

# Raymore-Peculiar Schools

No.	Description	Portion Size	Carbohydrates (Grams)
<b>BREAD</b>			
001241	Apple Cinnamon Muffin	Each	32.56
001252	Banana Chocolate Chip Muffin	each	49.41
001119	Banana Muffin	Each	32.88
001246	Biscuit	Each	24.00
000897	Blueberry Muffin	Each	31.57
001107	Breadstick	Each	14.51
001124	Brown Rice	1/2 cup serv	21.17
001210	Cheesy Mexican Rice	1/2 c serving	22.86
001218	Chocolate Chip Muffin	each	46.29
001151	Choice of Bread HS	Each	31.63
001317	Choice of Muffin	Each	33.30
001273	Cilantro Lime Rice	1/2 c serving	13.48
001187	Cornbread Stuffing	1/3 cup	59.85
000475	Fried Rice	1/2 c serving	21.45
001207	Garlic Toast	slice	15.00
001126	Goldfish Crackers	Each	14.00
001212	Lemon Poppyseed Muffin	each	30.60
001278	Nacho Chips	Each	33.74
001279	Nacho Chips - HS	Each	39.24
001235	Orange Cranberry Muffin	each	38.67
001260	Soft Pretzel	Each	30.00
001039	Southern Style Biscuit	Each	24.00
000550	Toast	serving	12.00
001090	Whole Grain Roll	each	28.00
001299	Whole Grain Sweet Roll	each	39.39
001261	with Goldfish Grahams	each	18.00
<b>BRKFS</b>			
001111	Biscuit & Gravy	Servings	33.00
001114	Breakfast Breads (HS)	Serving	36.29
001199	Breakfast Breads (K-5)	Serving	43.33
001251	Breakfast Breads (MS)	Serving	39.50
000348	Breakfast Pizza	Each	25.96
000215	Breakfast Pizza Sausage Gravy	Each	28.20
001326	Breakfst Bar - MS & HS	Each	40.52
001109	Breakfst Bar w/ or w/o Grahams	Each	56.00
001239	Carnival Waffle	Each	51.24
001301	Cereal Bar	Serving	48.19
001198	Cereal to Go	each	40.33
000209	Cereal Variety	Each	41.00
001277	Cereal Variety - Shull	Each	39.67
001092	Chicken & Cheese Biscuit	1 sandwich	32.00
001197	Cinnamania	each	55.00
001089	Cinnamon Roll	Each	37.09
000368	French Toast Sticks/Sausage@B	serving	19.14
001196	Grab & Go Breakfast	Serving	48.13
000446	Pancake on a Stick	each	22.00
000818	Pancake with Sausage @ Brkfst	Serving	28.40
001195	Poptart Variety	Each	55.33
001110	Sausage and Cheese Biscuit	Each	26.00
001310	Sunrise Smoothie	each	18.67
000205	Yogurt Parfait, breakfast	Each	57.16
<b>CON</b>			
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

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No.	Description	Portion Size	Carbohydrates (Grams)
001254	Fry Sauce	1/2 oz serving	1.96
001172	Jalapenos	oz	1.00
001328	Jelly	each	0.06
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
001272	Pico De Gallo	servings	4.61
001181	Relish	oz	5.67
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**

001313	4 Cheese Enchiladas	servings - 2 ct	15.12
001140	BBQ Pork Rib Patty	Each	34.42
001166	BBQ Pork Sandwich (HS)	Each	48.64
000890	BBQ Pork Sandwich (K-8)	Each	41.64
001259	Big Daddy Pizza	Each	39.25
001314	Bosco Sticks	Serv 2 ct	55.88
001223	Breaded Mozzarella Sticks	serving-6ct	37.75
001221	Buffalo Chicken Bites	servings-5 ct	15.28
001324	Build a Salad Bar	Each	2.50
001185	Build a Sub Bar	Each	27.75
001266	Burger Bar	Servings	39.49
001043	Cheese Wedge Pizza	slice	34.11
001169	Cheeseburger Macaroni	6 oz serving	24.49
001281	Cheeseburger Meatloaf	Each	8.00
001141	Cheeseburger on a Bun (HS)	Each	29.02
001132	Cheeseburger on a Bun (K-8)	Each	22.02
000481	Chicken & Noodles	3/4 cup serving	25.91
001208	Chicken Alfredo Pasta	2/3 c 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
001280	Chicken Tenders	Serving 3 ct	12.00
000453	Chicken Tenders - HS	Serving 3 ct	17.00
000464	Chili & Crackers	6 oz serving	33.82
001163	Chili - HS	6 oz serving	15.82
001262	Chinese Bar	servings	36.90
000457	Corn Dog	Each	31.11
000364	Country Breaded Steak	Each	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	3 sticks/1 saus	29.22

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No.	Description	Portion Size	Carbohydrates (Grams)
001150	General Tso's Chicken	4 oz serving	28.82
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
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	1/3 c serving	25.31
001284	Mac & Cheese Bar	Servings	50.28
001108	Macaroni & Cheese	6 oz	31.00
001146	Meatball Sub	Each	32.96
001057	Meatloaf	Each	6.00
001263	Mexican Bar	servings	92.40
001128	Mini Corn Dogs	6 Each	20.89
001127	Nachos with Meat	Each	37.15
001327	Nachos with Meat - HS	Each	42.66
001276	Orange Chicken	1/2 c. serving	26.71
001130	Pancakes with Sausage	Serving	29.40
001265	Pasta Bar	servings	50.78
001282	Pepperjack Enchiladas	Serving-2 Each	29.92
001244	Philly Steak Sandwich	Each	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
000806	Popcorn Chicken	1/2 c. Serving	16.00
001283	Potato Bar	servings	81.93
001264	Ramen Bar	Servings	61.74
000172	Scrambled Eggs	SERVING	5.10
001116	Shrimp Poppers	6 oz Serving	56.00
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
001271	Sweet Thai Carnita Meat	servings	29.20
001165	Taco Soup	8 oz portion	18.47
001270	Teriyaki Beef Meatballs	servings (5 ea)	8.38
000894	Teriyaki Chicken	3 oz serving	16.67
001321	Teriyaki Chicken Bowl	6oz	38.20
000817	Tomato Soup	1 cup	20.83
001311	Tony's Pizza	slice	35.00
001123	Turkey & Cheese Hoagie	Each	27.00
001188	Turkey Sliced - Thanksgiving	Each	0.00
000490	Un crustable Meal	Serving	39.01
001219	Walking Taco	Each	20.42
001161	Whole Grain Pasta & Meat Sauce	Serving	33.07
001242	Yogurt Parfait, lunch	Each	104.85
001236	Yogurt w String Cheese & Muffn	Each	53.42

**FRUIT**

001303	Almost Summer Smoothie	8oz	16.45
001274	Apple Wedges	Each	7.00
001309	Apple-Blueberry Crisp	each	41.20
000242	Applesauce Cup	4 oz	20.00
001305	Berry Patch Smoothie	8oz	19.99
001113	Breakfast Fruit - Canned	Serving	18.86
001308	Cherry Cobbler	each	34.27*
000247	Chilled Applesauce	1/2 cup	22.31
001192	Chilled Cherries	1/2 cup	10.13

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## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
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
001298	Diced Mango	1/2 cup	17.01
001255	Dried Cherries	2 oz serving	46.56
001304	Food Court Smoothie	8oz	16.25
001112	Fresh Fruit	Weighted Serv	22.69
001269	Fresh Watermelon	1/2 cup	17.06
001275	Halloween Sherbet	Each	19.00
001237	Juice	Weighted Serv	17.80
001307	Lemonade Stand Smoothie	8oz	20.32
000923	Peach Slices	1/2 cup	18.26
000815	Pear Slices	1/2 cup	12.80
001105	Pineapple & Mandarin Oranges	1/2 cup	25.42
001306	Pink Lemonade Smoothie	8oz	20.31
000097	Raisins	2 oz serving	44.89
001253	Rosy Applesauce	1/2 cup	30.77
001292	Tropical Mixed Fruit	1/2 cup	20.28
000334	Whole Fruit Frozen Juice Cup	Each	18.00

### MILK

000873	Milk	Weighted Serv	15.70
001325	Milk-Shull	Weighted Serv	11.00

### SC

001121	Cheese Sauce	2 oz	7.06
001117	Chicken Gravy	2 ounce	1.61
000972	Pepper Gravy	2 ounce	10.24
001189	Turkey Gravy	2 ounce	3.00

### SN

000666	Snack Bag of Chips	Each	18.44
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### VEG

000589	Baked Beans	1/2 cup	33.24
001318	Baked Seasoned Spirals	1/2 cup	25.00
000878	Black Beans	1/2 Cup	22.26
000022	Carrot & Celery Sticks	3/4 cup	8.15
000904	Coleslaw	1/2 cup serving	6.75
000032	Corn on the Cob	1 cob serving	12.66
001247	Cowboy Salsa	1/4 c serving	9.47
001285	Garbanzo Bean Salad	4oz	14.96
001302	Glazed Carrots	1/2 cup	23.23
001268	Grilled Onions and Peppers	servings	5.37
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
001320	Parmesan Roasted Cauliflower	1/2 cup	32.02
001267	Potato Salad	1/2 c servings	21.87
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
001319	Scalloped Potatoes	.5 cup	22.00
000919	Seasoned Corn	1/2 cup	84.21
000920	Steamed Broccoli	1/2 cup	6.08

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No.	Description	Portion Size	Carbohydrates (Grams)
000836	Steamed Carrot Coins	1/2 cup	8.96
000424	Steamed Green Beans	1/2 cup	3.78
001152	Steamed Peas	1/2 cup	16.39
001118	Steamed Peas & Carrots	1/2 cup	12.01
001322	StirFry Veggies	4oz	6.67
001191	Sweet Potato Casserole	1/2 cup	30.34
001133	Veggie Bar	Serving	14.54
001312	Veggie Dippers	each	35.03

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