

Toombs County Board of Education

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000127	Baby Carrots & Cucumbers	1/2 CUP	6.50
000022	Baby Carrots w dip	1/2 CUP	7.40
000348	Baked Beans, TCHS	1/2 CUP	40.26
000044	BAKED POTATO	1/2 Potato	34.03
000306	Baked Ziti	CUP	64.16
000109	BBQ Chicken	EACH	7.46
000359	BBQ Sandwich, Turkey Roast	EACH	50.06
000360	BBQ Stuffed Potato	EACH	57.41
000328	Beef and Bean Burrito FERNANDO	EACH	40.00
000087	Beef Taco w/ Chips	SERVINGS	23.40
000327	Biscuit, WG 2 oz	EACH	27.00
000157	Black Beans - Ranch Style	1/2 CUP	18.66
000254	BLACK-EYED PEAS	1/2 CUP	16.41
000249	BLT Chef Salad	SALAD	40.08
000070	Breadstick, Garlic Twist, WG	1 EACH	14.00
000276	Breakfast Boat	EACH	19.86
000128	Broccoli & Cauliflower Cup	1/2 CUP	4.52
000313	Broccoli & Tomatoes w/ dip	1/2 CUP	3.90
000312	Broccoli Cup w dip	1/2 CUP	4.24
000258	BROCCOLI/CHEESE SPRINKLES	1/2 CUP	6.08
000342	BROCCOLI: Frozen	1/2 CUP	5.58
000279	BROWN RICE, Seasoned w Gravy	1/2 CUP	37.16
000213	Brownie	SERVINGS	23.41
000364	BRUNCH: French Toast + Eggs	SERVING	69.58
000363	BRUNCH: French Toast+Eggs HS	SERVING	70.71
000069	Buffalo Chicken Sandwich	SANDWICH	42.64
000259	Cabbage, Steamed (Steamer)	1/2 CUP	4.98
000307	Calzone, Pepperoni WG	EACH	31.25
000182	Carrot, Celery, Cucumber Cup	1/2 CUP	5.66
000314	Carrots & Bell Pepper Rings	1/2 CUP	5.91
000126	Celery & Red Pepper Rings	1/2 CUP	4.37
000267	CELERY STICKS	1/2 CUP	5.39
000066	CHEESEBURGER ON BUN	EACH	29.25
000343	Cheesy Broccoli	1/2 CUP	8.45
000269	Chef Salad: Crispy Chicken	EACH	58.68
000275	Chef Salad: Grilled Chicken	EACH	47.14
000266	Chef Salad: Oriental Chicken	EACH	60.56
000216	Chicken & Rice	CUP	41.08
000095	Chicken and Dumplings	8 OZ SPOODLE	28.57
000039	Chicken Chunks: Elementary/MS	SERVING: 4 each	13.73
000037	Chicken Chunks: HS	SERVING: 5 each	17.21
000067	Chicken Sandwich, Breaded	SANDWICH	41.79
000031	Chicken Tenders, Elem/MS	2 EACH	19.00
000033	Chicken Tenders, HS	3 EACH	28.88
000113	Chicken Wings, Baked Elem/MS	SERVINGS	0.47
000317	Chicken Wings, Baked HS	SERVINGS	0.47
000301	Chili Cheese Tots	EACH	40.03
000365	Chocolate Chip Cookie, WW	EACH	19.08
000339	Coleslaw	1/2 CUP	10.23
000341	Collard Greens, seasoned	1/2 CUP	4.44
000335	Corn Nuggets	1/2 CUP(7 each)	38.10
000361	Corn, Creamed	1/2 CUP	26.49
000270	Corn, Seasoned (Canned)	1/2 CUP	15.68
000277	Corn, Seasoned (Frozen)	1/2 CUP	24.21
000203	Cornbread, WG Pioneer 2 oz	2 x 2 Square	16.00
000046	Corndog	EACH	30.00
000020	Country Fried Steak w/ gravy	EACH	25.57
000311	Cucumbers & Tomatoes w/ dip	1/2 CUP	5.25
000334	Curly Fries	1/2 CUP	16.95
000340	Field Peas	1/2 CUP	11.33
000299	Fiesta Bowl	EACH	69.96
000309	Fish N' Grits - Elem/MS	EACH	38.60

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000310	Fish N' Grits - HS	EACH	43.10
000017	Fish Nuggets, WG - Elem/MS	4 Nuggets	18.00
000118	Fish Nuggets, WG - HS	5 Nuggets	22.50
000487	Fries, Oven	1/2 CUP	15.00
000302	Fruity Jell-O	3/4 CUP	36.34
000316	Garden Salad w Dressing	1/2 CUP	4.24
000346	Glazed Sweet Potatoes	1/2 CUP	44.50
000338	GREEN BEANS, French Style	1/2 CUP	5.06
000424	GREEN BEANS, Seasoned	1/2 CUP	4.17
001065	Green Peas, Canned	1/2 CUP	12.75
000036	Grilled Chicken Sandwich	EACH	32.00
000358	Grilled Turkey & Chs Sandwich	EACH	29.03
000357	Ham, Baked	2 Slices	4.07
000161	HAMBURGER ON A BUN	EACH	29.00
000110	Hamburger Steak w Gravy	EACH	3.73
000029	Hot Dog on Bun, WG 2 oz	EACH	30.00
000024	HOT HAM & CHEESE CROISSANT	EACH	27.25
000244	Italian Chef Salad	SALAD	42.31
000337	Italian Green Beans	1/2 CUP	5.87
000093	Lasagna w/ Ground Beef	SERVINGS	29.13
000351	LIMA BEANS: Canned	1/2 CUP	20.01
000198	Lunchbox Buddy	BOX	58.69
000193	Lunchbox Buddy: Cereal + Chips	BOX	88.35
000197	Lunchbox Buddy: R.Krisp+Chips	BOX	87.18
000320	Macaroni & Cheese	1/2 CUP	12.24
000332	Mashed Potatoes w/ gravy	1/2 CUP	16.55
000236	Meatloaf, Sample's	EACH	5.33
000047	Mini Corndogs	6 EACH	31.00
000366	Oatmeal Raisin Cookie, WW	EACH	30.72
000014	ORANGE GLAZED CARROTS	2/3 CUP	22.51
000129	OVEN ROASTED CHICKEN	SERVINGS	0.41
000057	Pizza, Cheese Stix MAX	2 STIX	41.00
000062	Pizza, Cheese Wedge The MAX	SLICE	35.00
000371	Pizza, Fiestada Tony's	EACH	43.00
000065	Pizza, Pepperoni Wedge The MAX	SLICE	35.00
000018	Popcorn Chicken, WG	14 PIECES	14.00
000315	Popeye Salad	1 CUP	11.90
000318	Pork Roast w/ gravy	2 oz	1.41
000132	Potato Wedges	1/2 cup	15.59
000329	Pretzel Dog, Turkey, WG	EACH	31.00
000352	Pudding Cup, Assorted	1/2 CUP	26.00
001049	RICE KRISPY TREATS:Toombs	2x2	14.97
000072	Roasted Red Potatoes	1/2 CUP	19.07
000319	Roll, Dinner, 1oz WG Derst	EACH	13.00
000130	ROLLS, Whole Grain 2 oz	EACH	28.19
000237	Salisbury Steak SAMPLES - ELEM	EACH	3.02*
000239	Salisbury Steak SAMPLES- MS/HS	EACH	3.00*
000027	Sausage Dog, WG 2 oz	EACH	29.00
000333	Seasoned Fries	1/2 CUP	16.97
000170	SLOPPY JOE ON A BUN	SERVINGS	36.90
000330	Smoked Sausage Link, GA BOY	3" EACH	0.00
000215	Southwest Cobb Salad	EACH	63.10
000178	SPAGHETTI AND MEAT SAUCE	1 CUP	51.92
000300	Spanish Rice	1/2 CUP	23.55
000004	Spinach Salad w/ Strawberry	1 CUP	14.28
000052	Squash, Stewed	1/2 CUP	6.14
000021	Steak Nuggets: ELEMENTARY	7 nuggets	17.39
000023	Steak Nuggets: Middle/HS	8 nuggets	20.00
000111	SUB Sandwich: Elem/MS	EACH	32.46
000112	SUB Sandwich: HS	EACH	41.46
000016	Sweet Potato Waffle Fries	1/2 CUP	22.05
000350	Sweet Potato Yam Patties	2 each	36.30

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000056	SWEET POTATO, BAKED	1/2 POTATO	23.66
000043	Tater Tots	1/2 CUP	17.72
000287	Tex Mex & Chips	EACH	24.24
000354	Tex Mex Beans	1/2 CUP	19.61
000061	Texas Toast, WG	SLICE	17.00
000059	Turnip Greens, seasoned	1/2 CUP	2.62
000073	Wild Mike's Cheesy Bites	4 EACH	30.96

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