

# Lake Oswego School District

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
<b>FRUIT</b>			
000863	Apples, fresh sliced	1/2 cup	6.96
000064	APPLES,Fresh	1/2 cup	7.60
000669	Applesauce, Unsweetened, Cups,	1/2 cup	13.99
000247	APPLESAUCE:cnnd,unswtnd,+vit C	1/2 cup	27.55
000068	BANANAS	EACH	23.07
000255	BLUEBERRIES,Fresh	CUP	21.45
000272	CRANBERRY SAUCE: canned,swtnd	CUP	111.91
000820	Fresh Fruit Assortment	each	20.81
000245	FRUIT,FRESH ASSORTED	1/2 cup	16.47
000080	GRAPEFRUIT HALVES	1/2 EACH	26.83
000422	GRAPES,Fresh	1/2 CUP	7.89
000707	KIWI FRUIT	1/2 cup	12.97
000709	MANDARIN ORANGES,CND,LT SYRUP,	1/2 cup	18.21
000703	Melon Assorted	.5 cup	6.76
000431	MIXED FRUIT: frozen,sweetened	1/2 CUP	30.29
000083	NECTARINES,FRESH	EACH	14.35
000822	Orange Quarters	1/2 C	21.15
000086	ORANGES	1/2 cup	11.28
000085	ORANGES HALVES	1/2 EACH	5.64
000711	Peaches, Canned, Sliced, Extra	1/2 cup	14.00
000706	Peaches, Diced, Cups, Frozen	each	19.00
000088	PEACHES,FRESH	EACH	8.30
000437	PEACHES: canned,light syrup	1/2 cup	18.26
000700	Pears, Sliced, Extra Light Syr	1/2 cup	14.99
000090	PEARS,FRESH	EACH	25.28
000438	PEARS: canned,light syrup	1/2 CUP	19.04
000092	PINEAPPLE CHUNKS:canned,lt syr	1/2 cup	33.89
000710	PINEAPPLE,RAW	1/2 cup	10.82
000094	PLUMS,FRESH	EACH	7.54
000444	PLUMS: canned,light syrup	CUP	41.03
000882	Raisins, Unsweetened, Individu	1.33 pkg	30.00
000705	Strawberries, Diced, Cup, Froz	each	21.99
000099	STRAWBERRIES,FRESH	1/2 CUP	5.53
000098	STRAWBERRIES: frozen	1/2 CUP	33.05
000100	TANGERINES,FRESH	EACH	11.21
000101	WATERMELON,CHUNKS	CUP	12.08
<b>VEG</b>			
000810	Vegetable Capri Blend	serv	2.66
000828	Asian Cole Slaw	serv	4.65
000044	BAKED POTATO	EACH	42.72
000701	Beans, Black (Turtle), Low-sod	cup	39.98
000702	Beans, Legumes Assort	1/2	18.49
000253	BEETS: canned	1/2 CUP	12.26
000758	Broccoli , Roasted	1 serving	5.82
000256	BROCCOLI,raw: fresh	1/2 cup	3.02
000742	BROCCOLI,steamed	1/2 cup	5.02
000771	Cabbage, red, shred.	1/2 C	2.10
000022	CARROT STICKS	CUP	16.84
000699	CARROTS,RAW,BABY	3/4 cup	8.65
000813	CARROTS,RAW,BABY HS	11/4 cup	14.42
000264	CAULIFLOWER,raw: fresh	1/2 CUP	2.49
000267	CELERY STICKS	1/2 cup	2.21
000270	CORN: canned, yellow Sysco	1/2 cup	11.86
000271	CORN: frozen, yellow	1/2 CUP	15.92
000377	CUCUMBER,RAW	1/2 cup	1.29
000769	Edamame , frz Sysco	1/2 C	22.11
000775	French Fries Ovation Red sodiu	1/2 cup	22.00
000424	GREEN BEANS: canned,cooked	1/2 CUP	3.04

\*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.

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No.	Description	Portion Size	Carbohydrates (Grams)
000546	Hashbrown Patty	Each	14.00
000427	KIDNEY BEANS: canned,drained	1/2 cup	18.56
000034	LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	1.11
000615	Mashed Potatoes	1/2 cup	18.00
000704	OLIVE, SLICED RIPE	1/2 cup	7.13
000457	Oven Fries	3 oz	17.99
000360	Oven Fries	3oz	20.00
000439	PEAS & CARROTS: frozen,boiled	1/2 CUP	8.10
000040	PEAS: frozen	1/2 cup	11.41
000772	Pepper, red sliced fresh	1/2 C	3.00
000042	PICKLES, DILL	1/2 cup	1.72
000774	Radish, Fresh, sliced	1/2 C	2.00
000698	Romaine Lettuce	cup	3.00
000455	Salad Mix	1 cup	3.45
000054	SQUASH, WINTER: baked	CUP	18.14
500301	TASTY TOTS	Serv. 6 Tots	31.66
000458	Tater Tots/Fries	3 oz	20.50
000601	Tomato Fresh	1/2 cup	2.90
000058	TOMATOES: canned	CUP	20.64
000811	Vegetable Capri Blend	1/2 cup	2.67

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