spicy Chicken	1 EA	39.77
000622	Premium Salad, Turkey	1 EA	32.50
001323	Pretzel Rods, WG 1oz	1 each	14.00
000653	Pretzel with Queso Cheese	1 ea	40.00
001526	Pretzel, Italian w/Chs & Marin	1 ea	43.00
000799	Pudding, Chocolate	ea	22.05
001011	Pudding, Vanilla	ea	20.05
001365	Pulled Pork Street Tacos	2 ea	54.25
000490	Raisins	1 box	34.05
000491	Refried Beans	1/2 cup	25.29
000860	Relish Boat	1 svg	3.03
001538	Relish Boat Elementary	1 svg	2.18
000315	Rice	1/2 cup	17.58
001147	Rice Krispies Treat WG	each	30.00
000912	Roasted Garbanzo Beans	1/2 cup	21.46
001218	Roasted Sweet & Russet 1/2 C M	1/2 Cup	19.36
000496	Roll, Whole Grain Dinner	1 ea	17.00
000497	Rotini Pasta with Meat Sauce	8 oz	25.81
001234	Sack Lunch	bag	116.56
000498	Salad Dressing, Mayonnaise pc	1 ea	2.00
000499	Salsa	2 oz	4.61
000502	Sausage Pancake on a Stick	1 ea	17.82
000503	Sausage, Pork Patty	1 ea	1.00
000506	Shrimp Poppers	svg (21pcs)	23.00
000510	Sloppy Joe Sandwich	3.63 oz	37.02
000509	Sloppy Joe, Beef, meat only	3.63 oz	10.02
001456	SmartWater	bottle	0.00
000511	Smiles, Potato	4 ea	20.13
000518	Soft Tacos	2 ea	31.94
000523	Soup, Tomato	8 oz	21.48
000512	Sour Cream, pkt	1 ea	2.00
000970	Soy Sauce pkt	1 pkt	0.00
001045	Spaghetti Sauce, 1/2 cup	1/2 cup	11.54
000660	Spaghetti Sauce, 1/4 cup	1/4 cup	5.89
001098	Spanish Rice	1/2 cup	28.96
001291	Spiced Peaches	1/2 CUP	25.97
001308	STRAWBERRIES & BLUEBERRIES	1/2 cup	10.93
000635	Strawberries, Frozen Cup	1 EA	21.99
001307	STRAWBERRIES,FRZ,UNSWTND	1/2 cup	20.51
000793	Sub Meat - Italian pack	5 slices	3.50
000513	Sub Meat, Traditional Pack	3 oz	1.60
000940	Sub Sand, Italian sub bun	1 sub	31.50
000514	Sub Sand, traditional sub bun	1 ea	29.60
000515	Sunflower Seeds, Honey	1 ea	11.01
000516	Sunflower Seeds, Salted	1 ea	0.26
001284	Sushi, Cali Roll	1 package	74.70
001285	Sushi, Crunchy Roll	1 Package	85.70
001012	Sweet and Sour Sauce	2 oz	31.50
001126	Sweet Potato Gems	2.52 oz	18.19
001188	Sweet Potato Waffle Fries, 1/2	2 oz (1/2 cup)	17.79
000517	Syrup, Pancake	1 PKT	28.77
001359	Taco Filling, Beef	svg	5.05
000763	Taco Sauce, 9g	1 pkt	1.00
000521	Tartar Sauce	1 ea	3.00
001087	Tomato Cucumber Salad	1/2 cup	3.45

*\*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*

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# Zionsville Community Schools

## Recipe Carbohydrates List Between 0 and 1000 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
000524	Tomato Slices	1 Slice	1.10
000525	Tri-Taters	2 ea	28.00
000625	Tuna Salad	1/2 CUP	0.57
000952	Turkey Sandwich	1 ea	25.00
000528	Turkey Sub	1 ea	28.00
001063	Turkey, Reduced Sodium Sliced	4 slices	0.00
001479	Turkey, Roast, Frozen	2 oz	2.05
001519	Tzatziki Sauce	1 oz	2.03
000637	UBR-Ultimate Breakfast Round	1 EA	45.49
000531	Uncrustable Grape Jelly on Whe	1 ea	32.00
000533	Uncrustable PB & Straw jam on	1 EA	32.00
000571	Veggie Sticks	1/2 CUP	3.80
001527	Vinegar, Malt	ea	0.00
001437	Waffle	ea	12.98
000673	Walking Taco	1 EA	33.00
001281	Watermelon	1/2 Cup	7.26
001150	Welch's Fruit Snacks, Berries	Bag	33.00
000655	Whole Wheat Breakfast Bun	1 ea	39.00
000955	Wrap, Breaded Chicken	EA	28.62
001339	Wrap, Breaded Spicy Chicken	EA	26.87
001342	Wrap, Chicken Salad	1/2 Wrap	25.85
001338	Wrap, Club	EA	26.80
000614	Wrap, Taco Salad	1 EA	32.27
001398	Wrap, Tuna Salad	1/2 Wrap	24.02
000603	Wrap, Turkey	EA	22.37
001465	Wrap, Turkey ALT	EA	51.21
000608	Wrap, Veggie	1 EA	24.90
001448	Yogurt, Greek Blueberry	container	16.00
001451	Yogurt, Greek Peach	container	16.00
001449	Yogurt, Greek Strawberry	container	16.00
001450	Yogurt, Greek Vanilla	container	16.00
000569	Z'rib Patty	1 EA	11.90
000570	Z'rib Sandwich	1 EA	38.90

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