

Stokes County Schools

Recipe Carbohydrates List Between 0 and 100 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
Stokes			
000064	Apple, Fresh	each	14.64
000394	Apples, Baked	1/2 cup	20.23
000306	Apples, Sliced, fzn IQF, USDA	1/2 cup	8.63
000356	Applesauce, swt, cnd	1/2 cup	14.41
000357	Applesauce, unswt, cnd	1/2 cup	14.29
000402	Baked Beans, Bushs	1/2 cup	29.66
000399	Baked Beans, pork & beans	2/3 cup	32.29
000338	Baked Beans, vegetarian	1/2 cup	34.03
000068	Banana, fresh	each	26.95
000336	Beef Vegetable Soup	1 cup	15.51
000393	Beefaroni	1/2 cup	17.87
000029	Biscuit, Chicken	each	32.00
001086	Biscuit, plain 2.2 oz, Richs	each	24.00
001083	Biscuit, Steak	each	33.00
000359	Breadstick, wheat	each	19.40
000374	Broccoli	1/2 cup	3.86
000017	Broccoli & Cheese	1/2 cup	9.67
000057	Cantaloupe Chunks	1/2 cup	11.10
000112	CAROLINA COLLARD GREENS	1/2 CUP	8.27
000346	Carrot Sticks	1/2 cup	5.65
000020	Cheddar Cheese	each (1 oz)	0.00
000102	CHEESE LASAGNA ROLLUPS	servings	23.61
Stokes			
000104	CHEESE RAVIOLI	servings	26.61
Stokes			
000379	Cheeseburger on Bun	each	26.00
000125	Chef Salad	serving	5.86
000384	Chef Salad	serving	3.03
000002	Chef Salad-Line	each	5.65
000268	Cherries, sweet, fresh	1/2 cup	17.43
000339	Chicken & Noodles	1 cup	24.51
000327	Chicken BBQ Sandwich	each	36.22
000382	Chicken Fajita (chick faj)	each	24.41
000385	Chicken Fajita (diced chick)	each	22.01
001052	Chicken Fillet Sandwich	each	35.00
000363	Chicken Nuggets	servings	11.15
000329	Chicken Pot Pie	servings	11.88
000121	CHICKEN SALAD	1/2 CUP	3.21
000358	Chicken Stir-fry	3/4 cup	11.77
990002	Chicken Tenders	svgs (3 ea)	10.00
000397	Chicken, 8 pc baked, USDA	servings	15.02
000127	CHICKEN, BARBEQUE ROASTED	SERVING	11.99
000307	Chicken, Grilled Sand, BBush!	each	26.00
000046	Chicken, Grilled Sand, KD!	each	29.00
000108	CHICKEN, POPCORN	SERVING	15.99
000107	CHICKEN, ROASTED	SERVING	4.00
000328	Chili with Beans	1/2 cup	9.17
000124	CLUB WRAP	each	23.21
000389	Cole Slaw	1/2 cup	6.68
000304	Corn on Cob, USDA	servings (2 ea)	18.32
000343	Corn, canned USDA	1/2 CUP	27.92
000342	Corn, frozen USDA	1/2 cup	15.98
000045	Cornbread	2" squares	13.37
000362	Corndog	each	32.00

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.

Stokes County Schools

Recipe Carbohydrates List Between 0 and 100 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
000320	Crackers, Saltines	4 ct pk	9.00
000115	CRANBERRY SALAD	1/2 CUP	46.16
000403	Crispy Chicken Salad	each	9.27
000377	Cucumber, raw	1/2 cup	2.63
000027	Cupcake, Chocolate, 1.5 oz	each	0.00
000028	Cupcake, White, 1.5 oz	each	0.00
000067	DELI ROASTER	1/2 CUP	23.89
000387	Deli Sandwich	each	26.51
001073	Donut, Super, 2.2 oz	each	29.00
000030	Donut, Super, 3.0 oz	each	0.00
000309	Fish Fillet Sandwich	each	40.00
000095	FRENCH CHEESE BREAD	servings	35.85
000075	FRENCH FRIES-OVEN BAKED CC	servings	25.50
000368	French Toast Sticks	servings	31.50
000390	Fresh Veggies w/ Dip	1/2 cup	4.75
000354	Fruit Cocktail	1/2 cup	19.32
000014	Fruit Mix, Tropical	1/2 cup	24.39
000386	Fruited Gelatin	1/2 cup	37.58
000305	Garden Salad	1/2 cup	1.63
000106	GLAZED CARROTS-CANNED CARROTS	1/2 CUP	12.70
000105	GLAZED CARROTS-FROZEN CARROTS	1/2 CUP	13.81
000422	Grapes, fresh	1/2 cup	15.17
000037	Gravy, Brown	oz	1.73
000039	Gravy, Country style	oz	2.66
000074	GREAT NORTHERN BEANS	1/2 cup	40.82
000316	Green Beans	1/2 cup	4.89
000111	GREEN PEAS AND CARROTS	1/2 CUP	10.52
000003	Ham & Cheese Wrap	each	22.12
000375	Ham, Baked, sliced, USDA	servings	0.00
000161	Hamburger on Bun	each	25.00
001079	Honey Bun, Super Bakery	each	31.00
000311	Hot Dog on Bun	each	24.00
001048	Hot Ham & Cheese Sandwich	each	25.12
000036	Juice Bar, Grape, fzn	each	15.00
000033	Juice Bar, Orange, fzn	each	15.00
000031	Juice Bar, Strawberry, fzn	each	15.00
000330	Lasagna, grd beef, USDA	servings	27.47
000009	Lasagna, JTM	servings	22.53
000340	Lettuce & Tomato	1/2 cup	1.30
000360	Macaroni & Cheese, LOL	6 oz servings	32.40
000388	Macaroni & Cheese, USDA	2/3 cup	24.89
000396	Marinara Sauce	2 oz	4.72
000117	MEATBALL SUB	EACH	48.19
000065	Meatballs, Saucy Bites, JTM	servings	24.12
000398	Meatloaf	servings	10.60
000228	Milk, 1% Chocolate	half pint	25.00
000230	Milk, 1% Lowfat	half pint	13.00
000016	Milk, 1% Strawberry	half pint	29.00
000231	Milk, Skim	half pint	13.00
000048	Muffin, Apple Cin, 2.25 oz, IW	each	30.00
000047	Muffin, Blueberry, 2.25 bulk	each	29.00
000081	Muffin, Blueberry, 2.25 oz, IW	each	29.00
000062	Nachos with Beef, JTM	servings	23.87
000333	Nachos with Ground Beef	servings	21.70
000083	Nectarines, fresh	each	10.91
000086	Oranges, fresh	each	15.99
000380	Oriental Vegetables	1/2 cup	4.06
000024	Pancake Sausage on a Stick	each	24.43
000401	PB&Honey Sandwich, 2.8 oz	each	34.00
000361	PB&J Sandwich, 2.8 oz w/Cheese	each	33.43
000119	PB&J Sandwich, 2.8 oz w/SSeeds	each	39.82

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.

Stokes County Schools

Recipe Carbohydrates List Between 0 and 100 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
000400	PB&J Sandwich, 4.8 oz	each	55.00
000122	PEACH COBBLER	1/2 CUP	83.55
Stokes			
000109	PEACH CUPS	EACH	29.98
Stokes			
000073	Peaches, diced, cnd	1/2 cup	22.70
000088	Peaches, fresh	EACH	9.52
000318	Peaches, sliced, cnd	1/2 cup	16.22
000090	Pear, fresh	each	17.18
000350	Pears, diced, cnd	1/2 cup	20.61
000438	Pears, sliced, cnd	1/2 cup	19.46
000373	Peas, Black-eye	1/2 cup	21.05
000351	Peas, Green	1/2 cup	16.43
000352	Pineapple Tidbits	1/2 cup	24.92
000366	Pinto Beans	1/2 cup	22.45
000302	Pizza Sticks, Mozz, Max Stix	servings (2 ea)	43.43
000169	Pizza, Bkfst Sausage, Tonys	each	26.00
000023	Pizza, Cheese 4x6, Tonys	each	37.00
990004	Pizza, Pepperoni, 4x6 Tonys	each	36.00
000094	Plums, fresh	each	10.36
000129	POP-TARTS	EACH	37.65
000093	PORK BBQ SANDWICH	EACH	39.97
000303	Pork Chop Sandwich	each	39.00
000087	PORK ROAST	2 OZ	0.00
Stokes			
000043	POTATO ROUNDS	1/2 CUP	20.14
Stokes			
000069	POTATO SMILES	1/2 CUP	21.24
000372	Potato wedges, USDA	1/2 cup	20.24
000341	Potato, baked	each	23.77
000484	Potatoes, French Fries	servings	27.55
000337	Potatoes, Mashed (Pearls)	1/2 cup	15.53
000405	Potatoes, whole	1/2 cup	11.65
000097	Raisins	srvngs (2 box)	68.09
000365	Ravioli, Chef Boyardee	svg (1 cup)	27.82
000008	REFRIED BEANS: canned	1/2 CUP	2.70
000082	Rib-B-Que Sandwich	each	36.76
000364	Rice	1/2 cup	27.81
000317	Roll	each	20.00
000404	Salisbury Steak, USDA	servings	5.98
000018	Salsa	1/2 cup	8.74
000019	SC CHILI, HOT DOG	2 TBSP	2.00
000314	Sliced Turkey	servings	5.81
000173	Spaghetti & Meat Sauce, JTM	servings	31.18
000392	Spaghetti, Baked (grd beef)	1 CUP	31.92
000010	Spaghetti, Baked (JTM)	1 cup	31.28
000001	SPANISH RICE	1/3 CUP	14.63
000099	Strawberries, fresh	1/2 cup	13.38
000098	Strawberries, frozen	1/2 cup	14.08
000118	STRAWBERRY CUPS	Each	29.28
000011	Stromboli	servings	30.38
000015	Stuffed Baked Potato	each	33.91
000103	STUFFED CHEESE SHELLS	servings	24.61

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.

Stokes County Schools

Recipe Carbohydrates List Between 0 and 100 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
000126	SUNBUTTER & JELLY SANDWICH	SERVINGS	54.25
000013	Sweet Potato Souffle	1/2 cup	51.95
000056	Sweet Potato, baked	each	27.84
000391	Sweet Potatoes	1/2 CUP	52.06
000123	TACO SALAD	SERVINGS	24.26
000381	Taco Soup	1 cup	24.88
000061	Taco, JTM	each	25.04
000383	Taco, USDA	each	23.49
000100	Tangerine, fresh	each	15.13
000335	Toasted Cheese Sandwich	each	28.00
000395	Toasted Cheese Sandwich, 1oz	each	26.00
000021	Tortilla Chips	serving	18.50
000139	Tossed Salad	1/2 cup	3.75
000089	TRAIL MIX	serving	46.00
000120	TUNA SALAD SANDWICH	SERVINGS	30.20
000116	Turkey & Cheese Sandwich	each	25.00
000005	Turkey & Cheese Wrap	each	22.00
000313	Turkey Gravy	1/2 cup	0.47
000247	Turnover, Apple, 4 oz	each	46.00
000433	Vegetables, Mix, fzn calif bln	1/2 cup	4.06
000308	Vegetables, Mixed, cnd	1/2 cup	12.21
000130	WAFFLE, MAPLE FLAVORED	EACH	53.14
000101	Watermelon Chunks	1/2 cup	11.30
000053	ZUCCHINI & SQUASH	1/2 cups	4.34

**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.