

Brownsville ISD Food & Nutrition Service

No.	Description	Portion Size	Carbohydrates (Grams)
20-21			
001349	Beans, Ranch Style	1/2C	21.03
000974	Beans, Refried: Dehydrated	1/2C	21.06
000904	Benefit Bars, Assorted	EA	47.69
001762	Bento Box Yogurt & Ch: 1/4cF	EA	45.27
001760	Bento Box Yogurt & Cheese	EA	65.46
001761	Bento Box: PB&J/Ch-1/4cF	EA	41.93
001734	Bento Box: PB&J/Ch-Carrot	EA	56.17
001759	Bento Box: PB&J/Ch-Celery	EA	50.87
001764	Bento Box: Turkey/Ch,supper	EA	21.39
001673	Bento Box: Turkey/Cheese	EA	35.50
001548	Biscuit & Sausage: Lonestar	EA	25.38
001371	Breaded Beef Patty, WG-Advance	EA	19.17
001754	Breakfast, Cin Toast Bar: GM	EA	41.56
001753	Breakfast, Cocoa Bar: GM	EA	44.60
000860	Broccoli Florets	1/2 C	4.57
001730	Calabaza con Chicken Fajitas	1C + #6 scoop	19.53
000542	Carrot Coins: Crinkle cut	1/2 C	7.04
000650	Carrots, Baby:1/2c	1/2 C	6.80
001755	Carrots, Baby:1/4c	1/4 C	4.25
001733	Celery Sticks:raw 1/2c	1/2 C	2.39
001756	Celery Sticks:raw 1/4c	1/4 C	1.20
001113	Cereals, Assorted:2 gb	EA	47.25
001351	Cheese Sauce:Great Plains	1 OZ	2.91
001662	Cheeseburger:DL-ELEM	EA	27.36
001653	Chicken Burger: 30ct GK	EA	43.86
001766	Chicken Salad & Crackers	EA	69.01
001652	Chicken, Popcorn:Goldkist	10 CT	12.99
001768	Cinnamon Flatbread	EA	13.81
000658	Cinni Minis	EA	40.00
000963	Corn, Golden	1/2 C	18.25
001414	Dinner Roll. WGR:Rich's 1oz	EA	15.95
001450	Dinner Roll. WGR:Rich's 2oz	EA	24.88
001771	Donut, WG: Fortified-DAVES	EA	49.03
001516	Enchilada Sauce:all grades	1oz	2.29
000530	Fruit, Canned, Assorted	1/2 C	22.16
000531	Fruit, Fresh Asst: Lunch	EA	21.35
000818	Fruit, Fresh, Asst.: Breakfast	EA	24.21
000805	Gravy, Brown: Instant LS	1 oz	2.02
001494	Juice, Assorted: 4oz	4oz	13.50
000681	Ketchup, pc:18gm	PC	5.00
001757	Marinara Sauce, 2oz	2 oz	11.25
001758	Marinara Sauce, 4oz	4 oz	23.00
000180	Mashed Potatoes /Pearls -Excel	1/2 C	14.60
001554	Meatball Pinwheel, ES Foods	EA	32.00
000915	Milk, 1% Plain:BORDENS	EA	12.00
000918	Milk, Skim, Chocolate:BORDENS	EA	19.00
000916	Milk, Skim, Plain:BORDEN	EA	12.00
000831	Milk,Lactose Skim Milk	EA	13.00
001547	Mini Confetti Pancakes: WG	EA	36.00
001752	Muffin, Blueberry:WG Dave	EA	45.50
001551	Muffin, Breakfast: Choco.	EA	40.00
001582	Pickle Slices	3 EA	0.25
001017	Pizza Crunchers, Farm Rich:4ct	4CT	45.62
001765	Pizza Kit:Build Your Own	EA	35.66
000930	Pizza, Assorted, WW,4X6	EA	29.50
001641	Pizza: 5" WM Deep Dish	EA	33.92
001651	Pizza: 5inch Pep Nardone	EA	32.59
001648	Pizza: 6inch Pep Nardone	EA	29.98
001649	Pizza: Pep,Nardone,Pizzeria	EA	29.00

**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.

Brownsville ISD Food & Nutrition Service

Page 2

Recipe Carbohydrates List

Aug 18, 2020

No.	Description	Portion Size	Carbohydrates (Grams)
000763	Pop Tarts WG, Frosted:2ct IW	1 pkg	151.00
001714	Pork, BBQ Pulled Burger	EA	27.78
000074	Potato, Tater Tots	10 CT	17.01
000641	Ranch Dip Cup: 1oz	EA	1.00
000730	Spanish Brown Rice	1/2 C	23.96
000844	SW, Grill Cheese Turkey Bacon	EA	31.95
001624	SW, Homemade Gr. Cheese:2oz	EA	28.00
000131	Syrup, Pancake: Madeira Cup	EA	30.37
001770	Taco Salad Cup:Supper	EA	31.60
001667	Tajin Spice: 1gm, low sodium	EA	0.50
001156	Tamales: 2ct Pork	2 EA	22.28
000399	Uncrustables: Smuckers	EA	33.00
001718	Veg. Medley,Seas.:Frz 1/2c	1/2C	14.21
001578	Wild Mikes Ch Breadstix:1ea	EA	15.82
001636	Wild Mikes Ch. Breadstix:2ea	2 EA	31.63
001767	Wrap, Turkey/Cheese:Supper	EA	21.42
001769	Yogurt/Blub/Cinn Cup: 1/4cF	EA	36.81
001660	Zucchini Melt	1/2 C	7.80

**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.