

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	1 pkg	10.40
000064	Apples, Fresh 1/2 cup	Pkg	10.40
000011	Applesauce	1/2 cup	22.98
001477	Applesauce Cups	ea	13.99
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	6.07
000923	Bagel & Yogurt w/ Cheese Stick	1 ea	38.00
001118	Bagel, Cinnamon	Each	33.00
000016	Bagel, IW	1 ea	29.00
001200	Bagel, Mini Cinnamon	ea	42.00
001199	Bagel, Mini Strawberry	ea	40.93
000582	Baked Apples	1/2 CUP	26.01
001602	Baked Apples - from fresh	1/2 CUP	22.62
000021	Baked Beans (Bush's)	1/2 cup	31.33
001544	Baked Beans (Commodity)	1/2 cup	24.22
001607	Baked Beans Southwest Chipotle	1/2 cup	31.33
000023	Banana Pepper	1 oz	1.10
000068	Bananas	EACH	26.95
001024	Bananas, Cinnamon	1 banana	23.28
000987	BBQ Baked Beans (Bush's)	1/2 cup	35.69
001545	BBQ Baked Beans (Commodity)	1/2 cup	25.10
000861	BBQ Pork Sandwich	1 ea	44.06
000024	BBQ Sauce Cups	1 ea	12.96
000026	BBQ Sauce, gallon	2 oz	29.72
000027	BBQ Sauce, PC	1 pkt	4.31
000663	Bean Soft Taco	2 ea	35.84
000028	Beef Gravy	2 oz	3.19
000263	Beef Patty, Hamburger	1 ea	1.00
001174	Beef Spaghetti Sauce	5.6 oz by weigh	9.08
001529	Beef Stick	each	1.00
001006	Biscuit, 2.25oz	1 ea	27.43
001190	Black Beans	1/2 cup	16.68
001159	BLUEBERRIES	1/2 cup	6.30
001601	Blushing Pears	1/2 cup	22.71
001662	Body Armor, Peach Mango	bottle	15.00
001224	Bread, WG	1 slice	12.00
000892	Breaded Mozzarella Sticks	6 ea	35.25
000036	Breadstick	1 ea	12.76
000905	Breadstick, Bosco 6" 9-12	2 ea	34.00
001688	Breadstick, Garlic	1 ea	12.76
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
000689	Broccoli Salad	1/2 cup	27.52
000037	Broccoli, Steamed	1/2 cup	6.25
000256	Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
001640	Brownie Bite	ea	32.00
001594	Buffalo Chicken Dip	1/2 cup	8.65
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
001665	Burrito, Bean and Cheese	each	40.95
000869	Butter, Whipped Cup	1 ea	0.00
001655	Caesar Side Salad	ea	5.08
001496	Cali Blend and Cheese Sauce	1/2 cup	6.26
000407	California Blend Veg 1/2C	1/2 cup	6.17
001272	Cantaloupe	1/2 cup	6.53

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No.	Description	Portion Size	Carbohydrates (Grams)
001267	Carrot and Celery Sticks	6 sticks	2.37
001566	Carrots, Baked	1/2 cup	9.13
000943	Carrots, Roasted 1/2 cup	1/2 cup	9.74
000859	Carrots, Steamed	1/2 cup	9.74
001679	CATC Broccoli Cheese	1 Cup	15.62
001680	CATC Minestrone	1 cup	19.03
001681	CATC Turkey Chili	1 cup	39.92
000062	Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
001580	Cauliflower, Raw 1/4cup	1/4 cup/0.85oz	1.23
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
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	1.16
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	1.01
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	1.01
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	8.00
000266	Cheeseburger	1 ea	29.00
001296	Cheesy Mashed Potatoes	1/2 cup	15.05
000890	Chef Salad	1 ea	30.48
001487	Chef Salad w/Ham	1 ea	30.81
000848	Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
000757	Chicken and Noodles	1 cup	13.34
001520	Chicken BBQ Sandwich	each	50.81
001678	Chicken Biscuit, breakfast	ea	33.43
001668	Chicken Buffalo Sandwich	each	27.00
001083	Chicken Fried	1 piece	10.00
000120	Chicken Gravy	2 oz	3.19
001673	Chicken Nachos	serving	21.28
001670	Chicken Noodle Soup	1 cup	10.50
000125	Chicken Nuggets	5 ea	13.00
000126	Chicken Poppers	14 ea	9.60
001671	Chicken Quesadilla Homemade	1 ea	30.25
000619	Chicken Salad	1/2 CUP	2.58
000945	Chicken Sand Spicy	1 ea	41.08
000587	Chicken Sandwich Breaded	1 ea	40.00
001489	Chicken Sandwich Dill	ea	40.00
001637	Chicken Slider, breakfast	ea	29.00
001672	Chicken Soft Tacos	2 ea	30.34
000127	Chicken Tenders	3 ea	13.00
001685	Chicken, Buffalo filling	1/3 cup	0.00
001524	Chicken, Chris P Chicken Sandw	each	43.00
001592	Chicken, Lings Teriyaki	2.8 oz by weigh	10.00
001172	Chicken, MexiCali	1 ea	12.08
001488	Chicken, Patty Dill	patty	13.00
000760	Chicken, Patty, breaded	ea	13.00
001523	Chicken, Premium Spicy Sandwic	each	36.00
001616	Chicken, Wings bone-in	5 ea	29.01

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No.	Description	Portion Size	Carbohydrates (Grams)
001341	Chicken, Wings, Boneless Hot &	5 each	10.16
000152	Chip, Baked Potato 0.875oz	1 ea (31.5g)	19.00
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, Flamin' Hot	1 ea (56g)	16.00
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)	20.00
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)	9.00
000148	Chip, Quaker Munch Mix, 104 ct	1 ea (24.4g)	17.00
001556	Chip, Tortilla Chip 1.6 oz	BAG	25.00
000168	Chip, Tostito Scoops	1 ea	19.00
001104	Chuckwagon Corn	1/2 cup	13.64
001513	Ciabatta, Ham and Cheese	1 ea	31.02
001515	Ciabatta, Turkey and Cheese	1 ea	30.02
001492	Ciabatta, Turkey Club	ea	32.11
000819	Cinnamon Applesauce	4 oz	22.50
000998	Cinnamon Roll	1 roll	89.48
001643	Cinnamon Roll, Sweet Potato	ea	38.00
001382	CLEMENTINES,RAW	ea	8.89
000173	Cocktail Sauce	2 oz	17.00
001626	Coke Zero	ea	0.00
001368	Coney Dog	1 ea	35.96
000174	Coney Sauce	2 oz	7.44
001528	Cookie, Choc Frosted	ea	27.30
001610	Cookie, Cookie Tree Candy	ea	0.68
001611	Cookie, Cookie Tree CC	ea	26.00
001609	Cookie, Cookie Tree DFC	ea	24.00
001311	Cookie, Sugar Frosted	Each	27.00
000182	Corn Dog	1 ea	31.11
000183	Corn Dog Nuggets	6 ea	30.37
001608	Corn, Fiesta Lime	1/2 cup	17.08
001606	Corn, Jalapeno	1/2 cup	18.37
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
000193	Cracker, Goldfish, Graham Cinn	1 ea	19.00
000194	Cracker, Graham	1 pkg	10.00
000866	Cracker, Saltine	1 pkg	5.00
001639	Cracker, Tiki	Pkg	15.00
001167	Craisins	1 packet	28.00
000198	Cream Cheese 100/.75 oz	1 ea	2.00
000199	Creamer, Coffee Pkts	1 pkt	2.00
001654	Croutons	2 cubes	3.50
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
001630	Dasani Sparkling All Flavors	ea	0.00
001455	Dasani Water	bottle	0.00
001367	Donut w/Glaze	ea	37.48
001689	Dressing, Asian Sesame	ea	7.91
000901	Dressing, Asst 1.5 oz	1 pkg	4.48

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000856	Dressing, Asst 12g	1 pkg	1.29
001563	DRESSING, BALSAMIC OLIVE OIL	PKG	3.96
001354	Dressing, Blue Cheese	ounce	12.71
001690	Dressing, Caesar 1.5 oz	ea	3.00
000209	Dressing, Caesar gallon	2 oz	1.89
000857	Dressing, French 12g	1 pkt	2.00
000215	Dressing, French Honey 1.5 oz	1 pkt	13.00
000216	Dressing, Italian FF 12g	1 pkt	1.00
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	5.93
001562	Dressing, Raspberry Vinaigrett	PKG	12.02
001597	Dressing, Sriracha Ranch	2 oz	12.28
001561	Eagle Greens Salad	1 cup	2.91
001617	Egg Roll	ea	22.00
000621	Egg Salad	1/3 CUP	0.52
000664	Egg Salad Sandwich on Wheat	1 EA	24.52
000370	Egg, Hard Boiled	1 EACH	0.36
001374	Emergency Meal	ea	93.00
001614	Emoticons, Potatoes	4 ea	18.88
001521	Fish Filet	each	13.00
000767	Fish Sticks	4 ea	22.00
001593	Fish Tacos	4 stick/2 taco	51.03
000269	Flour Tortilla, 6"	2 ea	30.00
000275	Flour Tortilla, WG 10"	1 ea	29.00
000276	Flour Tortilla, WW 12"	1 ea	45.00
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	42.00
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	5 oz	30.75
001280	Frozen Yogurt, Country Vanilla	5 oz	34.35
001196	Frudel, Apple	1 ea	36.00
001195	Frudel, Cherry	1 ea	37.00
001429	Fruit and Yogurt Parfait - Ele	Parfait cup	54.61
001246	Fruit and Yogurt Parfait FC ON	Parfait cup	95.23
001326	Fruit and Yogurt Parfait MS	Parfait cup	75.36
000279	Fruit Cocktail	1/2 cup	15.09
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
001207	Garlic Parmesan Rolls, WG	1 roll	17.86
001052	General Tso Chicken	1 bowl	60.26
000961	General Tso's Sauce	1 oz	15.19
001652	GF BBQ Pork Sandwich	1 ea	57.06
001657	GF Cereal, Cinnamon Chex	Bowl	45.56
001656	GF Cereal, Honey Nut Cheerios	Bowl	45.00
001658	GF Cereal, Lucky Charms	Bowl	45.00
001647	GF Cheeseburger	1 ea	42.00
001650	GF Chicken Tenders	3 ea	12.00
001659	GF Donut	ea	35.00
001653	GF Fruit and Yogurt Parfait	Parfait cup	75.29
001663	GF Granola	pouch	22.00

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001651	GF Nachos	1 EA	23.52
001646	GF Pizza, Cheese	1 slice	31.33
000300	Gordita, Loco Bread	1 ea	23.69
001635	Grab and Go, Ham and Cheese	1 ea	47.80
001636	Grab and Go, Turkey & Cheese	1 ea	46.80
001245	Granola, Cinnamon	1/4 Cup	16.87
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	5.19
001604	Green Beans Garlic and Herb	1/2 cup	4.40
001547	Green Beans w/Ham	1/2 cup	9.10
001664	Green Garden Veggies	1/2 Cup	2.05
000573	Grilled Cheese Sandwich	1 ea	28.00
000740	Grilled Ham and Cheese	1 sandwich	26.67
001213	Ham and Cheese on Wheat	1 ea	29.07
001328	Ham and Cheese Sub	1 ea	29.00
001550	Ham and Cheese Sub government	1 ea	32.17
001226	Ham and Turkey Slices	6 slices	0.50
001430	Ham and Turkey Sub	ea	28.50
001446	Ham, Diced	1.5 oz	0.50
000652	Hamburger w/bun	1 ea	28.00
000632	Home Fries	3.2 OZ	21.35
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	32.21
000971	Hot Sauce Pkt	1 pkt	0.23
001634	Hummis	ea	18.00
001633	Hummus, Red Pepper	ea	18.00
001184	Hunan Style Orange Sauce	2 oz	16.00
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
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
001596	Italian Sausage Sub	ea	35.94
000352	Jalepeno Pepper Slices	1 OZ	0.97
000359	Jelly, Grape, Bulk	2 TBSP	25.07

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000360	Jelly, Packet, Grape	1 EA	9.11
000794	Jennie-O Turkey Ham	6.36 slices	1.06
000365	Juice, Apple 10 oz	1 EA	35.00
000371	Juice, Apple Cup	ea	14.00
000640	Juice, Assorted 4oz	1 EA	13.50
001619	Juice, Blue Razz Cup	1 ea	14.00
001383	Juice, Grape	cup	18.00
001620	Juice, Merry Cherry Cup	1 ea	14.00
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
001622	Juice, Sour Apple Cup	1 ea	14.00
001376	Juice, Sunset Sip	ea	10.00
001621	Juice, Twisted Melon Cup	1 ea	14.00
000381	Ketchup, Packets	1 ea	2.00
001197	Kiwi with Oranges	1/2 cup	8.17
001588	L/O		0.00
001192	Lasagna Roll Ups	1 ea	36.27
001638	Lasagna Roll Ups Substitute	1 ea	27.27
000383	Lettuce, Shredded	1/2 CUP	0.94
001242	Lo Mein Noodles	1 cup	45.84
001615	Mac and Cheese	6 oz	26.00
001676	Maintenance Club Sub	ea	64.18
001675	Maintenance Hot Italian Sub	1 sub	66.44
000388	Mandarin Oranges	1/2 cup	24.43
000001	Mashed Potatoes	1/2 cup	14.63
001236	Meat Sauce over Rotini Pasta	Bowl	45.28
000888	Meatball Sub	1 EA	37.67
000764	Meatballs, Pork Reduced Sodium	5 ea	5.01
001669	Meatloaf	1 serving	18.12
000897	Mexican Relish Boat	1 boat	4.98
001667	Milk Snack	ea	16.00
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
000718	Mini Cinnis	1 ea	39.00
001631	Minute Maid Light All Flavors	ea	2.50
001240	Mixed Fruit	1/2 cup	18.03
001248	Mixed Fruit Salad	1/2 Cup	14.10
000889	Mixed Greens Salad	cup	2.30
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
001649	Muffin, Apple 2 oz	ea	30.00
001644	Muffin, Blueberry	ea	61.00
001645	Muffin, Chocolate Chocolate Ch	ea	63.00
000406	Mustard Packets	1 pkt	0.00
001223	Nachos and Cheese Sauce	1 EA	29.00
000581	Nachos, Secondary	1 EA	23.52
001361	Naked Juice, Berry Blast	Bottle	37.00
001362	Naked Juice, Green Machine	Container	41.45
001363	Naked Juice, Mighty Mango	container	44.74
001624	Naked Juice, Straw Banana	Bottle	38.00
000411	Nutri-Grain, Apple Cinnamon	1 EA	25.00
000410	Nutri-Grain, Strawberry	1 EA	25.00
000414	NY Garlic Toast	1 EA	14.00
000417	Olives, Ripe, Sliced	1 oz	1.78
000418	Onion, Red	1 OZ	3.53
000086	Orange - Whole	EACH	11.28

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000440	Oriental Blend Vegetables	1/2 cup	10.43
000441	Pancake, Maple	1 PKG	35.00
001468	Pancake, WG	2 ea	24.00
001612	Pancake, Yogurt, Cheese Stick	1 ea	49.00
000445	Pasta, Penne	1/2 CUP	21.00
001237	Pasta, Rotini WG Barilla 1 c	1 cup	39.00
000894	Pasta, Rotini WG Barilla 1/2 c	1/2 cup	19.50
000667	PB&J Sand Make Your Own, Wheat	1 EA	65.51*
000576	PB&J Sandwich	1 EA	65.51
001564	Pea Salad	1/2 Cup	11.53
000447	Peaches, Diced	1/2 CUP	15.96
001476	Peaches, Diced, Cups, Frozen	ea	19.00
000448	Peaches, Sliced	1/2 cup	14.27
000450	Peanut Butter	4 tbsp	15.75
000449	Peanut Butter and Jelly Graham	1 ea	878.84
000451	Peanut Butter, PC	1 ea	6.07
000806	PEAR, BOSC, RAW, WHOLE	1/2 ea	12.83
000452	Pears, Diced	1/2 cup	18.48
000453	Pears, Sliced	1/2 cup	16.68
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	14.78
000459	Pineapple, Tidbit	1/2 cup	16.71
001683	Pizza Burger	ea	33.89
001682	Pizza Burger Filling	3 oz by weight	6.39
001600	Pizza Green Beans	1/2 Cup	10.18
001432	Pizza, 4x6 Cheese	Each	30.00
001153	Pizza, 4x6 Pepperoni	Each	29.00
001129	Pizza, 5" Cheese	each	32.77
001130	Pizza, 5" Pepperoni	each	33.00
001039	Pizza, Calzone	1 ea	32.00
000462	Pizza, Cheese Quesadilla	1 slice	39.27
001034	Pizza, Chs Stfd Breadstick	2 sticks	30.00
001191	Pizza, French Bread	1 ea	36.00
001035	Pizza, Garlic French Bread	1 ea	38.46
000469	Pizza, Hawaiian	1 slice	34.35
001508	Pizza, Hawaiian 5"	1 slice	35.23
001381	Pizza, Rippers Cheese	Slice	32.11
001379	Pizza, Rippers Pepperoni	Slice	27.10
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	37.92
000473	Pop Tart, WG Strawberry IW	1 ea	37.92
000475	Pork Tenderloin Patty	1 ea	18.00
000476	Pork Tenderloin Sandwich	1 ea	45.00
001366	Pork, Citrus Marinated Chopped	4 oz	1.60
001360	Pork, Citrus Marinated Chopped	serving	1.00
000477	Potato Wedges	1/2 cup (3 oz)	17.00
000478	Potato, Baked	1 ea	20.49
001648	Potato, Crinkle Cut Fries	2.1 oz	15.87
001325	Potato, Roasted Red	1/2 cup	14.74
001522	Potato, Waffle Fry	3.35 oz	28.65
000919	Potatoes, Au Gratin 0.5 cup	0.5 cup	3.82
001603	Potatoes, Au Gratin Ranch	0.5 cup	5.32
001482	Potatoes, Au Gratin with Ham	0.5 cup	3.77
001530	Powerade, Zero, Fruit Punch	ea	0.00
001531	Powerade, Zero, Grape	ea	0.00
001532	Powerade, Zero, Mixed Berry	ea	0.00
001583	Pre-K Baby Carrots 1/4 cup	1/4 cup	2.99

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Zionsville Community Schools

Recipe Carbohydrates List Between 0 and 1000 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
001584	Pre-k Broccoli,raw 1/4 C	1/4 cup	1.08
001582	Pre-k Celery Sticks 1/4 cup	3 sticks	0.96
001579	Pre-k Cherry Tomatoes 1/4 cup	1/4 cup=3ea	1.98
001581	Pre-k Cucumber Slices 1/4 Cup	1/4 Cup	1.34
000623	Premium Salad, Breaded Chicken	1 EA	37.19
001185	Premium Salad, Ham and Turkey	1 EA	31.03
000624	Premium Salad, Spicy Chicken	1 EA	35.29
000622	Premium Salad, Turkey	1 EA	30.69
001323	Pretzel Rods, WG 1oz	1 each	14.00
001613	PROTEIN PACK SUNFLOWER SEED	PACK	30.26
000799	Pudding, Chocolate	ea	22.05
001011	Pudding, Vanilla	ea	20.05
000490	Raisins	1 box	34.05
001177	Ravioli in Sauce	7 ea	21.22
001677	Ravioli w/Meatballs in Sauce	7 ea + 2 ea	23.22
000491	Refried Beans	1/2 cup	7.84
001578	Refried Beans, Chili Cheese	1/2 cup	10.30
001605	Refried Beans, Nacho Cheese	1/2 cup	10.61
000860	Relish Boat	1 svg	3.03
001538	Relish Boat Elementary	1 svg	2.18
000315	Rice	1/2 cup	17.58
001598	Rice 2	1/2 cup	17.35
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	19.43
000496	Roll, Whole Grain Dinner	1 ea	17.00
000497	Rotini Pasta with Meat Sauce	7.44 oz	24.19
001234	Sack Lunch	bag	116.65
000498	Salad Dressing, Mayonnaise pc	1 ea	2.00
001686	Salad, Shaker Asian	each	16.14
001687	Salad, Shaker Chicken Caesar	each	32.02
001441	Salad, Shaker Greek Pasta	each	40.41
000499	Salsa	2 oz	4.03
001565	Salsa Cups	3 oz	5.92
000503	Sausage, Pork Patty	1 ea	1.00
001096	Sicilian Vegetable Blend	1/2 cup	4.15
000510	Sloppy Joe Sandwich	3.63 oz	37.02
001456	SmartWater	bottle	0.00
000518	Soft Tacos	2 ea	33.01
001315	Soup, Broccoli Cheese	1 cup	15.30
001305	Soup, Chipotle Black Bean	1 Cup	23.90
001375	Soup, Potato Cheese with Ham	1 cup	23.10
000523	Soup, Tomato	8 oz	21.48
001304	Soup, Tomato Florentine	1 Cup	2.76
001303	Soup, Vegetable Tomato	8 oz	17.07
000512	Sour Cream, pkt	1 ea	2.00
001632	Soy Milk, Vanilla	ea	20.10
000970	Soy Sauce pkt	1 pkt	0.00
001666	Spaghetti and Meatballs	Bowl	44.21
000660	Spaghetti Sauce, 1/4 cup	1/4 cup	5.89
001098	Spanish Rice	1/2 cup	28.60
001291	Spiced Peaches	1/2 CUP	20.44
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
001641	Sub Sand, Italian French Bun	1 sub	31.50
000940	Sub Sand, Italian sub bun	1 sub	31.25
000514	Sub Sand, traditional sub bun	1 ea	29.60
000515	Sunflower Seeds, Honey	1 ea	10.00

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No.	Description	Portion Size	Carbohydrates (Grams)
000516	Sunflower Seeds, Salted	1 ea	6.00
001188	Sweet Potato Waffle Fries, 1/2	2.9oz (1/2 cup)	24.11
000517	Syrup, Pancake	1 PKT	28.77
001359	Taco Filling, Beef	svg	5.05
001558	Taco Filling, Beef Homemade MS	svg	7.75
001552	Taco Filling, Scratch	lb	38.76
000763	Taco Sauce, 9g	1 pkt	1.00
000521	Tartar Sauce	1 ea	3.00
001661	Tea, Diet Gold Peak	bottle	0.00
001660	Tea, Unsweetened Gold Peak	bottle	0.00
000524	Tomato Slices	1 Slice	1.10
001571	Tomato Soup	8 oz	10.33
000525	Tri-Taters	2 ea	30.90
001625	Tum-E Yummies All Flavors	ea	13.00
000952	Turkey Sandwich	1 ea	25.00
001590	Turkey Sandwich, Govt.	1 ea	25.00
000528	Turkey Sub	1 ea	28.00
001548	Turkey Sub Government	1 ea	28.00
001063	Turkey, Reduced Sodium Sliced	4 slices	0.00
001479	Turkey, Roast, Frozen	2 oz	2.05
000531	Uncrustable Grape Jelly on Whe	1 ea	32.00
000533	Uncrustable PB & Straw jam on	1 EA	32.00
001485	Uncrustable, Grape 5.3 oz	ea	64.00
000571	Veggie Sticks	1/2 CUP	3.80
001527	Vinegar, Malt	ea	0.00
001629	Vitamin Water Rise	ea	3.30
001627	Vitamin Water XXX	ea	3.38
001628	Vitamin Water Squeezed	ea	4.13
001437	Waffle	ea	23.00
000673	Walking Taco	1 EA	30.00
001281	Watermelon	1/2 Cup	7.26
001150	Welch's Fruit Snacks, Berries	Bag	32.00
000655	Whole Wheat Breakfast Bun	1 ea	39.00
000955	Wrap, Breaded Chicken	EA	28.87
001339	Wrap, Breaded Spicy Chicken	EA	27.12
001684	Wrap, Buffalo Chicken	ea	33.40
001342	Wrap, Chicken Salad	1/2 Wrap	24.02
000602	Wrap, Ham	1 ea	25.98
001001	Wrap, S W Grilled Chicken	1 EA	31.09
000607	Wrap, S. W. Chicken	1 EA	29.56
000603	Wrap, Turkey	EA	22.88
001465	Wrap, Turkey ALT	EA	53.72
001551	Wrap, Turkey Government	EA	22.88
000608	Wrap, Veggie	1 EA	29.34
001014	Yogurt, Greek Black Cherry	1 ea	22.00
001015	Yogurt, Greek Blueberry	1 ea	22.00
001016	Yogurt, Greek Peach	1 ea	24.00
001018	Yogurt, Greek Raspberry	1 ea	23.00
001019	Yogurt, Greek Strawberry	1 ea	24.00
001020	Yogurt, Greek Vanilla	1 ea	17.00
000569	Z'rib Patty	1 EA	12.00
000570	Z'rib Sandwich	1 EA	39.00

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