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## CPS SPRING 2021 CARBOHYDRATE REPORT

Category	Recipe Name	Portion Size	Carb (g)
Breakfast	Apple Cherry Bar	Each	39.3
Breakfast	Apple Cinnamon Muffin	Muffin	27.9
Breakfast	Banana Bread	Slice (1.45oz)	19.6
Breakfast	Banana Muffin	Muffin	27.8
Breakfast	Beef Sausage Patty on a Honey Corn Biscuit	Sandwich	33.0
Breakfast	Belgium Maple Waffle	Waffle	20.0
Breakfast	Bkfast Chicken Sandwich on Hawaiian Roll	Sandwich	23.4
Breakfast	Blueberry Mini Waffles	Pouch	37.0
Breakfast	Blueberry Muffin	Muffin	27.6
Breakfast	Blueberry Muffin Top	Each	26.2
Breakfast	Blueberry Nutri-Grain Bar	Each	30.0
Breakfast	C. Sausage on Honey Corn Biscuit	Sandwich	33.0
Breakfast	C.Sausage Pancake Bites	5 Each	17.1
Breakfast	Carrot Bread	Slice (1.45oz)	20.8
Breakfast	Cheerios (GF, K, V)	Bowl	20.0
Breakfast	Cinnamon Chex	Bowl	23.0
Breakfast	Cinnamon Flakes	Bowl	24.0
Breakfast	Cinnamon French Toast	Pouch	37.0
Breakfast	Cinnamon Raisin Bagel	Each	27.0
Breakfast	Corn Chex	Bowlpack	24.0
Breakfast	Creamy Yogurt Cup	Each	14.0
Breakfast	Date & Orange Bread	Slice (1.45oz)	22.5
Breakfast	Egg & Cheese Bagel	Sandwich	30.5

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Category	Recipe Name	Portion Size	Carb (g)
Breakfast	Egg & Cheese Hawaiian Roll	Sandwich	19.5
Breakfast	Egg & Cheese Honey Corn Biscuit	Sandwich	33.5
Breakfast	Egg & Cheese Sandwich	Each	19.0
Breakfast	Egg Patty	Patty	1.0
Breakfast	French Toast Bar	Each	47.0
Breakfast	French Toast Sticks	2 Sticks	21.0
Breakfast	Fruit & Oats Cup	Each	23.5
Breakfast	Honey Corn Biscuit	Each	32.0
Breakfast	Honey Oats Granola Bar	Each	37.0
Breakfast	Honey Wheat Bagel	Each	33.0
Breakfast	Maple Mini Waffles	Pouch	38.0
Breakfast	Maple Pancakes	Pouch	38.0
Breakfast	Mini Maple Brown Sugar Bar	Each	24.0
Breakfast	Oatmeal	1/2 CUP	14.2
Breakfast	Oatmeal Raisin Bar	Each	48.0
Breakfast	Rice Chex (GF, K, V)	Bowl	24.0
Breakfast	Rice Krispies	Bowl	23.0
Breakfast	Rockin'Ola Strawberry Granola	Package	21.0
Breakfast	Side of Granola	2 oz spoodle	23.7
Breakfast	Strawberry Banana Yogurt	Each	16.0
Breakfast	Strawberry Nutri-Grain Bar	Each	30.0
Breakfast	Strawberry Pancakes	Pouch	40.0
Breakfast	String Cheese	Stick	1.0

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Category	Recipe Name	Portion Size	Carb (g)
Breakfast	Triple Berry French Toast	Pouch	37.0
Breakfast	Turkey Bacon Scramble Breakfast Square	Pizza	25.0
Condiments	Cream Cheese PC	Each	2.0
Condiments	Creamy Sunflower Butter	2 TBSP	7.0
Condiments	Garlic Mayonnaise	TBSP	1.3
Condiments	Grape Jelly	Each	9.0
Condiments	Ketchup	Each	3.0
Condiments	Lemon Pepper Mayonnaise	TBSP	1.0
Condiments	Marinara Dipping Sauce	1/4 Cup	6.0
Condiments	Marinara Sauce	PC	3.0
Condiments	Mustard	Each	1.0
Condiments	Ranch Dressing	Each	1.0
Condiments	Syrup	Each	29.0
Fruit	Blended Fruit Juice	Each	15.3
Fruit	Blueberries	1/2 Cup	8.5
Fruit	Cherry Shape Up	Each	19.0
Fruit	Cinnamon Applesauce	Each	14.0
Fruit	Dried Cranberries	Box (1.16oz)	28.0
Fruit	Fresh Apple	Each(138ct)	16.5
Fruit	Fresh Apple Slices	Each	7.0
Fruit	Fresh Banana	Each(100-120ct)	24.1
Fruit	Fresh Orange	Each(138ct)	11.7
Fruit	Fresh Pear	Each	22.5

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Category	Recipe Name	Portion Size	Carb (g)
Fruit	Strawberries	1/2 Cup	20.6
Fruit	Strawberries	Cup	41.1
Lunch Entrée	Beef & Cheese Topping	Each	2.2
Lunch Entrée	Beef Chili	6 oz spoodle	22.7
Lunch Entrée	C.Ham & Cheese Sandwich	Sandwich	29.3
Lunch Entrée	Cheese Pizza	1/8 Cut Slice	35.0
Lunch Entrée	Cheese Pizza	Pizza	35.0
Lunch Entrée	Cheese Pizza Crunchers	4 Each	41.0
Lunch Entrée	Cheese PizzaBoli	Each	34.0
Lunch Entrée	Cheese Stick	2 Each	34.0
Lunch Entrée	Chicken & Cheese Topping	Each	2.0
Lunch Entrée	Chicken Bowl	6 oz spd(2MMA)	25.4
Lunch Entrée	Chicken Drumstick	Each	2.0
Lunch Entrée	Chicken Meatballs	5 Each	5.1
Lunch Entrée	Chicken Nuggets	5 Each	17.8
Lunch Entrée	Chicken Patty Sandwich	Sandwich	43.1
Lunch Entrée	Chicken Salad Sandwich	Sandwich	28.8
Lunch Entrée	Chicken Tenders	3 Each	18.3
Lunch Entrée	Chili Cheese Wrap	Each	35.0
Lunch Entrée	Egg Salad Sandwich	Sandwich	29.8
Lunch Entrée	Fish Sticks	4 Each	18.0
Lunch Entrée	Grilled C.Ham & Cheese Sandwich	Sandwich	28.7
Lunch Entrée	Grilled Turkey & Cheese Sandwich	Sandwich	27.2

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Category	Recipe Name	Portion Size	Carb (g)
Lunch Entrée	Hamburger	Each	28.2
Lunch Entrée	Lightly Salted Go'Bonzo's	Package	12.0
Lunch Entrée	Macaroni & Cheese	6oz spoodle	29.0
Lunch Entrée	Marinara C. Meatball Sub	Each	35.3
Lunch Entrée	Personal Cheese Pizza	Pizza	31.0
Lunch Entrée	Personal T. Pepperoni Pizza	Pizza	31.0
Lunch Entrée	Personal Taco Pizza	Pizza	39.0
Lunch Entrée	Philly Beef Cheesesteak	Sandwich	30.4
Lunch Entrée	Pinto & Cheese Topping (for Tacos/Nachos)	Each	19.7
Lunch Entrée	Plain Popcorn Chicken	Serving	17.3
Lunch Entrée	Spicy Black Bean Burger (L&G)	Each	41.1
Lunch Entrée	Sun Butter & Jelly Sandwich	Sandwich	65.5
Lunch Entrée	T. Sausage Pizza	Pizza	35.0
Lunch Entrée	T.Ham & Cheese Sandwich	Sandwich	28.7
Lunch Entrée	Teriyaki Beef Dippers	4 Each	6.0
Lunch Entrée	Toasted Grilled Cheese	Sandwich	28.2
Lunch Entrée	Turkey & Cheese Sandwich	Sandwich	27.2
Lunch Entrée	Turkey & Cheese Sub	Sandwich	26.7
Lunch Entrée	Uncured Hot Dog	Each	28.4
Lunch Entrée	Vegetable Bean Chili	8oz spdl (2MMA)	33.9
Lunch Entrée	Vegetarian Sloppy Joe	Sandwich	86.3
Lunch Side	Breadstick	Breadstick	14.0
Lunch Side	Brown Rice	1/2 Cup	21.2

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Category	Recipe Name	Portion Size	Carb (g)
Lunch Side	Cheddar Cheese Cubes	Pkg (1oz)	0.0
Lunch Side	Cheddar Cheese Squares	4 Each	0.9
Lunch Side	Cheddar Goldfish Crackers	Package	14.0
Lunch Side	Corn Muffin	Each	22.3
Lunch Side	Dick & Jane English & Spanish Sweet Crackers	Package	22.0
Lunch Side	Dinner Roll	Each	28.0
Lunch Side	Flour Tortilla, 6"	1 Each	15.0
Lunch Side	Graham Crackers	Serving	16.0
Lunch Side	Hard Boiled Egg	Each	1.0
Lunch Side	Honey Wheat Breadstick	Each	13.9
Lunch Side	Layered Bean Dip	Serving (2MMA)	47.2
Lunch Side	Macaroni	1/2 Cup	19.7
Lunch Side	Pretzel Goldfish Crackers	Package	16.0
Lunch Side	Rotini	3/4 Cup	23.5
Lunch Side	Round Tortilla Chips	Cup	16.5
Lunch Side	Seasoned Rice & Beans	1/2 Cup	24.4
Lunch Side	Sub Roll	Each	25.2
Milk	1% Milk	Carton	12.0
Milk	Chocolate Skim Milk	Carton	20.0
Milk	Skim Milk	Carton	12.0
Vegetables	Black Bean Salsa	1/4 Cup	16.4
Vegetables	Butternut Squash (Local)	1/2 Cup	12.4
Vegetables	Crinkle Cut Fries	1/2 Cup	15.5

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Vegetables	Fresh Baby Carrots	1/4 Cup	2.9
Vegetables	Fresh Baby Carrots	1/2 Cup	5.8
Vegetables	Fresh Broccoli	1/2 Cup	2.1
Vegetables	Fresh Broccoli	1/4 Cup	1.1
Vegetables	Fresh Carrots Sticks	1/4 Cup	3.4
Vegetables	Fresh Celery Sticks	1/4 Cup	1.0
Vegetables	Fresh Celery Sticks	1/2 Cup	1.9
Vegetables	Green Beans (Local)	1/2 Cup	4.5
Vegetables	Mashed Potatoes	1/2 Cup	15.4
Vegetables	Oven-Roasted Potato Medley (Local)	1/2 Cup	14.1
Vegetables	Potato Emoticons (Local)	1/2 Cup	17.8
Vegetables	Potato Fusion (Local)	1/2 Cup	13.7
Vegetables	Refried Beans	1/2 Cup	19.7
Vegetables	Refried Beans	1/4 Cup	9.9
Vegetables	Seasoned Black Beans	1/2 Cup	33.2
Vegetables	Sweet Corn (Local)	1/2 Cup	15.8
Vegetables	Tater Tots	1/2 Cup	16.1
Vegetables	Tater Tots	1/2 Cup	14.1
Vegetables	Zucchini Slices	1/2 Cup	2.7
Vegetables	Zucchini Slices	1/4 Cup	1.3