

Raymore-Peculiar Schools

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
BREAD			
001241	Apple Cinnamon Muffin	Each	32.56
001252	Banana Chocolate Chip Muffin	each	49.41
001119	Banana Muffin	Each	32.88
001246	Biscuit	Servings	24.00
000897	Blueberry Muffin	serving	31.57
001107	Breadstick	Each	14.51
001124	Brown Rice	1/2 cup serv	21.17
001210	Cheesy Mexican Rice	servings	22.86
001209	Chicken & Herb Rice	servings	25.34
001218	Chocolate Chip Muffin	each	46.29
001151	Choice of Bread HS	Each	34.78
001187	Cornbread Stuffing	1/3 cup	59.85
000475	Fried Rice	Servings	21.45
001207	Garlic Toast	slice	15.00
001126	Goldfish Crackers	Each	14.00
001212	Lemon Poppyseed Muffin	each	30.60
001235	Orange Cranberry Muffin	each	38.67
001260	Soft Pretzel	Each	30.00
001039	Southern Style Biscuit	Biscuit	24.00
001167	Tortilla Scoop Chips	Each	19.00
001090	Whole Grain Roll	each	28.00
001261	with or without Grahams	each	18.00
BRKFS			
001111	Biscuit & Gravy	Servings	33.00
001114	Breakfast Breads (HS)	Serving	42.86
001199	Breakfast Breads (K-5)	Serving	43.33
001251	Breakfast Breads (MS)	Serving	39.50
000348	Breakfast Pizza	1 slice serving	25.96
000215	Breakfast Pizza Sausage Gravy	Each	28.20
001109	Breakfst Bar w/ or w/o Grahams	Each	56.00
001239	Carnival Waffle	Each	51.24
001198	Cereal to Go	each	22.33
000209	Cereal Variety	Each	41.00
001089	Cinnamon Roll	Each	37.09
001197	Crunchamania	each	37.00
000368	French Toast Sticks/Sausage@B	serving	19.14
001196	Grab & Go Breakfast	Serving	34.60
000446	Pancake on a Stick	each	22.00
000818	Pancake with Sausage @ Brkfst	Serving	28.40
001195	Poptart	Each	37.33
001250	Raspberry Churro	each	46.00
001110	Sausage and Cheese Biscuit	1 serving	26.00
000205	Yogurt Parfait, breakfast	Each	57.16
CON			
001173	Black Olives	oz	3.54
001186	Build a Sub Toppings	Each	7.39
001136	Condiments Bulk	serving	7.26
001135	Condiments PC	serving	1.13
001254	Fry Sauce	1/2 oz serving	1.96
001172	Jalapenos	oz	1.00
001184	Marinara	oz	2.18
001177	Parmesan Cheese	Tbsp	0.00
001182	PC Jelly	PC	9.11
001171	Picante Sauce	oz	0.89
001183	Pickles	oz	0.00
001181	Relish	oz	5.67

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No.	Description	Portion Size	Carbohydrates (Grams)
000225	Salad Dressing	1 oz serving	6.66
001228	Season Mix	serving	139.65
001229	Seasoned Non-Salt	Tsp	1.44
001179	Shrimp Sauce	oz	0.00
001174	Sour Cream	Tbsp	1.42
001180	Soy Sauce	oz	4.73
001178	Sweet & Sour Sauce	oz	10.84
001175	Syrup, bulk	oz	25.50
001176	Syrup, PC	each	20.00
000126	Tarter Sauce	1 TBS servings	1.42

DESRT

001037	Fortune Cookie	cookie	29.00
001162	Holiday Cookie	Each	17.00
001087	WG Chocolate Chip Cookie	package	18.00

ENT

001140	BBQ Pork Rib Patty	Each	33.21
001166	BBQ Pork Sandwich (HS)	Each	48.64
000890	BBQ Pork Sandwich (K-8)	Each	41.64
000879	Beef & Bean Burrito	Each	29.65
001147	Beef Enchiladas (HS)	3 Each	52.26
001014	Beef Enchiladas (K-8)	2 Each	35.01
001259	Big Daddy Pizza	Each	39.25
001153	Bosco Stick	Each	27.94
001223	Breaded Mozzarella Sticks	serving-6ct	37.75
001221	Buffalo Chicken Bites	servings-5 each	15.28
001185	Build a Sub Bar	Each	27.75
001266	Burger Bar	Servings	28.52
001168	Cheese Lasagna Roll-Up	Each	32.23
001157	Cheese Quesadilla	2 Each	41.00
001043	Cheese Wedge Pizza	slice	34.11
001169	Cheeseburger Macaroni	Servings	24.49
001141	Cheeseburger on a Bun (HS)	Each	29.02
001132	Cheeseburger on a Bun (K-8)	Each	22.02
001220	Cheesy Enchiladas	Serving-2 Each	33.42
001206	Cherry Blossom Chicken	serving	27.00
000481	Chicken & Noodles	3/4 cup serving	25.91
001208	Chicken Alfredo Pasta	servings	23.52
001204	Chicken Drumstick	each	2.00
001203	Chicken Nuggets	5 nugget serv	16.00
001139	Chicken Patty Sandwich (HS)	Each	40.00
000983	Chicken Patty Sandwich (K-8)	Each	33.00
000453	Chicken Tenders	Serving	17.00
000067	Chicken Tetrizzini	servings	20.00
000464	Chili & Crackers	6 oz serving	33.82
001163	Chili - HS	6 oz serving	15.82
001262	Chinese Bar	servings	44.77
000457	Corn Dog	Each	31.11
000364	Country Breaded Steak	serving	16.00
001145	Fish Patty Sandwich (HS)	Each	42.06
000011	Fish Patty Sandwich (K-8)	Each	35.06
001256	French Bread Pizza	slice	30.00
001226	French Dip Sandwich	Each	31.37
001115	French Toast Sticks & Sausage	serving	29.22
001150	General Tso's Chicken	serving	13.00
001159	Grilled Cheese Sandwich (HS)	Sandwich	40.00
001049	Grilled Cheese Sandwich (K-8)	Sandwich	38.00
000312	Ham & Cheese Hoagie	Each	30.00
001142	Hamburger on a Bun (HS)	Each	28.02
000161	Hamburger on a Bun (K-8)	Each	21.02

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No.	Description	Portion Size	Carbohydrates (Grams)
001238	Hoagie Sub (K-5)	each	28.50
001231	Hoagie Sub (MS)	each	28.67
001143	Hot Dog on Bun	Each	28.02
001227	Italian Combo Hoagie	each	29.00
001205	Lemon Chicken	serving	24.00
001108	Macaroni & Cheese	6 oz	31.00
001146	Meatball Sub	Each	32.96
001057	Meatloaf	3oz serving	6.00
001263	Mexican Bar	servings	38.62
001128	Mini Corn Dogs	6 Each	20.89
001127	Nachos with Meat	Each	37.15
000930	Ocean Treasures Fish Nuggets	4 Nuggets	21.07
001130	Pancakes with Sausage	Serving	29.40
001265	Pasta Bar	servings	58.22
001244	Philly Steak Sandwich	Sandwiches	31.78
001257	Pizza Big D Buffalo Chicken	slice	35.00
000857	Pizza Big D Cheese	slice	43.00
001258	Pizza Big D Four Meat	slice	36.00
000856	Pizza Big D Pepperoni	slice	43.00
001137	Pizza Hut Pizza	Slice	28.68
001245	Pizza Personal Pepperoni	each	22.80
000806	Popcorn Chicken	Serving	16.00
001264	Ramen Bar	Servings	14.00
001116	Shrimp Poppers	Serving	56.00
001160	Soft Taco HS	2 Each	42.66
001158	Soft Taco K-8	1 Each	22.66
001149	Spaghetti with Meatballs (HS)	Serving	92.91
001148	Spaghetti with Meatballs (K-8)	Serving	70.92
001144	Spicy Chicken Sandwich (HS)	Each	35.00
000718	Spicy Chicken Sandwich (K-8)	Each	28.00
001122	Sweet & Sour Chicken	4 oz scoop	30.41
001165	Taco Soup	8 oz portion	18.47
001075	Tater Tot Casserole	1/2 cup serving	13.05
000894	Teriyaki Chicken	serving	14.00
000817	Tomato Soup	1 cup	20.83
001123	Turkey & Cheese Hoagie	Each	27.00
001224	Turkey Ham & Cheese Stromboli	each	29.00
001225	Turkey Pot Roast Bowl	servings	19.10
001188	Turkey Sliced - Thanksgiving	Each	0.00
000490	Uncrustable Meal	Serving	39.01
001219	Walking Taco	Each	30.42
001161	Whole Grain Pasta & Meat Sauce	Serving	33.07
001154	with Popcorn Chicken	Serv & Bosco	8.00
001242	Yogurt Parfait, lunch	Each	104.85
001236	Yogurt w String Cheese & Muffin	Each	55.05

FRUIT

000248	Apricot Halves	1/2 cup	20.86
001113	Breakfast Fruit - Canned	Serving	18.86
000247	Chilled Applesauce	1/2 cup	22.31
001192	Chilled Cherries	1/2 cup	10.13
000551	Chilled Fruit Cocktail	1/2 cup	15.55
000819	Chilled Strawberries	1/2 cup	10.53
001129	Cinnamon Apples	1/2 cup	21.91
001190	Cranberry Sauce	4 oz	41.28
001255	Dried Cherries	2 oz serving	46.56
001112	Fresh Fruit	Weighted Serv	22.69
001237	Juice	Weighted Serv	17.80
000923	Peach Slices	1/2 cup	18.26
000815	Pear Slices	1/2 cup	12.80
001105	Pineapple & Mandarin Oranges	4 oz	25.42
000097	Raisins	2 oz serving	44.89

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001253	Rosy Applesauce	1/2 cup	30.77
000334	Whole Fruit Frozen Juice Cup	Each	18.00
MILK			
000873	Milk	Weighted Serv	15.70
SC			
001121	Cheese Sauce	2 oz	7.06
001117	Chicken Gravy	2 ounce	1.61
000972	Pepper Gravy	servings	10.24
001189	Turkey Gravy	2 ounce	3.00
SN			
000666	Snack Bag of Chips	Each	16.52
VEG			
000589	Baked Beans	4 oz	33.24
001247	Black Bean and Corn Salsa	1/4 c serving	9.47
000878	Black Beans	1/2 Cup	18.90
000022	Carrot & Celery Sticks	1/2 cup	8.15
000904	Coleslaw	1/2 cup serving	6.75
000032	Corn on the Cob	1 cob serving	12.66
000311	Mashed Potatoes	1/2 cup	15.00
001155	Oven Baked Fries	4 oz servings	33.75
001156	Oven Baked Seasoned Fries	4 oz serving	33.35
000712	Oven Baked Tater Tots	1/2 cup	30.95
001131	Oven Baked Tri Tator	2 Each	23.87
001211	Oven Baked Waffle Fries	servings	20.00
001007	Potato Smiles	serv, 4 each	20.00
000008	Refried Beans	4 oz	31.24
990002	Romaine Salad	1 cup serving	7.46
001134	Romaine Salad - Bag	1 cup serving	5.10
000919	Seasoned Corn	1/2 cup	84.21
001125	Shelled Edamame	4 oz	12.01
000920	Steamed Broccoli	1/2 cup	6.08
000836	Steamed Carrot Coins	1/2 cup	8.96
000424	Steamed Green Beans	1/2 cup	3.78
001152	Steamed Peas	4 oz	16.39
001118	Steamed Peas & Carrots	4 ounces	12.01
001191	Sweet Potato Casserole	4 oz	30.34
001133	Veggie Bar	Serving	14.54

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