

Brownsville ISD Food & Nutrition Service

No.	Description	Portion Size	Carbohydrates (Grams)
19-20			
001596	ANYTIMERS-Turkey Ham & Cheese	EA	40.01
000705	Applesauce, with Jello	1/2 C	26.05
001601	Applesauce, with Jello:PK	1/4 C	14.54
001619	Bacon & Egg Breakfast Bowl	EA	54.20
001558	Bacon Cheeseburger:Beef/Mush	EA	28.86
001541	Baked Chicken:8 way Cut	4oz	1.25
001549	Banana Bread Slice: ULTRA 6071	EA	44.18
000559	Barbecue Sauce: 1oz Cup	EA	7.71
001564	BBQ Rib Patty on a Bun: Integr	EA	30.24
001634	Bean & Ch. Chalupas:2oz mma-pk	2 EA	36.79
001045	Bean & Cheese Chalupas:	2 EA	44.73
001633	Bean & Cheese Chalupas:2oz mma	2 EA	46.73
001349	Beans, Ranch Style	1/2C	21.03
001621	Beans, Ranch Style:PK	1/4C	10.51
001628	Beans, Refried: Breakfast	1/4C	11.48
001506	Beans, Refried: Dehydra. PK	1/4C	10.53
000974	Beans, Refried: Dehydrated	1/2C	21.06
000695	Beef Breaded Steak Fingers	4 EA	19.00
001107	Beef Nachos:90-10	EA	36.20
001340	Beef Street Tacos	2 EA	24.02
001643	Beef Taco Mix: 90/10	#10 SC	1.38
001361	Beef Tacos Crispy: 90/10-2ea	2 EA	20.38
001036	Beef Tacos Crispy: 90/10-3ea	3 EA	45.28
000904	Benefit Bars, Assorted	EA	47.69
001548	Biscuit & Sausage: Rich's	EA	32.50
001544	Biscuit, Honey Corn	EA	32.00
001109	Breadstick, Garlic:Marzetti:6"	EA	17.00
000796	Breakfast Croissant:HC w/ egg	EA	32.17
001542	Breakfast Croissant:no egg	EA	30.67
000860	Broccoli Florets	1/2 C	4.57
001498	Broccoli Florets:pk	1/4 C	2.22
001661	Buffalo Crunchers,Rich's:4ct	4CT	42.13
000505	Burger Salad	3/4 C	3.26
001610	Burrito:Bean/Cheese SmFds	EA	42.92
001563	Burrito:Chili & Cheese SmFds	EA	44.15
000758	Butter Buds Sauce	CUPS	28.35
001650	Cabbage & Tomato	1/2 C	2.53
001540	California Blend, Buttered:FRZ	1/2 C	4.64
001658	California Blend,buttered:PK	1/4 C	2.32
001123	Carne Guisada:Homemade	1/2 C	5.68
000542	Carrot Coins: Crinkle cut	1/2 C	7.05
001503	Carrot Coins: pk Crinkle cut	1/4 C	3.73
000650	Carrots, Baby	1/2 C	6.80
000561	Celery Sticks w/ Ranch:raw	1/2 C	3.39
001250	Cereal, Asst.-PK	EA	22.77
001385	Cereals, Assorted	EA	23.09
001113	Cereals, Assorted:2 gb	EA	47.25
000510	Charro Beans	1/2 C	24.89
001623	Charro Beans:PK	1/4C	12.45
001346	Cheese Enchiladas: IF-meat	2 EA	26.97
001351	Cheese Sauce:Great Plains	1 OZ	2.91
001085	Cheese: shredded	1oz	2.03
001560	Cheeseburger: Jack Cheese 30ct	EA	28.37
001662	Cheeseburger:DL-ELEM	EA	27.36
001663	Cheeseburger:DL-MSHS	EA	27.66
000932	Chicken Burger,Spicy: 30ctGK	EA	41.86
001653	Chicken Burger: 30ct GK	EA	43.86
001559	Chicken Burger: CLUX	EA	43.86
001366	Chicken Burger: pk-8 30 ct	EA	40.04
001519	Chicken Burger: Spicy CLUX	EA	43.86

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

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
001529	Chicken Egg Roll: 85gm	EA	20.00
001611	Chicken Fajita Nachos:90-10	EA	37.26
001561	Chicken Nuggets:HS	7 EA	22.08
000849	Chicken Nuggets:PK-8	5 EA	15.77
001513	Chicken Quesadillas	EA	43.69
001666	Chicken Quesadillas:Fajitas	EA	43.87
000134	Chicken Salad Croissant	EA	52.98
001525	Chicken Strip WG: GoldKist	3 EA	15.00
000838	Chicken Strips-Tyson	3 PC	16.00
000786	Chicken Taco, Crispy: HS	3 EA	34.07
000785	Chicken Taco, Crispy:ELMS	2 EA	24.27
001572	Chicken w/Pasta:grill	1/2C + #8sc	20.32
001318	Chicken, Popcorn, Tyson, WGR	12CT	15.58
001652	Chicken, Popcorn:Goldkist	10 CT	12.99
001089	Chile con Carne:ALL	1/8 C	4.77
000824	Chili & Cheese Dog w/Chips:MHS	EA	58.51
001383	Chili Cheese Tots:EL/MS	11ct +3/8 C	57.69
001382	Chili Cheese Tots:HS	22ct + 3/8 C	84.69
001635	Chili Cheese Tots:PK	8ct +3/8 C	41.97
001034	Chili con Carne:HS	1/4 C	3.08
001654	Chix, Pop Orange:Goldkist	10 CT	21.63
001362	Cilantro: chopped	1/8 C	3.11
001283	Conchas:Sweetbread Lux 2.25oz	EA	84.09
001613	Cookie, Chocolate Chip	EA	27.00
000848	Corn Dog	EA	31.00
000963	Corn, Golden	1/2 C	18.25
001501	Corn, Golden:pk	1/4 C	9.13
001569	Crisp, Apple:cnd apples	1/2 C	50.67
001585	Croutons, Homemade	1 oz	13.53
001470	Cucumbers Sliced with tajin	1/2 C	1.76
001414	Dinner Roll. WGR:Rich's 1oz	EA	15.95
001450	Dinner Roll. WGR:Rich's 2oz	EA	24.88
001614	Dried Fruit Mix:ZeeZee	EA	30.00
001309	Empanadas, assorted:, Lux	EA	40.51
000632	Fish Wedge Burger	EA	39.87
001592	Flatbread: Chix,Bac/Ranch/Chs	EA	28.05
000874	Fortune Cookie	EA	4.11
001553	French Toast Sticks:M. HS	4 EA	33.08
001092	French Toast Sticks:Mi.K-8	3 ct	24.85
001533	Frito Pie:90-10	EA	33.52
001335	Fruit Applesauce:1/2cups	EA	14.00
000530	Fruit, Canned, Assorted	1/2 C	22.16
001487	Fruit, Canned, Asst:PK	1/4 C	8.92
000531	Fruit, Fresh Asst: Lunch	EA	20.40
000818	Fruit, Fresh, Asst.: Breakfast	EA	24.21
001599	Fruit: Pineapple Dessert	1/2 C	38.59
001600	Fruit: Pineapple Dessert PK	1/4 C	18.71
001576	Fruit: Slush, Rips	EA	28.00
000759	Fruited Gelatin: Assorted	1/2 C	17.33
001580	Fruited Gelatin: Asst. PK	1/4 C	8.67
000647	Garden Salad	3/4 C	3.04
001622	Garden Salad:PK	1/2C	2.29
001573	Garlic Texas Toast:BC	EA	14.01
000771	Graham Crackers: Keebler	EA	17.00
001631	Granola, Homemade	1/4 C	26.21
001632	Granola, Homemade:none	1/4 C	29.09
000805	Gravy, Brown: Instant LS	1 oz	2.02
000828	Gravy, Country Pepper: Inst LS	2 oz	5.60
001630	Gravy, Poultry: Inst LS	2 oz	1.63
001534	Green Beans, Buttered:FRZ	1/2 C	6.03
001581	Green Beans, Buttered:FRZ PK	1/4 C	3.02
001579	Hamburger:Beef/Mush	EA	27.86
001575	Henry's BBQ Border Beans	1/2 C	25.20

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

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
001591	Henry's BBQ Border Beans:pk	1/4 C	14.46
001574	Henry's Border Beans	1/2 C	24.62
001584	Henry's Border Beans:pk	1/4 C	13.59
001612	Homemade Spaghetti Sauce	1/2 C	13.65
000936	Hot Dog: k-8	EA	22.71
001598	Ice Cream, Assorted	EA	20.00
001142	Jal/Ch/Sausage Biscuit:	EA	33.50
000741	Jalapeno Peppers, Sliced	#30 SC	0.43
000112	Jelly Condiment:Breakfast	EA	7.00
000679	Juice, Orange: 4oz	4oz	13.00
001249	Juice: 4.23 fl oz, Apple & Eve	EA	16.00
001602	Juice: 6oz, Suncup	EA	20.53
000681	Ketchup, pc:18gm	PC	5.00
001655	Ketchup:Red Gold 1oz cup	PC	6.00
001595	Kolache, Breakfast:LeChi	EA	32.00
001201	Kolache, Breakfast:LeChi	EA	17.00
000540	Lasagna: Whole Grain	EA	38.88
001626	Lemongrass Chicken:Yangs	3.6 oz	13.47
001363	Lemons: Raw	Qtrs	2.43
001539	Lo Mein Pasta:White	1/2 C	17.61
001181	Macaroni & Cheese:Hm	1/2 c	20.74
001297	Mandarin Orange Chicken:Yangs	3.6 oz	13.47
001350	Marinara Dipping Cup:2.5oz	EA	6.99
000851	Marinara Sauce, 1oz	1oz	5.57
000180	Mashed Potatoes /Pearls -Excel	1/2 C	14.60
001583	Mashed Potatoes: Excel PK	1/4 C	7.30
000803	Mayonnaise, Heinz: 9gm	PC	1.00
001554	Meatball Pinwheel, ES Foods	EA	40.00
000915	Milk, 1% Plain:BORDENS	EA	12.00
000918	Milk, Skim, Chocolate:BORDENS	EA	19.00
001647	Milk, Skim, Hot Chocolate:Brdn	8oz	24.82
000916	Milk, Skim, Plain:BORDEN	EA	12.00
000917	Milk, Skim, Straw.:BORDENS	EA	18.00
000831	Milk,Lactose & Skim Milk	EA	13.00
001547	Mini Confetti Pancakes: WG	EA	36.00
001551	Muffin, Breakfast: Choco.	EA	40.00
001615	Muffin, Chocolate Chip:WG Dave	EA	19.80
900012	Mustard	PC	0.46
000866	Nacho Scoops:Chix	EA	23.07
001659	NO SCHOOL	EA	0.00
001620	Oatmeal & Toast w/ Fruit	1 C+1sl.	75.63
001550	Oatmeal with Toast	1 C+1sl.	45.64
001293	Onion, Raw	1/8 C	3.71
000833	Onion, Saute	1/4 C	4.28
001555	Oriental Veggies:FRZ	1/2 C	5.49
001616	Pancake Wrap Minis:FF	3 CT	15.00
001562	Picadillo con Elote	#8 SC	25.36
001589	Picadillo con Elote:pk	#8 SC	4.36
001582	Pickle Slices	3 EA	0.25
001274	Pico de Gallina	1/4C	4.00
001272	Pico de Gallo	1/4C	4.12
001640	Pizza Crunchers & Stick:4ct	4CT +1 sticks	61.44
001017	Pizza Crunchers, Farm Rich:4ct	4CT	45.62
000930	Pizza, Assorted, WW,4X6	EA	29.50
001651	Pizza: 5" Pepperoni, Nardone	EA	32.59
001641	Pizza: 5" WM Deep Dish	EA	33.92
001648	Pizza: 6" Pepperoni, Nardone	EA	29.98
001649	Pizza: Pep,Nardone,Pizzeria	EA	29.00
000763	Pop Tarts WG, Frosted:2ct IW	1 pkg	151.00
001343	Potato, Fries, Crinkle:	1/2C	19.50
001571	Potato, Roastworks	1/2 C	18.03
001315	Potato, Smiles McCain, Low Sod	4CT	20.04
000074	Potato, Tater Tots	10 CT	17.01

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

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
001629	Potato, Tater Tots:Breakfast	10 CT	17.01
001502	Potato, Tater Tots:pk	5 CT	14.82
001642	Potato,Loaded Beef: Gr.Bf-90's	EA	46.58
001597	Raisels, Assorted Flavors	EA	34.61
000641	Ranch Dip Cup: 1oz	EA	1.00
001664	Rib-BQ Sandwich	EA	35.15
001627	Rice, Fried, Vegetable:Frz	1/2 C	21.93
001523	Rice: White Enriched	1/2 C	23.08
001645	Rotini & Meatballs: WG JTM	4 EA + 1C	51.83
001646	Rotini&Meatballs:WGJTMPK-5	4 EA + 1/2C	31.12
001625	Salad, Chef:ALL	EA	43.43
001242	Salad, Chicken Popcorn:HS	EA	62.09
001593	Salad, Chicken Popcorn:MS	EA	60.12
001334	Salad, Gr. Chix. Caesar:ALL	EA	36.45
001594	Salad, Gr. Chix. Caesar:MS	EA	36.45
001308	Salad, Grilled Chicken:ALL	EA	42.93
000752	Salad, Tuna Chef	EA	45.33
000922	Salad,Yo-Munchable:ALL	EA	61.99
000589	Salisbury Steak	EA	4.00
001420	Salsa, Assorted:La Patrona	EA	2.00
001418	Salsa, Roja: La Patrona,1oz pc	EA	2.00
001419	Salsa, Verde: La Patrona,1ozpc	EA	2.00
001325	Sausage, Jimmy Dean, 2921	EA	0.99
000897	Scooby Doo Bones Crackers	EA	21.00
001603	Smoothie, Assorted	EA	23.00
001276	Sour Cream, Light:(Daisy)	EA	1.00
001106	Spaghetti & Meatballs: Wh.JTM	4 EA + 1/2C	48.05
001665	Spaghetti & Meatballs: Wh.pk	4 EA + 1/2C	48.05
001467	Spaghetti & Meatsauce: PK	1/2c+#10sc	39.75
001269	Spaghetti & Meatsauce: WG	1/2c+#10sc	40.06
001538	Spanish Rice:White	1/2 C	29.08
001430	Sun Chips:original	EA	17.97
001120	SW Triple Meat Hoagie	EA	46.15
001566	SW, Club Croissant	EA	31.83
000844	SW, Grill Cheese Turkey Bacon	EA	31.95
001624	SW, Homemade Gr. Cheese:2oz	EA	28.00
001535	SW, Toasted Ham & Cheese:	EA	26.50
001436	SW, Turkey Ham & Cheese:SL	EA	26.00
001587	SW, Turkey Ham&Ch JuiceBox:HS	EA	48.00
000964	SW,Meatball Sub:RICHS no sauce	EA	29.00
001552	Sweetbread: Assort. Lux 2.25oz	EA	38.92
000131	Syrup, Pancake: Madeira Cup	EA	30.37
000635	Taco Salad: Diced Tomato	3/4 C	3.04
001530	Taco Slaw Salad: Diced Tom	3/4 C	4.08
001545	Taco, Bacon & Egg	EA	19.47
000670	Taco, Ham & Egg	EA	13.95
001136	Taco,Chorizo & Egg:BISD	EA	15.39
001638	Tamales & Taco: 2ct Prk	2 EA + 1Taco	32.99
001156	Tamales: 2ct Pork	2 EA	22.28
001567	Teriyaki Chicken, BBQ:Yangs	2.88 oz	6.00
001586	Texas Caviar:	1/2 C	19.71
000472	Tortillas, 6", Corn:Exquisita	2 EA	20.00
001115	Tortillas, Corn:Monterrey 6"	2 EA	21.00
001524	Tortillas, Flour: White	EA	15.00
001590	Tortillas,Corn:Monterrey 6":PK	EA	10.50
000753	Tuna Salad Mix	#8 SC	5.40
001656	Turkey Breast Chunks:ELMS	#8 SC	6.44
001657	Turkey Breast Chunks:HS	#6 SC	8.59
001172	Turkey Roast	#8 SC	1.54
001030	Vegetable Soup	1 C	40.97
001578	Wild Mikes Ch Breadstix:1ea	EA	9.18
001636	Wild Mikes Ch. Breadstix:2ea	2 EA	18.36
001568	Wrap: Italian Crispy Chix	EA	43.00

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

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
001588	Yogurt & Cheese Zee Plate	EA	80.06
001618	Yogurt Parfait w/UBR:1ozMMA	EA	65.48
001546	ZeeZee Bars, Assorted	EA	41.50
001660	Zucchini	1/2 C	6.61

**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.