

Raymore-Peculiar Schools

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
BREAD			
001252	Banana Chocolate Chip Muffin	each	49.41
001119	Banana Muffin	Each	32.88
000897	Blueberry Muffin	Each	31.57
001210	Cheesy Mexican Rice	1/2 c serving	22.86
001412	Cheez-It Crackers	each	14.00
001218	Chocolate Chip Muffin	each	46.29
001151	Choice of Bread HS	Each	29.38
001317	Choice of Muffin	Each	38.56
001207	Garlic Toast	slice	15.00
001126	Goldfish Crackers	Each	14.00
001212	Lemon Poppyseed Muffin	each	30.60
001387	Muffin, assorted	each	49.00
001278	Nacho Chips	Each	33.74
001279	Nacho Chips - HS	Each	39.24
001235	Orange Cranberry Muffin	each	38.67
001414	Petite Roll	each	21.00
000677	Snack bag of Pretzels	each	23.00
001260	Soft Pretzel	Each	30.00
001039	Southern Style Biscuit	Each	24.00
001426	White Rice	1/2 cup serv	21.81
BRKFS			
001111	Biscuit & Gravy	Servings	33.00
001418	Bread, Cinn Toast Crunch Stuff	each	41.00
001419	Bread, Cocoa Puff Stuffed	each	41.00
001199	Breakfast Breads (K-5)	Serving	43.33
001114	Breakfast Breads (MS/HS)	Serving	36.29
001366	Breakfast Burrito	1 each	39.00
001363	Breakfast Donuts	Serving	41.33
000348	Breakfast Pizza	Each	25.96
001326	Breakfst Bar - MS & HS	Each	33.32
001239	Carnival Waffle	Each	51.24
001349	Carnival Waffle with Sausage	Each	53.24
001301	Cereal Bar	Serving	30.19
001198	Cereal to Go	each	40.33
000209	Cereal Variety	Each	23.00
001277	Cereal Variety - Shull	Each	22.00
001315	Chicken & Cheese biscuit	each	33.00
001197	Cinnamania	each	55.00
001415	Donut, Long John WG	each	26.00
001416	Donut, Mini Chocolate	each	45.00
001417	Donut, Mini Powdered	each	51.00
000368	French Toast Sticks/Sausage@B	serving	19.14
001196	Grab & Go Breakfast	Serving	76.76
001425	Grab & Go Breakfast 6-12	Serving	32.95
001421	Grab & Go Breakfast K-5	Serving	36.88
000323	Oatmeal	serving	13.57
000446	Pancake on a Stick	each	22.00
000818	Pancake with Sausage @ Brkfst	Serving	28.40
001195	Poptart Variety	Each	74.67
001422	sausage	each	0.28
001110	Sausage and Cheese Biscuit	Each	26.00
001420	Strudel, Apple Filled Frudel	each	36.33
001424	Strudel, Cherry Filled Frudel	each	36.00
CON			
001173	Black Olives	oz	3.54
001135	Condiments PC	serving	1.13

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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
000225	Salad Dressing	1 oz serving	6.66
001174	Sour Cream	Tbsp	1.42
001180	Soy Sauce	oz	4.73
001178	Sweet & Sour Sauce	oz	10.84
001176	Syrup, PC	each	20.00
000126	Tarter Sauce	1 TBS servings	1.42

DESRT

001378	Brownie, Birthday	each	29.76
001377	Brownie, WG Fudge	each	31.00
900004	Cherry Crisp	SERVINGS	18.94
001381	Chocolate Mousse	1/2 cup	6.00
001398	Dirt Parfait	each	23.64
001037	Fortune Cookie	cookie	29.00
001410	Fruit Roll-up	each	11.00
001162	Holiday Cookie	Each	17.00
001087	WG Chocolate Chip Cookie	package	18.00

ENT

001140	BBQ Pork Rib Patty	Each	34.42
001166	BBQ Pork Sandwich (HS)	Each	26.00*
000890	BBQ Pork Sandwich (K-8)	Each	22.00*
001259	Big Daddy Pizza	Each	39.25
001153	Bosco Stick	Each	27.94
001314	Bosco Sticks	Serv 2 ct	55.88
001361	Breaded Chicken Drumstick	each	11.00
001223	Breaded Mozzarella Sticks	serving-6ct	37.75
001221	Buffalo Chicken Bites	servings-5 ct	15.28
001157	Cheese Quesadilla	2 Each	41.00
001141	Cheeseburger on a Bun (HS)	Each	27.00
001132	Cheeseburger on a Bun (K-8)	Each	25.02
001204	Chicken Drumstick	each	2.00
001203	Chicken Nuggets	5 nugget serv	11.84
001370	Chicken Patty Sandwich (HS)	Each	42.00
000983	Chicken Patty Sandwich (K-8)	Each	38.00
001280	Chicken Tenders	Serving 3 ct	11.10
000453	Chicken Tenders - HS	Serving 4 ct	12.96
001397	Chicken Teriyaki bowl (temp)	serving	30.70
000464	Chili & Crackers	6 oz serving	33.22
001163	Chili - HS	6 oz serving	15.22
000457	Corn Dog	Each	31.11
001364	Deep Dish Personal Pizza - Chs	each	31.00
001365	Deep Dish Personal Pizza - Pep	each	31.00
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
001369	Grilled Chicken Patty San(K-8)	serving	23.00
001139	Grilled Chicken Patty Sand(HS)	1 each	27.00
000312	Ham & Cheese Hoagie	Each	30.00
001142	Hamburger on a Bun (HS)	Each	26.00
000161	Hamburger on a Bun (K-8)	Each	24.02
001231	Hoagie Sub	each	28.67
001143	Hot Dog on Bun	Each	28.02
001227	Italian Combo Hoagie	each	29.00

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No.	Description	Portion Size	Carbohydrates (Grams)
001108	Macaroni & Cheese	6 oz	31.00
001353	Manager's choice	each	*N/A*
001146	Meatball Sub	Each	32.96
001128	Mini Corn Dogs	6 Each	20.89
001240	Mozzarella Sticks	Servings (6 ea)	38.73
001402	Nacho Munchable	servings	36.82
001127	Nachos with Meat	Each	36.03
001327	Nachos with Meat - HS	Each	41.54
001276	Orange Chicken	1/2 c. serving	26.71
001130	Pancakes with Sausage	Serving	29.40
001413	Pasta with meatballs (HS)	Serving	31.34
001411	Pasta with Meatballs (K-8)	Serving	24.75
001257	Pizza Big D Buffalo Chicken	slice	35.00
001258	Pizza Big D Four Meat	slice	36.00
001137	Pizza Hut Pizza	Slice	28.68
001352	Pizza Munchable	each	46.36
001394	Pizza Personal Cheese	each	31.00
001393	Pizza Personal Pepperoni	each	28.39
001406	Pizza, Nardone's 16" Cheese	each	31.23
001405	Pizza, Nardone's 16" Pep	each	28.00
001407	Pizza, Nardone's 4x6 cheese	each	32.00
001408	Pizza, Nardone's 4x6 Pepperoni	each	30.00
001409	Pizza, Nardone's Garlic FB	each	28.00
000806	Popcorn Chicken	1/2 c. Serving	16.00
001323	Premade Salad	each	4.18
000172	Scrambled Eggs	SERVING	144.67
001161	Spaghetti & Meat Sauce	Serving	33.00
001149	Spaghetti with Meatballs (HS)	Serving	2432.54
001148	Spaghetti with Meatballs (K-8)	Serving	613.06
001144	Spicy Chicken Sandwich (HS)	Each	42.00
000718	Spicy Chicken Sandwich (K-8)	Each	38.00
001122	Sweet & Sour Chicken	4 oz scoop	30.41
001234	Sweet Thai Chicken Bowl	serving	36.17
001165	Taco Soup	8 oz portion	18.13
000894	Teriyaki Chicken	3 oz serving	16.67
001321	Teriyaki Chicken Bowl	Servings	35.50
000817	Tomato Soup	1 cup	20.83
001123	Turkey & Cheese Hoagie	Each	27.00
001334	Turkey - thanksgiving sliced	2.82oz	0.00
000490	Un crustable Meal	Serving	32.51
001375	Un crustable Meal - HS	Serving	64.00

FRUIT

001309	Apple Crisp	each	22.43
001274	Apple Wedges	Each	7.00
000242	Applesauce Cup	4 oz	20.00
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
001113	Fruit - Canned	Serving	12.76
001112	Fruit - Fresh	Weighted Serv	21.84
001275	Holiday Sherbet	Each	19.00
001237	Juice	Weighted Serv	13.15
001383	Peach Crisp	each	21.41
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
000097	Raisins	2 oz serving	44.97
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

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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			
001351	Popcorn	each	13.00
000666	Snack Bag of Chips	Each	19.01
VEG			
000589	Baked Beans	1/2 cup	33.24
000878	Black Beans	1/2 Cup	22.26
001332	Caesar Salad	serving	526.33
000022	Carrot & Celery Sticks	3/4 cup	8.15
001373	Deli Roasters	serving	19.00
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
000074	Pasta Salad	2 oz	23.84
001007	Potato Emojis	4 pieces	18.00
001267	Potato Salad	1/2 c servings	21.87
990002	Romaine Salad	1 cup serving	7.46
001134	Romaine Salad - Bag	1 cup serving	5.10
001318	Seasoned Spiral Fries	1/2 cup	25.01
001133	Veggie Bar	Serving	14.54
001312	Veggie Dippers	servings	5.36

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