

WJCC Public Schools

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000705	BFL BISCUIT	BISCUIT	33.29
000704	BFL BISCUIT CHICKEN	BISCUIT	43.22
000768	BFL FIESTA BREAKFAST	SERVING	13.98
000911	BFL FRENCH TOAST BAKE	SERVING	33.87
000490	BFL FRENCH TST STIX & SSG	SERVING	1.00
000975	BFL:HAM POTATO BAKE	SERVING	13.15
001019	BFL:SAUSAGE POTATO BAKE:2018	SERVING	12.96
000720	BISCUIT BREAKFAST	BISCUIT	31.19
000392	BISCUIT CHICKEN	BISCUIT	36.00
000496	BISCUIT EGG & CHEESE	BISCUIT	29.00
000653	BISCUIT HAM	BISCUIT	28.95
000649	BISCUIT HAM EGG & CHEESE	BISCUIT	30.95
000844	BISCUIT OMELET EGG&CHS	SERVING	30.00
001074	BISCUIT SAUSAGE	BISCUIT	28.00
000503	BISCUIT SAUSAGE & EGG	SERVING	29.00
000152	BISCUIT SAUSAGE, EGG & CHEESE	BISCUIT	30.00
000403	BK BAGEL	BAGEL	60.00
000846	BK BREAKFAST BOWL	SERVING	2.00
000391	BK BURRITO:SCRATCH	BURRITO	38.00
000644	BK CEREAL COMBO	SERVING	50.21
001072	BK CEREAL VARIETY	SERVINGS	23.56
000866	BK CHEESE TOAST SAND W/TOTS:MS	SANDWICH	39.86
000623	BK CHEESE TOAST SANDWICH	SANDWICH	24.00
000081	BK CHEESE TOAST:1 SL	SLICE	13.00
000648	BK DONUT & CEREAL	SERVING	46.56
001073	BK DONUT SUPER	DONUT	23.00
000841	BK EXPRESS	SERVING	53.28*
000434	BK FRENCH TOAST STICKS	SERVING	36.00
000925	BK FRUDEL	SERVING	36.00
000650	BK HAM&CHS TST SAND W/TOTS:HS	SANDWICH	41.81
000842	BK JUMP STARTS	SERVING	46.00*
000406	BK MUFFIN ASSORTED:2G	MUFFIN	24.39
000656	BK OMELET EGG&CHS W/TST	SERVING	13.00
000111	BK PANCAKE & SAUSAGE WRAP	PANCAKE	17.00
000408	BK PANCAKES	SERVING	35.00
000398	BK PIZZA SAUSAGE/TURKEY:TONYS	SLICE	27.00
000658	BK POP TART & CEREAL	SERVING	60.56
000061	BK POP TART WG:SINGLE	PASTRY	37.00
000894	BK SPECIAL OF THE DAY W/TOT:HS	SERVING	46.97
000892	BK SPECIAL OF THE DAY:ES 2014	SERVING	28.37
000893	BK SPECIAL OF THE DAY:MS 2014	SERVING	31.01
000680	BK TATER TOT BREAKFAST CASSER	SERVING	13.71
000845	BK VA DINER SPECIAL	SERVING	26.00
000384	BK WAFFLE	SERVING	35.00
000643	BK WAFFLE DUTCH	WAFFLE	43.00
000755	MILK - VARIETY:TRUMOO & PET	BOTTLE	16.90
001025	MILK UNFLAVORED:PRESCHOOL	SERVING	13.00
000903	YOGURT & FRUIT PARFAIT	SERVING	60.13
000843	YOGURT & GRAHAM COMBO:BK	SERVING	36.00
000897	YOGURT SMOOTHIE STRAWBERRY BAN	SERVING	34.42
000998	YOGURT SMOOTHIE:V8 FRUIT BLEND	SERVING	18.34

**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.