

Ohio Valley Educational Cooperative

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
006944	BID/APPLES, SLICED 6/10	1/2 CUP	12.28
007497	BID/APPLES, SLICES, 2 OZ BAG	2 OZ	7.00
006856	BID/APPLESAUCE CUP, BLUE RASP	4.5 OZ	22.00
009207	BID/APPLESAUCE CUP, UNSWEETENE	4 OZ	12.00
009040	BID/APPLESAUCE CUP, UNSWEETENE	4.5 OZ	14.00
006855	BID/APPLESAUCE CUP, WATERMELON	4.5 OZ	22.00
007502	BID/APPLESAUCE, UNSWEETEN 6/10	1/2 CUP	12.57
008813	BID/BACON, DICED, CKD - HORMEL	1 OZ	0.00
007490	BID/BACON, ROUND SLICE	SLICE	0.00
007489	BID/BACON, SLICES	SLICE	0.00
007501	BID/BAGEL, BLUEBERRY, WG	2.25 OZ	34.00
006245	BID/BAGEL, CINNAMON RAISIN, WG	2.25 OZ	33.00
006847	BID/BAGEL, MINI CINNAMON CR CH	2.43 OZ	41.00
006848	BID/BAGEL, MINI STRWBRRY CR CH	2.43 OZ	41.00
009314	BID/BAGEL, WG - BIMBO/THOMAS	EACH	51.00
009363	BID/BAGEL, WG - KL9543	EACH	52.00
003575	BID/BAGEL, WHITE WHOLE GRAIN	2 OZ	29.00
003799	BID/BAR, CEREAL, COCOA PUFFS	1.42 OZ	30.00
005776	BID/BAR, CEREAL, GOLDEN GRAHAM	1.42 OZ	30.00
003532	BID/BAR, CEREAL, TRIx	1.42 OZ	30.00
003800	BID/BAR, CEREAL,CINN TST CRNCH	1.42 OZ	30.00
003527	BID/BAR, CEREAL,STR TM CHEERIO	1.42 OZ	30.00
007503	BID/BAR, CHOC CHIP OAT CRISPS	1.2 OZ	25.00
005830	BID/BAR, COCOA CHERRY, WG	1.8 OZ	33.00
007553	BID/BAR, CRUNCH, CHERRY APPLE	2.25 OZ	43.00
008510	BID/BAR, GRANOLA, CHOC CHIP	.84 OZ	17.00
006207	BID/BAR, GRANOLA, OAT N HONEY	1.5 OZ	29.00
006251	BID/BAR, NUTRI GRAIN,APPLE CIN	1.55 OZ	30.00
005777	BID/BAR, NUTRI GRAIN,BLUEBERRY	1.55 OZ	30.00
005446	BID/BAR, NUTRI GRAIN,STRAWBERRY	1.55 OZ	29.00
005203	BID/BAR, OATMEAL, CHOC CHIP	1.24 OZ	24.00
005778	BID/BAR, OATMEAL, DOUBLE CHOC	1.24 OZ	24.00
007512	BID/BAR, RICE KRISPIE, CHOC CH	1.59 OZ	34.00
007511	BID/BAR, RICE KRISPIE, MINI,WG	.42 OZ	9.00
003805	BID/BAR, RICE KRISPIE, WG	1.41 OZ	30.00
007774	BID/BASE, BEEF, LOW SODIUM	TSP	0.66
007775	BID/BASE, CHICKEN, LOW SODIUM	TSP	2.37
007776	BID/BASE, HAM - NESTLE	TSP	1.84
007777	BID/BASE, VEGETABLE - NESTLE	TSP	2.66
008511	BID/BEANS, BLACK, CANNED	1/2 CUP	36.71
007767	BID/BEANS, BLACK, LOW SOD, CAN	1/2 CUP	39.71
007617	BID/BEANS, CHILI, CANNED	1/2 CUP	22.17
007618	BID/BEANS, GARBANZO, CANNED	1/2 CUP	22.29
007619	BID/BEANS, GREAT NORTHERN, CAN	1/2 CUP	32.08
007794	BID/BEANS, GREEN, CANNED	1/2 CUP	4.26
008162	BID/BEANS, GREEN, FROZEN	1/2 CUP	5.52
007519	BID/BEANS, LIMA, FROZEN - GFS	1/2 CUP	20.05
007826	BID/BEANS, NAVY, CANNED	1/2 CUP	14.88
007620	BID/BEANS, PINTO, CANNED	1/2 CUP	28.81
009214	BID/BEANS, REFRIED,VEG,LOW SOD	1/2 CUP(5.28oz)	29.00
004670	BID/BEANS, REFRIED,VEGETARIAN	1/2 CUP	30.00
007783	BID/BEANS, VEGETARIAN, CANNED	1/2 CUP	27.45
008956	BID/BEEF & CHEESE SAUCE - JTM	3.45 OZ	7.00
005171	BID/BEEF CRUMBLES - JTM 5868	2.44 OZ	1.00
004690	BID/BEEF DIPPER W/TERIYAKI	4 EACH/2.8 OZ	6.00
007800	BID/BEEF DIPPER W/TERIYAKI	4 EACH/2.8 OZ	6.00
009147	BID/BEEF PATTY, 2.5 OZ - JTM	2.5 OZ	2.00
004038	BID/BEEF PATTY, APPLESAUCE,2.5	2.5 OZ	2.00
008576	BID/BEEF PATTY, CHICKEN FRIED	3 OZ	11.00
003705	BID/BEEF PATTY, FLAMEBROIL	2.4 OZ	1.00
007552	BID/BEEF PATTY, FLAMEBROIL	2.4 OZ	1.00
008567	BID/BEEF PATTY, SALISBURY	3 OZ	4.00
009152	BID/BEEF PATTY, SALISBURY	2.25 OZ	2.00

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007958	BID/BEEF PATTY, SALISBURY	3 OZ	6.00
008566	BID/BEEF PATTY, SALISBURY	2.14 OZ	3.00
006227	BID/BEEF PATTY, STEAK	2.45 OZ	1.00
005398	BID/BEEF PATTY,RED SOD,2.25 OZ	2.25 OZ	1.00
004686	BID/BEEF STEAK, PHILLY	2.86 OZ	3.00
003084	BID/BEEF, CHILI W/ BEAN, RF	5.83 OZ	15.06
003915	BID/BEEF, CHILI, CINCY STYLE	5.58 OZ	6.00
004680	BID/BEEF, CHILI, NO BEAN, RF	5.15 OZ	11.00
005317	BID/BEEF, MEATBALLS, RED SODIU	4 EACH/2.6 OZ	5.00
008684	BID/BEEF, MEATLOAF W/CHEESE	2.9 OZ	8.00
000695	BID/BEEF, ROTINI PASTA W/MEAT	7.44 OZ	23.99
006073	BID/BEEF, SLOPPY JOE, RF & SOD	3.63 OZ	10.00
008804	BID/BEEF, SOUS VIDE - JTM 5887	3.28 OZ	0.00
005393	BID/BEEF, SPAGHETTI SAUCE, RF	5.6 OZ	9.00
000683	BID/BEEF, TACO MEAT, RF & SOD	3.17 OZ	5.00
007828	BID/BEETS, PICKLED, SLICED, CA	1/2 CUP	6.43
007558	BID/BEVERAGE, BLUE - EPIC	8 OZ	30.00
006332	BID/BEVERAGE, GREEN - EPIC	8 OZ	28.00
005807	BID/BEVERAGE, PURPLE - EPIC	8 OZ	29.00
005808	BID/BEVERAGE, RED - EPIC	8 OZ	28.00
006331	BID/BEVERAGE, STRAWBERRY MELON	8 OZ	28.00
005167	BID/BEVERAGE, TROPICAL PUNCH	8 OZ	28.00
006333	BID/BEVERAGE, YELLOW - EPIC	8 OZ	29.00
005875	BID/BISCUIT, DOUGH, SPLIT - PI	2.51 OZ	27.00
009140	BID/BISCUIT, DOUGH, SPLIT XWGR	2.51 OZ	29.00
008661	BID/BISCUIT, SPLIT - BAKERY CH	2.1 OZ	25.00
007598	BID/BLUEBERRIES, FROZEN - GFS	1/2 CUP	17.26
000124	BID/BOSCO STICK, APPLE, IW	3.02 OZ	38.00
008831	BID/BOSCO STICK,EGG/CHEESE	2.24 OZ	17.00
008787	BID/BOSCO STICK,EGG/CHSE/BACON	2.08 OZ	17.00
004485	BID/BOSCO STICK,EGG/CHSE/BACON	2.275 OZ	17.00
006826	BID/BREAD BOWL - SUPER BAKERY	2 OZ	28.00
005828	BID/BREAD SLICE, BANANA - SU	3.4 OZ	44.00
007499	BID/BREAD SLICE, BLUEBERRY	3.4 OZ	43.00
007773	BID/BREAD, APPLE CINN TX TOAST	3.3 OZ	45.00
008227	BID/BREAD, CIABATTA - GENERAL	1.8 OZ	30.00
009325	BID/BREAD, FRENCH, WG - ALPHA	EACH	28.22
008969	BID/BREAD, FRENCH, WG - PILLSB	1.8 OZ	27.00
007559	BID/BREAD, GARLIC TOAST, WG	1 OZ	11.00
005194	BID/BREAD, GOLDFISH, HONEY	2 SLICE(1.5 OZ)	21.00
008228	BID/BREAD, PANINI - GENERAL	.82 OZ	14.71
005859	BID/BREAD, PRETZEL BUN, WG - J	2.2 OZ	29.00
007601	BID/BREAD, SAND, FROZEN - GFS	1 SLICE	20.00
005134	BID/BREAD, SAND, WG - KL 1290	SLICE	14.00
009364	BID/BREAD, SAND, WG - KL 1292	SLICE	12.00
006399	BID/BREAD, SAND, WG - KL 1448	SLICE	13.50
009326	BID/BREAD, SANDWICH - ALPHA	SLICE	12.70
008622	BID/BREAD, SANDWICH, THINS, WG	EACH	28.00
006350	BID/BREAD, SANDWICH, WG-BIMBO	SLICE	15.00
006349	BID/BREAD, SANDWICH-BIMBO 2773	SLICE	12.00
007728	BID/BREAD, SLIMS, WG - KL 7511	EACH	19.00
009365	BID/BREAD, SLIMS, WG - KL 7511	EACH	19.00
006398	BID/BREAD, TX TST, WG- KL 1294	SLICE	15.00
007561	BID/BREADSTICK, 5 INCH, WG-GFS	1 OZ	14.00
006338	BID/BREADSTICK, BOSCO, 4 IN RF	1.61 OZ	14.00
007560	BID/BREADSTICK, BOSCO, 6 IN RF	2.15 OZ	17.00
005819	BID/BREADSTICK, BOSCO, 7 IN RF	3 OZ	21.00
007564	BID/BREADSTICK, CHEESY GARLIC	2.1 OZ	28.00
008278	BID/BREADSTICK, MOZZ - MAXSTIX	1.93 OZ	17.00
007722	BID/BREADSTICK, WG - KL 3221	EACH	22.00
007724	BID/BREADSTICK, WG - KL 3699	EACH	13.00
006923	BID/BREAKFAST BUN, WG, RED FAT	3 OZ	48.00
009011	BID/BREAKFAST KIT, APPLE JACKS	KITS	58.00

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009012	BID/BREAKFAST KIT, CINN TST CR	KITS	55.00
009014	BID/BREAKFAST KIT, COCOA PUFFS	KITS	54.00
009013	BID/BREAKFAST KIT, LUCKY CHARM	KITS	57.00
008549	BID/BROCCOLI FLORETS, FROZEN	1/2 CUP	3.00
008797	BID/BROTH, CHICKEN	1 OZ	0.00
002544	BID/BROWNIE, MIX,LOW FAT,XWGR	1/4 CUP MIX	28.02
006810	BID/BUFFALO CHEESE CRUNCHERS	4 EACH/5.792 OZ	40.00
006351	BID/BUN, BURGER - BIMBO 3447	EACH	30.00
009242	BID/BUN, BURGER, WG - ALPHA	EACH	26.47
009328	BID/BUN, BURGER, WG - ALPHA	EACH	26.47
008623	BID/BUN, BURGER, WG - KL 3007	EACH	17.00
006682	BID/BUN, BURGER, WG - KL 3227	EACH	22.00
007723	BID/BUN, BURGER, WG - KL 3470	EACH	26.00
006400	BID/BUN, BURGER, WG - KL 3474	EACH	27.00
007563	BID/BUN, BURGER, WG,FROZEN-GFS	EACH	25.00
009299	BID/BUN, BURGER, WG,FROZEN-GFS	EACH	19.00
007746	BID/BUN, BURGER, WG-BIMBO 4258	EACH	27.00
009313	BID/BUN, BURGER, WG-BIMBO 5600	EACH	30.00
007745	BID/BUN, BURGER, X WGR - BIMBO	EACH	29.00
009317	BID/BUN, BURGER, X WGR - BIMBO	EACH	30.00
009318	BID/BUN, BURGER, X WGR - BIMBO	EACH	28.00
007751	BID/BUN, BURGER, X WGR - KLOST	EACH	29.00
005493	BID/BUN, HOAGIE, WG - KL 3737	EACH	28.00
006401	BID/BUN, HOAGIE, WG - KL 3744	EACH	27.00
007727	BID/BUN, HOAGIE, WG - KL 3746	EACH	30.00
007562	BID/BUN, HOT DOG, FROZEN - GFS	EACH	27.00
009300	BID/BUN, HOT DOG, FROZEN - GFS	EACH	19.00
006355	BID/BUN, HOT DOG, WG - BIMBO	EACH	30.00
009312	BID/BUN, HOT DOG, WG - BIMBO	EACH	27.00
005494	BID/BUN, HOT DOG, WG - KL 3709	EACH	18.00
008624	BID/BUN, HOT DOG, WG - KL 3724	EACH	19.00
007725	BID/BUN, HOT DOG, WG - KL 3727	EACH	19.00
005844	BID/BUN, HOT DOG, WG - KL 3736	EACH	26.00
008625	BID/BUN, HOT DOG, WG - KL 3739	EACH	18.00
009327	BID/BUN, HOT DOG, WG- ALPHA	EACH	26.35
009316	BID/BUN, HOT DOG, X WGR- BIMBO	EACH	25.00
007744	BID/BUN, HOT DOG, X WGR- BIMBO	EACH	23.00
009315	BID/BUN, HOT DOG, X WGR- BIMBO	EACH	23.00
007752	BID/BUN, HOT DOG, X WGR- KLOST	EACH	20.00
008882	BID/BUN, MINI BURGER, X WGR	EACH	19.00
009362	BID/BUN, SLAMMER, WG - ALPHA	EACH	16.59
005973	BID/BUN, SLAMMER, WG - KL 3939	EACH	16.00
007934	BID/BURRITO, BEAN/CHEESE	5.2 OZ	44.28
007935	BID/BURRITO, BEEF/CHEESE/BEAN	5 OZ	40.00
002870	BID/BUTTER BUDS(RECONSTITUTED)	1 OZ	3.54
000339	BID/BUTTER BUDS, ZTF, ALL NAT	4 OZ PACKET	113.40
002262	BID/CAKE MIX, YELLOW, XWGR	2" X 3" PIECE	26.91
007682	BID/CALZONE, HAM & CHEESE	4.8 OZ	31.00
006182	BID/CALZONE, PEPPERONI	5 OZ	32.00
007532	BID/CALZONE, THREE CHEESE	4.69 OZ	33.00
007789	BID/CARROTS, KK SLICED, FROZEN	1/2 CUP	7.57
007788	BID/CARROTS, SLICED, CANNED	1/2 CUP	8.00
007719	BID/CATSUP PACKET, LOW SODIUM	9 GRAM	2.00
006935	BID/CATSUP PACKET, LOW SODIUM	9 GRAM	3.00
008741	BID/CATSUP POUCH, LOW SODIUM	1 OZ	8.05
007860	BID/CATSUP, #10 - GFS CROWN CO	OZ	6.67
008706	BID/CATSUP, 1 OZ CUP- RED GOLD	1 OZ	6.00
007853	BID/CAULIFLOWER, FROZEN - GFS	1/2 CUP	4.64
006235	BID/CEREAL ON THE GO, CINN TOA	1 OZ	22.00
003885	BID/CEREAL, APPLE JACK,RED SUG	1 OZ	24.00
003710	BID/CEREAL, CHEERIOS	1 OZ	20.00
003711	BID/CEREAL, CINN TST CRUNCH/RS	1 OZ	22.00
008084	BID/CEREAL, CINNAMON MG FLAKES	1 OZ	24.00

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006948	BID/CEREAL, CINNAMON RICE CHEX	1 OZ	22.00
003712	BID/CEREAL, COCOA PUFFS,RED S	1.06 OZ	25.00
003713	BID/CEREAL, FROOT LOOPS,RED SU	1 OZ	24.00
005122	BID/CEREAL, FROSTED FLAKES, MG	1 OZ	24.00
003886	BID/CEREAL, FRUITY CHEERIOS	1.12 OZ	25.00
005901	BID/CEREAL, GOLDEN GRAHAMS	1 OZ	24.00
007845	BID/CEREAL, GRANOLA, BULK	1 OZ	19.59
008495	BID/CEREAL, GRANOLA, IW - FIEL	EACH (1 OZ)	20.00
007993	BID/CEREAL, GRANOLA, LF, BULK	1 OZ	23.44
003716	BID/CEREAL, HONEY NUT CHEERIOS	1 OZ	22.00
005123	BID/CEREAL, LUCKY CHARMS	1 OZ	23.00
000193	BID/CEREAL, MINI WHEAT	1 OZ	24.00
004623	BID/CEREAL, MINI WHEAT, CHOC	1 OZ	23.00
004533	BID/CEREAL, OATS, QUICK	1/2 CUP	31.55
008081	BID/CEREAL, REESE'S PUFFS	1 OZ	21.00
005071	BID/CEREAL, RICE CHEX	1 OZ	24.00
008825	BID/CEREAL, RICE KRISPIES, WG	1 OZ	23.00
003717	BID/CEREAL, TRIX, RED SUGAR	1 OZ	24.00
008512	BID/CEREAL, TRIX, WG, BULK	1.1OZ	30.17
008827	BID/CHEESE CUBES, CO-JACK	1 OZ	1.00
007718	BID/CHEESE STICK, CHEDDAR	1 OZ	0.00
007740	BID/CHEESE STICK, CO-JACK	1 OZ	0.00
003887	BID/CHEESE STICK, MOZZ STRING	1 OZ	1.00
007513	BID/CHEESE STICKS, MOZZ, WG BR	6 EACH/4.16 OZ	33.00
004170	BID/CHEESE, AM SLICE, RED FAT	SLICE (1/2 OZ)	1.00
008118	BID/CHEESE, AM SLICE, RF, RS	SLICE (1/2 OZ)	2.00
007741	BID/CHEESE, AMER SLICE, RS/RF	SLICE (1/2 OZ)	1.00
006870	BID/CHEESE, AMER, RF&S, SLICE	SLICE (1/2 OZ)	1.00
008826	BID/CHEESE, CHEDDAR, SHRD	1 OZ	0.00
007948	BID/CHEESE, CHEDDAR,FEATHER SH	1 OZ	1.00
007947	BID/CHEESE, CHEDDAR,FINE SHRD	1 OZ	2.00
008620	BID/CHEESE, COTTAGE, 1% FAT- G	2 OZ/1/4 CUP	2.51
007946	BID/CHEESE, MOZZARELLA, SHRD	1 OZ	1.00
008132	BID/CHEESE, MOZZARELLA, SHRD	1 OZ	1.00
006872	BID/CHEESE, MOZZARELLA, SHRD	1 OZ	0.00
007823	BID/CHEESE, PARMESAN, GRATED	TBSP	0.00
008133	BID/CHEESE, SHARP AMERICAN, SH	1 OZ	1.00
007481	BID/CHEESE, SWISS	SLICE (1/2 OZ)	1.01
006876	BID/CHICKEN BITES, ASIAN - PRO	4 OZ/4 EACH	18.26
005302	BID/CHICKEN BITES, BRD	5 EACH/3.75 OZ	16.00
006875	BID/CHICKEN BITES, BUFFALO STY	4 OZ/4 EACH	20.25
005988	BID/CHICKEN BREAST, BRD	4 OZ	16.00
005351	BID/CHICKEN BREAST, GRILLED	3 OZ	1.00
008093	BID/CHICKEN BRST, BRD, DILL	4 OZ	15.00
006878	BID/CHICKEN CHUNKS, BREADED	4 OZ/4 EACH	15.93
006879	BID/CHICKEN CHUNKS, BUFFALO	4.4 OZ/4 EACH	20.96
007525	BID/CHICKEN CRUMBLES - TYSON	3 OZ	0.00
006280	BID/CHICKEN DRUMSTICK, BRD	2.8 OZ	5.00
008812	BID/CHICKEN DRUMSTICK, BUFFALO	3.22 OZ	4.00
007522	BID/CHICKEN DRUMSTICK, GLAZED	3.22 OZ	2.00
004668	BID/CHICKEN NUGGET, BRD	5 EACH/3.3 OZ	16.00
006880	BID/CHICKEN NUGGET, HOMESTYLE	5 EACH/3.04 OZ	9.50
007529	BID/CHICKEN NUGGET, PHD	4 EACH/3.9 OZ	15.00
005386	BID/CHICKEN PATTY, 1.6 OZ, WG	1.6 OZ	6.00
005861	BID/CHICKEN PATTY, BRD	3.54 OZ	16.00
006231	BID/CHICKEN PATTY, BRD, BREAKF	1.63 OZ	7.00
006285	BID/CHICKEN PATTY, BRD, WHL MU	3.75 OZ	9.00
004657	BID/CHICKEN PATTY, BRD-TYSON	3.29 OZ	15.00
007531	BID/CHICKEN PATTY, PHD	3.9 OZ	15.00
005770	BID/CHICKEN PATTY, SPICY	3.53 OZ	16.89
007524	BID/CHICKEN PATTY, SPICY	3.75 OZ	9.00
006218	BID/CHICKEN PATTY, SPICY BRD	3.05 OZ	9.50
006568	BID/CHICKEN POPCORN, BRD	14 EACH/3.08 OZ	13.00

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008615	BID/CHICKEN POPCORN, BRD	12 EACH/3.29 OZ	16.00
005364	BID/CHICKEN POPCORN, DARK	10 EACH/4.3 OZ	20.00
004411	BID/CHICKEN RINGS, BRD- TYSON	5 EACH/3.7 OZ	15.00
008131	BID/CHICKEN STRIPS, FAJITA, BR	3 OZ	3.04
007954	BID/CHICKEN STRIPS, FAJITA, DA	3 OZ	2.01
006233	BID/CHICKEN TENDERS, BRD - GOL	3 EACH/3.06 OZ	13.00
005771	BID/CHICKEN TENDERS, BRD- TYSO	3 EACH/3.39 OZ	16.00
007530	BID/CHICKEN TENDERS, PHD	3 EACH/3.9 OZ	15.00
006283	BID/CHICKEN TENDERS,WHL MSCL,B	3 EACH/4.23 OZ	12.00
009142	BID/CHICKEN WINGS, BONELESS	5 EACH/3.95 OZ	13.00
005622	BID/CHICKEN, BONE IN - BREAST	4.24 OZ	8.59
006684	BID/CHICKEN, BONE IN - DRUMSTI	3.89 OZ	7.88
006683	BID/CHICKEN, BONE IN - THIGH	6.66 OZ	13.49
006327	BID/CHICKEN, CHEESY SAUCE	1/2 CUP/4.2 OZ	8.00
008679	BID/CHICKEN, DICED, WHITE/DARK	2.3 OZ	0.77
006852	BID/CHICKEN, GENERAL TSO	3.6 OZ	23.00
006853	BID/CHICKEN, MANDARIN ORANGE J	3.6 OZ	19.00
007526	BID/CHICKEN, PULLED, DARK/WHIT	2.2 OZ	0.73
007565	BID/CHICKEN, TACO MEAT- TYSON	3 OZ	3.00
004725	BID/CHICKEN, TANGERINE, WG	3.9 OZ	25.00
004707	BID/CHICKEN, TERIYAKI - ASIAN	2.85 OZ	14.00
003536	BID/CHIP, CHEETO, BAKED	.875 OZ	17.00
006321	BID/CHIP, CHEETO, FLAMIN PUFFS	.7 OZ	14.00
006320	BID/CHIP, CHEETO, MELLO PUFFS	.7 OZ	14.00
003923	BID/CHIP, CHEETO,FLAMIN HOT, B	.875 OZ	17.00
006808	BID/CHIP, CORN CHIPS, BULK	1 OZ	19.00
003928	BID/CHIP, DORITO, COOL RANCH	1 OZ	20.00
007568	BID/CHIP, DORITO, FLAMAS	1 OZ	20.00
004075	BID/CHIP, DORITO, NACHO	1 OZ	20.00
004616	BID/CHIP, DORITO, SWEET SPICY	1 OZ	20.00
008230	BID/CHIP, DORITO, TOP N GO	1.4 OZ	27.00
003927	BID/CHIP, FANTASTIX, CHILI CH	1 OZ	19.00
006668	BID/CHIP, FANTASTIX,FLAMIN HO	1 OZ	20.00
008146	BID/CHIP, FUNYUNS, BAKED	.75 OZ	14.00
006193	BID/CHIP, POPCORN, WHITE CHEDD	.5 OZ	9.00
006950	BID/CHIP, POTATO, BAKED	.875 OZ	19.00
002226	BID/CHIP, POTATO, BAKED	1.125 OZ	24.00
002524	BID/CHIP, POTATO, BBQ, BAKED	1.125 OZ	24.00
006949	BID/CHIP, POTATO, BBQ, BAKED	.875 OZ	19.00
006975	BID/CHIP, POTATO, CHDR SC,BKD	.8 OZ	18.00
008806	BID/CHIP, POTATO, SALT&VINEGAR	1.375 OZ	28.00
008082	BID/CHIP, POTATO, SC&O, BKD	.875 OZ	18.00
004796	BID/CHIP, PRETZEL, HEARTZELS	.7 OZ	15.00
003801	BID/CHIP, SIMPLY CHEX, CHEDDAR	.92 OZ	20.00
004056	BID/CHIP, SIMPLY CHEX, CHOC CA	1.03 OZ	21.00
004057	BID/CHIP, SIMPLY CHEX, STRWBRR	1.03 OZ	23.00
003819	BID/CHIP, SNACK MIX/MUNCHIES	.875 OZ	17.00
006954	BID/CHIP, SUNCHIP SNACK MIX,HC	.875 OZ	15.00
002840	BID/CHIP, SUNCHIP, CHEDDAR	1 OZ	18.00
000150	BID/CHIP, TORTILLA SCOOPS, BKD	BAG (.875 OZ)	19.00
008123	BID/CHIP, TORTILLA, BULK	1.09 OZ/11 CHIP	20.95
007566	BID/CHIP, TORTILLA, BULK	1 OZ/13 CHIPS	20.25
005800	BID/CHIP, TORTILLA, RF, 1.25 O	.875 OZ	18.00
007569	BID/CHIP, TORTILLA, RF, 2 OEG	1.45 OZ	29.00
008231	BID/CHIP, TOSTITO, TOP N GO	1.4 OZ	28.00
008085	BID/CHOCOLATE FLAVORED CHIPS	1 OZ	20.00
000179	BID/COOKIE, CHOC CHIP - OTIS	1 OZ	17.00
009334	BID/COOKIE, CHOC CHIP, IW- GFS	1 OZ	18.00
006886	BID/COOKIE, CHOC CHIP, RED FAT	1.85 OZ	34.23
008808	BID/COOKIE, CHOC FILL, HERSHEY	1.7 OZ	31.00
006887	BID/COOKIE, DOUBLE CHOC, RF	1.85 OZ	33.15
009247	BID/COOKIE, OREO, 2 PACK - NAB	PKG (2 CT)	16.00
000183	BID/COOKIE, SUGAR - OTIS	1 OZ	18.00

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Ohio Valley Educational Cooperative

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006888	BID/COOKIE, SUGAR, RED FAT	1.85 OZ	34.55
006309	BID/COOKIES, EDUCATIONAL	1 OZ	22.00
003793	BID/CORN DOG, CHICKEN	4 OZ	30.00
007486	BID/CORN DOG, TURKEY	4 OZ	33.00
003868	BID/CORN DOGS, MINI CHICKEN	6 EACH/4.02 OZ	30.00
009238	BID/CORN DOGS, MINI TURKEY	6 EACH/4.02 OZ	30.00
008069	BID/CORN DOGS, MINI TURKEY	6 EACH/4.02 OZ	33.00
007615	BID/CORN, CANNED	1/2 CUP	17.03
007798	BID/CORN, COB, 5.5 IN, FROZEN	EACH	36.00
007808	BID/CORN, FROZEN - GFS	1/2 CUP	18.92
005360	BID/CRACKERS, ANIMAL	1 OZ	21.00
007666	BID/CRACKERS, BUNNY GRAHAM, HO	1.25 OZ	24.00
007667	BID/CRACKERS, BUNNY GRAHAM,CC	1.25 OZ	24.00
006238	BID/CRACKERS, CHEEZ IT, ATOMIC	.75 OZ	14.00
004609	BID/CRACKERS, CHEEZ IT, WG	.75 OZ	14.00
005196	BID/CRACKERS, GOLDFISH, CHEDDA	.75 OZ	14.00
003531	BID/CRACKERS, GOLDFISH, CINN,	.9 OZ	19.00
008513	BID/CRACKERS, GOLDFISH, VANILL	.9 OZ	19.00
006229	BID/CRACKERS, GRAHAM, CHOC,ELF	1 OZ	20.00
003817	BID/CRACKERS, GRAHAM, CINN BUN	1.76 OZ	37.00
008689	BID/CRACKERS, GRAHAM, HONEY	3 CT/.78 OZ	17.00
008149	BID/CRACKERS, GRAHAM, JURASSIC	1 OZ	21.00
005896	BID/CRACKERS, GRAHAM, PLAIN	3 CT/.78 OZ	16.00
003820	BID/CRACKERS, GRAHAM, SCOOPY	1 OZ	21.00
004101	BID/CRACKERS, GRAHAM,BUG BITES	1 OZ	21.00
007704	BID/CRACKERS, GRAHAM,CC GRIPZ	.95 OZ	20.00
005305	BID/CRACKERS, OYSTER, NOT WGR	.5 OZ	11.00
008757	BID/CRACKERS, RITZ, BULK, XWG	5 CRACKERS	10.00
007938	BID/CRACKERS, SALTINE, SNACK	.39 OZ	7.00
002312	BID/CRACKERS, SALTINE, XWG, 4	PKT (4 CT)	9.00
007557	BID/CRAISINS, CHERRY, IW	1.16 OZ	28.00
007556	BID/CRAISINS, STRAWBERRY, IW	1.16 OZ	28.00
007805	BID/CREAM CHEESE, LIGHT, 1 OZ	1 OZ	1.00
009141	BID/CRESCENTS, CHOC -PILLSBURY	EACH (2.29 OZ)	37.00
009075	BID/CRESCENTS, GRAPE-PILLSBURY	EACH (2.29 OZ)	35.00
007689	BID/CROISSANT, SLICED, WG	2.35 OZ	30.00
007138	BID/CROUTONS, CHS GRLC,WG,PKT	.5 OZ	8.00
007621	BID/CROUTONS, XWGR - GFS/SUGAR	1 OZ	20.25
009115	BID/CROUTONS, XWGR, PKT-SUGAR	.25 OZ PACKETS	5.00
007665	BID/DONUT, DUNKIN STIX, WG	1.9 OZ	28.00
006284	BID/DONUT, GOODY RING, WG	2.5 OZ	29.00
008735	BID/DONUT, HOLES, WG	6 EACH/2.46 OZ	30.00
006788	BID/DONUT, YEAST RAISED, WG	2.45 OZ	30.00
007753	BID/DONUTS, MINI, CHOCOLATE,WG	3.3 OZ (6 CT)	41.00
007754	BID/DONUTS, MINI, POWDER SUGAR	3 OZ (6 CT)	41.00
008880	BID/DRESSING, 1000 ISLAND,BULK	1 OZ	6.00
007664	BID/DRESSING, CAESAR, 1.5 OZ	1.5 OZ	2.00
007610	BID/DRESSING, CAESAR, BULK	1 OZ	1.95
008471	BID/DRESSING, CHIPOLTE RANCH	1 OZ	1.01
007613	BID/DRESSING, COLE SLAW	OZ	13.29
008945	BID/DRESSING, FRENCH, FAT FREE	EACH (1.5 OZ)	12.00
007707	BID/DRESSING, HONEY MUSTARD,IW	1.5 OZ	12.00
007611	BID/DRESSING, HONEY MUSTARD,IW	1 OZ	5.00
003912	BID/DRESSING, ITALIAN LITE-KEN	1.5 OZ	3.00
007491	BID/DRESSING, ITALIAN, RED CAL	1 OZ	6.00
008083	BID/DRESSING, RANCH BTRM (1 OZ	1 OZ	2.00
008617	BID/DRESSING, RANCH DRY MIX -	3.2 OZ	22.62
007612	BID/DRESSING, RANCH FF(12 GR)	12 GRAM	2.00
007739	BID/DRESSING, RANCH LITE (1 OZ	1 OZ	7.00
007708	BID/DRESSING, RANCH LITE (1.5	1.5 OZ	8.00
007492	BID/DRESSING, RANCH LITE, BULK	1 OZ	4.37
009347	BID/DRESSING, RANCH, BULK	1 OZ	0.98
008155	BID/DRESSING, RANCH, LITE, LS	1 OZ	5.00

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No.	Description	Portion Size	Carbohydrates (Grams)
007969	BID/DRESSING, RANCH, LS(12 GR)	12 GRAM	2.00
008692	BID/DRESSING, SALAD,MIRACLE WH	TBSP	1.90
003533	BID/DRESSING, SALAD,MIRACLE WH	12.4 GRAM	1.81
007622	BID/DRINK, LEMONADE MIX	8 OZ	19.49
006310	BID/EGG & CHEESE ON BUN	2.35 OZ	19.00
004710	BID/EGG COLBY CHEESE OMELET	2.1 OZ	1.00
006931	BID/EGG PATTY, 3.5 INCH ROUND	1.25 OZ	1.00
003700	BID/EGG PATTY, GRILLED	1.25 OZ	1.00
006789	BID/EGG ROLL, VEGETABLE	3.1 OZ	22.00
007733	BID/EGG, BOIL IN BAG - GFS	2.17 OZ(NO CKD)	1.54
007822	BID/EGG, DICED - GFS	1 OZ	0.57
007844	BID/EGG, HARD COOKED, PEELED	EACH	0.47
008659	BID/EGG, SCRAMBLE MIX, BACON	2 OZ	1.00
007821	BID/EGG, SCRAMBLE, PRE CKD-GFS	1.64 OZ	0.83
007716	BID/ENGLISH MUFFIN, WG	2 OZ	24.00
008621	BID/ENGLISH MUFFIN, WG - BIMBO	EACH	23.00
007729	BID/ENGLISH MUFFIN, WG - KLOST	EACH	22.00
007691	BID/FAST FUEL STICK, BEEF	.5 OZ	0.00
007692	BID/FAST FUEL STICK, TURKEY	.5 OZ	3.00
005403	BID/FISH NUGGET, POLLOCK - HIGH	4 EACH/4 OZ	23.00
009156	BID/FISH NUGGET, POLLOCK- HIGH	4 EACH/4 OZ	21.00
003840	BID/FISH NUGGET, STAR/FISH - H	4 EACH/4 OZ	22.00
009154	BID/FISH PATTY, POLLOCK - HIGH	3 OZ	17.00
006339	BID/FISH PATTY, POLLOCK - HIGH	3.6 OZ	16.00
009155	BID/FISH PATTY, POLLOCK- HIGH	3.6 OZ	16.00
007936	BID/FISH STICKS, POLLOCK - TRI	4 EACH/ 4 OZ	18.00
008785	BID/FISH STICKS, POLLOCK/POTAT	4 EACH/ 4 OZ	19.00
007937	BID/FISH WEDGE, POLLOCK - TRI	3.6 OZ	14.00
006958	BID/FLATBREAD, 6X6, WG - RICHS	2.2 OZ	29.00
008809	BID/FLATBREAD, BBQ CHICKEN	4.65 OZ	38.00
008810	BID/FLATBREAD, GARLIC PARM	4.25 OZ	33.00
007713	BID/FRENCH TOAST STICKS - RICH	4 EACH/3.24 OZ	37.30
007715	BID/FRENCH TOAST, CINN GLAZED	2.9 OZ	25.00
008874	BID/FRENCH TOAST, MAPLE GLAZE	3 EACH/2.9 OZ	25.16
005784	BID/FRENCH TOAST, MINI	3.03 OZ	37.00
007663	BID/FRENCH TOAST, MINI, CHOC C	3.03 OZ	35.00
008519	BID/FRENCH TOAST, MINI, CINN	2.64 OZ	37.00
009228	BID/FRUIT COCKTAIL, IN JUICE	1/2 CUP	14.00
007956	BID/FRUIT COCKTAIL, XLIGHT SYR	1/2 CUP	14.14
009227	BID/FRUIT MIX CUP, LT SYRUP	4 OZ	17.00
009229	BID/FRUIT MIX, IN JUICE	1/2 CUP	13.66
008655	BID/FRUIT ROLL UP, CRAZY COLOR	.5 OZ	11.00
008654	BID/FRUIT ROLL UP, HOT COLORS	.5 OZ	11.00
004059	BID/FRUIT ROLL UP, STRWBERRY,RS	.5 OZ	11.00
009187	BID/FRUIT SALAD, TROPICAL, LT	1/2 CUP	18.67
008657	BID/FRUIT SNACKS, ASST FRUIT	1.6 OZ	37.00
008658	BID/FRUIT SNACKS, MIXED BERRY	1.6 OZ	37.00
008656	BID/FRUIT SNACKS, SCOOPY DOO	.9 OZ	21.00
009150	BID/FUNDLE, PORK SAUSAGE GRAVY	3 OZ	22.00
007964	BID/GATORADE G2, FRUIT PUNCH	12 OZ	8.00
005831	BID/GATORADE G2, GLACIER FREEZ	12 OZ	8.00
006265	BID/GATORADE G2, GRAPE	12 OZ	8.00
007960	BID/GATORADE G2, LEMON LIME	12 OZ	8.00
005832	BID/GATORADE G2, MIX BERRY,CLR	12 OZ	8.00
007959	BID/GATORADE G2, ORANGE	12 OZ	8.00
007623	BID/GELATIN, LIME - GFS	1/2 CUP	17.00
007624	BID/GELATIN, ORANGE - GFS	1/2 CUP	17.00
007625	BID/GELATIN, STRAWBERRY - GFS	1/2 CUP	17.00
007238	BID/GLUTEN FREE BAGEL	EACH	48.00
007237	BID/GLUTEN FREE HAMBURGER BUN	EACH	43.00
007236	BID/GLUTEN FREE PASTA, ROTINI	OZ	22.27
007235	BID/GLUTEN FREE WAFFLE	EACH	19.50
007693	BID/GRAVY, BEEF MIX	1/4 CUP	5.00

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009153	BID/GRAVY, BROWN MIX	1/4 CUP	3.03
008811	BID/GRAVY, CHICKEN MIX	1/4 CUP	7.02
006910	BID/GRAVY, PORK SAUSAGE	2.71 OZ	4.00
007487	BID/GRAVY, TURKEY MIX	1/4 CUP	4.00
007694	BID/GRAVY, WHITE MIX	1/4 CUP	6.00
007500	BID/GRAVY, WHITE PEPPERED MIX	1/4 CUP	6.00
007482	BID/HAM, DICED	2 OZ	0.00
008834	BID/HAM, SMOKED, BONELESS -GFS	3 OZ	3.04
005899	BID/HAM, SMOKED, BONELESS -GFS	2.67 OZ	2.67
007818	BID/HAM, SMOKED, SLICED .5 OZ	.5 OZ SLICE	0.25
007737	BID/HOT DOG, BEEF & PORK	2 OZ	2.00
007738	BID/HOT DOG, TURKEY	2 OZ	0.00
007928	BID/HOT DOG, TURKEY & BEEF	2 OZ	6.00
008876	BID/HUMMUS, 2 OZ CUP	2 OZ	9.00
007653	BID/HUMMUS, RSTD RED PEPPER	2 OZ	14.00
009151	BID/ICE CREAM BAR, CHOC SHORTC	3 OZ	22.00
008798	BID/ICE CREAM BAR, STRWBERRY BAN	1.55 OZ	10.00
008799	BID/ICE CREAM BAR, TRIPLE BERRY	1.55 OZ	11.00
003870	BID/ICING, CHOCOLATE, HEATN'ICE	OZ	27.00
003733	BID/ICING, DONUT GLAZE	OZ	24.00
003871	BID/ICING, VANILLA, HEAT N' ICE	OZ	40.21
000376	BID/JELLY, ASSORTED	.5 OZ	9.00
007544	BID/JELLY, GRAPE	.5 OZ	9.00
008739	BID/JUICE CUP, BERRY/LEM, FRZN	4.4 OZ	19.00
006247	BID/JUICE CUP, BLRASP LMN, FRZ	4.4 OZ	22.00
008192	BID/JUICE CUP, CHERRY SMOOTH	4.4 OZ	25.00
006248	BID/JUICE CUP, KIWI STRBR, FRZ	4.4 OZ	22.00
006334	BID/JUICE CUP, O/PA CHER, FRZN	4.4 OZ	19.00
006250	BID/JUICE CUP, STRWBRY MNG, FRZ	4.4 OZ	22.00
007571	BID/JUICE, APPLE (4 OZ)	4 OZ	14.00
004702	BID/JUICE, APPLE (6 OZ)	6 OZ	21.00
004467	BID/JUICE, APPLE - CAPRI SUN	6 OZ	18.76
009171	BID/JUICE, APPLE, 4.23 OZ BOX	4.23 OZ	14.00
009295	BID/JUICE, APPLE, 6.75 OZ BOX	6.75 OZ	23.00
004468	BID/JUICE, BERRY - CAPRI SUN	6 OZ	19.56
008584	BID/JUICE, DRAGON PUNCH (4 OZ)	4 OZ	13.00
007962	BID/JUICE, FRUIT MEDLEY	10 OZ	34.00
009173	BID/JUICE, FRUIT PNCH, 4.23 OZ	4.23 OZ	15.00
004469	BID/JUICE, FRUIT PUNCH - CAPRI	6 OZ	19.13
005887	BID/JUICE, GRAPE (4 OZ)	4 OZ	19.00
004703	BID/JUICE, GRAPE (6 OZ)	6 OZ	28.00
009172	BID/JUICE, GRAPE, 4.23 OZ BOX	4.23 OZ	20.00
005889	BID/JUICE, ORANGE (4 OZ)	4 OZ	14.00
009175	BID/JUICE, ORANGE TANG, 4.23 OZ	4.23 OZ	9.40
007572	BID/JUICE, ORANGE/PINEAPPLE 4	4 OZ	15.00
009296	BID/JUICE, ORNG TNG, 6.75 OZ BX	6.75 OZ	24.00
009174	BID/JUICE, PARADISE PNCH, 4.23	4.23 OZ	14.00
007963	BID/JUICE, STRAWBERRY KIWI	10 OZ	38.00
007961	BID/JUICE, STRAWBERRY ORANGE	10 OZ	40.00
006329	BID/JUICE, V8 FUSION, POMEGRAN	8 OZ	25.00
006330	BID/JUICE, V8 FUSION, STRAW BA	8 OZ	28.00
009176	BID/JUICE, VERY BERRY, 4.23 OZ	4.23 OZ	17.00
008586	BID/JUICE, WANGO MANGO (4 OZ)	4 OZ	13.00
007626	BID/KALE, CHOPPED	1/2 CUP	7.49
005238	BID/LASAGANA ROLLUP, WG	4.3 OZ	29.00
009148	BID/MAC & CHEESE, RED FAT, WGR	6 OZ	31.01
006319	BID/MAC & CHEESE, WGR	6 OZ	26.01
009353	BID/MARGARINE, TRANS FAT FREE	OZ	0.00
007627	BID/MARSHMALLOWS, MINI	1/2 CUP	20.16
008122	BID/MAYONNAISE PACKET, LIGHT	12 GRAM	2.00
003534	BID/MAYONNAISE PACKET- KRAFT	12.4 GRAM	0.00
007609	BID/MAYONNAISE, LIGHT, BULK	TBSP	2.06
008870	BID/MILK, ALMOND, VANILLA	8 OZ	0.00

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006241	BID/MILK, SOY, VANILLA	8 OZ	20.00
003825	BID/MUFFIN, APPLE CINN, 2 OZ	2 OZ	31.00
006273	BID/MUFFIN, BANANA, 2 OZ	2 OZ	31.00
006274	BID/MUFFIN, BLUEBERRY, 2 OZ	2 OZ	30.00
006275	BID/MUFFIN, CHOC CHOC CHIP, 2	2 OZ	27.00
007872	BID/MUSTARD PACKET - GFS	5.5 GRAM	0.00
008479	BID/MUSTARD PACKET - HEINZ	5.5 GRAM	0.00
007628	BID/MUSTARD, 4/1 GAL - GFS	TBSP	0.83
006267	BID/NAKED JUICE, BERRY BLAST	10 OZ	37.00
006811	BID/NAKED JUICE, BLUE MACHINE	10 OZ	50.00
006270	BID/NAKED JUICE, STRWBRY BANAN	10 OZ	38.00
007764	BID/OIL, SOY, ZERO TRANS FAT	1 OZ	0.00
008198	BID/OIL, VEGETABLE,ZERO TRANS	1 OZ	0.00
007827	BID/OLIVES, RIPE, SLICED	1/8 CUP	1.02
009248	BID/ONION RINGS, NOT WG	6 RING/3.185 OZ	23.99
006851	BID/ONION RINGS, WG	2.69 OZ/5 RINGS	28.00
006785	BID/ONIONS, DRIED - PACKER	CUP (RECONST)	43.58
007782	BID/ORANGES, MANDARIN, LIGHT	1/2 CUP	19.33
006337	BID/PANCAKES, BULK, WG-AUNT JE	1.14 OZ	13.67
005897	BID/PANCAKES, MINI, BLUEBERRY	3.03 OZ	35.00
006206	BID/PANCAKES, MINI, MAPLE	3.17 OZ	39.00
005920	BID/PANCAKES, MINI, MAPLE	3.03 OZ	35.00
006205	BID/PANCAKES, MINI, STRAWBERRY	3.17 OZ	40.00
008913	BID/PASTA, EGG NOODLES	1/2 CUP	16.12
005448	BID/PASTA, ELBOW, WG	1/2 CUP	19.74
007629	BID/PASTA, ELBOW, XWGR	1/2 CUP	17.45
007630	BID/PASTA, PENNE, WG	1/2 CUP	19.31
008068	BID/PASTA, ROTINI, WG	1/2 CUP	21.29
004987	BID/PASTA, SPAGHETTI, WG	1/2 CUP	19.74
007965	BID/PASTA, SPAGHETTI, XWGR	1/2 CUP	31.33
009038	BID/PASTA, ZITI, XWGR - GFS	1/2 CUP	21.81
004654	BID/PASTRY, FRUDEL, APPLE	2.29 OZ	36.00
004655	BID/PASTRY, FRUDEL, CHERRY	2.29 OZ	37.00
006814	BID/PB & GRAPE JELLY WAFERS	2.3 OZ	32.00
009209	BID/PEACH CUP, DICED, LT SYRUP	4 OZ	17.00
007791	BID/PEACHES, DICED, CANNED, LI	1/2 CUP	12.84
009230	BID/PEACHES, DICED, CANNED, XL	1/2 CUP	13.05
007631	BID/PEACHES, HALF, EX LT SYRUP	1/2 CUP	14.00
007786	BID/PEACHES, SLICED, X LT SYRU	1/2 CUP	12.84
008469	BID/PEACHES, SLICED,X LT SYRUP	1/2 CUP	13.05
007548	BID/PEANUT BUTTER, 1.1 OZ CUP	1.1 OZ	8.00
007668	BID/PEANUT FREE SPREAD - WOWBU	1.12 OZ	7.94
008506	BID/PEARS, DICED, CANNED, JUIC	1/2 CUP	14.01
007785	BID/PEARS, DICED, CANNED, LIGH	1/2 CUP	21.26
008788	BID/PEARS, DICED, CHUNK,CANNED	1/2 CUP	14.01
001939	BID/PEARS, HALF, LIGHT SYRUP	1/2 CUP	17.74
007795	BID/PEAS & CARROTS, FROZEN	1/2 CUP	8.32
007479	BID/PEAS, CANNED	1/2 CUP	15.72
007763	BID/PEAS, FROZEN	1/2 CUP	12.75
007632	BID/PEPPER, BANANA,SLICED RING	1 OZ	0.00
009185	BID/PEPPER, JALAPENO, .5 GAL	1 OZ	0.89
007633	BID/PEPPER, JALAPENO, 1 GAL	1 OZ	1.00
007797	BID/PEPPERONI	OZ	0.00
007480	BID/PICKLE, SLICE, DILL	1 OZ	0.00
007809	BID/PICKLE, SPEAR, DILL	1 OZ	1.01
007784	BID/PINEAPPLE, TIDBIT, JUICE, C	1/2 CUP	19.64
004908	BID/PIZZA CHEESE CRUNCHERS	4 EACH/5.48 OZ	41.00
003977	BID/PIZZA STRIPS - TONY'S	3.1 OZ	27.00
008054	BID/PIZZA, 4 MEAT, 16 IN, 8 CT	5.3 OZ	36.00
008044	BID/PIZZA, BBQ, WEDGE-MAXSNAX	4.09 OZ (3 PC)	36.00
008660	BID/PIZZA, BREAKFAST, BACON	2.95 OZ	25.00
003485	BID/PIZZA, BREAKFAST, GRAVY	3 OZ	24.00
003393	BID/PIZZA, BREAKFAST, SAUSAGE	3.31 OZ	26.00

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Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
009240	BID/PIZZA, BREAKFAST, SAUSAGE	2.44 OZ	17.00
008053	BID/PIZZA, BUFF CHIX, 16 IN, 8	5.21 OZ	35.00
008116	BID/PIZZA, CHEESE DOUBLE STUFF	3.74 OZ	31.00
006191	BID/PIZZA, CHEESE, 16 INCH	5.08 OZ	37.00
008955	BID/PIZZA, CHEESE, 16 INCH	5.13 OZ	35.00
007656	BID/PIZZA, CHEESE, 4 INCH ROUN	4.46 OZ	29.00
007577	BID/PIZZA, CHEESE, 4X6	4.5 OZ	33.00
007988	BID/PIZZA, CHEESE, 5 INCH ROUN	5.05 OZ	40.00
006212	BID/PIZZA, CHEESE, STF CRST	4.5 OZ	35.00
005852	BID/PIZZA, CHEESE, STF CST WDG	5.34 OZ	39.00
007657	BID/PIZZA, CHEESE, 16 IN, 8 CUT	5.18 OZ	36.00
002120	BID/PIZZA, FIESTADA BEEF	5.44 OZ	43.00
006183	BID/PIZZA, PEPPERONI, 16 INCH	5.32 OZ	36.00
007658	BID/PIZZA, PEPPERONI, 16 INCH	5.18 OZ	35.00
008871	BID/PIZZA, PEPPERONI, 16 INCH	5.13 OZ	35.00
007676	BID/PIZZA, PEPPERONI, 4 INCH	4.51 OZ	26.00
007578	BID/PIZZA, PEPPERONI, 4X6	4.48 OZ	33.00
008784	BID/PIZZA, PEPPERONI, 5 INCH	4.98 OZ	38.00
005854	BID/PIZZA, PEPPERONI, STF WDG	5.32 OZ	38.00
006214	BID/PIZZA, PEPPERONI, STF CRST	4.5 OZ	35.00
007579	BID/PIZZA, SAUSAGE, 4 X 6	4.69 OZ	33.00
008043	BID/PIZZA, TACO, WEDGE-MAXSNAX	4.09 OZ (3 PC)	30.00
008147	BID/POP TARTS, FR BLUEBRRY, 1CT	1.76 OZ	38.00
008148	BID/POP TARTS, FR BLUEBRRY, 2CT	3.5 OZ	76.00
004942	BID/POP TARTS, FR STRWBRRY, 1CT	1.75 OZ	37.00
005368	BID/POP TARTS, FR STRWBRRY, 2CT	3.5 OZ	75.00
006865	BID/POP TARTS, FROST FUDGE, 1CT	1.76 OZ	38.00
006864	BID/POP TARTS, FROST FUDGE, 2CT	3.53 OZ	76.00
004941	BID/POP TARTS, FRSTD CINN, 1CT	1.75 OZ	37.00
005367	BID/POP TARTS, FRSTD CINN, 2CT	3.5 OZ	75.00
003687	BID/PORK BBQ, TEXAS STYLE, LOW	4 OZ	17.06
009149	BID/PORK BBQ, SOUTHERN-JTM 5406	4 OZ	12.00
008639	BID/PORK CHOP, COUNTRY FRIED	3.1 OZ	15.00
004136	BID/PORK MEATBALLS, RED SODIU	4 EACH/2.72 OZ	4.99
004682	BID/PORK PATTY, BRD-JTM 5694	3.35 OZ	11.00
005394	BID/PORK RIB PATTY, BBQ	2.8 OZ	6.00
003702	BID/PORK RIB PATTY, BBQ	3.25 OZ	12.00
008121	BID/PORK RIB PATTY, BBQ	2.5 OZ	8.00
007929	BID/PORK RIB PATTY, BBQ	3.1 OZ	11.00
006302	BID/PORK STEAK, BREADED - ADV	3.85 OZ	17.00
003704	BID/PORK TACO MEAT, RED FAT	3.17 OZ	6.00
007714	BID/POTATO CHUNKS, REDSKIN	1/2 CUP	18.00
007648	BID/POTATO SKINS - MCCAIN	1/2 CUP	19.00
006246	BID/POTATO STIX, SEASON, RED S	1/2 CUP	20.00
007637	BID/POTATO, AU GRATIN - BASIC	1/2 CUP/5.62 O	25.00
003736	BID/POTATO, FF KK - CONCERTINA	1/2 CUP	17.00
007778	BID/POTATO, FF STRAIGHT CUT, RS	1/2 CUP	16.00
007971	BID/POTATO, FF, CRISS CUT	1/2 CUP	14.00
004515	BID/POTATO, FF, EVERCRISP - MC	1/2 CUP	18.00
008805	BID/POTATO, FF, SEASON SPIRALS	1/2 CUP	17.00
008080	BID/POTATO, FF, SKIN ON	1/2 CUP	19.00
004454	BID/POTATO, FF, SPICY - LW B91	1/2 CUP	16.00
007793	BID/POTATO, FF, WAFFLE CUT- MC	1/2 CUP	22.00
003845	BID/POTATO, FF, TWISTER/SEASON	1/2 CUP	14.00
008507	BID/POTATO, FF, TWISTER/SEASON	1/2 CUP	15.00
007647	BID/POTATO, HASH BROWN WEDGE	2 EACH (4.5 OZ)	31.00
007650	BID/POTATO, MASHED - BASIC AM	1/2 CUP/4.16 OZ	15.00
007651	BID/POTATO, MASHED - BASIC AM	1/2 CUP/3.79 OZ	15.00
007652	BID/POTATO, MASHED - BASIC AM	1/2 CUP/3.71 OZ	15.00
006192	BID/POTATO, MASHED - BASIC AM	1/2 CUP/3.92 OZ	15.00
006661	BID/POTATO, MASHED - BASIC AM	1/2 CUP/3.02 OZ	15.00
008873	BID/POTATO, MASHED - MCCAIN	1/2 CUP/4.34 OZ	18.00
006242	BID/POTATO, ROUNDABOUTS	1/2 CUP	17.00

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007989	BID/POTATO, SCALLOPED	1/2 CUP/5.39 OZ	24.00
003029	BID/POTATO, SMILES	1/2 CUP (4 PC)	20.00
008872	BID/POTATO, SWEET, BATTERED	1/2 CUP	23.00
005454	BID/POTATO, SWEET, CRISS CUT	1/2 CUP	23.00
007638	BID/POTATO, SWEET, CUT, CANNED	1/2 CUP	38.50
007649	BID/POTATO, SWEET, FF - LAMB W	1/2 CUP	20.08
009127	BID/POTATO, SWEET, FLAME ROAST	3.85 OZ	24.00
005053	BID/POTATO, SWEET, MINI PUFF	1/2 CUP	34.00
009244	BID/POTATO, TATER PUFFS	1/2 CUP	16.00
007550	BID/POTATO, TATER TOTS	1/2 CUP	14.00
006244	BID/POTATO, WEDGE, RANCH	1/2 CUP	17.00
007551	BID/POTATO, WEDGE,SEASON,8 CUT	1/2 CUP	20.00
008967	BID/POTATO, WEDGE,SEASON,8 CUT	1/2 CUP	18.00
007955	BID/POTATO, WHITE, DICED, CAN	1/2 CUP	13.56
008719	BID/POTATO, WHITE, SLICED, CAN	1/2 CUP	11.10
006659	BID/PRETZEL, CHEESE STUFFED	2.4 OZ	27.00
004610	BID/PRETZEL, SOFT	2.2 OZ	30.00
004493	BID/PRETZEL, SOFT, MINI	1 OZ	14.00
007549	BID/PRETZEL, SOFT, NUGGET	.5 OZ	7.00
003823	BID/PRETZEL, SOFT, ROD	1 OZ	14.00
006266	BID/PROPEL, BERRY	16.9 OZ	0.00
003889	BID/PROPEL, GRAPE	16.9 OZ	0.00
006264	BID/PROPEL, KIWI STRAWBERRY	16.9 OZ	0.00
006263	BID/PROPEL, LEMON	16.9 OZ	0.00
007582	BID/PUDDING, CHOC, COWRAGEOUS	3.75 OZ	21.00
007478	BID/PUDDING, CHOCOLATE	1/2 CUP	24.00
004522	BID/PUDDING, VANILLA	1/2 CUP	25.00
007583	BID/PUDDING, VANILLA, COWRAGE	3.75 OZ	21.00
003623	BID/QUESADILLA, CHEESE	2 PIECE(4.4 OZ)	32.00
003622	BID/QUESADILLA, CHICKEN	2 PIECE(4.4 OZ)	31.00
005688	BID/RAISINS, 1.5 OUNCE BOX	1.5 OZ	32.96
006672	BID/RAISINS, SOUR ORANGE	1.5 OZ	35.00
006674	BID/RAISINS, SOUR WATERMELON	1.5 OZ	35.00
006894	BID/RAVIOLI, BEEF, CN	8.31 OZ(8 PIES)	27.49
007573	BID/RAVIOLI, MINI CHEESE, WG	2.17 OZ/7 PIECE	15.00
007639	BID/RELISH, SWEET	1 OZ	7.56
006253	BID/RICE, BROWN, ASIAN	1/2 CUP	21.00
007761	BID/RICE, BROWN, MEXICAN STYLE	1/2 CUP	21.00
006252	BID/RICE, BROWN, ROASTED CHICK	1/2 CUP	20.00
007493	BID/RICE, BROWN,PARBLD-GFS/PRO	1/2 CUP	18.50
007742	BID/RICE, BROWN,PARBLD-UNCLE B	1/2 CUP	18.58
007607	BID/ROAST BEEF, SLICED 1/2 OZ	4 SLICE	0.00
007712	BID/ROLL DOUGH, DINNER	2.5 OZ	29.00
005855	BID/ROLL DOUGH, MINI SUB, 6 IN	2.4 OZ	28.00
004641	BID/ROLL DOUGH, RTO	2.1 OZ	24.00
008518	BID/ROLL, CINNAMON BUN	2.9 OZ	38.00
006961	BID/ROLL, CINNAMON DOUGH, WG	2.6 OZ	36.00
006907	BID/ROLL, CINNAMON SWIRL, 2CT	2 OZ	29.00
004818	BID/ROLL, CINNAMON-MINI CINNI	2.29 OZ	39.00
006353	BID/ROLL, DELI, WG- BIMBO 4259	EACH	38.00
009301	BID/ROLL, DINNER, FROZEN - GFS	1 OZ	13.00
009366	BID/ROLL, DINNER, WG - KL 3920	EACH	17.00
007721	BID/ROLL, DINNER, WG - KL 3933	EACH	28.00
008025	BID/ROLL, DINNER, WG - MA'S	2 OZ	32.00
006195	BID/ROLL, DINNER, WHITE WHEAT	2.2 OZ	30.00
007747	BID/ROLL, DINNER,WG-BIMBO 6619	EACH	20.00
005219	BID/ROLL, PARBK, WG-SIS SCHBRT	1.5 OZ	22.00
007575	BID/SALSA CUP - RED GOLD	3 OZ	5.00
004030	BID/SALSA, MILD, NUT ENHNCED	1/4 CUP(1.5 OZ)	2.93
008243	BID/SANDWICH, GRILL CHEESE, IW	4.19 OZ	30.96
008954	BID/SANDWICH, GRILL CHEESE,BUL	4.19 OZ	30.96
006964	BID/SANDWICH, PB/GRAPE, 2.6	2.6 OZ	32.00
006965	BID/SANDWICH, PB/GRAPE, 5.3	5.3 OZ	64.00

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006966	BID/SANDWICH, PB/STRAW, 2.6	2.6 OZ	32.00
006963	BID/SANDWICH,SOYBUTTER & GRAPE	4.6 OZ	55.00
008497	BID/SANDWICH,SOYBUTTER & GRAPE	2.4 OZ	28.00
005395	BID/SAUCE, ALFREDO, RED FAT	1.83 OZ	5.00
005451	BID/SAUCE, ASIAN BASE - JTM	1 OZ	11.00
005347	BID/SAUCE, BARBEQUE CUP	1 OZ	10.00
007790	BID/SAUCE, BARBEQUE PACKET	12 GRAM	5.00
007806	BID/SAUCE, BARBEQUE, 4/1 GAL	1 OZ	11.02
008515	BID/SAUCE, BARBEQUE, 6/.5 GAL	1 OZ	11.02
008514	BID/SAUCE, BUFFALO RANCH, LITE	1 OZ	3.00
007645	BID/SAUCE, BUFFALO, HOT WING	1 OZ	0.00
003695	BID/SAUCE, CHEESE, CHEDDAR	1.82 OZ	2.00
007640	BID/SAUCE, CHEESE, CHEDDAR,CAN	1/4 CUP	5.00
005013	BID/SAUCE, CHEESE, JALAPENO	1.82 OZ	1.99
007641	BID/SAUCE, CHEESE, JALAPENO,CA	1/4 CUP	5.00
004538	BID/SAUCE, CHEESE,QUESO BLANC	2 OZ	2.00
008838	BID/SAUCE, ENCHILADA - GRAN SA	1 OZ	1.89
007769	BID/SAUCE, GENERAL TSO	1 OZ	15.12
007787	BID/SAUCE, HOT (3 GRAM)	3 GRAM	0.00
007698	BID/SAUCE, HOT DOG CHILI	1/4 CUP	8.00
008516	BID/SAUCE, MARINARA	1/2 CUP(2.8 OZ)	5.81
007576	BID/SAUCE, MARINARA CUP - RED	2.5 OZ	7.00
007768	BID/SAUCE, ORANGE GINGER	1 OZ	15.12
007717	BID/SAUCE, SEAFOOD COCKTAIL	1 OZ	7.00
008058	BID/SAUCE, SLOPPY JOE/MANWICH	1 OZ	3.54
005195	BID/SAUCE, SPAGHETTI,NUT ENHNC	1/2 CUP(2.4 OZ)	6.53
007765	BID/SAUCE, STIR FRY	1 OZ	12.00
007642	BID/SAUCE, SWEET & SOUR, 1OZ	1 OZ	11.00
000550	BID/SAUCE, TACO PACKET	9 GRAM	1.00
007643	BID/SAUCE, TARTAR, 12 GRAM	12 GRAM	2.00
007644	BID/SAUCE, WORCESTERSHIRE	1 OZ	0.00
007646	BID/SAUERKRAUT, CANNED	1/2 CUP	5.15
006336	BID/SAUSAGE & PANCAKE NUGGET	3 EACH/2.55 OZ	15.00
007815	BID/SAUSAGE & PANCAKE STICK	2.85 OZ	18.00
004835	BID/SAUSAGE LINKS, .5 OZ-JONES	EACH (.5 OZ)	0.00
007755	BID/SAUSAGE LINKS, 1 OZ-JONES	EACH (1 OZ)	0.00
007816	BID/SAUSAGE PANCAKE STICK,BLUE	2.85 OZ	18.00
008637	BID/SAUSAGE PATTY - GFS 112630	2 OZ	1.00
004537	BID/SAUSAGE PATTY - JTM 5649	1.33 OZ	1.00
007750	BID/SAUSAGE PATTY-JONES 018717	2 OZ	1.00
004727	BID/SEASONING, FAJITA - LAWRY S	TSP	3.32
007856	BID/SEASONING, ITALIAN	TSP	0.75
007057	BID/SEASONING, LEMON PEPPER	TSP	0.00
008975	BID/SEASONING, POULTRY	TSP	0.72
007804	BID/SEASONING, SALT FREE	TSP	0.00
008755	BID/SEASONING, SALT FREE,TACO	TSP	2.00
008754	BID/SEASONING, SLT FR,GARL HRB	TSP	2.30
009231	BID/SEASONING, SLT FR,ZESTY CO	TSP	4.00
004728	BID/SEASONING, TACO	TSP	1.51
007700	BID/SHELL, SALAD, TORTILLA - A	EACH	28.00
003744	BID/SHELL, TACO, LARGE	EACH	14.00
007488	BID/SHRIMP POPPERS, WG	3 OZ/20 PC	21.00
007505	BID/SMART BALANCE SPREAD BULK	TBSP	0.00
007504	BID/SMART BALANCE SPREAD CUP	5 GRAM	0.00
007581	BID/SORBET, CHERRY BLUE RASP	4.4 OZ	18.00
007580	BID/SORBET, KIWI STRAWBERRY	4.4 OZ	18.00
008869	BID/SOUP, BROCCOLI CHEESE	3/4 CUP/6.6 OZ	13.00
002540	BID/SOUP, CHICKEN NOODLE/HEALT	8 OZ	7.00
005216	BID/SOUP, CRM CHIX/HLTHY RQST	1 OZ	2.75
002464	BID/SOUP, TOMATO/HEALTHY RQST	8 OZ	16.00
007602	BID/SOUR CREAM, BULK	1 OZ	1.89
007966	BID/SOUR CREAM, PACKET	1 OZ	2.00
007974	BID/SPARKLING ICE, BLACK RASPB	17 OZ	0.00

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007975	BID/SPARKLING ICE, CHERRY LIME	17 OZ	0.00
007976	BID/SPARKLING ICE, KIWI STRAWB	17 OZ	0.00
007977	BID/SPARKLING ICE, ORANGE MANG	17 OZ	0.00
007857	BID/SPINACH, FROZEN - GFS	1/2 CUP	5.85
009161	BID/SPRAY, BAKERY	1 SPRAY	0.05
007608	BID/SPRAY, BUTTER	1 SPRAY	0.00
005633	BID/SPRAY, GARLIC	1 SPRAY	0.00
008517	BID/STRAWBERRIES, WHOLE, FRZN	1/2 CUP	7.08
007688	BID/STRAWBERRIES, SLICE, 4+1FRZN	1/2 CUP	33.82
007603	BID/STUFFING, CORNBREAD, XWGR	1/2 CUP	25.00
007604	BID/SYRUP, PANCAKE, MAPLE, CUP	1.5 OZ	30.00
007636	BID/TACO SNACK, WG	5 OZ	38.00
008786	BID/TEA, SWEET, DECAF, 12 OZ	12 OZ	14.00
007606	BID/TOMATO PASTE, CANNED	.5 OZ	2.15
007605	BID/TOMATO SAUCE, CANNED	1/2 CUP	8.00
007807	BID/TOMATOES, DICED, CANNED	1/2 CUP	4.98
003747	BID/TOPPING, WHIPPED - ON TOP	1 OZ	7.18
005230	BID/TORTILLA, FLOUR, 10 INCH	EACH	29.00
007701	BID/TORTILLA, FLOUR, 6 INCH	EACH	15.00
007702	BID/TORTILLA, FLOUR, 8 INCH	EACH	22.87
007710	BID/TORTILLA, JALAPENO CHEESE	EACH	26.00
007829	BID/TUNA, CHUNK, LIGHT IN WATER	1 OZ	0.00
007952	BID/TURKEY & GRAVY	4.16 OZ	2.00
004042	BID/TURKEY BREAST	1.93 OZ	1.50
006970	BID/TURKEY BREAST, .73 OZ SLIC	2.92 OZ/4 SLICE	0.00
008030	BID/TURKEY BREAST, SMOKED - BR	2 OZ	1.00
008728	BID/TURKEY COMBO, BOLOGNA-JENN	4 SLICE/2 OZ	1.00
008727	BID/TURKEY COMBO, HAM - JENNIE	6 SLICE/3.06 OZ	1.00
006305	BID/TURKEY COMBO, SALAMI- JENN	6 SLICE/3 OZ	2.00
004990	BID/TURKEY HAM, SLICED .51 OZ	6 SLICE/3.06 OZ	1.00
005409	BID/TURKEY TACO MEAT	3.03 OZ	3.00
007498	BID/VEGETABLE BLEND, ASIAN	1/2 CUP	3.09
005631	BID/VEGETABLE BLEND, NANTUCKE	1/2 CUP	8.07
007909	BID/VEGETABLE BLEND, STIR FRY	1/2 CUP	3.34
007855	BID/VEGETABLE BLEND, CALIFORNIA	1/2 CUP	4.76
007849	BID/VEGETABLE, MIXED, FROZEN	1/2 CUP	14.93
006968	BID/WAFFLE, DUTCH	2.9 OZ	43.00
005201	BID/WAFFLES, MINI, BLUEBERRY	2.47 OZ	37.00
006969	BID/WAFFLES, MINI, CINNAMON	2.64 OZ	35.00
006211	BID/WAFFLES, MINI, MAPLE	2.47 OZ	38.00
008500	BID/WOWBUTTER, 1.12 OZ CUP	1.12 OZ	8.00
008618	BID/YOGURT, GREEK, NONFAT, PLA	OZ	0.02
004965	BID/YOGURT, LIGHT & FIT(4 OZ)	4 OZ	10.00
008619	BID/YOGURT, LIGHT (6 OZ)	6 OZ	16.00
005114	BID/YOGURT, RASP RAINBOW	4 OZ	20.00
005457	BID/YOGURT, STRAWBERRY BANANA	4 OZ	20.00
007545	BID/YOGURT, STRAWBERRY/VANILLA	4 OZ	14.00
009025	BID/YOGURT, STRAWBERRY- GO BIG	4 OZ	18.00
008262	BID/YOGURT, STRAWBERRY- GO-GURT	2 OZ	10.00
007711	BID/YOGURT, STRWBRY LF-PAR PRO	1 OZ	4.88
005129	BID/YOGURT, TRIPLE CHERRY	4 OZ	20.00
000123	BID/YOGURT, VANILLA LF-PAR PRO	1 OZ	4.87

**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.