

# A LA CARTE

## Watervliet City School District

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### Recipe Carbohydrates List

Dec 1, 2016

No.	Description	Portion Size	Carbohydrates (Grams)
000327	Baked Beans	cups	56.00
000191	BBQ Chicken	2 oz	11.00
000142	BBQ Sauce	oz	9.91
000120	Black Bean Salsa	1/2 cup	22.29
000157	Broccoli & Cheese	1 cup	6.84
000256	Broccoli,raw: fresh	CUP	6.04
000258	Broccoli: frozen, boiled	CUP	9.84
000045	Canned Fruit, Apple Sauce unsw	.5 cup	13.00
000037	Canned Fruit, mix frt.lt.sr.	.5 cup	17.00
000031	Canned Fruit, peaches lt. sr.	.5 CUP	17.00
000036	Canned Fruit, pears lt.sr.	.5 cup	16.00
000057	Canned Veg. corn lw. so.	.5 cup	13.00
000143	Cantaloupe	1cup	13.06
000260	Carrots: canned, cooked	CUP	8.09
000262	Carrots: fresh, boiled	CUP	12.82
000261	Carrots:frozen, boiled	CUP	11.29
000267	Celery Sticks	CUP	3.56
000315	Dinner Roll	1 Roll	24.00
000125	French Fries	.5 cup	21.00
000136	Hash Brown Potatoes	1 patty	16.00
000123	Ketchup, # 10 can	tablespoon	5.00
000034	Lettuce	oz	0.84
000102	Mayo - Low Fat	table spoon	1.00
000095	Mustard	table spoon	0.00
000305	Potato Wedges	.5 cup	17.86
000119	Potatoes, Mashed - wes	CUP	22.83
000008	Refried Beans: canned	CUP	32.25
000132	Rice, Fried Rice	.75 cup	36.85
000024	Salad Dressing, Ceasar	2 tbsp	3.00
000026	Salad Dressing, Ken's Lite Ran	2 tbsp	2.00
000127	Salad Dressing, lt. it. dres.	2 tbsp.	2.00
000131	Salad, Broccoli	1 CUP	30.39
000201	Salad, Caesar	1 cup	4.36
000030	Salad, Chef	salad	6.07
000023	Salad, Chicken Ceasar	salad	18.79*
000139	Salad,Tossed	CUP	8.85
000027	Salad. lf Cot. Chs.w/Frs. Fru.	salad	30.28
001051	Salsa	OZ	1.98
000200	Smiley Face French Fries	.5 cup	20.00
000112	Syrup	1 oz	15.00
000135	Tater Tots	1 cup	14.00
000336	Tomato Salad	1.25 cups	1.80
000129	Tomato Slices	oz.	1.14
000138	Tomato Soup	1 cup	38.10
001061	Vegetarian Beans	CUP	51.26
000289	Vegetarian Chili	2 CUPS	35.54

*\*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.**