

# San Antonio ISD

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000207	ANIMAL CRACKERS #1140	EACH	21.00
000967	Apple Empanada (20-21) #4123	EACH	41.02
000624	APPLE JUICE #1579	EACH	14.00
000064	APPLES, FRESH #1313	EACH	27.28
000563	APPLESAUCE CUP #9010	EACH	14.00
000848	Applesauce, Bulk, Canned (2019	1/2 Cup	14.00
000809	APPLESAUCE, CHERRY #1452	EACH	16.00
000082	BANANA BREAD #1472	EACH	46.50
000068	BANANAS #1314	EACH	24.05
000755	BEAN & CHEESE BURRITO #1376	EACH	40.00
000751	BEEF EMPANADA #1361	2 EA	26.00
000746	BERRY CUP (FROZEN) #9033	EACH	20.00
000691	BISCUIT, WHOLE GRAIN #1469	EACH	26.00
000304	BK-1 TOAST	EACH	15.00
000948	Blueberry Cinnamon Stik #4387	EACH	24.00
000796	BLUEBERRY PANCAKE STICK #1481	EACH	19.71
000817	BREADED CHICKEN PATTY(c) #9853	EACH	18.00
000029	BREADSTICK, SMART PICKS #4785	EACH	21.00
000872	Breakfast Bowtie (20-21) #4654	each	18.90
000653	BROCCOLI FLORETS (FRESH) #1651	1/2 CUP	1.69
000204	BUG BITE GRAHAMS #1231	EACH	21.00
000943	Calzones (20-21) #9144	EA	34.00
000602	CARROT STICKS (FRESH) #1618	6 Sticks	6.06
000160	CARROTS, BABY #1620	EACH	4.62
000919	Carrots, Shredded #1688	3 T	2.04
000164	CARROTS, SLICED #9022	1/2 CUP	6.00
000603	CELERY STICKS (FRESH) #1646	SRVG (6 STICKS)	1.00
000136	CEREAL, CHEERIOS #1485	EACH	20.00
000135	CEREAL, FRUITY CHEERIOS	EACH	26.00
000418	CHARACTER GRAHAMS #1149	EACH	23.00
000686	CHEESE & CHILE TAMALE #1357	EACH	29.00
000641	CHEESE BLEND MIX (2 OZ)	2 OZ	0.00
000818	CHEESE PIZZA 5" #9405	EACH	46.03
000202	CHEEZ- ITS #1233	EACH	14.00
000761	CHERRY APPLE JUICE #1009	EACH	14.00
000756	CHERRY MUFFIN #1402	EACH	39.02
000939	Cherry Tomatoes #1635	CUP (12 tomato)	20.33
000385	CHEX CHEDDAR #1143	EACH	20.00
000387	CHEX STRAWBERRY #1144	EACH	23.00
000951	Chicken Dipper (#4425) (20-21	Serving (10 eac	6.00
000714	CHICKEN EMPANADA #1359	2 PIECES	29.00
000645	CHICKEN FAJITA STRIPS #9061	SERVING	2.30
000113	CHICKEN GRAVY #1069	(1/4 CUP)	3.25
000505	CHICKEN NUGGETS #9854	SERVING (5 EA)	13.00
000748	CHICKEN SAUSAGE NUGGETS #1382	SERVING	19.57
000753	CHICKEN SAUSAGE PATTY #9852	EACH	0.00
000339	CHICKEN STRIPS #9065	3 EACH	16.00
000190	CORN, WHOLE KERNEL #9045	1/2 CUP	15.66
000455	CREAM GRAVY #1066	(1/4 cup)	6.00
000005	CRISPITO #1366	EACH	23.00
000955	Dumplings, Chicken #6345	Serving(6each)	31.50
000635	EL SABROSO CHIPS #1459	EACH	25.00
000249	ELF GRAHAMS #1236	EACH	21.00
000825	F-26 SLICED PEACHES WITH TAJIN	1/2 CUP	14.00
000899	F-33 Fresh Orange	EACH	19.80
000333	FISH STICKS #1354	SERVING (4)	20.00
000629	FRENCH TOAST STICKS #1500	EACH	38.00
000758	FROSTED SHREDDED WHEAT #1495	EACH	46.57
000757	FROSTED WHEAT BLUEBERRY #1493	EACH	46.57
000759	FROSTED WHEAT STRAWBERRY #1494	EACH	46.57
000811	FROZEN STRAWBERRY CUP #9013	EACH	22.00
000488	GARLIC KNOT #1471	EACH	23.00
000046	GB-10 SPANISH RICE	1/2 CUP	24.72

\*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.

# San Antonio ISD

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000147	GB-16 BROWN RICE	1/2 CUP	21.26
000530	GB-4 UNCLE BENS STUFFING #1506	2 OZ SERVINGS	3.62
000582	GB-5 FRIED RICE	1/2 CUP	24.88
000699	GB-8 TEXAS TOAST	SLICE	22.00
000611	GOLDFISH, WHOLE GRAIN #1218	SERVING	0.00
000625	GRAPE JUICE	EACH	18.00
000123	GRAPE UNCRUSTABLE #1410	EACH	32.00
000547	HAMBURGER BUN #1462	EACH	29.00
000544	HAMBURGER PATTY #9094	EACH	1.00
000740	HASH BROWN ROUNDS #1605	SERVING (2 ea)	16.00
000545	HOT DOG #9070	EACH	0.00
000546	HOT DOG BUN #1503	EACH	28.00
000937	Hummus, Taco Dip #4367	Each	27.00
000184	JELLY, GRAPE PACKET #4161	PACKET	9.00
000166	KETCHUP PACKET #4479	PKT (9 GRAMS)	3.00
000968	LEMON BREAD #4385	EACH	44.00
000816	M-101 TEXAS CHICKEN BISCUIT	EACH	42.00
000836	M-102 Protein Lunchable 20-21	EACH	46.00
000837	M-103 BREAKFAST BOWL (LUNCH)	EACH	60.00
000856	M-106 Yogurt Protein Pack	EACH	52.00
000854	M-107 Uncrustable w/Turkey Stk	SERVING	47.00
000858	M-110 Chicken Lo Mein	1 Cup	51.84
000934	M-126 Nacho Kit	Serving	44.01
000935	M-127 Power Protein Pack	Serving	40.00
000936	M-128 Hummus & Crackers	Serving	57.00
000938	M-129 Lunchable	Serving	31.00
000949	M-130 Taco Chalupa	2 EACH	38.03
000953	M-131 PANCAKE BOWL (LUNCH)	EACH	45.00
000956	M-132 Soy Ginger Dipping Sauce	1 Fluid Ounce	5.38
000024	M-15 SPAGHETTI AND MEAT SAUCE	1CUP	52.60
000179	M-17 TURKEY HOT DOG ON BUN	EACH	28.00
000061	M-21 CRISPY TURKEY TACOS	2 TACO	17.13
000111	M-24 CHILI	1.15 OZ	3.46
000695	M-25 CHICKEN & CHEESE CHALUPAS	2 EACH	21.39
000121	M-3 BEAN AND CHEESE CHALUPAS	2 EACH	43.10
000177	M-33 TURKEY LASAGNA	1 PIECE	32.65
000771	M-46 SPICY FISH SANDWICH	EACH	44.00
000965	M-49 TACO BOWL K-12	EACH	45.00
000517	M-50 SAISD ENCHILADAS	2 EACH	54.13
000518	M-51 SAISD CHALUPAS	2 EACH	49.09
000966	M-52 Bean & Cheese Bowl	Serving	38.05
000538	M-53 BARBECUE SAUCE	1 OZ	26.04
000608	M-70 FRENCH TOAST W/ SAUSAGE	SERVING	38.00
000709	M-81 ULTIMATE CHALUPA	2 EACH	33.99
000774	M-94 PROTEIN PACK	SERVING	50.01
000791	M-98 PROTEIN PACK 2.0	EACH	42.33
000794	M-99 SAUSAGE MARINARA (2019)	1 CUP	68.01
000834	MANGO PEACH APPLESAUCE #8567	EA	15.00
000735	MAPLE SYRUP CUP #4159	ea	31.00
000952	Marinara Dipping Cup (PC)#4379	EA	3.00
000186	MILK, CHOCOLATE NON FAT #1133	(1/2 PINT)	20.00
000209	MILK, NONFAT WHITE #1117	(1/2 PINT)	13.00
000301	MILK, STRAWBERRY NON-FAT #1128	(1/2 PINT)	19.00
000208	MILK, WHITE 1% #1124	(1/2 PINT)	12.00
000630	MINI BLUEBERRY WAFFLES #1510	SERVING	36.00
000926	MINI CINNIS #4343 (20-21)	EACH	39.00
000312	MINI CORNDOGS #1438	6 EACH	30.00
000093	MINI MAPLE PANCAKES #1498	EACH	36.00
000458	MINI TACOS #1476	SERVING (3 EA)	31.00
000863	MJM Savory Crackers #4243	EA	30.00
000168	MUSTARD PACKET #1065	PKT (6 GRAMS)	1.00
000931	Oatmeal Apple Bar(#4345)	each	48.00
000001	ORANGE JUICE #1008	EACH	12.00

\*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.

# San Antonio ISD

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000086	ORANGES, FRESH #1292	EACH	19.80
000849	Pancakes (c) (2019) #9864	EA	13.00
000397	PEACHES, CANNED #9025	1/2 CUP	14.00
000711	PEAR HALVES (CANNED) #9002	3 HALVES	17.90
000194	PEARS, DICED #9023	1/2 CUP	11.80
000090	PEARS,FRESH #1324	EACH	23.67
000642	PENNE PASTA #1448	1/2 cup	21.00
000776	PEPPERONI PIZZA 5" #9406	EACH	47.08
000542	PICKLES #1611	EACH	0.37
000189	PINEAPPLE CHUNKS #1310	1/2 CUP	23.86
000944	Pinto Bean Dip (Warhou) #9143	EA	18.00
000959	Pre-Made Sandwich #1404	EA	30.00
000203	PRETZELS, HEARTZELS #1213	EACH	15.00
000683	PUMPKIN BREAD #1480	EACH	43.00
000871	Pumpkin Empanada (20-21) #4124	EACH	38.02
000815	PUPUSAS (2019) #1358	EACH	35.00
000351	QUESADILLAS, TACO #1390	3 PIECES	30.00
000747	RAISINS #9039	EACH	30.00
000240	REFRIED BEANS	1/2 CUP	25.00
000942	Salsa PC (20-21) #4356	EACH	0.00
000954	Sausage Roll (20-21) #4653	EA	28.00
000201	SCOOBY DOO GRAHAMS #1232	EACH	21.00
000784	SCRAMBLED EGGS #1130	2 OZ	1.00
000752	SEASONED CURLY FRIES #1658	3 OZ	22.00
000512	SHREDDED CHEDDAR CHEESE #1119	SERVING (1 OZ)	1.01
000576	SLICED APPLES #9111	1/2 CUP	14.16
000214	SLICED CUCUMBERS	10 SLICES	1.84
000738	SLICED PEARS (CANNED) #9845	1/2 CUP	14.83
000644	SPAGHETTI #9110	1/2 cup	19.50
000467	STEAK FINGERS #9001	SERVING (4 EA)	20.00
000614	STRAWBERRY CRISP BAR	EACH	24.00
000613	STRAWBERRY GRAHAMZ	EACH	21.00
000870	Strawberry Pancakes #4655	package	39.00
000152	SW-10 TURKEY & CHEESE SANDWICH	EACH	31.00
000019	SW-11 HAMBURGER	EACH	30.00
000154	SW-12 CHEESEBURGER	EACH	31.00
000466	SW-2 CRISPY CHICKEN SANDWICH	EACH	45.00
000772	SW-46 SPICY FISH SANDWICH	EACH	44.00
000020	SW-8 SANDWICH TRIMMINGS	1/2 CUP	3.99
000069	SW-9 SHREDDED LETTUCE & TOMATO	(1 SERVING)	3.63
000833	TATOR TOTS #8454	SERVING (10 ea)	19.00
000364	TOSTITOS ROUNDS #1198	PKG	29.00
000851	TURKEY BREAST STICK #9786	EACH	0.00
000519	TURKEY TACO MEAT #9079	SERVING	3.00
000769	UNCRUSTABLE, LARGE GRAPE #1411	EACH	65.00
000039	V-1 PINTO BEANS	1/2 CUP	24.56
000961	V-10 SAISD GREEN BEANS	1/2 CUP	4.86
000475	V-11 SLICED CARROTS	1/2 CUP	6.86
000962	V-13 RANCH STYLE GREEN BEANS	1/2 C	4.72
000963	V-14 ITALIAN GREEN BEANS	1/2 CUP	4.78
000964	V-15 ASIAN GREEN BEANS	1/2 CUPS	9.02
000525	V-26 SEASONED PINTO BEANS	1/2 CUP	17.80
000528	V-27 CORN & BLACK BEAN SALAD	1/4 CUP	5.04
000554	V-31 SEASONED REFRIED BEANS	1/2 CUP	25.70
000558	V-32 SLICED CUCUMBER & TAJIN	10 SLICES	4.29
000569	V-34 STREET CORN SALAD	1/2 CUP	12.55
000579	V-37 SAISD GREEN BEANS	1/2 CUP	5.68
000580	V-38 ASIAN BROCCOLI SALAD	1/2 CUP	7.68
000583	V-39 RANCH STYLE GREEN BEANS	1/2 C	5.00
000584	V-40 ITALIAN SEASONED BROCCOLI	1/2 CUP	3.94
000585	V-41 ITALIAN GREEN BEANS	1/2 CUP	4.79
000587	V-42 HONEY ROASTED CARROTS	1/2 CUP	16.04
000588	V-43 GLAZED SUGAR SNAP PEAS	1/2 CUP	16.87

\*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.

# San Antonio ISD

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000589	V-44 CHARRO BEANS (CAN PINTO)	1/2 CUP	24.74
000590	V-45 BAKED BEANS (CAN PINTO)	1/2 CUP	49.08
000596	V-46 CORN & BEAN SALAD	1/2 CUP	10.09
000604	V-47 CARROT & CELERY STICKS	1/2 CUP	3.53
000627	V-48 CUCUMBER GINGER SLAW	1/2 CUPS	5.61
000027	V-5 SEASONED GREEN BEANS	1/2 CUP	4.52
000696	V-50 ASIAN GREEN BEANS	1/2 CUPS	9.03
000713	V-51 HERBED PEAS	1/2 CUP	13.57
000715	V-52 BUTTERNUT SQUASH	1/2 CUP	11.62
000716	V-53 GLAZED SWEET POTATOES	1/2 CUP	36.78
000729	V-54 CORN WITH TAJIN	1/2 CUP	8.38
000741	V-57 CORN & TAJIN	1/2 CUP	15.66
000762	V-58 REFRIED BLACK BEANS	1/2 CUP	39.98
000763	V-59 COLESLAW	1/2 CUP	23.15
000960	V-6 SEASONED GREEN BEANS	1/2 CUP	4.30
000846	V-62 VEGETABLE TRAY	TRAY	11.12
000862	V-63 SWEET PEAS	1/2 Cup	12.05
000886	V-64 Corn Salad	1/2 Cup	16.37
000887	V-65 Green Bean Salad	1/2 Cup	7.17
000888	V-66 Italian Broccoli Salad	1/2 Cup	4.63
000889	V-67 Pea Salad	1/2 Cup	26.04
000880	V-68Loaded Mash Potatoes 20-21	1/2 Cup	3.35
000158	V-7 SEASONED SPINACH	1/2 CUP	7.34
000905	V-71 Refried Pinto Beans 20-21	1/2 Cup	32.43
000925	V-76 Pinto Bean Salad	1/2 Cup	22.67
000933	V-77 Refried Beans(dehydrated)	1/2 Cup	25.88
000957	V-78 Red Beans	1/2 Cup	24.69
000958	V-79 Pink Beans	1/2 Cup	26.04
000026	V-8 SEASONED MIXED VEGETABLES	1/2 CUP	12.81
000178	V-9 MASHED POTATOES	1/2 CUP	3.29
000922	Vanilla Bear Grahams (#3451)	pack	20.00
000864	WHEAT CRACKER, ZEE ZEE #4290	EA	15.00
000218	WHOLE GRAIN SAUSAGE ROLL #1414	EACH	25.00
000616	YOGURT, VANILLA (4 OZ)	EACH	14.00
000654	ZUCCHINI BREAD SLICE #1479	EACH	43.00

*\*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.**