

# Watervliet City School District

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000309	Buffalo Chicken Wrap	2 fajitas	28.95
000332	Cheese Nachos	servings	38.94
000304	Cheese Quesadilla	2 quesadilla	29.96
000280	Cheeseburger on a bun	sandwiches	29.00
001097	chicken fajitas	1	0.00
000185	Chicken Patty on a Bun	Sandwich	43.00
000146	Chicken Quesadilla	2 quesadilla	29.45
000329	chicken, nugget	6 nuggets	15.00
000067	chicken, nugget	5 nuggets	15.00
000278	Falafel Patties	3 Balls	20.00
000279	Fish Nuggets	5 nuggets	21.25
000330	Fish Taco	2 tacos	50.20
000328	French toast stick	6 sticks	62.68
000065	French toast stick	5 sticks	52.23
000134	Hamburger on Roll	2.67 oz.	30.00
000189	LASAGNA WITH GROUND BEEF	SERVINGS	27.88
000303	Macaroni & Cheese	1cup	44.39
000141	Macaroni & Cheese w/ BBQ Chick	1cup	48.28
000277	Mozz. Cheese Stick, Br	5 sticks	26.67
000335	Mozz. Cheese Stick, Br whs	6 sticks	32.01
000341	Oven Roasted Chicken	2oz	1.00
000154	pizza, cheese	2 oz slices	45.25
000155	pizza, pepperoni	2 oz slices	45.18
000312	Sand Mixed Cheese club wrap	wrap	33.34
000301	Sand, Veggie Burger	sandwich	37.00
000311	Sand. Nathan's Hot Dog	Hot Dog	24.00
000269	Sandwich, Cheese Croissant	Sandwich	25.00
000316	Sandwich, Falafel Sub w/ Sauce	Sandwich	48.26
000266	Sandwich, Ham&Cheese Croissant	Sandwich	25.21
000118	sandwich, itl. mx. wes	sandwich	27.66
000338	Sandwich, Meatball Sub whs	Sandwich	36.37
000306	Sandwich, Roasted,Veg.,Sub	sandwich	35.91
000071	Sandwich,Turkey Club Wrap	wrap	32.05
000302	sausage, turkey	3 pieces	2.00
000066	sausage, turkey	4 pieces	2.67
000186	SLOPPY JOE ON A ROLL	SERVINGS	37.81
000340	Spaghetti w/ Meatballs	4 balls	81.78
000242	Steak Umm on a Roll	sandwich	28.75
000180	Turkey Tacos	tacos	18.47

*\*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.**