

Nutrition Department - Atlanta Public Schools

Food Item Nutrient Analysis (Extended)

All Active Items

Item Description	Nutrition per	Carbohydrates (g)
Apples- Red (138CT)	100g	13.810
Banana - Petite 150ct	100g	22.840
Beans - Baked Vegetarian	130g	29.000
Beans - Black Canned Turtle	100g	20.600
Beans - Garbanzo Canned	100g	20.600
Beans - Great Northern Canned Low Sodium	100g	17.500
Beans - Green Cut Frozen	100g	6.450
Beans - Pinto Canned Low Sodium	100g	20.500
Beans - Red Kidney Canned Low Sodium	100g	21.900
Beans - Vegetarian Refried	114g	17.000
Beef - Crumbles Reduced Sodium Fully Cooked	2.2oz	2.000
Beef - Meatballs Reduced Sodium Fully Cooked 1oz	2.5oz	2.000
Biscuit Whole Grain 2oz	2oz	27.000
Black Bean Veggie Patty	2.9oz	15.000
Bread - Bun Hamburger Whole Grain	2.5oz	32.000
Bread - Bun Hot Dog Whole Grain	2oz	26.000
Bread - Dough Roll Dinner Whole Grain	2.5oz	28.000
Bread - Flatbread 100% Whole Grain 1.8oz	2oz	28.000
Bread - Muffin Banana Whole Grain IW 2oz	2oz	31.000
Bread - Muffin Blueberry Whole Grain IW 2oz	2oz	31.000
Bread - Muffin English Whole Grain 2oz	2oz	23.000
Bread - Roll Hoagie Whole Grain 12 Rolls Per Pkg.	2.8oz	36.000
Bread - Sandwich Sliced Whole Grain Loaf (20 slices)	1oz	15.000
Breakfast - Chicken Patties Breaded Whole Grain 1.6oz	1.6oz	12.000
Breakfast - French Toast Mini Triple Berry Whole Grain IW	2.64oz	37.000
Breakfast - Pancakes Mini Maple Burst Whole Grain IW	3.17oz	39.000
Breakfast - Pancakes Mini Strawberry Splash Whole Grain IW	3.17oz	40.000
Breakfast - Waffles Mini Blueberry Bash Whole Grain IW	2.47oz	37.000
Breakfast - Waffles Mini Maple Madness Whole Grain IW	2.47oz	38.000
Breakfast Pizza Cheese Turkey Sausage & Gravy	3.31oz	25.000
Breakfast Pizza Turkey Sausage and Cheese	3.31oz	25.000
Breakfast Pizza Turkey Sausage	3.67oz	31.000
Broccoli - Florets Fresh (raw)	100g	6.640
Broccoli Frozen - Florets or Spears	100g	5.350
Carrots - Baby Fresh (Whole)	100g	8.240
Carrots - Frozen	73g	6.000

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Item Description	Nutrition per	Carbohydrates (g)
Celery - Sticks	100g	2.970
Cereal - Bowl Cheerios Fruity Whole Grain	1oz	22.000
Cereal - Bowl Cheerios Whole Grain	1oz	20.000
Cereal - Bowl Rice Krispies Whole Grain	1oz	23.000
Cereal - Bowl Total Raisin Bran Whole Grain	1.19oz	28.000
Cereal Bowl - Golden Grahams Whole Grain	28g	24.000
Cereal- Oatmeal, Bulk Hot Whole Grain	40g	27.000
Cheese - American Yellow Sliced .5oz USDA 100036	100g	7.140
Cheese - Mozzarella String Light 1oz	1oz	1.000
Chicken - 8-Cut Roasted Bone-In Fully Cooked (Gold Kist 8820)	4.225oz	0.000
Chicken - Bite (Nugget) Breaded Whole Grain .75oz	3.75oz	16.000
Chicken - Patty Breaded Whole Grain 3.4oz	3.4oz	12.000
Chicken- Fajita Strips	2.48oz	1.000
Chips - Potato Lay's Baked Original IW .875oz	0.875oz	19.000
Corn - On - Cob - Frozen	85g	19.000
Corn - Whole Kernel Liquid Pack Canned	100g	14.340
Crackers - Goldfish Xtra Cheddar Whole Grain .75oz	0.75oz	14.000
Crackers - Graham Honey Whole Grain 3 graham cracker squares	22g	16.000
Crackers - Jungle Whole Grain IW 1oz	1oz	20.000
Crackers - Saltines Whole Grain IW 2pk	13g	9.000
Crackers- Animal Whole Grain 1oz pack	1oz	21.000
Crackers- Cheez-It Whole Grain .75oz package	0.75oz	14.000
Crackers- Goldfish Pretzels Whole Grain .75oz pack	0.75oz	14.000
Cranberry - Sauce Jellied Canned	100g	40.400
Cucumbers - Fresh	100g	3.630
Dressing - Honey Mustard Packet 12g	12g	4.000
Dressing - Italian Lite Bulk	30g	2.000
Dressing - Italian Low Calorie Packet 12g	12g	1.000
Dressing - Ranch Buttermilk Fat Free Packet 12g	12g	2.000
Egg - Hard Cooked Whole Pillow Pack	50g	1.000
Egg - Liquid Scramble CN	55g	1.000
Egg - Patty	1.25oz	1.000
Egg Roll Vegetable WG 130 count	88g	19.360
Emergency Meal - Meal Kit - CHKN Salad Veg Jce	100g	66.000
Emergency Meal - MultiGrain Cheerios BowlIPack Kit	5.75oz	52.000
Emergency Meal - Team Cheerios Cereal Bar Kit	6.32oz	63.000

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Item Description	Nutrition per	Carbohydrates (g)
Emergency Meal -Beef & Cheese Spread Kit	12.15oz	60.000
Emergency Meal- Meal Kit - Hummus w/Red Veg 16oz	100g	84.000
Emergency Milk - White 1% 8 floz Carton Shelf Stable	8oz	12.000
Fish - Nugget Pollock Potato Crunch Whole Grain 1 oz	4oz	20.000
Fish - Patty Pollock Breaded Wedge Potato Whole Grain 3.6oz	3.6oz	16.000
Frank - Turkey 2oz	2oz	2.000
Fruit - Applesauce Unsweetened	122g	14.000
Fruit - Mixed Ex LT #10	100g	11.900
Fruit - Peaches Diced Ex Lite #10	122g	12.000
Fruit - Peaches Sliced Freestone Frozen CTN-20 LB	100g	12.800
Fruit - Pears Diced in Pear Juice #10	125g	14.000
Fruit - Pineapple Tidbits #10	120g	18.000
Fruit - Raisins Seedless Individual 1.5oz	42g	33.256
Goldfish Cheddar Crackers Whole Grain IW .75oz per Pkg. 300 per case	0.75oz	14.000
Greens - Collard Chopped Frozen	100g	7.100
Grits- Quick -WG	37g	29.000
Jelly - Grape PC .5oz	14g	9.000
Juice - Apple 100% 4 floz	4oz	14.000
Juice - Apple 100% 6 floz	6oz	20.000
Juice - Fruit Punch 100% 6 floz	6oz	20.000
Juice - Grape 100% 4 floz	4oz	18.000
Juice - Orange 100% 4 floz	4oz	12.000
Juice Fruit Punch 100% 4 floz	4oz	14.000
Ketchup - Packet	9g	3.000
Ketchup - Pouch Bulk	17g	5.000
Label - Roll Dissolve	100g	
2 Soft Beef Tacos	100g	20.541
2 Soft Bean Tacos SY	100g	24.237
2 Soft Fish Tacos	100g	22.071
5 Way Vegetable Mix with Margarine	100g	12.625
All American Combo Hoagie	100g	20.208
All American Salad	100g	30.470
All American Sandwich	100g	20.806
Animal Crackers	100g	74.074
Apple Fresh	100g	13.810
Apple Juice 4 oz.	100g	12.346
Apple Juice ASSP 6 oz.	100g	11.758

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Item Description	Nutrition per	Carbohydrates (g)
Apple Slices in Bag	100g	12.346
Apple Smoothie SY 18-19	100g	11.911
Apple Wedges	100g	11.284
Apple Whole	100g	13.810
Applesauce ASSP 6 oz.	100g	10.656
Asian Chicken Lo Mein	100g	14.525
Asian Vegetable Lo Mein (V)	100g	18.998
Baked Curry Chicken	100g	1.079
Baked Lasagna w/ Ground Turkey	100g	14.120
Baked Pasta w/ Marinara Sauce & Cheese	100g	6.463
Baked Potato Chips	100g	76.594
Baked Spaghetti & Meatsauce w/ Ground Turkey	100g	9.516
Baked Spinach Lasagna (V)	100g	8.872
Baked Sweet Potato	100g	20.120
Banana Muffin 2 oz	100g	54.674
Banana	100g	22.840
BBQ Baked Chicken	100g	14.758
BBQ Campfire Pinto Beans	100g	21.562
BBQ Chicken and American Cheese Melt	100g	25.944
BBQ Chicken Flatbread Pizza	100g	23.606
BBQ Chicken Nuggets	100g	48.494
BBQ Chicken Pizza	100g	23.124
BBQ Chicken Sandwich	100g	24.827
Bean Burrito	100g	25.160
Beans, Refried	100g	14.912
Biscuit 2oz	100g	47.619
Black Bean & Corn Quesadilla	100g	22.513
Black Bean & Corn Cheese Wrap	100g	28.606
Black Bean & Corn Salad (V)	100g	18.658
Black Charro Beans	100g	15.826
Black Eyed Pea Stew	100g	16.686
Black Eyed Peas	100g	9.024
Blazin Broccoli	100g	6.621
f Blazin Cauliflower	100g	5.545
Blueberry Muffin 2 oz	100g	54.674

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Item Description	Nutrition per	Carbohydrates (g)
Bread, Flatbread	100g	49.383
Breaded Buffalo Chicken Wrap	100g	19.414
Breaded Fish Wedge	100g	15.677
Pancakes Mini Maple Burst'n WG IW	100g	43.396
Pancakes Mini Strawberry Splash	100g	44.509
Mozzerella Cheese Toast	100g	28.219
Toast	100g	50.982
Broccoli & Cheese Baked Potato (V)	100g	14.240
Fresh Broccoli Bites	100g	6.640
f Broccoli Cheese & Rice Casserole	100g	12.989
Broccoli, Cheese, Red Pepper Spread Flatbrea	100g	22.970
Broccoli, Fresh Cooked 1/2c	100g	6.052
Brown Rice	100g	19.742
Leftover Servings of Brown Sauce	100g	7.637
Bruschetta Cheese Pizza	100g	21.282
Buffalo Baked Chicken	100g	1.413
Leftover Servings o	100g	12.396
Buffalo Chicken Pizza	100g	14.745
f Buffalo Chicken Salad	100g	22.922
Buffalo Chicken Sandwich	100g	24.656
BURGER, Black Bean AP WG 2.0	100g	30.701
Leftover Servings of BURG, Black Bean CH AP WG 2.5	100g	28.099
BURGER, Black Bean CH JalPepper Salsa AP WG 2.5	100g	20.951
BURGER, Salis Steak AM BBQ	100g	22.888
Cajun Chicken Pasta	100g	7.535
Cajun Meatball Stew	100g	4.400
Cajun Slaw Cheeseburger	100g	18.507
Carrot & Raisin Salad	100g	23.399
Carrots Sticks	100g	9.580
Cauliflower, Fresh Roasted 1/2c	100g	4.970
Celery - Sticks, Fresh	100g	2.970
Cheerios Fruity SY 18-19	100g	77.601
Total Raisin Bran	100g	82.996
Cereal - Golden Grahams	100g	85.714
Lefto Cereal Bowl Cheerios Whole Grain	100g	70.547

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Item Description	Nutrition per	Carbohydrates (g)
Cereal Bowl Rice Krispies	100g	81.129
Chana Masala	100g	15.417
Charro Pinto Beans	100g	17.199
Cheese Enchiladas	100g	12.506
Cheese Grits	100g	12.919
Cheese Quesadilla	100g	26.822
Cheese Stick	100g	0.000
Cheese Toast	100g	30.025
Cheese Totchos	100g	9.472
Cheeseburger Pizza	100g	18.726
Cheeseburger Rolletto	100g	23.318
Cheeseburger	100g	16.809
Cheesy Biscuit	100g	38.435
Cheesy Egg Biscuit 2 oz	100g	29.063
f Cheesy Penne Pasta	100g	7.494
Cheez-It Crackers	100g	65.844
Chef Salad w/ Chicken	100g	23.581
Chef Salad w/ Turkey Breast Cheese & Egg	100g	20.449
Chef Salad with Turkey Ham	100g	2.951
Chicken & Bean Burrito	100g	24.068
Chicken Nuggets & Grits	100g	10.737
Chicken Nuggets & Waffles SY 18-19	100g	24.137
Chicken & White Bean Chili	100g	9.120
f Chicken and Pasta Bake	100g	6.214
Chicken Biscuit	100g	41.960
f Chicken Brushetta Melt	100g	23.141
Chicken Ceasar Salad	100g	26.612
Chicken Cheese Biscuit	100g	38.047
Chicken Chili Nachos	100g	23.935
Chicken Chipolte Chili & Fritos	100g	8.731
Chicken Enchilada	100g	11.993
Chicken Enchiladas	100g	11.719
Chicken Fajita Quesadilla	100g	23.364
Chicken Nachos with Refried Beans	100g	34.454
Chicken Nugget Parmesan & Mozzarella Flatbread	100g	23.483
Chicken Nuggets	100g	15.050

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Item Description	Nutrition per	Carbohydrates (g)
Chicken Pot Pie	100g	11.842
Leftover Servings of Chicken Ranch Salad	100g	3.564
Leftover Servings of Chicken Salad Platter	100g	3.423
Leftover Servings of Chicken Salad Sandwich on Hoagie SY 18-19	100g	20.100
Leftover Servings of Chicken Salad SY 18-19	100g	2.590
Leftover Servings of Chicken Stir Fried Rice SY 18-19	100g	12.311
Leftover Servings of Chicken Tacos SY 18-19	100g	19.163
Chicken, Tomato & Mozzarella Cheese Flatbread	100g	19.309
Chickpea Salad Plate	100g	19.020
Chili Cheese Dog	100g	20.667
Chili Cheese Fries	100g	14.290
Chili Con Carne	100g	7.625
Chili Dog	100g	21.529
Chipotle BBQ Black Beans	100g	21.088
LeChipotle Black Bean Vegetable Burger	100g	21.389
Chips - Doritos Cool Ranch RF	100g	67.019
Chips - Doritos Nacho RF	100g	70.547
Cold Italian Pinto Bean Salad	100g	16.029
Collard Greens - Frozen	100g	5.891
Corn - On - Cob	100g	22.096
Corn Bread Dressing	100g	24.243
Corn Dogs - Turkey Mini	100g	27.434
Corn, Fz 1/2c	100g	19.300
Cornbread	100g	29.994
Country Chicken Nugget Bowl	100g	13.016
Cracker Graham Pkg.	100g	72.727
Cranberry Sauce Condiment	100g	40.400
Cream Cheese	100g	9.406
f Creamy Coleslaw	100g	6.093
Crinkle Cut Fries Air Fryer	100g	30.439
Crinkle Cut Sweet Potato French Fries	100g	26.705
Crisp Peach SY	100g	24.341
Diced Pears ASSP 6 oz.	100g	11.200
Dill Pickle Slices	100g	1.690
Dinner Roll 2.5oz	100g	39.506
Egg - Hard Cooked	100g	2.000

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Item Description	Nutrition per	Carbohydrates (g)
Egg - Hard Cooked	100g	2.000
Egg - Patty	100g	2.822
Egg Noodles	100g	7.643
Egg Patty & Biscuit	100g	34.909
Egg Patty & Cheese Biscuit	100g	31.642
Egg Patty & Cheese English Muffin	100g	19.843
f Egg Salad Sandiwch Mix (V)	100g	24.953
Egg Salad Sandwich on Hoagie	100g	18.220
Egg Veggie Chef Salad	100g	19.106
Leftover Servings of Emergency Meal - Meal Kit - CHKN Salad Veg Jce	100g	66.000
Leftover Servings of Emergency Meal - MultiGrain Cheerios BowlPack Kit	100g	31.899
Leftover Servings of Emergency Meal - Team Cheerios Cereal Bar Kit	100g	35.162
Leftover Servings of Emergency Meal - Turkey Stick & Cheese Spread Kit	100g	17.419
Leftover Servings of Emergency Meal- Meal Kit - Hummus w/Red Veg 16oz	100g	84.000
Leftover Servings of Emergency Milk - White 1% 8 floz Carton Shelf Stab	100g	5.291
Enchilada Casserole	100g	15.920
BOWL, Rice Bean and Cheese	100g	17.280
FAJITA 10", CHIXSTRP SS	100g	19.486
Fat Free Chocolate Milk	100g	8.377
Fish & Cheesy Grits	100g	11.140
Fish & Grits	100g	11.780
Fish Nuggets	100g	17.637
Fish on Bun	100g	28.660
Fish, Tuna Deli Salad W 1.0	100g	1.629
Frank and Beans	100g	16.674
French Dressing	100g	25.000
Fresh Baby Carrots	100g	8.240
Fresh Pear	100g	13.454
Fresh Seasoned Broccoli	100g	6.328
Fresh Sliced Tomato	100g	3.890
Fried Rice w Egg and Vegetables	100g	15.363
Fruit Fresh Cantaloupe	100g	8.160
Fruit Fresh Fruit Cup	100g	16.105
Fruit Fresh Fruit Cup 3/4 cup	100g	16.105

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Item Description	Nutrition per	Carbohydrates (g)
Fruit Fresh Plum	100g	11.420
Fruit Mandarin Orange	100g	11.750
Fruit Raisins 1/4c serving	100g	79.180
Fruit Raisins Box	100g	79.180
Fruit Red Grapes Seedless	100g	17.150
Fruit Strawberries Fresh	100g	7.680
Fruit V8 Strawberry Banana Smoothie - 12 oz	100g	13.228
Garden Vegetable Pizza (V)	100g	13.190
Garlic Bread	100g	24.646
General Tso Chicken w/ Broccoli	100g	45.695
General Tso Chicken w/ Vegetable	100g	16.528
Glazed Turkey Ham	100g	27.729
f Goldfish Crackers	100g	17.926
Goldfish Pretzels	100g	65.844
Grilled Cheese w/ Tomato Soup	100g	71.500
Grits with Margarine	100g	13.657
Hamburger	100g	14.669
Hawaiian Pizza	100g	23.516
f Hummus w/ Toasted Flatbread	100g	4.479
Italain Chicken w/ Baked Spaghettii	100g	8.240
Italian Chicken	100g	14.738
Italian Dressing PC 12g	100g	1.083
Italian Green Peas	100g	8.333
Italian Pinto Bean Salad	100g	13.018
Jamaican Jerk Chicken	100g	4.653
Jamaican Spiced Chicken Flatbread Sandwich	100g	1.935
Jelly PC, Grape	100g	22.698
Jicama Sticks	100g	64.286
Juice Blended 4oz.	100g	12.787
Kale & Apple Salad	100g	15.873
Leftover Servings of Ketchup PC 9g	100g	9.197
Kickin Pinto Beans	100g	33.333
Kickin' Taco Pinto, Black Bean & Corn Salad	100g	17.464
Korean Beef Tacos w/ Cucumber Pico de Gallo	100g	24.218
Korean Meatball Stew	100g	22.160

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Item Description	Nutrition per	Carbohydrates (g)
f Lemon Pepper Chicken	100g	11.466
Lime Rice	100g	0.682
Loaded Baked Potato (Turkey Crumbles)	100g	20.738
Mac & Cheese w/ Turkey Ham	100g	14.885
Mac and Cheese (Side)	100g	4.984
Mac and Cheese Entree	100g	6.249
Macaroni & Cheese w/ Turkey Ham	100g	8.098
Maple Mashed Sweet Potatoes	100g	5.570
Margarine PC 5g	100g	25.757
Mayonaise PC 12g	100g	0.000
Meat Lover's Pizza - Elementary	100g	22.269
Meat Lovers Pizza	100g	26.351
Mexicali Bowl	100g	21.796
Mexicali Corn	100g	30.587
Mexican Spiced Rice	100g	15.836
Milk 1%	100g	6.320
Mini Blueberry Waffles	100g	5.291
Mini Maple Waffles	100g	52.839
Mixed Canned Fruit	100g	54.267
Mixed Green Salad	100g	11.900
Mixed Lettuce Salad	100g	3.290
Mustard PC 5g	100g	27.435
Teriyaki Chicken	100g	26.016
Oatmeal	100g	7.851
Oatmeal - Peach	100g	31.557
Oatmeal Brown Sugar	100g	41.852
Oatmeal Maple	100g	17.459
Orange & Ginger Glazed Carrots	100g	18.494
Orange Chicken Nuggets w/ Broccoli	100g	18.095
Orange Chicken Strips w/ Broccoli	100g	20.458
Orange Glazed Carrots	100g	15.627
Orange Juice 4 oz.	100g	18.381
Orange Wedges	100g	10.582
Orange Whole	100g	11.750

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Item Description	Nutrition per	Carbohydrates (g)
Leftover Servings of Parsley Noodles SY 18-19	100g	11.750
PASTA, Noodles Egg WG 1/2c	100g	7.643
Patty Melt	100g	7.643
Peach Compote	100g	20.489
Peach Mango Smoothie	100g	20.987
Peach Yogurt Parfait	100g	9.733
Peach Smoothie	100g	26.703
Peaches ASSP 6 oz.	100g	14.054
Peaches Canned 1/2 cup	100g	13.708
Peaches Frz 1/2 cup	100g	13.492
Jalapeno, Sliced	100g	14.615
Pineapple Salsa	100g	10.478
Pineapple Tidbits ASSP 6 oz.	100g	4.740
Pineapple Tidbits	100g	10.951
Pizza 4x6" Tonys Cheese Elem	100g	15.000
Pizza 16" Big Daddy BBQ Chicken Strips Sec	100g	15.000
Pizza 16" Big Daddy w Beef Meatballs & Cheese	100g	28.372
Pizza Big Daddy Cheese	100g	24.870
Pizza Big Daddy w Turkey Chorizo Sausage Crumble	100g	21.751
Pizza Buffalo Chicken Strip & Flatbread w Celer	100g	24.991
Pizza Taco 16" Big Daddy Cheese w Beef Crumbles	100g	21.784
Tony's Turkey Sausage Breakfast Pizza	100g	20.252
Pizza Tony's Turkey Sausage Pizza Elem	100g	20.982
Popcorn White Cheddar	100g	29.795
Potato Salad SY 18-19	100g	24.827
Potato, Mashed 1/2c	100g	49.383
Potato, Tater Bites 1/2c	100g	12.308
Potato, Wedges 1/2c	100g	12.074
Pretzel, Mini IW 1oz	100g	14.286
Puree - Broccoli	100g	23.603
Puree - Carrot	100g	49.383
Puree - Chicken	100g	11.758
Puree - Fish	100g	17.647
Puree - Green Bean	100g	3.529
Puree - Pasta	100g	0.000

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Item Description	Nutrition per	Carbohydrates (g)
Puree - Pea	100g	14.118
Puree - Peach	100g	71.429
Puree - Pear	100g	20.000
Puree- Beef	100g	28.169
Ranch Dressing PC 12g	100g	28.169
Red Beans & Rice Side	100g	2.353
Rice Pilaf	100g	16.667
Rice and Corn Salad	100g	34.323
Roast Turkey (Deli Turkey Breast)	100g	34.118
Roast Turkey w/ Onion Sauce	100g	16.784
Roast Vegetable & Cheese Sub Sandwich	100g	1.789
Roasted Chicken w/ Onion Sauce	100g	1.789
Salad Nacho Chips & Kickin Beans Salad	100g	17.854
SALAD, ChixDcd Caesar w Croutons	100g	3.496
SALAD, Kickin Pinto Taco	100g	27.936
Salad, Three Bean	100g	9.206
Salisbury Steak w/ Onion Sauce	100g	8.887
Salisbury Stroganoff	100g	24.218
Saltine Crackers 3/2pk	100g	15.264
Sandwich All American Turkey Combo and Cheese	100g	19.100
Sandwich All American Turkey Combo and Cheese	100g	7.450
Sandwich Breaded Chicken Melt with Salsa	100g	69.231
Sandwich Breaded Fish Melt	100g	22.733
Sandwich Chicken Patty on Bun	100g	23.244
Sandwich Chicken Patty Parmesan & Mozzarella	100g	22.703
Sandwich Chicken Salad	100g	26.194
Sandwich Cold Three Cheese	100g	26.919
Sandwich Cold Turkey Ham and Cheese Wrap	100g	22.006
Sandwich Deli Turkey Breast & Cheese	100g	19.274
Sandwich Egg & Cheese on a Bun Pkg	100g	19.871
Sandwich Egg Patty & American Cheese	100g	20.442
Sandwich Egg Salad	100g	21.200
Sandwich Fish on Bun	100g	30.374

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Item Description	Nutrition per	Carbohydrates (g)
Sandwich Grilled Cheese	100g	27.409
Sandwich Grilled Turkey Breast & Cheese	100g	17.658
Sandwich Grilled Turkey Ham and American Melt	100g	27.756
Sandwich Santa Fe Turkey & Black Bean Wrap	100g	25.896
Sandwich Spicy Chicken Patty Sandwich	100g	23.444
Sandwich Spicy Chicken with Salsa	100g	17.646
Sandwich Tuna Salad	100g	17.679
Sandwich Tuna Salad on Hoagie	100g	26.945
Sandwich Turkey Breast & American Cheese Melt	100g	22.424
Sandwich Turkey Breast and American Cheese Wrap	100g	21.093
Sandwich Turkey Breast and Cheese	100g	21.799
Sandwich Turkey Breast Wrap	100g	25.896
Sandwich Turkey Ham & American Cheese	100g	17.900
Sandwich Turkey Ham & Turkey Breast Sandwich	100g	22.592
Turkey Ham and American Cheese Melt	100g	16.948
Sandwich Turkey Ham and Cheese	100g	18.179
Sandwich Turkey Ham and Cheese	100g	19.548
Sandwich Turkey Slaw & Swiss Cheese Melt	100g	26.037
Sandwich Veggie Burger with American Cheese	100g	22.872
Sandwich Warm Breakfast Turkey Ham and Cheese	100g	23.363
Sandwich Warm Turkey Sausage & Cheese	100g	19.245
Sandwich Warm Turkey Sausage & Egg Patty	100g	24.931
Sandwich Wow Butter & Jelly	100g	24.015
Sante Fe Rice	100g	28.065
Sauteed Spinach	100g	25.578
Scrambled Eggs	100g	44.926
Scrambled Eggs and Turkey Ham Biscuit	100g	18.494
Scrambled Eggs w/ Cheese	100g	4.504
Scrambled Eggs w/ Diced Turkey Ham	100g	1.818
Cooked Broccoli	100g	25.808
Seasoned Collard Greens	100g	2.590
Green Beans	100g	1.485

Food Item Nutrient Analysis (Extended)

All Active Items

Item Description	Nutrition per	Carbohydrates (g)
Green Peas	100g	5.743
Seasoned Kale	100g	5.853
Sliced Turkey Breast Jennie-O	100g	6.228
Sloppy Joe Cheese Melt Sandwich	100g	13.758
Soft Chicken Tacos	100g	2.081
Soft Tacos (Turkey Crumble)	100g	0.000
Southwest Chicken Salad	100g	21.164
Southwest Chicken, Bean & Cheese Wrap	100g	20.311
Southwestern Mixed Vegetable Salad	100g	21.348
Spaghetti Noodles	100g	7.467
Spicy Black Bean Wrap	100g	19.459
Spicy Pineapple Chicken Sandwich	100g	9.553
Spinach Dip w/ Tortilla Chips	100g	7.629
Spinach Leaf Salad	100g	28.090
Spinach Mushroom Pizza (V)	100g	23.379
Squash, Zucchini Raw 1/2c	100g	17.600
Sriracha Crunch Cheeseburger	100g	3.630
Steamed Zucchini Squash	100g	24.648
Strawberry Compote Condiment	100g	3.110
Strawberry Yogurt 4oz	100g	22.869
String Cheese	100g	3.560
Sub Roll	100g	16.796
Turkey Breast & Cheese Meal w/ Chips	100g	22.895
Sweet & Sour Chicken Nuggets w/ Broccoli	100g	3.527
Sweet & Sour Chicken Strips w/ Broccoli	100g	45.351
Sweet and Sour Chicken w/ Vegetables	100g	14.616
Sweet Potato Fries Air Fryer	100g	13.759
Sweet Tater Bites	100g	8.814
Taco Sauce PC 9g	100g	10.171
Tangerines - Fresh	100g	26.705
Tartar Sauce	100g	27.376
Teriyaki Chicken	100g	11.111
Thai Green Beans	100g	13.340
Tomato Bruschetta Topping	100g	9.051
Tomato, Cucumber, & Onion Salad	100g	6.497

Food Item Nutrient Analysis (Extended)

All Active Items

Item Description	Nutrition per	Carbohydrates (g)
Tomato, Fresh Wedges 1/8c	100g	5.358
Tuna Salad on Hoagie Roll	100g	6.394
Tuna Salad Platter	100g	5.332
Tuna Salad Wrap	100g	3.890
Turkey & Cheese Nachos	100g	21.799
Turkey Chili & Cheese Mac	100g	2.934
Turkey Chili & Cheese Nachos	100g	19.379
Turkey Chili Cheese Dog	100g	18.787
Turkey Crumbles & Cheese Quesadilla	100g	5.652
Turkey Ham Biscuit	100g	18.077
Turkey Ham Biscuit & Cheese	100g	20.234
Turkey Ham w/ Grits & Toast	100g	24.497
Turkey Hot Dog	100g	31.293
Turkey Meat Sauce & Spaghetti	100g	27.923
Turkey Pot Pie	100g	17.194
Turkey Sausage Biscuit	100g	24.691
Turkey Taco Salad	100g	6.561
VEG: BROCCOLI, Fresh Ckd 1/2c	100g	11.596
KALE, FRESH STMD 1/2C	100g	36.136
Vegetable Baja Salad	100g	22.033
Vegetable Bean Chili	100g	6.052
Vegetable Burger	100g	8.750
Vegetable Garden Salad	100g	12.482
Vegetable Wrap	100g	11.606
Vegetarian Nachos with Cheese Sauce	100g	26.709
Vegetarian Baked Beans	100g	3.524
Vegetarian Black Bean, Corn & Cheese Burrito	100g	23.767
Vegetarian Egg Roll	100g	22.860
Vegetarian Nachos with Cheese Sauce	100g	22.308
Vegetarian Red Bean & Corn Bowl S	100g	22.656
Veggie Chili Baked Potato	100g	22.000
Waffle Plain	100g	22.997
Waffle w/ Turkey Sausage	100g	18.891
Warm Breakfast Turkey Ham Sandwich	100g	15.133
Warm Egg Patty & Cheese Sandwich	100g	56.216

Food Item Nutrient Analysis (Extended)

All Active Items

Item Description	Nutrition per	Carbohydrates (g)
Warm Turkey Ham Slices	100g	19.682
Warm Turkey Ham, Egg, & Cheese Sandwich	100g	27.031
White Cheesy Flatbread Pizza	100g	27.400
Whole Grain Fish Sticks	100g	1.153
Wrap - 10" Chicken Patty,Ceasar	100g	25.711
Wrap - 10" CHICKEN BBQ	100g	5.201
Margarine - PC 5g	100g	15.873
Mayonnaise - Lite Packet 12g	100g	20.551
Milk - Chocolate Fat Free 8 floz Carton	100g	22.244
Milk - Skim	5g	0.000
Milk - Soy Smart Chocolate Aseptic 8 floz Carton	12g	3.000
Milk - Soy Smart Vanilla Aseptic 8 floz Carton	8oz	19.000
Milk - White 1% 8 floz Carton	8oz	12.000
Mozzarella String Cheese 1oz	8.653oz	19.000
Pears - Fresh	8oz	12.000
Pears Sliced in Pear Juice	1oz	1.000
Peas - Blackeyed Canned	5.67g	1.000
Peas - Green Frozen	100g	14.940
Peas & Carrots	125g	14.000
Peppers - Banana Sliced	100g	20.500
Peppers - Jalapeno Sliced	100g	14.260
Pickles - Dill Sliced	100g	10.120
Pizza - Big Daddy's Harvest Cheese 16in Whole Grain	100g	3.150
Pizza - Big Daddy's Primo Four Cheese 16in Whole Grain	100g	4.740
Pizza - Big Daddy's Primo Pepperoni 16in Whole Grain	100g	1.690
Pizza - Tony's 4x6 inch Whole Grain Pizza	4.94oz	35.000
Plum, Red Fresh 45-50ct	5.18oz	36.000
Popcorn - Smartfood Delight White Cheddar Whole Grain IW .5oz	5.18oz	36.000
Potato - Baking 120ct	4.6oz	37.000
Potato - French Fry Crinkle Cut Concertina Gen 7	100g	11.420
Potato - French Fry Criss-Cut Seasoned	0.5oz	9.000
Potato - French Fry Sweet Potato Crinkle Cut	100g	21.150
Potato - Mashed Pearls Low Sodium	1.97oz	17.000
Potato - Puffs Sweet	1.97oz	17.000
Potato - Sweet - Fresh -	3.17oz	24.000
Potato - Tots (Puffs) (Lamb Weston)	23g	18.000

Food Item Nutrient Analysis (Extended)

All Active Items

Item Description	Nutrition per	Carbohydrates (g)
Pretzel - Baked Mini Whole Grain 1oz IW	3.35oz	26.000
Pretzels Whole Grain .7oz pkg. 104 packages per case	100g	20.120
Puree - Broccoli	84g	12.000
Puree - Carrot Strained	1oz	14.000
Puree - Chicken Strained w/Gravy	0.7oz	15.000
Puree - Fish	3oz	10.000
Puree - Green Bean Strained	85g	15.000
Puree - Pasta	85g	3.000
Puree - Pea	85g	0.000
Puree - Peach	85g	12.000
Puree - Pineapple	14g	10.000
Puree - Potato Sweet	85g	17.000
Puree - Vegetable Mixed Strained	71g	20.000
Puree- Beef Strained w/Gravy	71g	20.000
Puree -Turkey Strained w/Gravy	85g	12.000
Rice - Brown Whole Grain	85g	12.000
Salisbury Steak Fully Cooked (NOI)	85g	2.000
Sauce - BBQ Packets	85g	3.000
Sauce - Taco Mild Packet 9g	48g	35.860
Soup - Tomato Condensed	2.6oz	2.000
Spinach - Fresh	37g	18.000
Spinach-Frozen	9g	1.000
Squash - Yellow Fresh (cooked)	8 oz	90.000
Squash - Zucchini Fresh (raw)	100g	3.630
Squash - Zucchini Sliced Frozen (cooked)	100g	4.210
Stir Fry Vegetables	100g	3.790
Strawberries - Fresh	100g	3.110
Strawberries - Frozen	100g	3.560
Sweet Potato - Yam Cut Canned	85g	5.000
Sweet Potato Whole Fresh w Peel	100g	7.680
Syrup - Pancake PC	113g	33.000
Tangerines - Fresh 150ct.	100g	25.360
Tortilla - Corn Yellow 6" Whole Grain	100g	17.720
Tortilla - Flour Wrap 10 inch Whole Grain	1.4oz	29.000
Tortilla - Flour Wrap 6inch Whole Grain (1.08 oz)	100g	13.340
Tuna - Skipjack Light Chunk Canned	2oz	30.000
Turkey - Breast Deli Sliced .5oz (Jennie-O)	2.5oz	34.000

Food Item Nutrient Analysis (Extended)

All Active Items

Item Description	Nutrition per	Carbohydrates (g)
Turkey - Breast Deli Sliced .5oz (Jennie-O)	2.08oz	29.000
Turkey - Breast Roast Skin On Fully Cooked	2oz	0.000
Turkey - Crumbles Sausage Fully Cooked	3oz	0.000
Turkey - Ham Deli Sliced .51oz	3oz	0.000
Turkey - Roast Frozen 32-48 LB CS USDA 100125	2oz	0.000
Turkey - Sausage Patty	2.29oz	2.000
V8 Peach Mango Mix	3.06oz	1.000
V8 Strawberry Banana Mix	100g	0.000
Veg Blend - 5-Way Frozen (cooked)	1.025oz	0.000
Vegetable Blend - Fajita	8oz	29.000
Veggie Hamburger Patty 48/2.5oz	8oz	30.000
Waffle - Blueberry Mini Bash Whole Grain	100g	13.090
Waffle- Round Bulk (Whole Grain)	85g	5.000
WOWBUTTER - Portion Cup 1.12oz	100g	8.300
Yogurt - Strawberry Low Fat Bulk	70g	38.000
Yogurt - Vanilla Low Fat Bulk	1.3oz	14.000
	1.12oz	8.000
	56g	9.750
	56g	9.750