

WJCC Public Schools

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000971	BREAD APPLE CRISP:T DAY 2016	SERVING	33.84
000516	BREAD APPLE STRUDEL	SERVING	43.66
001005	BREAD CORN MUFFIN FRUIT COBBLE	SERVING	40.40
000380	BREAD CORNBREAD MIX	PIECE	16.00
000112	BREAD PRETZEL ROD SOFT WG	EACH	14.17
000184	BREAD PRETZEL WG:HEARTZELS	SERVING	15.00
000620	BREAD STUFFING	PIECE	19.69
000765	BREAD SWEET POTATO CORN	SERVINGS	28.07
000871	BREAD WG ROLL	SERVING	15.00
000974	BREAD ZUCCHINI:F2S	SERVING	31.83
000865	BREADSTICK WG	SERVING	26.00
000917	BREADSTICK WG GARLIC	SERVING	26.22
000679	CAKE BROWNIES W/BLACK BEANS	SERVING	40.44
000389	COOKIE RF WG:BENEFIT	COOKIE	34.55
000217	COOKIE, SUGAR	COOKIE	11.60
000857	MAC & CHEESE/POUCH:2/3 CUP	SERVING	30.00
000726	MAC & CHEESE/STRATCH:2/3 CUP	SERVING	22.80
000663	MUFFIN BUTTERNUT SQUASH	MUFFIN	22.01
000106	NACHOS W/SALSA:SIDE	SERVING	4.40
000024	NOODLES	1/2 CUP	9.16
000618	RICE BROWN	1/2 CUP	20.46
000887	RICE BROWN CHEESY	1/2 CUP	22.58
000501	RICE FRIED:SIDE	2/3 CUP	25.99
000885	RICE OR NOODLES	SERVING	14.65
000458	RICE SPANISH	2/3 CUP	25.91
000628	RICE VEGGIE	CUP	31.79
000906	SALAD PASTA COWBOY	SERVING	51.31
000714	SALAD PASTA FIESTA	SERVING	30.39
000492	SALAD PASTA MACARONI	1/2 CUP	11.58
000465	SALAD PASTA W/TOM, CUCUMBER	SERVING	11.71
000678	SALAD PASTA W/VEGGIES	SERVING	25.44

**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.