

# Oxford City Schools

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
001138	Applesauce	1/2 cup	13.92
001134	Base, Beef	jar	226.80
001843	BBQ Sauce 2oz	2 oz	18.00
001352	BBQ Sauce Packs	packs (2)	8.00
000361	Beans, Green Can	1/2 cup	3.75
001025	Beans, Green Can Plain	1/2 cup	3.27
001776	Beans, Pinto Can	1/2 cup	22.48
001032	Beans, Pinto Can Plain	1/2 cup	21.88
001035	Beef, Country Steak Patty	patty	19.00
000264	Beef, Meatballs	meatballs (4)	1.40
001460	Beef, Patty - Steak Burger	patty	0.70
001315	Beef, Patty USDA	patty	0.00
000940	Beef, Taco/Nacho Purchased	2 oz	7.12
001871	Beef, Taco/Nacho USDA	2 oz serving	7.12
001026	Biscuit, Southern Style	biscuit	28.00
001221	Bread, Sandwich Slice	slice	15.00
001359	Bread, Sandwich x 2	slices (2)	30.00
000398	Breakfast Bagel	bagel	19.00
001149	Breakfast Pizza	pizza	36.00
001114	Breakfast Pizza x 2	slices(2)	72.00
000270	Breakfast Wrap	wrap	17.00
001703	Broccoli, Frozen Purchased	1/2 cup	4.45
001041	Broccoli, Frozen USDA	1/2 cup	4.51
001848	Brown Sugar	case	11339.80
001414	Bun, Hamburger	bun	27.00
000460	Bun, Hoagie	bun	36.00
001142	Bun, Hoagie - 1/2	1/2 hoagie	18.00
001024	Bun, Hot Dog	bun	27.00
001259	Burrito IW	burrito	38.80
001524	Cake Mix, White	serving	28.07
001125	Carrots, Baby 1/2 cup Fresh	1/2 cup	5.83
001506	Carrots, Baby 1/4 cup Fresh	1/4 cup	2.99
001066	Carrots, Can Glazed	1/2 cup	10.85
001857	Carrots, Can Plain	1/2 cup	5.51
001681	Cereal Bowl, Apple Cin Cheerio	bowl	22.00
001373	Cereal Bowl, Cheerios	bowl	20.00
001599	Cereal Bowl, Cinnamon Tst Crch	bowl	22.00
001600	Cereal Bowl, Cocoa Puffs	bowl	25.00
001242	Cereal Bowl, Fruity Cheerios	bowl	26.00
000285	Cereal Bowl, Lucky Charms	bowl	23.00
001318	Cereal Bowl, Lucky Charms x 2	bowl (2)	46.00
001145	Cereal, Rice Bulk	serving	29.00
001866	Cereal/Sandwich/Cheese CP	entree	53.00
001862	Cereal/Sandwich/Cheese CT	entree	50.00
001867	Cereal/Sandwich/Cheese LC	entree	51.00
001137	Cheese Sauce, Dry 2oz	2 oz	9.62
000645	Cheese, Shred 2oz USDA	2 oz	2.02
000778	Cheese, Slice USDA	slice	1.01
000932	Cheese, Slice x 2 USDA	slices (2)	2.03
001856	Cheese, Slice x 4 USDA	slices(4)	4.05
000273	Cheesy Dippers	pieces (2)	34.00
001367	Chicken Bites - 6 ct	serving(6)	21.00
000925	Chicken Crispy Patty	patty	19.43
001849	Chicken Diced 2oz	2 oz	1.00
001027	Chicken Grilled Patty USDA	patty	0.00
001205	Chicken Nugget - 5ct	serving(5)	15.67
001861	Chicken Spicy Patty	patty	16.27
001695	Chicken Tenders	tenders(3)	17.00
001519	Chili Sauce for Hot Dog	1 oz	1.91
001036	Chips, Cheetos	bag	17.00
000885	Chips, Doritos Nacho Cheese	bag	20.00
001037	Chips, Doritos Ranch	bag	19.00

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001371	Chips, Tortilla (10 chips)	chips (10)	19.00
001772	Cinnamon	tsp	4.00
001680	Cinnamon Roll - Baked	rolls	36.00
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
001043	Corn, Can Butter	1/2 cup	18.00
001858	Corn, Can Butter USDA	1/2 cup	15.00
001193	Corn, Can Plain	1/2 cup	18.00
000586	Corn, Frozen Butter	1/2 cup	15.96
001065	Corn, Frozen Butter USDA	1/2 cup	15.90
001305	Corn, Frozen Plain	1/2 cup	15.96
001523	Crispito	crispito	23.00
001814	Crispitos (2)	2 crispitos	46.00
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
001819	Egg Bag Butter	2 oz	0.79
001124	Egg Bag Plain	2oz	0.53
001115	Food Coloring, Green	serving	0.00
001499	French Toast Bites Berry	pouch	36.00
001512	French Toast Bites Cinnamon	pouch	37.00
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
001420	Grits	1/2 cup	23.25
001113	Ham for Biscuit	serving	5.06
001241	Honey Bun	bun	32.00
001742	Honey Mustard Pack	pack	7.00
000267	Hot Dog Frank, Beef	frank	1.00
001296	Icing, Homemade	1/2 oz	2.19
000172	Icing, Vanilla	serving	23.81
001237	Jalapeno Peppers	1 oz	1.74
001268	Juice, Frozen Apple	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
001018	Ketchup 2pk	packs(2)	6.00
000830	Ketchup 4pk	packs(4)	12.00
000965	Lettuce, Leaves	leaf	0.37
001579	Lettuce, Romaine Shd/Chp	1/4 cup	0.48
001039	Margarine	block	0.00
001860	Marinara Sauce Dipping Cup	cup	7.13
000833	Mayonnaise	pack	1.00
000409	Milk - 1%	milk	12.00
000407	Milk - Chocolate FF	milk	22.00
000471	Milk - Skim	milk	12.00
000458	Milk - Strawberry FF	milk	21.00
000371	Milk - Vanilla FF	milk	23.00
000448	Mustard 2pk	pack (2)	0.00
000266	Oatmeal 1/2 cup	1/2 cup	29.51
001109	Onions, Fresh Chop/Diced	1/4 cup	4.55
000879	Onions, Fresh Sliced	1/4 cup	3.07
001117	Onions, Frozen	bag	90.72
001112	Oranges, Mandarin Can Drained	1/2 cup	18.00
001746	Pancake Pup	pup	18.00
001329	Pancake Pup Blueberry	pup	20.00
000559	Pancakes Mini Blueberry	pouch	35.00
001084	Pancakes Mini Maple	pouch	35.00

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No.	Description	Portion Size	Carbohydrates (Grams)
001424	Pancakes Mini Strawberry	pouch	40.00
000437	Peaches, Can Sliced Drain	1/2 cup	17.00
001058	Peas, Black-Eyed Can	1/2 cup	20.26
001762	Peas, Black-Eyed Can Plain	1/2 cup	16.74
001121	Peas, Green Can	1/2 cup	16.00
001855	Peas, Green Can Plain	1/2 cup	16.00
001417	Pickles, Slices (8ct)	8 ct	0.00
000605	Pineapple, Chunks Can Drain	1/2 cup	16.00
001313	Pizza, Fiestada	slice	39.00
001720	Pizza, French Bread	pizza	34.00
000192	Pizza, Mini Cheese Round	pizza	40.00
001719	Pizza, Stuffed Crust Pepperoni	slice	35.00
001676	Poptart, Blueberry x 2	poptarts (2)	76.00
001481	Poptart, Strawberry x 2	poptarts (2)	74.00
001269	Pork, BBQ with Sauce USDA	servings	7.20
001194	Pork, Pulled Smoked Purchased	serving	0.00
001798	Pork, Pulled USDA	serving	0.00
001009	Pork, Roast USDA 2oz	serving	0.00
001047	Potatoes, Crinkle Fries	fries (10)	13.50
001442	Potatoes, Mashed	1/2 cup	15.36
001729	Potatoes, Tots	tots (8)	14.04
000444	Potatoes, Wedges	1/2 cup	20.00
001783	Rice, Brown 1/2 cup	1/2 cup	17.01
001389	Rice, White	1 cup	37.00
001836	Roll, Non-Bake Slider	roll	15.00
000139	Salad, Romaine 1 cup	cup	1.90
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
000736	String Cheese	string cheese	0.00
000809	Syrup, Pancake	pack	20.00
000673	Taco Sauce Pack	2 pack	2.02
001107	Thanksgiving - Dessert	each	*N/A*
001317	Thanksgiving - Dressing	each	*N/A*
001314	Thanksgiving - Fruit	each	*N/A*
001319	Thanksgiving - Gravy	each	*N/A*
001111	Thanksgiving - Other 1	each	*N/A*
001316	Thanksgiving - Other 2	each	*N/A*
001332	Thanksgiving - Roll	each	*N/A*
001334	Thanksgiving - Turkey	each	*N/A*
001324	Thanksgiving - Vegetable 1	each	*N/A*
001322	Thanksgiving - Vegetable 2	each	*N/A*
001323	Thanksgiving - Vegetable 3	each	*N/A*
900000	Thanksgiving Meal Day	meal	0.00
001144	Toast, Cinnamon Sugar	slices(2)	31.00
001602	Tomatoes Diced Fresh	1/4 cup	2.34
000385	Tomatoes Sliced	slice	1.03
001202	Tortilla, Flour 8"	tortilla	19.00
001152	Tuna, Canned 2oz	serving	0.00
001557	Turkey, Smoked 2oz	serving	1.00
001808	Waffles, Mini Berry	pouch	37.00
001714	Waffles, Mini Maple	pouch	38.00

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