

# WJCC Public Schools

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000981	BEEF CAJUN W/RICE & CORNBREAD	SERVING	60.88
000109	BEEF PATTIE W/GRAVY & 2 ROLLS	SERVING	36.45
000717	BEEF PATTIE W/MASH POT GRAVY	SERVING	25.87
000552	BEEF STIR FRY W/RICE	SERVING	25.63
000342	BOWL CHICKEN ASIAN RICE	SERVING	57.84
000921	BOWL CHICKEN PCORN	SERVING	35.32
000860	BOWL CHICKEN PCORN W/CORNBREAD	SERVING	51.28
000780	BOWL CHICKEN PCORN W/ROLL	SERVING	50.32
000879	BOWL CHICKEN ZESTY BBQ	SERVING	40.84
001010	BOWL RAMEN CHICKEN	SERVING	64.74
000485	BURRITO BEEF & BEAN: FROZEN	SERVING	48.00
000621	BURRITO BEEF & BEAN:PINTO	SERVING	40.16
000568	BURRITO BEEF & BEAN:RB W/NACHO	SERVING	45.69
000968	CHEESESTICKS MOZZ W/MARINARA	SERVING	36.39
000542	CHICKEN ALFREDO W/ROTINI:2G	SERVING	29.34
000916	CHICKEN ASIAN W/VEGGIE RICE	SERVING	61.20
000612	CHICKEN BARBECUED	SERVING	25.83
000919	CHICKEN CACCIATORE	SERVING	52.83
000579	CHICKEN CHOP SUEY	3/4 CUP	6.97
000831	CHICKEN FAJITAS:DICED CHIX	SERVING	33.80
000624	CHICKEN FAJITAS:FAJITA STRIPS	SERVING	39.02
000327	CHICKEN FRIED RICE	SERVING	24.79
000859	CHICKEN HOT WINGS W/BREADSTICK	SERVING	26.00
000769	CHICKEN LO MEIN W/SPAGHETTI	SERVING	60.52
000499	CHICKEN NUGGETS W/MAC & CHS:5	SERVING	16.54
000809	CHICKEN NUGGETS W/ROLL:5	SERVING	31.54
000143	CHICKEN NUGGETS:5 EACH	5 NUGGETS	16.54
001026	CHICKEN NUGGETS:PRESCHOOL (4)	SERVING	13.23
000218	CHICKEN PARMESAN	SERVING	74.80
000009	CHICKEN PARMESAN W/SPAG	SERVING	54.53
000394	CHICKEN POT PIE:CORNBREAD	SERVING	29.13
000502	CHICKEN ROASTED W/ROLLS	SERVING	30.25
000828	CHICKEN TENDERS W/BRDSTK	SERVING	42.19
000810	CHICKEN TENDERS:3	SERVING	16.19
000016	CHILI HOMEMADE SUPER BOWL	CUP	20.01
000753	CHILI SW WHITE CHICKEN W/BRDST	SERVING	43.50
000766	CHILI VEGETARIAN:3 BEAN & CORN	CUP	36.78
000716	CHILI W/RICE:BEEF & BEAN	CUP	57.93
000045	CORNDOG: MINI CHICKEN	6 EACH	26.00
000133	EGG ROLL SUPREME	SERVING	57.85
001008	ENCHILADAS VEGETABLE:MEATLESS	SERVING	70.22
000547	ENCHILADAS: BEEF	SERVING	38.16
000548	ENCHILADAS: CHICKEN	SERVING	34.11
000395	FISH STICKS	4 STICKS	20.00
000932	FISH STICKS OR SANDWICH	SERVING	30.88
001027	FISH STICKS:PRESCHOOL (3)	SERVING	15.00
000912	FLATBREAD CHICKEN THAI CHILI	SERVING	33.38
000991	FLATBREAD PORK THAI CHILI	SERVING	49.60
000400	LASAGNA ROLL UP W/BREADSTICK	SERVING	62.53
000920	LASAGNA:SCRATCH	SERVING	29.18
001004	MACARONI PENNE PASTA:MEATLESS	SERVING	49.43
000795	MACARONI:BEEFARONI	SERVING	27.76
000935	MACARONI:BUFFALO MAC & CHEESE	SERVING	48.18
000904	MEATBALL LO MEIN W/SPAGHETTI	SERVING	37.05
000905	MEATBALL NORGE W/RICE	SERVING	46.51
000788	MEATBALLS SWEET & SOUR	SERVING	13.86
000518	MEATBALLS SWEET & SPICY	SERVING	18.34
000965	PASTA CHEESY DISH	SERVING	41.66
000884	PASTA CHEESY SUPR W GARLIC BRD	SERVING	46.03
000823	PIZZA DOMINOS C/P 16" 10 CT:ES	SERVING	32.00
000969	PIZZA DOMINOS C/P 8 CT:MS/HS	SLICE	39.50
000958	PIZZA PAPA MURPHY'S	SLICE	28.90
000335	PIZZA STICKS CHEESY:HS	SERVING	21.07

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000459	PIZZA STUFFED CRUST CHS	SERVING	35.00
000850	PIZZA UNO'S	SERVING	36.00
000399	PIZZA VARIETY	SLICE	36.00
000802	QUESADILLA: CHICKEN & CHS W/S	SERVING	40.54
000978	SALAD 7 LAYER DIP MEATLESS	SERVING	77.11
000198	SALAD ASIAN CHICKEN	SERVING	81.60
000132	SALAD CHEF W/HAM TURK EGG	SERVING	38.28
000698	SALAD CHICKEN SOUTHWEST	SERVING	74.14
000781	SALAD CHICKEN SPINACH STRAWB	SERVING	35.74
000529	SALAD CHICKEN STRIP	SERVING	43.75
000994	SALAD POPCORN:CHICKEN SHRIMP	SERVING	38.32
000309	SALAD TACO: FAJITA CHICKEN	SERVING	31.29
000311	SALAD TACO:BEEF	SERVING	33.74
000627	SANDWICH BBQ CHIX:DICED SCR	SANDWICH	49.99
000314	SANDWICH BBQ CHIX:GRILLED PATY	SANDWICH	39.31
000825	SANDWICH BBQ PORK:BROOKWOOD	SERVING	26.14
000553	SANDWICH BBQ:PULLED PORK	SANDWICH	26.14
000626	SANDWICH CHEESEBURGER	SANDWICH	28.65
000163	SANDWICH CHICKEN BRD SPICY	SANDWICH	43.32
000463	SANDWICH CHICKEN CORDON BLEU	SANDWICH	26.63
000448	SANDWICH CHICKEN DELUXE	SANDWICH	38.64
000199	SANDWICH CHICKEN GRILLED	SANDWICH	30.32
000361	SANDWICH CHICKEN PARMESAN	SANDWICH	30.26
001054	SANDWICH DELI TURK HAM CHS	SANDWICH	29.24
000819	SANDWICH DELI:COMBO MEAT ES MS	SANDWICH	27.23
000201	SANDWICH FISH WEDGE	SANDWICH	40.14
000195	SANDWICH GRILLED CHEESE:2M	SANDWICH	24.00
000116	SANDWICH HAMBURGER	SANDWICH	26.20
000982	SANDWICH HAWAIIAN DELIGHT	SERVING	33.36
000162	SANDWICH HOT DOG	SANDWICH	27.14
000320	SANDWICH HOT DOG & CHILI	SANDWICH	36.14
000506	SANDWICH HOT DOG&CHILI&CHEESE	SANDWICH	42.14
000990	SANDWICH MEATLOAF WILLIAMSBRGR	SANDWICH	32.21
000443	SANDWICH PB & J	SANDWICH	37.79
000796	SANDWICH PHILLY CHEESE STEAK	SANDWICH	26.50
000855	SANDWICH RIBBQ	SANDWICH	36.14
000655	SANDWICH SLIDERS BEEF	SERVING	30.00
000873	SANDWICH SLOPPY JOE:SCRATCH SC	SERVING	40.73
000856	SHRIMP POPPERS	SERVING	22.00
000119	SHRIMP POPPERS W/MAC & CHS	SERVING	37.00
000608	SPAGHETTI AND MEAT SAUCE:1G	CUP	31.94
000504	SPAGHETTI AND MEAT SAUCE:HS	1.75 CUP	70.18
000334	SPAGHETTI AND MEATBALLS:ES	3/4 CUP	46.31
000541	SPAGHETTI AND MEATBALLS:MS/HS	1 3/4 CUP	75.18
000937	SUB CHICKEN CHEESE STEAK SPICY	SERVING	32.43
000762	SUB CHICKEN FAJITA	SERVING	33.37
000645	SUB DELI TURK HAM CHS HALF SUB	SERVING	35.72
000204	SUB DELI:COMBO MEAT	SUB	53.50
000797	SUB MEATBALL:HD ROLL	SUB	44.58
000249	SUB MEATBALL:SUB BUN	SUB	46.94
000176	SUB PHILLY CHEESE STEAK	SANDWICH	47.17
000307	TACO BEEF SOFT	SERVING	36.91
000808	TACO BEEF SOFT W/CHEESY RICE	SERVING	55.17
000851	TACO FAJITA CHICKEN:M Y OWN	SERVING	29.33
000852	TACO FISH ZESTY:M Y OWN	SERVING	55.57
000977	TERIYAKI BEEF OR CHICKEN W/R	SERVING	49.49
000961	TOTCHOS!	SERVING	43.83
000474	WRAP ASSORTED CHICKEN	SERVING	46.38
000980	WRAP THAI SHRIMP	SERVING	73.77
000793	YOGURT & 1/2 CHS SAND COMBO:PK	SERVING	30.50
000966	YOGURT & CHS SANDWICH COMBO	SERVING	42.00
000306	YOGURT & DELI SUB COMBO	SERVING	54.72
000903	YOGURT & FRUIT PARFAIT	SERVING	60.13

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No.	Description	Portion Size	Carbohydrates (Grams)
000897	YOGURT SMOOTHIE STRAWBERRY BAN	SERVING	34.42
000988	YOGURT&SUNFL SD&PRETZEL COMBO	SERVING	42.80*

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