

# Oxford City Schools

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
001748	Apple Crisp	1/2 cup	60.86
001148	Apples, Can Sliced Sug/Cinn	1/2 cup	20.30
001382	Applesauce - Green	1/2 cup	19.89
001150	Applesauce - Strawberry	1/2 cup	87.31
001138	Applesauce, Can	1/2 cup	13.92
001439	Applesauce, Cup SS	each	15.00
001785	Applesauce, Cups USDA	each	14.00
001755	Asian, General Tso Sauce 2oz	2 oz	32.00
001673	Asian, Honey Citrus Pepper 2oz	2 oz	36.00
000562	Asian, Sweet Chili Sauce 2oz	2 oz	34.00
001038	Bacon, 2 slices	2 slices	0.00
001362	Bagel Frozen	bagel	29.00
001236	Bagel Frozen IW	bagel	29.00
000572	Bar, Cinnamon Toast Crunch	bar	30.00
001709	Bar, Cocoa Puffs	bar	30.00
001294	Bar, Rice Krispies	bar	31.00
001147	Bar, Rice Krispies Chocolate	bar	27.00
000265	Bar, Rice Krispies Mini	mini bar	9.00
001708	Bar, Twix	bar	30.00
000918	BBQ Sauce Bulk 1oz	1 oz	7.29
001152	BBQ Sauce Pack - 1 ct	1 pack	4.00
001352	BBQ Sauce Pack - 2 ct	packs (2)	8.00
000982	Beans, Baked	1/2 cup	47.76
001775	Beans, Baked (Meat Alt)	1/2 cup	47.76
000361	Beans, Green Can	1/2 cup	3.69
001209	Beans, Green Italian Can	1/2 cup	6.00
001776	Beans, Pinto Can	1/2 cup	23.73
000763	Beans, Pinto Can (Meat Alt)	1/2 cup	23.73
000588	Beans, Refried	1/2 cup	18.42
000388	Beans, Refried (Meat Alt)	1/2 cup	18.42
001014	Beans, Refried w/ Chs (Meat A)	1/2 cup	19.24
001622	Beans, Refried with Cheese	1/2 cup	19.24
001771	Beans, Refried with Salsa	1/2 cup	19.62
001035	Beef, Breaded Country Patty	patty	19.00
001767	Beef, Ground Fine USDA	2 oz serving	0.00
000264	Beef, Meatballs Italian (4 ct)	meatballs (4)	1.40
000840	Beef, Patty Hoagie Size	patty	2.00
000991	Beef, Patty USDA	patty	0.00
001489	Beef, Slider Patty	patty	0.20
001488	Beef, Slider Patty 2 ct	patty (2)	0.40
001784	Beef, Sloppy Jo Mix 2 oz	2 oz	30.88
001460	Beef, Steak Burger	patty	0.70
000929	Beef, Steak Nugget - 8ct	nuggets (8)	16.00
000940	Beef, Taco/Nacho 2 oz USDA	2oz meat	25.01
001692	Biscuit	biscuit	27.00
001806	Blueberries, Frozen 1/2 c	1/2 cup	8.77
001807	Blueberries, Frozen 1/4 c	1/4 cup	4.39
001163	Blueberry Crumb Bars	bars	27.17
000234	Bologna, 1 oz	1 oz	1.52
001143	Bologna, 2 oz	2 oz	3.04
000719	Bread, Flatbread	flatbread	26.00
000068	Bread, Sandwich	bread slice	15.00
001359	Bread, Sandwich 2 slices	2 bread slices	30.00
001146	Breadstick	breadstick	15.00
901275	Break	break	0.00
000398	Breakfast Bagel Saus/Cheese	bagel	19.00
000842	Breakfast Sandwich Egg/Cheese	sandwich	19.00
000270	Breakfast Wrap Egg/Meat/Cheese	wrap	17.00
001703	Broccoli	1/2 cup	4.45
000978	Broccoli Salad	1/2 cup	14.94
001437	Buffalo Sauce 1oz	1 oz	0.00
001312	Buffalo Sauce 2oz	2 oz	0.00
001023	Bun, Hamburger	bun	27.00

*\*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*

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Oxford City Schools

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000460	Bun, Hoagie	bun	36.00
001024	Bun, Hot Dog	bun	27.00
001244	Bun, Slider	bun	15.00
001341	Buns, Slider	buns (2)	30.00
000304	Cake, Chocolate	serving	33.70
001524	Cake, White	serving	33.47
001492	Cake, Yellow	serving	33.47
000984	Carrots, Baby Pack	pack	5.98
000985	Carrots, Baked	1/2 cup	8.89
001790	Carrots, Can	1/2 cup	5.51
000582	Carrots, Frozen	1/2 cup	7.16
001681	Cereal Bowl, Apple Cin Cheerio	bowl	22.00
001493	Cereal Bowl, Apple Jacks	bowl	24.00
001373	Cereal Bowl, Cheerios	bowl	20.00
001599	Cereal Bowl, Cinnamon Tst Crch	bowl	22.00
001600	Cereal Bowl, Cocoa Puffs	bowl	25.00
001601	Cereal Bowl, Froot Loops	bowl	24.00
001683	Cereal Bowl, Frost Corn Flakes	bowl	24.00
000247	Cereal Bowl, Frosted Flakes	bowl	24.00
001242	Cereal Bowl, Fruity Cheerios	bowl	26.00
001658	Cereal Bowl, Golden Grahams	bowl	24.00
000285	Cereal Bowl, Lucky Charms	bowl	23.00
001657	Cereal Bowl, Trix	bowl	24.00
001777	Cheese Sauce, Can Nacho 1oz	1 oz	4.57
001778	Cheese Sauce, Can Nacho 2oz	2 oz	10.10
001779	Cheese Sauce, Can Plain 1oz	1 oz	5.03
001780	Cheese Sauce, Can Plain 2oz	2 oz	10.06
001702	Cheese Sauce, Cheddar Dry 1 oz	1 oz	4.81
001137	Cheese Sauce, Cheddar Dry 2 oz	2 oz	9.62
001698	Cheese Sauce, Nacho Dry 2oz	2 oz	8.25
001374	Cheese, Amr Slice 1 Purchased	slice	0.00
000778	Cheese, Amr Slice 1 USDA	slice	1.01
000932	Cheese, Amr Slice 2 USDA	slices (2)	2.03
001774	Cheese, Amr White 1 slice USDA	slice	1.01
001773	Cheese, Amr White 2 slice USDA	slice	2.03
001529	Cheese, Ched Shred .5oz USDA	.5 oz	0.51
000725	Cheese, Ched Shred 1oz USDA	1 oz	1.01
000645	Cheese, Ched Shred 2oz USDA	2 oz	2.02
001206	Cheese, Mozz Shred 1oz	1 oz	0.75
001791	Cheese, Mozz Shred 1oz USDA	1 oz	1.00
001809	Cheese, Mozz Shred 2oz	2 oz	1.50
001768	Cheese, Mozz Shred 2oz USDA	2 oz	4.00
000736	Cheese, Mozz String Purchased	string cheese	0.00
001792	Cheese, Mozz String USDA	string cheese	0.00
000261	Cheese, Pepper Jack Slice - 1	slice	1.00
001388	Cheese, Pepper Jack Slice - 2	slices (2)	2.00
000330	Cheese, Swiss Slice - 1	slice	0.00
000325	Cheese, Swiss Slice - 2	slices (2)	0.00
001394	Chicken Bites - 3 ct	serving (3)	10.50
001367	Chicken Bites - 6 ct	serving (6ct)	21.00
001472	Chicken Diced	1 oz	0.50
001205	Chicken Nugget - 5ct	serving (5)	15.67
000925	Chicken, Brd Breast Patty Mild	patty	19.43
001682	Chicken, Brd Brst Spicy Patty	patty	16.27
001716	Chicken, Breakfast Patty	patty	7.00
001030	Chicken, Breast Grilled Patty	patty	1.00
001380	Chicken, Diced 2.3 oz	2 oz	1.00
000178	Chicken, Hot Wings 3 ct	wings (3)	2.78
001679	Chicken, Patty Grilled USDA	serving	*N/A*
001343	Chicken, Taco Meat Purchased	1/2 cup	3.01
001246	Chicken, Tenders Crispy 1ct	tender	5.67
001164	Chicken, Tenders Crispy 2ct	tenders (2)	11.33
001695	Chicken, Tenders Crispy 3ct	tenders (3)	17.00

\*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

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Oxford City Schools

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
001670	Chili - 1 cup	1 cup	29.88
001034	Chips, Baked BBQ	bag	24.00
000999	Chips, Baked Original	bag	26.00
000888	Chips, Baked Sour Cream & Onion	bag	24.00
001036	Chips, Cheetos	bag	17.00
000886	Chips, Cheetos Flamin Hot	bag	18.00
000232	Chips, Corn (1oz/34 chips)	serving (34)	20.00
000885	Chips, Doritos Nacho Cheese	bag	20.00
001037	Chips, Doritos Ranch	bag	19.00
001810	Chips, Doritos Sweet Chili	bag	20.00
001371	Chips, Tortilla (1oz/10chips)	chips (10)	19.00
001680	Cinnamon Roll - Baked	cinnamon roll	36.00
001696	Cinni Mini's	serving	40.00
000956	Coleslaw	1/2 cup	44.55
001739	Cookie, Carnival	cookie	18.00
001738	Cookie, Chocolate Chip	cookie	18.00
001737	Cookie, Vanilla Sugar	cookie	18.00
000679	Corn Dog	corn dog	30.00
001243	Corn, Creamed	1/2 cup	21.55
000586	Corn, Frozen	1/2 cup	17.25
000125	Corn, Nuggets Frozen 7ct/.5c	nuggets (7)	36.76
000260	Crackers, Animal Packs	pack	18.00
001513	Crackers, Cheese Fish Shape	pack	14.00
001655	Crackers, Cheez It	pack	14.00
001208	Crackers, Club Salad 1 pack	pack	5.00
000720	Crackers, Graham Choc Chip	pack	20.00
000512	Crackers, Graham Honey	pack	20.00
000816	Crackers, Saltines 1 pack	pack	7.04
001495	Crackers, Saltines 2 packs	packs (2)	14.00
001759	Cranberry Sauce	1/4 cup	25.20
000228	Cream Cheese Cup Plain	each	2.00
000691	Cream Cheese Cup Strawberry	each	4.00
001523	Crispito	crispito	23.00
001814	Crispitos	crispitos (2)	46.00
000889	Croissant	croissant	15.00
001233	Croutons - 2 TBSP	serving	4.00
001141	Dorito Nacho Chip Mix	bag	19.50
001566	Dressing, Italian FF 2 Pack	packs (2)	4.00
000355	Dressing, Ranch FF 2 Pack	packs (2)	6.00
001081	Dressing, Ranch 1.5 oz pack	serving	9.00
001195	Egg Bag Frozen 1cup	1 cup	2.97
001819	Egg Bag Frozen 1oz	1 oz	0.53
001753	Egg Omelet Colby	omelet	0.00
001174	Egg Patty USDA 110931	patty	*N/A*
001500	Egg Roll, Vegetable	eggroll	22.00
000805	Egg Square	square	1.28
001187	Fish Basket	serving	43.75
000282	Fish Nuggets	nuggets (4)	22.00
000281	Fish Patty	patty	16.00
001499	French Toast Berry	pouch	36.00
001512	French Toast Cinnamon	pouch	37.00
001433	French Toast Sticks - 2	serving (2)	17.50
001432	French Toast Sticks - 4	serving (4)	35.00
000123	Fresh Fruit Choice	fruit	27.37
001707	Frudel Apple	frudel	35.96
001706	Frudel Cherry	frudel	35.96
001794	Fruit Cocktail, Can USDA	1/2 cup	21.04
001042	Fruit Cocktail, Can with juice	1/2 cup	19.20
000049	Fruit Cocktail, Drained	1/2 cup	16.14
001440	Fruit Cup, Variety SS	fruit cups	16.00
001419	Fruit Cups, Fruit Cocktail SS	fruit cups	17.00
001399	Fruit Roll Up, Berry	roll up	11.00
001400	Fruit Roll Up, Crazy Colors	roll up	11.00

\*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

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Oxford City Schools

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
001350	Fruit Roll Up, Strawberry	roll up	11.00
001647	Fruit Snacks, Scooby Doo	pack	21.00
001741	Fruit, Apples	apple	19.27
001606	Fruit, Banana Slices 1/4 cup	1/4 cup	16.06
000733	Fruit, Bananas	banana	38.59
001308	Fruit, Grapes Seedless 14ct	grape (14)	14.97
001405	Fruit, Oranges	orange	18.39
001752	Fruit, Peaches Size 40	peach	9.63
000284	Fruit, Peaches Size 56	peach	15.04
001751	Fruit, Peaches Size 60/64	peach	12.44
000880	Fruit, Pears 150ct	pear	16.93
001285	Fruit, Strawberries Whole	strawberries	6.71
001270	Fruit, Tangerines 2 ct	tangerines (2)	30.25
000887	Gravy, Brown 1/4c	1/4 cup	2.99
001805	Gravy, Chicken 1/4c	serving	4.83
001804	Gravy, Country Biscuit 1/4c	serving	4.94
001795	Ham Sliced 1 oz USDA	1 oz	1.97
001756	Ham Sliced 2oz USDA	2 oz	3.95
900122	Holiday	holiday	0.00
000078	Honey 1 pack	pack	7.00
000354	Honey 2 pack	packs (2)	14.00
001241	Honey Bun	bun	32.00
000318	Honey Mustard 2oz Bulk	2 oz	10.00
001742	Honey Mustard Pack	pack	7.00
001519	Hot Dog Chili Sauce 2 oz	2 oz	3.54
000267	Hot Dog Frank, Beef	frank	1.00
000332	Hummus Dip - 2 tbsp	serving	4.98
001302	Hushpuppies, Sweet Corn 3ct	hushpuppies (3)	21.75
001296	Icing, Biscuits and Rolls	.5 oz	2.19
000171	Icing, Chocolate	servings	18.94
000172	Icing, Vanilla	serving	23.81
000271	Jam, Strawberry 1pk	pack	9.00
001743	Jam, Strawberry 2pk	packs (2)	18.00
001336	Jello, Lime	1/2 cup	17.39
001333	Jello, Orange	1/2 cup	17.39
001335	Jello, Strawberry	1/2 cup	17.39
001744	Jelly, Apple 1pk	pack	9.00
001745	Jelly, Apple 2pk	packs (2)	18.00
001441	Jelly, Grape 1pk	pack	9.00
001684	Jelly, Grape 2pk	packs (2)	18.00
001220	Jelly/Jam Assortment 2 pack	2 packs	18.00
001632	Juice, Shelf Stable Apple 4oz	box	13.16
001301	Juice, Shelf Stable Fruit 4oz	box	15.04
001466	Juice, Shelf Stable Grape 4oz	box	18.17
001340	Juice, Shelf Stable Orange 4oz	box	15.67
001216	Juice, Variety 4 oz Shelf Stab	juice	15.51
000671	Ketchup 1	pack	3.00
000830	Ketchup 2	packs (2)	6.00
000194	Ketchup 3	packs (3)	9.00
000122	Ketchup 4	packs (4)	12.00
001781	Lasagna 2 - 1 cup serving	serving	35.97
001667	Lasagna Cheese Rollup	rollup	19.00
000310	Lasagna Cheese Rollup - 2ct	rollups (2)	38.00
000965	Lettuce, Leaf	leaf	0.37
001579	Lettuce, Romaine Shd/Chp 1/4c	1/4 cup	0.48
000748	Margarine, Whpd Spread Cup	each	0.00
000175	Marinara Sauce Dipping Cup	each	7.13
000833	Mayonnaise	pack	1.00
000409	Milk - 1%	milk	12.00
000471	Milk - Fat Free	milk	12.00
000407	Milk - Fat Free Chocolate	milk	22.00
000458	Milk - Fat Free Strawberry	milk	21.00
000371	Milk - Fat Free Vanilla	milk	23.00

**\*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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Oxford City Schools

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
001325	Milk Choice	milk	18.00
001183	Muffin, Blueberry	muffin	26.00
000448	Mustard	packs (2)	0.00
001240	Nutrigrain, Apple Cinnamon	bar	30.00
001231	Nutrigrain, Blueberry	bar	30.00
000193	Nutrigrain, Strawberry	bar	29.00
000917	Okra, Breaded 3/4 cup	3/4 cup	10.96
001368	Olives, Black 1 tbsp	tbsp	0.00
001109	Onions, Fresh Chop/Diced 1/4c	1/4 cup	4.55
000879	Onions, Fresh Sliced 1/4 cup	1/4 cup	3.07
001727	Onions, Rings 5 pcs	rings (5)	22.00
001112	Oranges, Mandarin Can Drained	1/2 cup	12.76
001746	Pancake Pup	pup	18.00
001329	Pancake Pup Blueberry	pup	20.00
001215	Pancakes - 2	pancake (2)	27.43
000807	Pancakes - 3	pancakes (3)	41.14
001167	Pancakes - 4	pancake (4)	54.85
000559	Pancakes Mini Blueberry	pouch	35.00
001084	Pancakes Mini Maple	pouch	35.00
001424	Pancakes Mini Strawberry	pouch	40.00
001565	Peaches, Can Halves Drained	1/2 cup	15.42
000862	Peaches, Can Halves F&J	1/2 cup	18.25
000437	Peaches, Can Sliced Drain	1/2 cup	14.87
000858	Peaches, Can Sliced F&J	1/2 cup	14.46
001797	Peaches, Can Slices USDA	1/2 cup	12.80
001796	Peaches, Frozen Cups USDA	each	19.00
001445	Pears, Can Halves Drained	1/2 cup	15.01
001430	Pears, Can Slices Drained	1/2 cup	16.05
001762	Peas, Black Eyed Can USDA	1/2 cup	19.00
000989	Peas, Black Eyed Frozen	1/2 cup	22.79
001121	Peas, Green Can	1/2 cup	14.77
001234	Pepper, Green Fresh Chop/Dice	1/4 cup	2.04
001820	Pepper, Red Fresh Chop/Dice	1/4 cup	2.04
001740	Pepper/Onion Blend USDA	1/2 cup	5.02
001666	Pepperoni Pocket	sandwich	32.00
001474	Pepperoni Slices	1 oz	0.01
001237	Peppers, Jalapeno 1 oz svg	1 oz	1.74
000884	Pickle, Dill Spears 1 oz	1 oz	0.00
001726	Pickle, Dill Spears 2 oz	2 oz	0.00
000883	Pickle, Sweet Relish 2 oz	2 oz	16.00
001417	Pickles, Dill Slices (8ct)	8 ct	0.00
000605	Pineapple, Chunks Can Drain	1/2 cup	14.65
000574	Pineapple, Chunks Can F/J	1/2 cup	13.88
001149	Pizza, Breakfast	pizza	24.00
001637	Pizza, Cheese Mini Round	serving	40.00
001766	Pizza, Cheese Square 4 x 6	each	34.00
000273	Pizza, Cheesy Dippers	sticks (2)	34.00
001313	Pizza, Fiestada	slice	39.00
001720	Pizza, French Bread	pizza	34.00
001169	Pizza, Manager Choice	slice	52.25
000923	Pizza, Pepperoni & Cheese 4x6	slice	33.00
001184	Pizza, Sausage 4 x 6	servings	34.00
001719	Pizza, Stuffed Crust Pepperoni	slice	35.00
001822	PK Beans, Green Can 1/4c	1/4 cup	1.41
001823	PK Beans, Pinto Can 1/4c	1/4 cup	11.86
001835	PK Broccoli, Frozen 1/4c	1/4 cup	2.22
001830	PK Carrots, Frozen 1/4c	1/4 cup	3.58
001833	PK Corn, Creamed 1/4c	1/4 cup	10.78
001828	PK Corn, Frozen 1/4c	1/4 cup	8.62
000759	PK Muffin, Apple	muffin	19.50
001731	PK Muffin, Banana	muffin	28.00
001824	PK Muffin, Blueberry	muffin	26.00
000584	PK Muffin, Chocolate Chip	muffin	32.00

*\*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*

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Oxford City Schools

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
001834	PK Peas, Black Eyed Can 1/4c	1/4 cup	9.50
001829	PK Peas, Green Can 1/4 cup	1/4 cup	7.38
001825	PK Potato, HashBrown Patty 1ct	patty	15.02
001826	PK Potato, Mashed 1/4 cup	1/4 cup	7.58
001832	PK Potato, Straight Cut Fries	fries	8.53
001827	PK Potato, Tater Gems (4ct)	tots (4)	7.02
001839	PK Potato, Wedges	1/4 cup	10.00
001831	PK Rice, Brown 1/4 cup	1/4 cup	8.25
001821	PK Veg, Can Peas/Carrots 1/4c	1/4 cup	5.50
000815	Popcorn, White Cheddar	bag	9.00
001623	Poptart Blueberry	poptart	38.00
001713	Poptart Cinnamon	poptart	37.00
001712	Poptart Fudge	poptart	37.00
001676	Poptart Fudge - 2	poptarts (2)	74.00
001481	Poptart Straw - 2	poptarts (2)	74.00
001818	Poptart Strawberry	poptart	37.00
001194	Pork, Pulled Smoked 3 oz svg	serving	0.00
001798	Pork, Pulled USDA 2oz meat	serving	5.83
001009	Pork, Roast USDA 2oz	serving	0.00
000871	Potatoes, Baby Bakers	potatoes (5)	17.00
000866	Potatoes, Baked - Medium	potato	3562.97
001047	Potatoes, Crinkle Fries	fries (10)	13.50
000094	Potatoes, Diced	potatoes	25.11
001799	Potatoes, Fries Oven USDA	1/2 cup	15.00
001436	Potatoes, Hash Brown 1	patty	15.02
000628	Potatoes, Hash Brown 2	serving	30.14
001442	Potatoes, Mashed	1/2 cup	15.00
001494	Potatoes, Straight Fries	1/2 cup	17.00
001782	Potatoes, Sweet Fluff	1/2 cup	63.59
000269	Potatoes, Sweet Potato Fries	serving	16.00
001381	Potatoes, Sweet Yams 2ct	yams (2)	45.75
001729	Potatoes, Tots	tots (8)	14.00
000444	Potatoes, Wedges	1/2 cup	20.00
001250	Pudding, Chocolate 1/2 cup	1/2 cup	27.00
001469	Pudding, Chocolate 1/4 cup	1/4 cup	13.50
001514	Pudding, Vanilla 1/2 cup	1/2 cup	27.42
001721	Pudding, Vanilla 1/4 cup	1/4 cup	13.71
001421	Quesadilla Cheese 2ct	servings (2)	36.00
000964	Quesadilla Cheese 1ct	quesadilla	18.00
000678	Quesadilla Chick & Cheese	quesadilla	31.00
000780	Ranch Dressing 2oz	2 oz	2.07
001812	Ranch Dressing 4oz	4 oz	4.14
001817	Rib Patty with BBQ Sauce	patty	11.00
000948	Rice, Brown 1 cup	1 cup	33.00
001783	Rice, Brown 1/2 cup	1/2 cup	16.50
001770	Rice, Brown with Salsa 1/2c	1/2 cup	20.45
001389	Rice, White - 1 cup svg	1 cup	37.00
001836	Roll, Non-Bake Slider	bun	15.00
001390	Rolls, Dinner WG Rich's	roll	14.00
000139	Salad, Romaine 1 cup	1 cup	1.90
001811	Salad, Romaine 2 cup	1 cup	3.81
001569	Salsa, Can USDA 2oz	2 oz	4.00
001609	Salsa, Ortega 1 oz	1 oz	2.00
000750	Salsa, Ortega 2 oz	2 oz	4.00
001646	Sandwich, Soy Butter & Jelly	sandwich	28.00
001515	Sauerkraut, Shredded Can 2oz	serving	1.97
001542	Sausage Biscuit IW	biscuit	24.00
001482	Sausage Crumbles	1 oz	1.00
000846	Sausage Dog	dog	2.00
000841	Sausage Links 2 ct	links (2)	0.00
001328	Sausage Maple Bites 3ct	bites (3)	15.00
000747	Sausage Patty	patty	0.00
001837	Side Salad	side salad	10.47

\*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

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Oxford City Schools

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
001426	Sour Cream - 2 packs	packs (2)	8.00
000961	Sour Cream Pack	pack	4.00
001764	Spaghetti, Sauce USDA	1/4 cup	5.00
001136	Strawberries, Frozen	1/4 cup	5.85
000995	Strawberries, Frozen Cup USDA	each	21.89
001800	Strawberries, Frozen USDA	1/2 cup	20.51
001073	Strawberry Glaze	1/4 cup	24.00
001723	Sugar, Powdered	1/8 cup	15.00
000786	Sweet & Sour Sauce Bulk	2oz serving	18.00
000853	Sweet & Sour Sauce Pack	pack	12.00
001747	Syrup, Bulk	2 oz serving	50.00
000809	Syrup, Pancake Table	1 each	20.00
000673	Taco Sauce, 1 pk	pack	1.01
000839	Taco Sauce, 2 pk	packs (2)	2.02
001239	Taco Shell	shell	28.00
000672	Taco Shells	shells (2)	56.00
001765	Taco Soup - BigO	cup	18.09
001769	Taco Soup - Modified	cup	38.35
000697	Tartar Sauce	pack	2.00
900000	Thanksgiving Meal Day	meal	0.00
001803	Tomato, Sauce USDA	1/4 cup	3.50
001602	Tomatoes Diced Fresh	1/4 cup	2.34
001757	Tomatoes Grape (3ct)	tomatoes (3)	1.50
001379	Tomatoes Grape (6ct)	tomatoes (6)	2.96
000385	Tomatoes Sliced	slice	1.03
001202	Tortilla, Flour 8"	tortilla	19.00
001473	Turkey, Ham Diced	1oz	0.51
001801	Turkey, Roast	2oz USDA serving	0.00
000241	Turkey, Sliced	1oz USDA	1.00
001802	Turkey, Sliced	2oz USDA	2.00
001608	Vegetables, Can Peas/Carrots	1/2 cup	11.00
000669	Vegetables, Frozen 5 Way	1/2 cup	11.00
000980	Vegetables, Frozen Cali Blend	1/2 cup	0.00
000969	Vegetables, Frozen Italian	1/2 cup	4.67
001645	Vegetables, Frozen Stew	1/2 cup	6.38
001619	Vegetables, Frozen Stir Fry	1/2 cup	4.02
001016	Waffle Sticks - 2	2 sticks	14.67
000843	Waffle Sticks - 3	3 sticks	22.00
001808	Waffles Mini Blueberry	pouch	37.00
001714	Waffles Mini Maple	pouch	38.00
001139	Whipped Topping	2 tbsp	2.00
000441	Yogurt, Go Gurt Strawberry	go gurt	13.00
000837	Yogurt, Strawb/Banana Cup	yogurt	16.00
000836	Yogurt, Strawberry Cup	yogurt	16.00
001127	z	1 oz	0.67
001118	z	1/2 CUP	21.52

*\*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*

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**