

Recipe	Carbs (g)
-	0.00

ALA CARTE BREAKFAST

Recipe	Carbs (g)
011227 - Biscuit - Bacon, Egg & Ch.	26.00
011229 - Biscuit - Saus. Egg & Ch. 1	26.00
000237 - Biscuit w/ Bacon 1	23.00
011213 - Biscuit w/ Chicken 1	30.80
000081 - Biscuit w/ Sausage 1	23.00
000152 - Bosco Stick - Apple 1	40.00
000174 - Pillsbury Frudel Apple 1	36.00
000175 - Pillsbury Frudel Cherry 1	36.00
000170 - Pillsbury Mini Pancake Maple	34.00
000158 - Pillsbury Mini Pancake Straw	34.00

ALA CARTE LUNCH

Recipe	Carbs (g)
010866 - Bacon Cheeseburger 1	34.81
000102 - Bosco Stick - Pepperoni 1	46.50
000384 - Bosco Sticks 1	52.00
000125 - Burrito, Los Cabos Ala Carte	49.61
011155 - Chicken CluxDelux Regular	44.00
001052 - Chicken CluxDelux Spicy	44.00
990114 - Chicken Popcorn Bites 1	18.00
001057 - Chicken Pretzel 1	21.00
010194 - Chicken Shooters 1	17.07
010450 - Chicken Tenders 1	39.00
010820 - Cookies - Hopes 6	65.50
000396 - Curly Fries 1	26.13
011167 - Egg Rolls 1	40.06
000137 - Hot Pocket - Ham & Ch.	35.00
000306 - Hot Pockets - Pepperoni 1	42.00
011263 - Hot Pockets - Pizza Stick 1	30.00
001029 - Pizza - 7" Solo Pepperoni 1	70.00
000169 - Pizza - Mini Pepperoni 1	41.16
010493 - Popcorn Shrimp 1	18.00
000176 - Veggie Patty Sandwich	51.50

REIM. BREAKFAST ITEMS

Recipe	Carbs (g)
000107 - Bacon Scramble Pizza 1	23.00
000082 - Biscuit w/ Gravy 1	28.18
001018 - Breakfast Pocket 1	19.00
000351 - Cereal 9	22.78

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Recipe	Carbs (g)
001047 - Chicken Breakfast Patty 1	7.00
000310 - Cinnamon Tastries 1	39.00
000461 - Donut - Homestyle 1	25.00
000106 - Donut w/ Cinnamon & Sugar	39.35
011211 - Donut w/ Vanilla Frosting 1	43.18
010017 - French Toast Sticks w/ Syrup	44.00
000124 - Los Cabos Breakfast Burrito	26.91
000489 - Milk - Average of Variety 6	18.33
000141 - Oatmeal Breakfast Round	44.00
000108 - Pancake Pup Mini Bites 1	42.00
001045 - Pancake Pup w/ Syrup	41.00
011286 - Pancakes w/ Syrup 1	46.00
000266 - Saus & Gravy Breakfast Pizz	25.00
990018 - Sausage Breakfast Pizza	25.00
000140 - Scrambled Egg Patty 1	1.00
010035 - Scrambled Eggs 25	2.67
000177 - StrawBan French Toast Stick	34.00
000463 - Toast 1	13.00
011287 - Waffles w/ Syrup 1	50.00

CONDIMENTS/SAUCES

Recipe	Carbs (g)
010288 - Beef Stock 64	*0.00*
000358 - Ch. Sauce, Cheddar & Nach	7.53
010727 - Cheese Sauce - Trio Mix 7	7.98
010295 - Chicken Stock 64	0.63
000222 - Condiment, Variety Bulk 10	8.48
000445 - Condiments, Variety Pkts. 1	3.28
000346 - Dipping Sauce 80	*9.79*
000449 - Gravy - Trio Brown 69	4.70
000450 - Gravy - Trio Chicken 71	6.02
000448 - Gravy - Trio Peppered 73	5.18
000103 - Icing - Sugar & Cinnamon 2	14.35
000219 - Icing - Vanilla Creme 25	18.18
000314 - Marinara Sauce 53	*5.44*
010706 - Marinara Sauce (Scratch) 9	13.69
990129 - Mexi-Ranch Sauce 64	6.79
001001 - Milk, Powdered Reconstitued	11.70
000041 - Pickles - Dill Slices 50	0.00
011261 - Ranch Dressing - Dry Mix 6	4.57

ENTREES

Recipe	Carbs (g)
990006 - Beef & Bean Tamale Pie	29.93
000143 - Canned, Gage Lasagna Dinn	15.00
000144 - Canned, Gage Santa Fe Past	18.00

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Recipe	Carbs (g)
000337 - Chicken and Dumplings 55	22.06
000122 - Chicken Breaded & Baked	12.24
000339 - Chicken Broccoli Rice Cass.	12.30
000371 - Chicken Nuggets 1	13.00
000400 - Chicken Parmesan on Pasta	56.16
005020 - Chicken Stir Fry 50	33.28
000154 - Chicken/Turkey Pot Pie 5	32.66
000155 - Chili con Carne with Beans 3	7.19
000309 - Chili Mac 50	24.81
001053 - Corn Dog 1	22.00
000414 - Corn Dog Nuggets 1	28.16
000402 - Country Fried Steak 1	16.35
011153 - Fish Treasures - Baked 1	17.00
000366 - Fish Wedge - Baked 1	13.00
000474 - Frank & Beans 1	42.74
011256 - Frito Chili Pie 1	24.38
000147 - Gage Lasagna Dinner Mix	21.07
000150 - Gage Santa Fe Pasta Mix	21.75
011276 - Ham - Baked 64	4.65
000401 - Hamb Steak w/Gravy Comm	6.70
000009 - Hamb. Steak w/Gravy IWC	9.51
001014 - Kolache w/Ham & Cheese	34.73
000163 - Lasagna w/Ground Beef	27.05
001003 - Macaroni & Cheese w/ Ham	18.51
000165 - Meatloaf 50	7.97
000441 - Mexicali Bake w/Chicken 5	40.03
000440 - Mexicali Bake w/Ground Beef	41.03
000276 - Open Faced Turkey Sand.	17.48
000074 - Pasta Bar 1	61.13
010260 - Pig in a Blanket 1	12.50
000026 - Pork Roast 45	4.70
000340 - Potato Wedges w/Chili & Ch	21.79
000289 - Salad - Chicken Nugget 1	19.62
001023 - Salad - Large Chef 1	39.93
001022 - Salad - Small Chef 1	31.97
000006 - Salisbury Steak - IWC 1	6.39
000127 - Scalloped Potatoes w/ Ham	22.79
010404 - Spaghetti w/Meat Sauce 5	43.58
000160 - Spanich Rice w/ Ground Beef	26.01
000159 - Stroganoff w/ Ground Beef	26.97
000065 - Tuna Noodle Casserole 5	26.47
000178 - Turkey & Dressing Supr. 5	19.78
000467 - Turkey Ham - Baked 50	5.80
011235 - Turkey Roast - Baked 80	3.01

FRUIT

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Recipe	Carbs (g)
010826 - Apples - Baked 22	23.33
001051 - Apples - C. Slices 22	23.57
000133 - Apples - Fresh 7	9.51
000356 - Applesauce 24	23.29
000131 - Blueberries, Comm. - Frozen	9.43
000430 - Cantaloupe 1	8.32
000272 - Cranberry Sauce 42	29.33
000382 - Flav. Applesauce - Cinnamon	23.42
000245 - Fresh Oranges/Banana's	10.08
000419 - Fruit Cocktail - Canned 18	15.53
011199 - Fruit Salad 75	24.26
000084 - Orange Juice, Cartons 1	13.00
000315 - Orange Juice, Concentrate	3.50
000437 - Peach Slices - Canned 1	15.30
000061 - Peaches - Frozen 25	29.91
001046 - Pears - Baked 15	32.51
000438 - Pears - Canned 15	17.13
000092 - Pineapple Tidbits - Canned	13.95
000101 - Watermelon 1	12.08

BREAD/PASTA/RICE

Recipe	Carbs (g)
000288 - Biscuit - Garlic & Cheddar 1	11.00
000390 - Biscuit - Pillsbury 1	23.00
000113 - Biscuit - Rich's Whole Grain	23.00
000459 - Cheese Toast	15.00
000188 - Cornbread 50	25.89
011262 - Cornbread Dressing 130	17.23
000404 - Hushpuppies 1	18.00
011250 - Macaroni and Cheese 9	17.26
000138 - Pasta Salad - F.F. Italian 50	14.16
000079 - Pasta Salad - Ranch 50	13.62
000119 - Rice - Cheese Infused 48	21.87
000475 - Rice - Fried Rice 62.5	21.41
011244 - Rice - Uncle Ben's Fiesta 2	21.25
011192 - Rice - Uncle Ben's Pilaf 28	20.26
000198 - Rice - White/Par Boiled 50	23.42
000115 - Rolls - Ma's Whole Wheat	28.00

MISCELLANEOUS

Recipe	Carbs (g)
001013 - Texas Chili Fries	11.39
000047 - Trail Mix Bars	20.94

PIZZA, TACOS & WRAPS

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Recipe	Carbs (g)
001019 - Burrito - Beef & Bean 1	49.88
000120 - Burrito, Los Cabos Fiesta 1	48.48
000132 - Chicken Fajitas 1	6.35
000479 - Chicken Soft Tacos 1	28.80
000002 - Con Queso Max Snax	29.00
000123 - Loco Bread Chicken Fajita	31.06
000129 - Loco Bread Taco 1	33.18
011054 - Mozzarella Maxstix 1	28.00
011255 - Nacho Salad 1	46.12
000295 - Nachos w/ Taco Filling 1	60.66
010269 - Pizza, Double Stuff 1	28.00
010462 - Quesadilla - Chicken 1	28.28
001005 - Roll-Up - Ham & Cheese	37.22
001006 - Roll-Up - Turkey & Cheese	37.22
000296 - Taco - Bar 1	45.11
011264 - Taco - Soft Shell 1	30.73
000136 - Taco Meat Filling/Comm Por	2.75
001011 - Taco Meat Filling/Gr. Beef 5	2.40
000381 - Tony's 4x6 Smart Ch. Pizza	34.00
000383 - Tony's 4x6 Smart Pepp Pizza	34.00
000135 - Tony's CheesyGarlicFlatbrea	44.00
000134 - Tony's Crispy Cr Pep Pizza	35.00
000454 - Wrap - Chicken Fajita Wrap	38.88
000447 - Wrap - Chicken Nugget 1	54.17
001017 - Wrap - Ham & Cheese	42.39
000388 - Wrap - PB & Jelly 1	51.55
000282 - Wrap - Tuna Salad 1	39.47
011283 - Wrap - Turkey & Cheese	42.39

SOUP & SANDWICHES

Recipe	Carbs (g)
011265 - Cheeseburger - IWC 1	34.81
010231 - Cheeseburger - Processed	30.00
011266 - Chili Dog - All Meat 1	26.00
010357 - Chili Dog - Turkey 1	22.00
010151 - Egg Salad Mix 50	2.29
001043 - Hamburger - Comm. Proc.	30.00
000161 - Hamburger - IWC 1	32.81
000162 - Hot Dog - All Meat 1	24.00
010259 - Hot Dog - Turkey 1	22.00
000360 - Hot Dog Bar 1	34.48
000375 - Hot Pocket - Direct. Choice	42.00
000057 - Sandwich - BBQ Chicken	55.00
000130 - Sandwich - BBQ Ham 1	58.72
010247 - Sandwich - BBQ Pork 1	37.00
010429 - Sandwich - Breaded Steak	39.17
011160 - Sandwich - Chicken Patty	41.00

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Recipe	Carbs (g)
010201 - Sandwich - Egg Salad/Wheat	30.29
000112 - Sandwich - Egg Salad/White	28.29
990211 - Sandwich - Fish Patty 1	43.00
010258 - Sandwich - Grilled Ch. Com.	34.00
010238 - Sandwich - Grilled Ch. IWC	30.00
011172 - Sandwich - Grilled Ham&Ch.	29.22
000460 - Sandwich - Ham & Ch. (cold)	29.22
010205 - Sandwich - Ham (cold) 1	35.70
000005 - Sandwich - Peanut Butter	31.55
011169 - Sandwich - Pork Rib Patty	37.00
010271 - Sandwich - Sloppy Joe 1	33.00
010215 - Sandwich - Tuna Salad/Whe	32.88
000117 - Sandwich - Tuna Salad/Whit	30.87
000391 - Sandwich - Turkey 1	27.22
000455 - Sandwich - Turkey & Cheese	29.22
000104 - Soup - Chicken & Rice 50	26.32
000105 - Soup - Chicken Noodle 5	21.84
010375 - Soup - Chili 50	5.03
000109 - Soup - Vegetable Beef 50	11.94
001034 - Sub - Ham & Cheese 1	45.22
010266 - Sub - Meatball 1	59.00
011249 - Sub - Turkey & Cheese	24.22
000019 - Tuna Salad Mix 40	4.87

SNACKS/EXTRAS

Recipe	Carbs (g)
010245 - Baked Chips - Variety 50	11.53

VEGETABLES

Recipe	Carbs (g)
000301 - Baked Beans 45	41.74
011190 - Broccoli Cuts - Frozen 1	1.99
010525 - Broccoli Spears - Frozen 1	1.99
011179 - Broccoli w/ Cheese Sauce	9.97
000260 - Carrots - Canned 18	5.93
000261 - Carrots - Frozen 1	6.48
000270 - Corn - Canned 17	17.71
000271 - Corn - Frozen 1	17.97
011181 - Creamy Cole Slaw 25	7.40
000487 - Crinkle Cut Fries	19.00
000022 - Fresh Veggies 1	3.40
011269 - Great Northern Beans 18	17.50
000311 - Green Bean Casserole 3	4.16
000424 - Green Beans - Canned 2	3.54
011254 - Green Beans - Frozen 1	3.06
000017 - Layered Salad 25	9.01

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Recipe	Carbs (g)
010670 - Lima Beans - Frozen 1	21.19
990131 - Mexi Corn 50	14.89
000128 - Mixed Vegetable Casserole	13.59
000432 - Mixed Vegetables - Canned	6.70
011277 - Mixed Vegetables - Frozen	6.00
000243 - P - Au Gratin Potatoes 33	5.45
010618 - P - Baked Potato 1	21.36
000484 - P - French Fries 1	19.00
000263 - P - Hash Brown Casserole	7.94
000069 - P - Mashed Potatoes 95	21.32
011196 - P - Potato Salad 50	19.33
000451 - P - Potato Smiles 1	20.00
000458 - P - Potato Stars 1	10.45
011152 - P - Potato Wedges 1	15.00
000443 - P - Scalloped Potatoes 35	21.53
001008 - P - Sweet Potato Cass. 60	21.27
000043 - P - Tater Tots 1	15.83
000374 - P - Triangle Potatoes 1	24.00
000362 - P - Whole Potatoes and Ch.	20.82
010676 - Peas - Canned 18	8.57
000040 - Peas - Frozen 1	13.28
011284 - Peas and Carrots - Canned	7.69
000439 - Peas and Carrots - Frozen	9.00
011177 - Pinto Beans - Canned 18	16.33
001036 - Pork and Beans 24	24.50
011193 - Refried Beans 25	22.95
011251 - Salad - Tossed 50	2.65
011191 - Sandwich Trimmings 1	1.63
000066 - Vegetable Chuckwagon Blen	14.00
000412 - Vegetable Medley 1	2.00
000239 - Vegetable Medley Casserole	7.01
000182 - Vegetable Medley w/ Cheese	9.98

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