

Oxford City Schools

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
001840	Alfredo Pasta	cup	52.19
001843	BBQ Sauce 2oz	2 oz	18.00
000982	Beans, Baked	1/2 cup	47.76
000361	Beans, Green Can	1/2 cup	3.69
001025	Beans, Green Can USDA	1/2 cup	5.83
001776	Beans, Pinto Can	1/2 cup	23.73
001032	Beans, Pinto Can USDA	serving	41.92
001622	Beans, Refried with Cheese	1/2 cup	19.49
001035	Beef, Country Steak Patty	patty	19.00
001460	Beef, Hamburger Patty	patty	0.70
000991	Beef, Hamburger Patty USDA	patty	0.00
000264	Beef, Meatballs	meatballs (4)	1.40
000929	Beef, Steak Nuggets	nuggets (8)	16.00
000940	Beef, Taco/Nacho	2 oz	4.17
001028	Beef, Taco/Nacho USDA	serving	7.12
001026	Biscuit, Southern Style	biscuit	28.00
001692	Biscuit, Whole Grain	biscuit	27.00
001807	Blueberries, Frozen 1/4 c	1/4 cup	4.39
001146	Breadstick	breadstick	15.00
005026	Break	day	0.00
000398	Breakfast Bagel	bagel	19.00
001149	Breakfast Pizza	pizza	36.00
000842	Breakfast Sandwich	sandwich	19.00
000270	Breakfast Wrap	wrap	17.00
001703	Broccoli	1/2 cup	4.45
000978	Broccoli Salad	1/2 cup	14.83
001041	Broccoli USDA	1/2 cup	4.51
001571	Broccoli with Cheese USDA	1/2 cup	8.67
001437	Buffalo Sauce 1oz	1 oz	0.00
001312	Buffalo Sauce 2oz	2 oz	0.00
001023	Bun, Hamburger	bun	27.00
000460	Bun, Hoagie	bun	36.00
001024	Bun, Hot Dog	bun	27.00
001244	Bun, Slider	bun	15.00
001259	Burrito IW	burrito	38.80
001524	Cake Mix, White	serving	28.07
001844	Cake, Dump Strawberry	serving	48.94
001055	Cake, Strawberry with Powd Sug	pieces	32.66
001506	Carrots, Baby Bulk	1/4 cup	2.99
000984	Carrots, Baby Pack	pack	5.98
001790	Carrots, Can	1/2 cup	10.85
001293	Carrots, Can - Plain	1/2 cup	5.51
001066	Carrots, Can USDA	1/2 cup	14.49
001857	Carrots, Can USDA Plain	1/2 cup	9.15
001373	Cereal Bowl, Cheerios	bowl	20.00
001599	Cereal Bowl, Cinnamon Tst Crch	bowl	22.00
001600	Cereal Bowl, Cocoa Puffs	bowl	25.00
001242	Cereal Bowl, Fruity Cheerios	bowl	26.00
000285	Cereal Bowl, Lucky Charms	bowl	23.00
001779	Cheese Sauce, Can 1oz	1 oz	5.03
001780	Cheese Sauce, Can 2oz	2 oz	10.06
001137	Cheese Sauce, Dry 2oz	2 oz	9.62
001529	Cheese, USDA Shred 0.5oz	.5 oz	0.51
000725	Cheese, USDA Shred 1oz	1 oz	1.01
000645	Cheese, USDA Shred 2oz	2 oz	2.02
000778	Cheese, USDA Slice	slice	1.01
001266	Cheese, USDA Slice*	slice	1.01
000932	Cheese, USDA Slices	slices (2)	2.03
000273	Cheesy Pizza Dippers	sticks (2)	34.00
001394	Chicken Bites - 3 ct	serving (3)	10.50
001367	Chicken Bites - 6 ct	serving (6)	21.00
001716	Chicken Breakfast Patty	patty	7.00

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000925	Chicken Crispy Patty	patty	19.43
001472	Chicken Diced 1oz	1 oz	0.50
001397	Chicken Diced 2oz	2 oz	1.00
001849	Chicken Diced 2oz USDA	servings	0.00
001030	Chicken Grilled Patty	patty	1.00
001027	Chicken Grilled Patty USDA	patty	0.00
001205	Chicken Nugget - 5ct	serving (5)	15.67
001682	Chicken Spicy Patty	patty	16.27
001164	Chicken Tenders 2	tenders (2)	11.33
001695	Chicken Tenders 3	tenders (3)	17.00
001118	Chicken Wings	serving (5)	3.81
000178	Chicken Wings Hot	wings (3)	2.78
001519	Chili Sauce	1 oz	1.79
001036	Chips, Cheetos	bag	17.00
001141	Chips, Dorito Mix Nachos	bag	19.50
000885	Chips, Doritos Nacho Cheese	bag	20.00
001037	Chips, Doritos Ranch	bag	19.00
001371	Chips, Tortilla (10 chips)	chips (10)	19.00
001846	Chips, Tortilla (20 Chips)	chips (20)	38.00
001696	Cinni Mini's	serving	40.00
001739	Cookie, Carnival	cookie	18.00
001738	Cookie, Chocolate Chip	cookie	18.00
001737	Cookie, Sugar	cookie	18.00
000679	Corn Dog	corn dog	30.00
000125	Corn Nuggets	nuggets (7)	36.76
000586	Corn, Frozen	1/2 cup	17.25
001305	Corn, Frozen - Plain	carton	3.32
001065	Corn, USDA Frozen/Can	1/2 cup	10.67
001858	Corn, USDA Frozen/Can Plain	1/2 cup	10.67
001208	Crackers, Club Salad	pack	5.00
001523	Crispito	crispito	23.00
001814	Crispitos (2)	2 crispitos	46.00
000889	Croissant	croissant	15.00
001265	Dessert	serving	0.00
001566	Dressing, Italian FF Pack	packs (2)	4.00
000355	Dressing, Ranch FF Pack	packs (2)	6.00
000780	Dressing, Ranch Homemade	2 oz	2.07
001064	Dressing, Ranch Pack 1.5oz	pack	9.00
000225	Dressing, Ranch/Italian Packs	serving	2.50
000805	Egg Patty	patty	1.28
001174	Egg Patty USDA	patty	0.00
001269	Entree, BBQ Pork Sandwich USDA	sandwich	34.19
001304	Entree, Beef Cheese Doritos	servings	27.00
001019	Entree, Beef Ranch Doritos	serving	19.00
001414	Entree, Cheeseburger	cheeseburger	28.56
001315	Entree, Cheeseburger USDA	cheeseburger	27.86
001628	Entree, Chicken & French Toast	serving	54.00
000298	Entree, Chicken Bites & Roll	serving	36.10
000614	Entree, Chicken Bites & Waffl	serving	59.09
001173	Entree, Chicken Nuggets & Roll	servings	31.00
001854	Entree, Cinn Toast/Sand/Chees*	entree	50.00
001078	Entree, Cinn Toast/Sand/Cheese	entree	50.00
001848	Entree, Cocoa/Sand/Cheese	entree	53.00
001856	Entree, Cocoa/Sand/Cheese*	entree	53.00
001307	Entree, Country Steak & Bread	entree	34.00
001128	Entree, Country Steak & Roll	entree	33.84
001197	Entree, Country Steak Sandwich	sandwich	45.92
001123	Entree, Crispy Chicken Sandwic	sandwich	53.99
000138	Entree, Fish Nuggets & Hush	serving	65.99
001043	Entree, Grill Chick Sand USDA	sandwich	27.00
001295	Entree, Grilled Chicken Sand	sandwich	28.00
001039	Entree, Hamburger USDA	hamburger	26.92

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001423	Entree, Hot Dog	entree	27.73
001193	Entree, Hot Wings & Biscuit	serving	27.57
001018	Entree, Hot Wings & Roll	serving	15.72
000233	Entree, Hot Wings & Waffles	serving	38.83
001855	Entree, Lucky Cha/Sand/Cheese*	entree	51.00
001058	Entree, Lucky Char/Sand/Cheese	entree	51.00
001625	Entree, Pancakes & Sausage	serving	41.14
001210	Entree, Pancakes Mini & Sausag	serving	35.00
001278	Entree, Sausage Dog	serving	28.99
001428	Entree, Spicy Chicken Sandwich	sandwich	43.05
001029	Entree, Steak Burger	sandwich	27.59
001033	Entree, Steak Burger & Roll	sandwich	15.68
001187	Entree, Steak Nuggets & Bread	serving	31.00
001059	Entree, Steak Nuggets & Roll	serving	30.94
000694	Entree, Wings & Biscuit	serving	30.49
001264	Entree, Wings & Roll	serving	18.81
000282	Fish Nuggets	nuggets (4)	22.00
001499	French Toast Bites Berry	pouch	36.00
001512	French Toast Bites 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	25.42
001707	Frudel Apple	frudel	35.96
001706	Frudel Cherry	frudel	35.96
000887	Gravy, Brown	1/4 cup	2.99
001805	Gravy, Chicken	1/4 cup	4.89
001420	Grits	1/2 cup	23.25
900122	Holiday	holiday	0.00
001241	Honey Bun	bun	32.00
001742	Honey Mustard Pack	pack	7.00
000267	Hot Dog Frank, Beef	frank	1.00
001302	Hushpuppies	hushpuppies (3)	21.75
001296	Icing	1/2 oz	2.19
001630	Icing, Cake Homemade	serving	17.63
001237	Jalapeno Peppers	1 oz	1.74
001632	Juice, Apple 4oz	carton	13.16
001268	Juice, Frozen Apple	juice	14.00
001262	Juice, Frozen Fruit Punch	juice	14.00
001260	Juice, Frozen Grape	juice	19.00
001256	Juice, Frozen Orange	juice	14.00
001267	Juice, Frozen Orange/Pineapple	juice	15.00
001263	Juice, Frozen Variety	juice	15.20
001301	Juice, Fruit 4oz	carton	15.04
001466	Juice, Grape 4oz	carton	1.74
001340	Juice, Orange 4oz	carton	15.67
000830	Ketchup	pack	3.00
000965	Lettuce, Leaves	leaf	0.37
001579	Lettuce, Romaine Shd/Chp	1/4 cup	0.48
001282	Manager Choice Entree	each	*N/A*
000748	Margarine, Whipped Spread	margarine cup	0.00
000175	Marinara Sauce Dipping Cup	marinara cup	7.13
001303	Mashed Potatoes & Gravy	1/2 cup	18.00
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
001325	Milk Choice	milk	18.00
001845	Muffin, Chocolate Chip	muffin	32.00
000448	Mustard	pack	0.00
000266	Oatmeal 1/2 cup	1/2 cup	29.51

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001109	Onions, Fresh Chop/Diced	1/4 cup	4.55
000879	Onions, Fresh Sliced	1/4 cup	3.07
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
001762	Peas, Black-Eyed Can USDA	1/2 cup	19.00
001121	Peas, Green Can	1/2 cup	22.15
001299	Peas, Green Can USDA	1/2 cup	11.20
001666	Pepperoni Pocket	sandwich	32.00
001417	Pickles, Slices (8ct)	8 ct	0.00
001313	Pizza, Fiestada	slice	39.00
001200	Pizza, Fiestada *	slice	39.00
001850	Pizza, Fiestada* 7-12	slice	39.00
001720	Pizza, French Bread	pizza	34.00
001192	Pizza, French Bread*	slice	34.00
001851	Pizza, French Bread* 7-12	slice	34.00
001169	Pizza, Manager Choice	slice	37.00
000192	Pizza, Mini Cheese Round	pizza	40.00
001203	Pizza, Mini Cheese Round *	pizza	40.00
001852	Pizza, Mini Cheese Round* 7-12	pizza	40.00
001853	Pizza, SC Pepperoni* 7-12	slice	35.00
001719	Pizza, Stuffed Crust Pepperoni	slice	35.00
001219	Pizza, Stuffed Crust Pepperoni*	slice	35.00
001623	Poptart Blueberry	poptart	38.00
001818	Poptart Strawberry	poptart	37.00
001676	Poptarts Blueberry	poptarts (2)	76.00
001481	Poptarts Strawberry	poptarts (2)	74.00
001194	Pork, Pulled Smoked 3 oz svg	serving	0.00
001798	Pork, Pulled USDA 2oz	serving	0.00
001009	Pork, Roast USDA 2oz	serving	0.00
000866	Potatoes, Baked - Medium	potato	28.50
001047	Potatoes, Crinkle Fries	fries (10)	13.50
001045	Potatoes, Crinkle Fries USDA	1/2 cup	15.00
001442	Potatoes, Mashed	1/2 cup	15.00
000269	Potatoes, Sweet Potato Fries	1/2 cup	16.00
001381	Potatoes, Sweet Yams	yams (2)	45.75
001729	Potatoes, Tots	tots (8)	14.00
000444	Potatoes, Wedges	1/2 cup	20.00
001031	Potatoes, Wedges USDA	1/2 cup	15.59
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	37.00
001836	Roll, Non-Bake Slider	roll	15.00
000139	Salad, Romaine	cup	1.90
001811	Salad, Romaine 2 cup	1 cup	3.81
001311	Salad, Side Italian	salad	7.75
001233	Salad, Side K-8	salad	20.90
001859	Salad, Side K-8 No Cheese	salad	18.88
001569	Salsa, Can USDA	2 oz	4.11
001046	Salsa, Can USDA*	2oz	4.11
000750	Salsa, Ortega 2 oz	2 oz	4.00
001161	Sandwich, Soy Butter & Jelly	sandwich	28.00
001542	Sausage Biscuit IW	biscuit	24.00
000846	Sausage Dog	dog	2.00
000841	Sausage Links 2 ct	links (2)	0.00
000747	Sausage Patty	patty	0.00
000961	Sour Cream	pack	4.00

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000736	String Cheese	string cheese	0.00
000809	Syrup, Pancake	pack	20.00
000673	Taco Sauce Pack	2 pack	2.02
000697	Tartar Sauce	pack	2.00
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
001395	Vegetables, Mixed USDA	servings	0.00
000843	Waffle Sticks - 2	2 sticks	14.67
001016	Waffle Sticks - 4	4 sticks	29.33
001808	Waffles, Mini Berry	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

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