

# Ohio Valley Educational Cooperative

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
004485	BID/APPLE BOSCO STICK, 7"	EACH	39.00
004323	BID/APPLES, SLICES - SUN RICH	1/2 CUP	17.00
001945	BID/APPLESAUCE, CANNED	1/2 CUP	25.61
004471	BID/BACON -TYSON 209146	SLICE	0.00
004473	BID/BACON BITS, IMITATION - SY	OZ	8.10
003865	BID/BACON, ROUND SLICE - AE	EACH	0.00
003575	BID/BAGEL, PLAIN	EACH	31.00
004993	BID/BAR, CEREAL, APPLE CINN	EACH (1.3 OZ)	27.00
004674	BID/BAR, CEREAL, RK BERRY	EACH (1.27 OZ)	27.00
004675	BID/BAR, CEREAL, RK COCOA	EACH	26.00
004992	BID/BAR, CEREAL, STRAWBERRY	EACH (1.3 OZ)	28.00
004487	BID/BARBEQUE SAUCE (12 GRM) -	EACH	3.00
004087	BID/BARBEQUE SAUCE CUP (1 OZ)	EACH	10.00
004481	BID/BARBEQUE SAUCE, 4/1 GAL -	OZ	7.50
004132	BID/BASE, CHICKEN, LOW SODIUM	TSP	1.87
000187	BID/BEANS, BLACK	1/2 CUP	19.00
004670	BID/BEANS, REFRIED,VEGETARIAN	1/2 CUP	27.43
004540	BID/BEEF CRUMBLES - ADVANCE	2.19 OZ	1.00
004054	BID/BEEF CRUMBLES - JTM 5874	2 OZ M/MA(2.3)	2.00
004690	BID/BEEF DIPPER W/TERIYAKI	4 EACH	6.03
004038	BID/BEEF PATTY W/ APPLESAUCE	EACH	2.00
003694	BID/BEEF PATTY W/ ONION	EACH (2.6 OZ)	2.00
005010	BID/BEEF PATTY, 3 OZ - JTM 566	EACH (3 OZ)	2.00
003705	BID/BEEF PATTY, CHAR BROIL	EACH	1.00
004688	BID/BEEF PATTY, CHAR BROIL - T	EACH	0.00
004444	BID/BEEF PATTY, COUNTRY FRIED	EACH	14.01
000841	BID/BEEF PATTY, COUNTRY FRIED	EACH	18.02
005009	BID/BEEF PATTY, HOAGY - JTM 56	EACH (2.12 OZ)	2.00
004825	BID/BEEF PATTY, JALAPENO PEPPE	EACH (2.4 OZ)	2.00
004691	BID/BEEF PATTY, MINI TWIN W/CH	EACH (5.5 OZ)	42.01
004837	BID/BEEF PATTY, RIB W/BBQ - MA	EACH (3 OZ)	12.00
003706	BID/BEEF PATTY, ROCKIN BURGER	EACH	2.00
000916	BID/BEEF PATTY, ROCKIN BURGER	EACH	1.99
004458	BID/BEEF STEAK NUGGET - ADV	8 EACH	15.00
004686	BID/BEEF STEAK, PHILLY - JTM	2.92 OZ	3.00
004413	BID/BEVERAGE, RED TOE - 12 OZ	CAN (12 OZ)	4.50
004672	BID/BISCUIT, BUTTRMLK, SPLT, Z	EACH	28.00
004671	BID/BISCUIT, DOUGH, SPLIT, ZTF	EACH	24.00
003708	BID/BOLOGNA - FISCHER 8256	OZ	1.01
008364	BID/BREADSTICK	EACH	28.00
004945	BID/BREADSTICK, BOSCO, MEXICAN	EACH	31.00
004613	BID/BREADSTICK, BOSCO, PIZZA	EACH	35.00
000124	BID/BREADSTICK, BOSCO,4",WG/RF	EACH	15.00
004055	BID/BREADSTICK, BOSCO,7",WG/RF	EACH	27.00
008278	BID/BREADSTICK, CHEESE-FILLED	SERVING (2 CT)	34.00
002215	BID/BREADSTICK, GARLIC CHEESE	EACH	10.00
004028	BID/BREAKFAST BUN, WHOLE WHEAT	EACH	37.00
000194	BID/BROTH, CHICKEN - VANEE	OZ	0.00
002544	BID/BROWNIE, MIX/LOW FAT	2" X 3" PIECE	35.02
004692	BID/BURRITO, BEEF/BEAN, RC, WG	EACH	39.00
004619	BID/BURRITO, CHEESE/BEAN, WG T	EACH	40.00
002870	BID/BUTTER BUDS(RECONSTITUTED)	OZ	3.54
000339	BID/BUTTER BUDS, ZTF, ALL NAT	4 OZ PACKET	113.40
001623	BID/CAKE MIX, DEVIL FOOD/LW FT	2" X 3" PIECE	27.56
008297	BID/CAKE MIX, WHITE/LOW FAT	2" X 3" PIECE	28.22
002262	BID/CAKE MIX, YELLOW/LOW FAT	2" X 3" PIECE	27.56
004676	BID/CAKE, CHOC W/ CHOC ICING -	1/24TH PIECE	43.00
004677	BID/CAKE, YELLOW W/WHITE ICING	1/24TH PIECE	48.00
004696	BID/CATSUP DUNK CUP (1 OZ) - R	EACH	7.00
004440	BID/CATSUP PACKET (9 GRM) - H	EACH	2.00
004026	BID/CATSUP PKT, NATURAL(9 GM)	EACH	2.00
004408	BID/CATSUP, POUCH (1.5 GAL)	OZ	6.67
003800	BID/CEREAL BAR, CINN TST CRNCH	EACH	27.00

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No.	Description	Portion Size	Carbohydrates (Grams)
003799	BID/CEREAL BAR, COCOA PUFFS	EACH	28.00
003527	BID/CEREAL BAR, TEAM CHEERIO	EACH	28.00
003532	BID/CEREAL BAR, TRIX	EACH	2.80
002370	BID/CEREAL BARS/ASST	EACH	21.45
000662	BID/CEREAL, APPLE ZINGS, BWL	BOWLPAK	19.00
004623	BID/CEREAL, CHOC MINI WHEATS	BOWLPAK	23.00
000668	BID/CEREAL, CINNAMON TOASTERS,	BOWLPAK	22.00
003712	BID/CEREAL, COCOA PUFFS/RED SU	BOWLPAK	20.00
000673	BID/CEREAL, FROSTED FLAKES, BO	BOWLPAK	25.00
000193	BID/CEREAL, FROSTED MINI WHEAT	BOWLPAK	23.00
003886	BID/CEREAL, FRUITY CHEERIOS	BOWLPAK	20.00
000160	BID/CEREAL, GRANOLA, LOW FAT	OZ	24.00
000674	BID/CEREAL, HONEY GRAHAM SQUAR	BOWLPAK	24.00
003716	BID/CEREAL, HONEY NUT CHEERIOS	BOWLPAK	22.00
000682	BID/CEREAL, MARSHMALLOW MATEYS	BOWLPAK	24.00
004533	BID/CEREAL, OATS, QUICK - HOU	OZ	19.14
000667	BID/CEREAL, TOASTY O'S, BOWLPA	BOWLPAK	14.00
000672	BID/CEREAL, TOOTIE FRUITIES, B	BOWLPAK	19.00
003717	BID/CEREAL, TRIX/RED SUGAR	BOWLPAK	18.00
004142	BID/CHEESE SAUCE MIX	1/4 CUP	7.00
003695	BID/CHEESE SAUCE, CHEDDAR	OZ M/MA (2 OZ)	3.00
004389	BID/CHEESE SAUCE, CHEDDAR	OZ	1.50
004507	BID/CHEESE SAUCE, CHEDDAR - TR	OZ	1.80
005013	BID/CHEESE SAUCE, JALAPENO	OZ	1.00
004506	BID/CHEESE SAUCE, NACHO - TREN	OZ	1.80
004538	BID/CHEESE SAUCE, QUESO BLANC	OZ	1.00
003879	BID/CHEESE SAUCE, RED FAT	1.9 OZ	6.00
004853	BID/CHEESE STICK, CHEDDAR - LO	EACH (1 OZ)	0.00
004866	BID/CHEESE STICK, COLBY JACK,	EACH ( 1 OZ)	0.00
004867	BID/CHEESE STICK, LT MOZZ STRI	EACH (1 OZ)	1.00
004138	BID/CHEESE, AMER, LITE, SHRD	OZ	3.00
004170	BID/CHEESE, AMER, LITE, SLICE	SLICE (1/2 OZ)	1.00
004171	BID/CHEESE, CHEDDAR, SHRD	OZ	0.00
004532	BID/CHEESE, CREAM, PACKETS- SY	EACH (1 OZ)	2.00
004840	BID/CHEESE, MINI BABY BEL	EACH (.75 OZ)	0.00
004135	BID/CHEESE, MOZZARELLA, SHRD	OZ	0.00
004731	BID/CHEESE, PARMESAN - SYSCO	TBSP	0.00
003887	BID/CHEESE, STRING MOZZ	EACH	0.00
004841	BID/CHICKEN BREAST - SYSCO/REN	EACH (4 OZ)	0.00
004831	BID/CHICKEN DIPPER W/TERIYAKI	SERVING (4 CT)	8.00
004015	BID/CHICKEN DRUMSTICK, BRD	EACH	8.00
004510	BID/CHICKEN FAJITA STRIPS - KD	3.38 OZ	2.00
004362	BID/CHICKEN FAJITA STRIPS - TY	2.73 OZ	1.82
004663	BID/CHICKEN FRIES - ADVANCE	8 EACH	11.20
004726	BID/CHICKEN FRITTER - CLUX DEL	4.2 OZ	18.00
004668	BID/CHICKEN NUGGET, WG BRD	5 EACH	14.18
003696	BID/CHICKEN NUGGETS	5 EACH	12.17
004817	BID/CHICKEN NUGGETS, TEMPURA	8 EACH	17.59
004474	BID/CHICKEN PATTY, BRD - TYSON	EACH	12.00
004599	BID/CHICKEN PATTY, BRD - TYSON	EACH	12.11
003997	BID/CHICKEN PATTY, BRD, STAR	EACH	5.50
004073	BID/CHICKEN PATTY, FLOWER	EACH	14.00
004071	BID/CHICKEN PATTY, SPICY	EACH	12.00
004657	BID/CHICKEN PATTY, WG BRD - TY	EACH	15.00
004411	BID/CHICKEN ROUND UPS - TYSON	5 EACH	13.00
004959	BID/CHICKEN TACO FILLING, LF	3.86 OZ	7.66
003697	BID/CHICKEN TENDERS - TYSON	3 EACH	12.00
003718	BID/CHICKEN, BRD - CLUX DELUX	EACH	17.00
003698	BID/CHICKEN, BRD, 8 PC CUT	SERVING	7.00
004708	BID/CHICKEN, NO/MANDARIN- ASIA	2.85OZ	15.15
004541	BID/CHICKEN, PATTY, BRD, BREAK	EACH	8.00
004737	BID/CHICKEN, RSTD, 8 PC CUT -	3 OZ	3.00
003719	BID/CHICKEN, SPICY - CLUX DELU	EACH	17.00

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004725	BID/CHICKEN, TANGERINE- ASIAN	3.96 OZ	26.66
004707	BID/CHICKEN, TERIYAKI - ASIAN	2.85 OZ	17.17
004449	BID/CHILI HOT DOG SAUCE W/BEEF	1/4 CUP	8.91
003915	BID/CHILI, BEEF, CINCY STYLE	5.58 OZ	6.00
003555	BID/CHILI, BEEF, HOT DOG, RF	4.6 OZ	10.00
004680	BID/CHILI, BEEF, NO BEAN, RF	5.15 OZ	11.00
003699	BID/CHILI, PORK, NO BEAN, RF	5.15 OZ	9.00
003536	BID/CHIP, CHEETO, BAKED-FRITO	BAG (.875 OZ)	17.00
003923	BID/CHIP, CHEETO,FLAMIN HOT, B	BAG (.875 OZ)	17.00
004058	BID/CHIP, CINN TST CRNCH CRISP	BAG (1 OZ)	22.00
003928	BID/CHIP, DORITO, COOL RANCH,	BAG (1 OZ)	19.00
003417	BID/CHIP, DORITO, NACHO, BAKED	BAG (.75 OZ)	15.75
003790	BID/CHIP, DORITO, NACHO, BAKED	BAG (1.375 OZ)	28.87
004075	BID/CHIP, DORITO, NACHO, RF	BAG (1 OZ)	19.00
004616	BID/CHIP, DORITO, SWEET SPICY	BAG (1 OZ)	20.00
003569	BID/CHIP, FRITO CORN CHIPS	BAG (1 OZ)	16.00
003819	BID/CHIP, KIDS SNACK MIX	BAG (.875 OZ)	18.00
004666	BID/CHIP, MUNCHIES, FLAMIN HOT	BAG (.875 OZ)	18.00
004994	BID/CHIP, PITA - STACYS SIMPLY	BAG (1.5 OZ)	28.00
002226	BID/CHIP, POTATO, BAKED -FRITO	BAG (1.125 OZ)	25.87
002524	BID/CHIP, POTATO, BBQ, BAKED	BAG (1.125 OZ)	24.75
004820	BID/CHIP, POTATO, CHDR SC,BKD	BAG (.875 OZ)	18.00
003924	BID/CHIP, POTATO, SC & O, BKD	BAG (1.125 OZ)	24.00
004796	BID/CHIP, PRETZEL, HEARTZELS	BAG (1 OZ)	23.00
004617	BID/CHIP, RITZ SNACK MIX, 100	BAG (.77 OZ)	16.00
004832	BID/CHIP, SIMPLY CHEX, BARBEQU	BAG (1.25 OZ)	27.00
003801	BID/CHIP, SIMPLY CHEX, CHEDDAR	BAG (1.25 OZ)	27.00
004056	BID/CHIP, SIMPLY CHEX, CHOC CA	BAG (1.2 OZ)	26.00
004833	BID/CHIP, SIMPLY CHEX, SR CRM	BAG (1.25 OZ)	26.00
004057	BID/CHIP, SIMPLY CHEX, STRWBRR	BAG (1.2 OZ)	27.00
003545	BID/CHIP, SUNCHIP, ASST	BAG (1 OZ)	19.00
002840	BID/CHIP, SUNCHIP, CHEDDAR	BAG (1 OZ)	19.00
003926	BID/CHIP, SUNCHIP, GRDN SALSA	BAG (1 OZ)	19.00
003544	BID/CHIP, SUNCHIP, ORIGINAL	BAG (1 OZ)	19.00
000150	BID/CHIP, TORTILLA SCOOPS,BAKE	BAG (.875 OZ)	19.25
004634	BID/CHIP, TORTILLA, THICK CUT	OZ	19.00
004821	BID/CHIP, TORTILLA, YELLOW RND	BAG (1 OZ)	18.00
002892	BID/CINNAMON TASTRIES	EACH	40.00
003782	BID/COOKIE, CHIPS AHOY, 100 CA	PKT (.81 OZ)	18.00
004400	BID/COOKIE, CHOC BROWNIE, RF/W	EACH	27.00
000179	BID/COOKIE, CHOC CHIP - OTIS	EACH	17.00
003535	BID/COOKIE, CHOC CHIP, RF/WG	EACH	18.18
003837	BID/COOKIE, MINI MINI CHOC CHI	BAG (1 OZ)	19.00
002380	BID/COOKIE, OATML RAISIN,RF/WG	EACH	17.67
003783	BID/COOKIE, OREO, 100 CALORIE	PKT (.81 OZ)	19.00
000183	BID/COOKIE, SUGAR- OTIS SP	EACH	18.00
003793	BID/CORN DOG, CHICKEN	EACH	33.00
004438	BID/CORN DOG, MINI TURKEY	6 EACH	27.00
000307	BID/CORN DOG, TURKEY LITE	EACH	32.00
003868	BID/CORN DOGS, MINI CHICKEN	6 EACH	33.00
004736	BID/CORNBREAD (PREPARED)- WEIS	3" SQUARE	13.95
004978	BID/CORNBREAD DRESSING	1/2 CUP	14.00
004738	BID/CORNBREAD MIX - GM	2"x 3" PIECE	25.20
004620	BID/CRACKERS, 4 CT, CHEESE/CHE	PKG (4 CT)	16.00
004621	BID/CRACKERS, 4 CT, TOASTY PB	PKG (4 CT)	16.00
004697	BID/CRACKERS, ANIMAL - J & J	EACH	22.00
004609	BID/CRACKERS, CHEEZ-IT SCRABBL	BAG	14.00
003531	BID/CRACKERS, CINN GOLDFISH -	PKT (.9 OZ)	19.00
004451	BID/CRACKERS, CLUB/SALAD - KRA	PKT (2 CT)	4.00
004445	BID/CRACKERS, OYSTER - NABISCO	PACKET	10.00
002969	BID/CRACKERS, SALTINE (4 CT)	2 PKT	18.00
002312	BID/CRACKERS, SALTINE (4 CT)	EACH (4 CT)	9.00
004531	BID/CROUTONS, SEASONED - SYSCO	.7 OZ	20.25

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004052	BID/CUPCAKE, CHOCOLATE 30-10-3	EACH	26.00
004053	BID/CUPCAKE, WHITE 30-10-30	EACH	26.00
000119	BID/DONUT, GOODY BUN, WW	EACH (2.75 OZ)	34.00
003806	BID/DONUT, GOODY RING	EACH (2.5 OZ)	29.00
004757	BID/DONUT, HOMESTYLE RING	EACH (2.1 OZ)	25.00
003999	BID/DONUT, LONG JOHN/BAVARIAN	EACH	37.00
004000	BID/DONUT, LONG JOHN/WHITE CRE	EACH	36.00
003722	BID/DRESSING, 1000 ISLAND-1 OZ	EACH	4.00
004730	BID/DRESSING, COLE SLAW - SYSC	TBSP	3.00
004662	BID/DRESSING, DIJON HONEY MUST	OZ	5.67
003860	BID/DRESSING, FRENCH FF	PKT (1.5 OZ)	10.00
004088	BID/DRESSING, HONEY DIJON,1 OZ	EACH	10.00
003724	BID/DRESSING, HONEY FRENCH-1 O	EACH	5.00
003725	BID/DRESSING, ITALIAN LITE-1	EACH	1.89
003909	BID/DRESSING, ITALIAN LITE-1.5	PKT (1.5 OZ)	2.00
004090	BID/DRESSING, ITALIAN, RED FAT	EACH	1.00
004089	BID/DRESSING, RANCH (12 GRM) -	EACH	0.00
003911	BID/DRESSING, RANCH FF-12 GRM	PKT (12 GRM)	1.80
004479	BID/DRESSING, RANCH LITE (1.5	EACH (1.5 OZ)	7.00
003910	BID/DRESSING, RANCH LITE - NAT	OZ	0.94
002687	BID/DRESSING, RANCH LITE-1 OZ	EACH	2.00
004667	BID/DRINK, LEMONADE MIX	8 OZ	7.00
004098	BID/EGG BACON/CHEESE	2 OZ	1.00
004094	BID/EGG BREAKFAST WRAP	EACH	14.00
004710	BID/EGG COLBY OMELET	EACH	1.79
004095	BID/EGG DICED	OZ	1.00
003700	BID/EGG PATTY/GRILLED	EACH	1.00
003680	BID/EGG ROLL, PORK & VEG	EACH	20.00
004096	BID/EGG SCRAMBLED MIX	OZ	1.00
004093	BID/EGG TAC-GO	EACH	14.00
004665	BID/ENGLISH MUFFIN - BAKERS CL	EACH	24.00
004727	BID/FAJITA SEASONING - MCCORMI	TSP	2.00
004464	BID/FISH NUGGET, POLLOCK - FPI	4 EACH	16.00
003840	BID/FISH NUGGET, STAR/FISH	4 EACH	21.33
004465	BID/FISH PATTY, POLLOCK - FPI	EACH	15.00
003049	BID/FISH, HOKI FILLET	EACH	11.00
004642	BID/FLATBREAD, CHEESY GARLIC -	EACH (1 STICK)	22.00
004401	BID/FLATBREAD, CHEESY GARLIC -	EACH (2 STICKS)	44.00
004459	BID/FRENCH TOAST STICKS - AUNT	2 EACH	22.50
004460	BID/FRENCH TOAST STICKS - SUNN	EACH (3 OZ)	28.00
004520	BID/FRENCH TOAST, CINN GLAZED	EACH	31.00
004729	BID/FRUIT COCKTAIL, LIGHT SYRU	1/2 CUP	19.13
004059	BID/FRUIT ROLL UP, STRWBRRY,RS	EACH	11.00
004060	BID/FRUIT SNACKS, SCOOPY DOO,	EACH	21.00
003802	BID/FRUIT SNACKS, SUNKIST	EACH	21.00
004446	BID/GRAHAM CRACKER - NABISCO	PACKET	16.00
003684	BID/GRAHAM CRACKERS (2 PKG)	2 PACKETS	32.00
004101	BID/GRAHAM, CINN BUG BITES	BAG	21.00
004624	BID/GRAHAM, CINNAMON GRIPZ	PKT (.9 OZ)	20.00
003820	BID/GRAHAM, SCOOPY DOO STICK	PKT (1 OZ)	21.00
004649	BID/GRAVY, BEEF MIX	1/4 CUP	4.00
003493	BID/GRAVY, TURKEY MIX	1/4 CUP	4.00
004462	BID/GRAVY, WHITE MIX - PIONEER	1/4 CUP	5.00
004461	BID/GRAVY, WHITE PEPPERED MIX	1/4 CUP	5.00
001970	BID/HAM	3 OZ	6.80
004405	BID/HAM, SMOKED, SLICED	OZ	0.50
004536	BID/HAM, SPIRAL, GLAZED	OZ	1.69
000572	BID/HONEY MUSTARD/1 OZ - NF	EACH	8.00
004488	BID/HONEY PACKET - HEINZ	EACH	7.00
004436	BID/HOT DOG - TYSON 75671	EACH	1.00
003788	BID/HOT DOG, LITE	EACH	2.00
000135	BID/HOT DOG, TURKEY LOWFAT&SA	EACH	1.00
004600	BID/HOT SAUCE PACKET/7 GM - PP	EACH	1.00

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004995	BID/HUMMUS, RSTD RED PEPPER -	OZ	4.05
004977	BID/HUSHPUPPIES	3 EACH	18.00
000476	BID/ICE CREAM CUP, CHOC LW FT	EACH (3 OZ)	17.00
000474	BID/ICE CREAM CUP, VAN LIGHT	EACH (3OZ)	13.00
000472	BID/ICE CREAM SAND,CKIE/CRM,LF	EACH ( 3 OZ)	25.00
000510	BID/ICE CREAM SANDWICH, VANILL	EACH (3 OZ)	22.00
003870	BID/ICING, CHOCOLATE HEATN'ICE	OZ	21.87
004534	BID/ICING, CHOCOLATE NO HEAT	OZ	22.50
003733	BID/ICING, DONUT GLAZE	OZ	22.68
003871	BID/ICING, VANILLA HEAT N' ICE	OZ	22.68
004527	BID/ICING, WHITE NO HEAT	OZ	22.82
003834	BID/ITALIAN ICE, CRYBABY.SR CH	EACH (4 OZ)	29.50
003835	BID/ITALIAN ICE, TYPHOON, BLUE	EACH ( 4 OZ)	29.50
000376	BID/JELLY, ASSORTED	EACH	9.00
003833	BID/JUICE BAR/SOURPUSS CHERRY	EACH (2.25 OZ)	16.00
000340	BID/JUICE BAR/SQUEEZE PACK	EACH	15.00
004829	BID/JUICE CUP, CHERRY, FRZN -	EACH (4 OZ)	18.00
005044	BID/JUICE CUP, FROZEN/ASST	EACH (4 OZ)	18.00
004830	BID/JUICE CUP, STRWB POM,FRZN	EACH (4 OZ)	18.00
003479	BID/JUICE, APPLE (4 OZ)	EACH	15.00
000195	BID/JUICE, APPLE (6 OZ)	EACH	22.00
004467	BID/JUICE, APPLE - CAPRI SUN	EACH	21.00
004468	BID/JUICE, BERRY - CAPRI SUN	EACH	20.00
004469	BID/JUICE, FRUIT PUNCH - CAPRI	EACH	21.00
003480	BID/JUICE, GRAPE (4 OZ)	EACH	22.00
000196	BID/JUICE, GRAPE (6 OZ)	EACH	32.00
004470	BID/JUICE, GRAPE TIDE - CAPRI	EACH	21.00
002888	BID/JUICE, ORANGE (4 OZ)	EACH	14.00
003481	BID/JUICE, ORANGE/PINEAPPLE	EACH	15.00
003482	BID/JUICE, PINEAPPLE (4 OZ)	EACH	15.00
004223	BID/KALE, CHOPPED	1/2 CUP	3.00
000686	BID/MAC & CHEESE, RED FAT	6 OZ	29.00
002849	BID/MANDARIN ORANGES, LIGHT SY	1/4 CUP	8.29
004535	BID/MARGARINE - WHOLESOME FARM	OZ	0.00
004659	BID/MARGARINE, HONEY (10 GRM)	EACH (10 GRAM)	2.00
000977	BID/MARGARINE, PROMISE	EACH (5 GRAM)	0.00
004475	BID/MARINARA SAUCE CUP - KENS	EACH (2 OZ)	8.00
003537	BID/MARSHMELLOW CRISPY SQUARES	EACH (.8 OZ)	17.00
003760	BID/MAYO OR MIRACLE WHIP PKT	EACH	0.50
003534	BID/MAYONNAISE PACKET - LIGHT	EACH	0.00
004660	BID/MAYONNAISE, CHOL FREE LITE	TBSP	2.00
004687	BID/MEATBALLS, BEEF - ADVANCE	SERVING (5 PC)	5.00
004136	BID/MEATBALLS, PORK, RED SODIU	4 EACH	5.00
005002	BID/MEATBALLS, PORK, RED SODIU	5 EACH	5.00
003825	BID/MUFFIN, APPLE CINN, RF	EACH (1.8 OZ)	27.00
003826	BID/MUFFIN, BANANA, RF	EACH (1.8 OZ)	28.00
003827	BID/MUFFIN, BLUEBERRY, RF	EACH ( 1.8 OZ)	27.00
003828	BID/MUFFIN, CHOC CHOC CHIP, RF	EACH (1.8 OZ)	28.00
004816	BID/MUFFIN, CORN, RED FAT - SU	EACH (2.2 OZ)	38.00
004486	BID/MUSTARD PACKET - HEINZ	EACH	0.00
003859	BID/OIL, ZERO TRANS FAT	OZ	0.00
004732	BID/ON THE GO FRUIT PUNCH - CR	PKT (.11 OZ)	0.00
004735	BID/ON THE GO ICED TEA - CR	PKT (.08 OZ)	0.00
004734	BID/ON THE GO LEMONADE - CRYST	PKT (.17 OZ)	0.00
004733	BID/ON THE GO RASP LEMONADE-CR	PKT (.10 OZ)	0.00
004100	BID/ONION RINGS	SERVING (10 PC)	54.00
004647	BID/PAN SPRAY, BUTTER FLAVORED	SPRAY	0.00
004648	BID/PAN SPRAY, GARLIC FLAVORED	SPRAY	0.00
004457	BID/PANCAKES - AUNT JEMIMA	EACH	0.00
003451	BID/PANCAKES, MINI	4 EACH	15.00
004552	BID/PANCAKES, MINI, MAPLE	BAG	34.00
004412	BID/PANCAKES, MINI, STRAWBERRY	BAG	34.00
004834	BID/PASTA, ROTINI, MULTI GRAIN	CUP	73.43

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## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
004987	BID/PASTA, SPAGHETTI, WG	1/2 CUP	20.50
004654	BID/PASTRY, APPLE FRUDEL	EACH (2.29 OZ)	36.00
004655	BID/PASTRY, CHERRY FRUDEL	EACH (2.29 OZ)	36.00
005032	BID/PASTRY, FRUDEL/ASST	EACH	36.00
003936	BID/PEACHES, HALF, LIGHT SYRUP	1/2 CUP	18.43
001946	BID/PEACHES, SLICES, LIGHT SYR	1/2 CUP	17.32
001939	BID/PEARS, HALF, LIGHT SYRUP	1/2 CUP	17.37
003062	BID/PINEAPPLE, JUICE PACK, CAN	1/2 CUP	18.72
003977	BID/PIZZA STRIPS - TONY'S	EACH	28.00
004997	BID/PIZZA, BEEF QUESADILLA	EACH	41.00
003485	BID/PIZZA, BRKFAST, GOOD GRAVY	EACH	24.00
003393	BID/PIZZA, BRKFAST, SAUS/CHSE	EACH	24.00
004944	BID/PIZZA, CHEESE FLATBREAD 3	EACH (5.95 OZ)	50.00
004996	BID/PIZZA, CHEESE MINI BAGELS	4 EACH	21.00
003447	BID/PIZZA, CHEESE QUESADILLA	EACH	41.00
003916	BID/PIZZA, CHEESE, 16"-GIORGIO	EACH	44.00
008371	BID/PIZZA, CHEESE, 4X6 - TONY'S	EACH	37.00
004528	BID/PIZZA, CHEESE, PRE SLCD -	EACH	39.00
003007	BID/PIZZA, CHEESE, GALAXY/SMART	EACH	34.00
003620	BID/PIZZA, CHEESE, WEDGE(GRAIN)	EACH	36.00
003012	BID/PIZZA, CHSE, STF CRST WEDGE	EACH	50.00
003443	BID/PIZZA, CHSE, STF CRUST 4X6	EACH	45.00
002120	BID/PIZZA, FIESTADA BEEF	EACH	41.00
008369	BID/PIZZA, PEPP, WEDGE	EACH	38.00
003917	BID/PIZZA, PEPP, 16" - GIORGIO	EACH	43.00
008372	BID/PIZZA, PEPP, 4X6 - TONY'S	EACH	36.00
003006	BID/PIZZA, PEPP, GALAXY/SMART	EACH	33.00
003444	BID/PIZZA, PEPP, STF CRUST 4X6	EACH	44.00
003621	BID/PIZZA, PEPP, WEDGE(GRAIN)	EACH	34.00
003011	BID/PIZZA, PEPP, STF CRST WEDGE	EACH	49.00
004529	BID/PIZZA, PEPPERONI, PRE SLCD	EACH	38.00
008373	BID/PIZZA, SAUSAGE, 4 X 6	EACH	36.00
004387	BID/PIZZATTA - RICH'S	EACH	13.50
004062	BID/POP TARTS, CHOCOLATE CHIP	EACH	36.00
004063	BID/POP TARTS, FROSTED BLUEBER	EACH	37.50
004069	BID/POP TARTS, FROSTED CHERRY	EACH	37.50
004067	BID/POP TARTS, SMORES	EACH	36.50
004941	BID/POP TARTS, WG FROSTED CINN	EACH (1.76 OZ)	37.00
004942	BID/POP TARTS, WG FRSTD STRBRY	EACH (1.76 OZ)	37.00
004614	BID/POPCORN, KETTLE - BOF	BAG	21.00
000469	BID/POPSICLE, CHERRY FREEZE BA	EACH (1.75 OZ)	16.00
000236	BID/POPSICLE, FRUITI BAR	EACH (2.75 OZ)	24.00
000467	BID/POPSICLE, FUDGY BAR	EACH (2 OZ)	15.00
000470	BID/POPSICLE, GRAPE FREEZE BAR	EACH (1.75 OZ)	16.00
000480	BID/POPSICLE, MINI RAINBOW	EACH (1.25 OZ)	9.00
000241	BID/POPSICLE, ORANGE CREAM BAR	EACH (2.75 OZ)	19.00
004508	BID/POPSICLE, RAINBOW FREEZE	EACH (3.75 OZ)	27.00
000238	BID/POPSICLE, STRAWBERRY BANAN	EACH (2.25 OZ)	21.00
003687	BID/PORK BBQ/TEXAS	SERVING	18.22
004999	BID/PORK BITES, HONEY BBQ - PI	3 EACH	7.00
003702	BID/PORK PATTY, BBQ RIB	EACH	11.02
002098	BID/PORK PATTY, BBQ RIB	EACH	11.02
005012	BID/PORK RIB FINGERS - JTM 569	4 EACH	6.00
005008	BID/PORK RIB PATTY - JTM 56	EACH (2.54 OZ)	4.00
000321	BID/PORK STEAK, BREADED	EACH	16.01
003737	BID/POTATO, FF - CONQUEST	2.5 OZ	17.50
003078	BID/POTATO, FF KK - COLOSSAL	1/2 CUP	14.29
003736	BID/POTATO, FF KK - CONCERTINA	1/2 CUP	13.00
004453	BID/POTATO, FF SS - LAMB S14	1/2 CUP	18.00
004515	BID/POTATO, FF, EVERCRISP - MC	1/2 CUP	17.26
004454	BID/POTATO, FF, SPICY - LW B91	1/2 CUP	12.67
004553	BID/POTATO, FF, SS - MCCAIN GF	1/2 CUP	14.12
003845	BID/POTATO, FF, TWISTER/SEASON	1/2 CUP	12.80

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003682	BID/POTATO, HASH BROWN STIX	EACH	15.00
004455	BID/POTATO, HASH BROWN WEDGE -	EACH	12.00
004070	BID/POTATO, MASHED - IDAHOAN	4 OZ	17.00
004798	BID/POTATO, MEDLEY, OVEN RSTD	3 OZ	19.00
004998	BID/POTATO, MINI BAKERS - LAMB	3 OZ	18.00
004452	BID/POTATO, OVEN ROAST REDSKIN	1/2 CUP	10.00
004482	BID/POTATO, PREBAKED, 3 OZ	EACH (3 OZ)	18.00
004483	BID/POTATO, PREBAKED, 6 OZ	EACH (6 OZ)	36.00
004484	BID/POTATO, ROUNDS/SPUD BITES	1/2 CUP	17.20
004117	BID/POTATO, SCALLOPED	1/2 CUP	24.36
004615	BID/POTATO, SHRED CHEESE BAKE	1/2 CUP	17.00
003029	BID/POTATO, SMILES	1/2 CUP (4 PC)	19.33
004934	BID/POTATO, SMILES	EACH	4.82
004448	BID/POTATO, SWEET, KK FRIES	3 OZ	22.00
005053	BID/POTATO, SWEET, MINI PUFF	3 OZ	23.06
003858	BID/POTATO, WEDGE, OVEN RSTD	1/2 CUP	13.01
004493	BID/PRETZEL, SOFT/MINI - J&J	EACH	16.00
004610	BID/PRETZEL, SOFT/REGULAR - J&	EACH	38.00
003889	BID/PROPEL FITNESS WATER BVRG	EACH (16.9 OZ)	6.34
004644	BID/PUDDING, CHOCOLATE, FAT FR	1/2 CUP	23.00
004523	BID/PUDDING, VANILLA - SYSCO C	1/2 CUP	29.00
004522	BID/PUDDING, VANILLA, FAT FREE	1/2 CUP	25.00
003623	BID/QUESADILLA, CHEESE	EACH	35.00
003622	BID/QUESADILLA, CHICKEN	EACH	33.13
003295	BID/RAVIOLI,BEEF	8 EACH	29.99
003805	BID/RICE KRISPIE TREAT	EACH (1.3 OZ)	28.00
003822	BID/RICE SNACKS, CARAMEL	PKT (.91 OZ)	23.00
003821	BID/RICE SNACKS, CHEDDAR	PKT (.67 OZ)	13.00
004270	BID/RICE, CHEESE, INFUSED	1/2 CUP	16.68
004269	BID/RICE, MEXICAN, INFUSED	1/2 CUP	16.68
004271	BID/RICE, PILAF, INFUSED	1/2 CUP	16.68
001943	BID/RICE, WHITE, INSTANT	1/2 CUP	20.00
004403	BID/ROAST BEEF, SLICED	OZ	1.00
004192	BID/ROLL DOUGH,CINNAMON MINI	EACH	18.00
004818	BID/ROLL, MINI CINNIS - PILL	PKT (2.29 OZ)	40.00
003907	BID/ROLL, WHEAT - RICHS	EACH	20.00
002676	BID/ROLL, WHITE - RICHS	EACH	20.00
004641	BID/ROLL, WHOLE GRAIN - RICHS	EACH	24.00
000695	BID/ROTINI PASTA W/MEAT SAUCE,	8 OZ	24.00
003533	BID/SALAD DRESSING PKT-MIRACLE	EACH	1.00
004201	BID/SALISBURY STEAK - JTM 5632	EACH	5.00
004030	BID/SALSA - RED GOLD	1/4 CUP	4.21
003842	BID/SALSA CUP - NAT FRESH	EACH (2 OZ)	3.78
004901	BID/SANDWICH ROUND, WW	EACH (1.5 OZ)	20.00
004612	BID/SAUCE, GENERAL TSO'S	OZ	16.10
004611	BID/SAUCE, ZESTY ORANGE	OZ	15.66
003389	BID/SAUSAGE & PANCAKE NUGGET	3 PIECE	19.00
004835	BID/SAUSAGE LINK, .5 OZ - JONE	EACH (.5 OZ)	0.00
003945	BID/SAUSAGE PATTY	EACH	0.00
003237	BID/SAUSAGE PATTY (1 OZ M/MA)	EACH	0.00
002562	BID/SAUSAGE PATTY (2 OZ M/MA)	EACH	0.00
004537	BID/SAUSAGE PATTY - JTM 5649	EACH	1.00
004991	BID/SAUSAGE/PANCAKE STICK	EACH (2.85 OZ)	25.93
005001	BID/SEASONING, SALT FREE GARDE	TSP	0.00
004020	BID/SHERBET, ASST	EACH (4 OZ)	26.80
003811	BID/SHERBET, CHOCOLATE	EACH (4 OZ)	26.00
003809	BID/SHERBET, GRAPE	EACH (4 OZ)	27.00
003808	BID/SHERBET, LIME	EACH (4 OZ)	27.00
003807	BID/SHERBET, ORANGE	EACH (4 OZ)	27.00
003810	BID/SHERBET, RASPBERRY	EACH (4 OZ)	27.00
003641	BID/SHRIMP POPPERS	21 EACH	19.00
004003	BID/SLOPPY JOE, PORK, RED FAT	3.44 OZ	9.00
004203	BID/SLUSHIE, 100% JUICE	EACH	22.00

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002540	BID/SOUP, CHICKEN NOODLE	8 OZ	7.00
004490	BID/SOUP, CREAM OF CHICKEN - H	OZ	2.77
004491	BID/SOUP, CREAM OF MUSHROOM -	OZ	2.30
004693	BID/SOUP, POTATO BACON CHEDDAR	8 OZ	15.00
002464	BID/SOUP, TOMATO/HEALTHY RQST	8 OZ	17.00
004694	BID/SOUP, VEGETABLE BEEF	8 OZ	14.00
004524	BID/SOUR CREAM CUP (1 OZ)	EACH	1.00
000684	BID/SPAGHETTI PASTA W/MEAT - J	8 OZ	23.00
004029	BID/SPAGHETTI SAUCE - RED GOLD	1/2 CUP	9.94
003703	BID/SPAGHETTI SAUCE, PORK, RF	5.91 OZ	10.00
003742	BID/SPAGHETTI SAUCE-ANGELA MIA	OZ	2.27
003027	BID/STUFFING, CORNBREAD	1/2 CUP	22.00
004627	BID/SUNFLOWER KERNELS - AZAR	PKT (1 OZ)	6.00
004706	BID/SWEET & SOUR SAUCE/1 OZ	EACH	11.06
004658	BID/SYRUP, PANCAKE, 1.5 OZ	EACH (1.5 OZ)	31.00
000683	BID/TACO MEAT, BEEF, RF & SOD	3.17 OZ	4.00
003704	BID/TACO MEAT, PORK, RED FAT	3.17 OZ	4.00
004489	BID/TACO SAUCE PACKET/9 GM -HE	EACH	1.00
004728	BID/TACO SEASONING - LAWRY'S	TSP	1.50
003743	BID/TACO SEASONING MIX	OZ	17.01
003744	BID/TACO SHELL, JUMBO	EACH	11.50
001278	BID/TACO SHELL, REGULAR	EACH	7.00
004086	BID/TARTAR SAUCE	EACH	0.00
004664	BID/TOAST, GARLIC - MARZETTI	SLICE	15.00
004292	BID/TOMATO PASTE - RED GOLD	TBSP	3.07
004293	BID/TOMATO PUREE - RED GOLD	2 TBSP	3.00
004133	BID/TOMATO SAUCE - RED GOLD	1/4 CUP	4.86
004294	BID/TOMATOES, DICED - RED GOLD	1/4 CUP	2.43
004516	BID/TORTILLA, FLOUR, 10"	EACH (2.8 OZ)	40.00
004700	BID/TORTILLA, FLOUR, 8"	EACH (1.8 OZ)	26.00
003905	BID/TURKEY & GRAVY	SERVING (5.23 O)	5.00
004042	BID/TURKEY BREAST	OZ	1.13
004939	BID/TURKEY HAM, DELI STYLE	3.58 OZ	2.00
004043	BID/TURKEY ROAST	OZ	0.20
004521	BID/TURKEY, BREAST, SLICED - S	OZ	1.01
004404	BID/TURKEY, SMOKED, SLICED	OZ	1.00
004828	BID/ULTIMATE BREAKFAST ROUND -	EACH (2.2 OZ)	43.00
003748	BID/UNCRUSTABLE, PB/GRAPE	EACH	33.00
003803	BID/UNCRUSTABLE, PB/GRAPE/SOY	EACH	31.00
004646	BID/UNCRUSTABLE, PB/GRAPE/WHEA	EACH	34.00
004044	BID/UNCRUSTABLE, PB/HONEY/WHEA	EACH	34.00
003749	BID/UNCRUSTABLE, PB/STRAWBRY	EACH	33.00
004711	BID/VEGETABLE BLEND, PRINCE WI	1/2 CUP	2.50
004350	BID/WAFFLES, SNACK'N, MAPLE,WG	EACH (2.2 OZ)	35.00
004819	BID/WAFFLES, SNACK'N,CHOC CHIP	EACH (2.2 OZ)	36.00
003747	BID/WHIPPED TOPPING - ON TOP	OZ	7.09
004625	BID/WRAP, MULTI GRAIN- FLATOUT	EACH	17.00
003454	BID/YOGURT (4 OZ) - TRIX	EACH	17.00
004965	BID/YOGURT, ASST L&F (4 OZ)	EACH (4 OZ)	30.00
004963	BID/YOGURT, BLUEBERRY (4 OZ)	EACH (4 OZ)	10.00
004964	BID/YOGURT, RASPBERRY (4 OZ)	EACH (4 OZ)	10.00
004962	BID/YOGURT, STRAWBERRY (4 OZ)	EACH (4 OZ)	10.00
000123	BID/YOGURT,VANILLA, LF-PAR PRO	OZ	4.62
004352	BID/YOO-HOO CHOC FUDGE BAR	EACH	15.00

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