



Rescue Union Elementary School District

(F20200) All American Burger	Total Carbohydrate (g)	
	Recipe	Each
Elementary Burger - IW	29.6001	29.5989
	29.6001	29.5989

* Total includes one or more missing nutrient data.

(D30045) Apple Juice	Total Carbohydrate (g)	
	Recipe	Each
Juice, Apple box - 40ct all vendors	14	14
	14	14

* Total includes one or more missing nutrient data.

(P50003) Apples	Total Carbohydrate (g)	
	Recipe	Each
Apples - All vendors	8	8
	8	8

* Total includes one or more missing nutrient data.

(P50021) Baby Carrots	Total Carbohydrate (g)	
	Recipe	Each
Carrots, Baby IW - All vendors	9.58	8.143
	9.58	8.143

* Total includes one or more missing nutrient data.

(F20013) Bagel	Total Carbohydrate (g)	
	Recipe	Each
Bagel, IW - Tony Roberts 19322	44.5999	44.5999
	44.5999	44.5999

* Total includes one or more missing nutrient data.



(P50027) Bananas	Total Carbohydrate (g)	
	Recipe	Each
Bananas	29	29
	29	29

* Total includes one or more missing nutrient data.

(D30074) BBQ Sauce Packets	Total Carbohydrate (g)	
	Recipe	Each
BBQ Sauce Packets - Portion Pac 7160372781000	3.99	3.99
	3.99	3.99

* Total includes one or more missing nutrient data.

(F20033) Bean and Cheese Burrito - Los Cabos 97576	Total Carbohydrate (g)	
	Recipe	Each
Bean and Cheese Burrito - Los Cabos 97576	44.1699	44.1699
	44.1699	44.1699

* Total includes one or more missing nutrient data.

(F20001) BeneFIT Bar	Total Carbohydrate (g)	
	Recipe	Each
BeneFIT Bar 40401	47	47
	47	47

* Total includes one or more missing nutrient data.

(F20061) Bosco Cheesy Breadsticks	Total Carbohydrate (g)	
	Recipe	2 Breadsticks
Breadsticks, Cheese - Bosco 17020111120	17	34.0001
	17	34.0001

* Total includes one or more missing nutrient data.

(P50023) Broccoli Florets	Total Carbohydrate (g)	
	Recipe	Each
Broccoli Florets 2oz - All vendors	1.5686	1.5686

* Total includes one or more missing nutrient data.



(P50023) Broccoli Florets	Total Carbohydrate (g)	
	Recipe	Each
	1.5686	1.5686

* Total includes one or more missing nutrient data.

(D30076) Buttermilk Ranch Packet	Total Carbohydrate (g)	
	Recipe	Each
Buttermilk Ranch Packet - Americana 7160370023800	2	2
	2	2

* Total includes one or more missing nutrient data.

(P50014) Celery Sticks	Total Carbohydrate (g)	
	Recipe	Each
Celery Sticks 2.3oz - Fresh Produce 0529-101607	2	2
	2	2

* Total includes one or more missing nutrient data.

(F20090) Chicken and Waffle Sandwich	Total Carbohydrate (g)	
	Recipe	Each
Sandwich, Chicken and Waffle IW - Rich Chicks 54404	27	27
	27	27

* Total includes one or more missing nutrient data.

(R10009) Chicken Caesar Salad	Total Carbohydrate (g)	
	Recipe	1 Salad
Croutons, Garlic - Sugar Foods 595446/74581	4	4
Lite Caesar Dressing Bulk - Kens Foods 808	3	3
Cheese, Parmesan Shredded - Great Lakes 99814	3	3
Lettuce, Romaine Chopped - all vendors	8	8
Muffin, Corn Mini - Daves WG300	23	23
Chicken Patty, Breaded - Tyson 10703040928	16	16
	57	57

* Total includes one or more missing nutrient data.



(F20058) Chicken Drumsticks	Total Carbohydrate (g)	
	Recipe	Each
Chicken Drumsticks, Breaded - Tyson 16660100928	3	3
	3	3

* Total includes one or more missing nutrient data.

(F20052) Chicken Nuggets	Total Carbohydrate (g)	
	Recipe	Serving (5 nuggets)
Chicken Nugget Chunks - Tyson 404687	16	16
	16	16

* Total includes one or more missing nutrient data.

(F20170) Choc. Chip Cookie	Total Carbohydrate (g)	
	Recipe	Each
Cookie, Choc Chip - Fat Cat Bakery WGCCC140-1SW	23.8	23.8
	23.8	23.8

* Total includes one or more missing nutrient data.

(F20222) Cinnamon Roll - IW Super Bakery	Total Carbohydrate (g)	
	Recipe	Each
Cinnamon Roll - IW Super Bakery	38	38
	38	38

* Total includes one or more missing nutrient data.

(P50009) Clementine	Total Carbohydrate (g)	
	Recipe	Each
Clementines - Fresh Produce 821098	10.1384	10.1384
	10.1384	10.1384

* Total includes one or more missing nutrient data.



(D30020) Corn Fritos	Total Carbohydrate (g)	
	Recipe	Each
Chips, Corn Fritos 19852	12	12
	12	12

* Total includes one or more missing nutrient data.

(C40004) Cream Chs Cup, Strwbry - Philadelphia 72683/377718	Total Carbohydrate (g)	
	Recipe	Each
Cream Chs Cup, Strwbry - Philadelphia 72683/377718	4	4
	4	4

* Total includes one or more missing nutrient data.

(C40002) Cream Chs Cups, Light	Total Carbohydrate (g)	
	Recipe	Each
Cream Chs Cups, Light - Kraft Heinz 300066	2	2
	2	2

* Total includes one or more missing nutrient data.

(P50026) Edamame	Total Carbohydrate (g)	
	Recipe	1/2 Cup Serving
Edamame - Fresh Produce F997	8.91	10.1038
	8.91	10.1038

* Total includes one or more missing nutrient data.

(F20201) Edamame	Total Carbohydrate (g)	
	Recipe	Packet
Edamame 3oz IW	9	9
	9	9

* Total includes one or more missing nutrient data.

(R10021) Elementary School Burger	Total Carbohydrate (g)	
	Recipe	Cheeseburger
Buns, Hamburger 4" - Goldstar F2176	29	29

* Total includes one or more missing nutrient data.



(R10021) Elementary School Burger	Total Carbohydrate (g)	
	Recipe	Cheeseburger
Beef Patty, Char Broiled - Don Lee CNQ262253	1	1
	29.9999	29.9999

* Total includes one or more missing nutrient data.

(F20079) Fish Sticks	Total Carbohydrate (g)	
	Recipe	Serving (4 pieces)
Fish Sticks - Trident 418304	18	18
	18	18

* Total includes one or more missing nutrient data.

(F20003) French Toast Sticks	Total Carbohydrate (g)	
	Recipe	Each
French Toast Sticks - Bake Crafters IW	38	38
	38	38

* Total includes one or more missing nutrient data.

(F20107) Garlic Toast	Total Carbohydrate (g)	
	Recipe	Each
Garlic Toast - Bake Crafters 1605	14	14
	14	14

* Total includes one or more missing nutrient data.

(D30021) Goldfish Crackers - Pepperidge Farm 18105	Total Carbohydrate (g)	
	Recipe	Each
Goldfish Crackers - Pepperidge Farm 18105	14	14
	14	14

* Total includes one or more missing nutrient data.

(F20203) Grilled Cheese	Total Carbohydrate (g)	
	Recipe	Each
Grilled Cheese IW - Integrated 406532	30.96	30.96
	30.96	30.96



* Total includes one or more missing nutrient data.

(F20009) Iced Cinnamon Roll	Total Carbohydrate (g)	
	Recipe	Each
Iced Cinnamon Roll - Bake Crafters 113950	54	54
	54	54

* Total includes one or more missing nutrient data.

(F20068) Jumbo Chicken Corndog	Total Carbohydrate (g)	
	Recipe	Each
Corndog, Chicken Jumbo - Don Lee CN34072WWG	27.8	27.8
	27.8	27.8

* Total includes one or more missing nutrient data.

(F20067) Jumbo Turkey Corndog	Total Carbohydrate (g)	
	Recipe	Each
Corndog, Turkey Jumbo - Don Lee 134337	28.9	28.9
	28.9	28.9

* Total includes one or more missing nutrient data.

(D30072) Ketchup Packets	Total Carbohydrate (g)	
	Recipe	Each
Ketchup Packets - Red Gold REDY59G	2	2
	2	2

* Total includes one or more missing nutrient data.

(R10010) Lucky Charms w/ Scooby Snack	Total Carbohydrate (g)	
	Recipe	Serving
Lucky Charms - General Mills 31917	23	23
Scooby Snacks - Keebler 30100-50689	21	21
	44	44

* Total includes one or more missing nutrient data.



(F20081) Mac-n-Cheese - JTM 5768 Elbow	Total Carbohydrate (g)	
	Recipe	2/3 Cup Serving
Mac-n-Cheese - JTM 5768 Elbow	27	27
	27	27

* Total includes one or more missing nutrient data.

(D30080) Marinara Cup	Total Carbohydrate (g)	
	Recipe	Each
Marinara Cups, 2.5oz - Red Gold	7	7
	7	7

* Total includes one or more missing nutrient data.

(D30073) Mayonnaise Packets	Total Carbohydrate (g)	
	Recipe	Each
Mayonnaise Packets - Portion Pac 7160372157000	0	0
	0	0

* Total includes one or more missing nutrient data.

(R10003) Middle School Burger	Total Carbohydrate (g)	
	Recipe	Cheeseburger
Cheese, American Sliced - USDA 100018	1.9992	1.9992
Buns, Hamburger 4" - Goldstar F2176	29	29
Beef Patty, Char Broiled - Don Lee CNQ262253	1	1
	31.9991	31.9991

* Total includes one or more missing nutrient data.

(C40022) Milk, 1% white	Total Carbohydrate (g)	
	Recipe	carton
Milk, 1% white	16	16
	16	16

* Total includes one or more missing nutrient data.



(C40020) Milk, non-fat	Total Carbohydrate (g)	
	Recipe	carton
Milk, non-fat	12.9999	12.9999
	12.9999	12.9999

* Total includes one or more missing nutrient data.

(C40023) Milk, non-fat chocolate	Total Carbohydrate (g)	
	Recipe	carton
Milk, non-fat chocolate	27.0001	27.0001
	27.0001	27.0001

* Total includes one or more missing nutrient data.

(F20064) Mini Cheese Burgers	Total Carbohydrate (g)	
	Recipe	Each
Mini Cheeseburgers IW - Don Lee CB640	31.3	31.3
	31.3	31.3

* Total includes one or more missing nutrient data.

(F20063) Mini Cheeseburgers IW - CMDY Don Lee	Total Carbohydrate (g)	
	Recipe	Each
Mini Cheeseburgers IW - CMDY Don Lee	31.3	31.3
	31.3	31.3

* Total includes one or more missing nutrient data.

(R10004) MS Bistro Box	Total Carbohydrate (g)	
	Recipe	Bistro Box
Yogurt Cup - all vendors	14	14
Pillsbury Cinni-Mini 33686	40	40
Carrots, Baby IW - All vendors	8.143	8.143
String Cheese - Land O Lakes 59701	2	2
	64.1431	64.1431

* Total includes one or more missing nutrient data.



(R10008) MS Yogurt Parfait	Total Carbohydrate (g)	
	Recipe	Parfait
Granola, Cinnamon - Malt O Meal 7485	30	30
Yogurt, Vanilla - Bulk Yoplait	46.5	46.5
Sliced Strawberries, Unsweetened IQF - USDA 110860	10	10
	86.5	86.5

* Total includes one or more missing nutrient data.

(D30071) Mustard Packets	Total Carbohydrate (g)	
	Recipe	Each
Mustard Packets - All vendors	0	0
	0	0

* Total includes one or more missing nutrient data.

(F20076) Orange Chicken	Total Carbohydrate (g)	
	Recipe	1/2 Cup Serving
Orange Chicken - Yangs 8-52724-15552-4	19	19
	19	19

* Total includes one or more missing nutrient data.

(P50029) Pears	Total Carbohydrate (g)	
	Recipe	Each
Pears, Fresh - all vendors	27.52	27.52
	27.52	27.52

* Total includes one or more missing nutrient data.

(F20209) Pepperoni Pizza Stuffed Breadstick	Total Carbohydrate (g)	
	Recipe	Each
Pepperoni Pizza Stuffed Breadstick	30	30
	30	30

* Total includes one or more missing nutrient data.



(F20049) Pepperoni Stuffwich	Total Carbohydrate (g)	
	Recipe	Each
Sandwich, Stuffed Pepperoni - Big Daddy 55293	31	31
	31	31

* Total includes one or more missing nutrient data.

(F20059) Pizza Crunchers	Total Carbohydrate (g)	
	Recipe	Serving (4 pieces)
Pizza Crunchers - Richs 65225	41	41
	41	41

* Total includes one or more missing nutrient data.

(F20043) Pizza, Cheese Primo 16" - Big Daddy 78637	Total Carbohydrate (g)	
	Recipe	Slice
Pizza, Cheese Primo 16" - Big Daddy 78637	35	35
	35	35

* Total includes one or more missing nutrient data.

(F20044) Pizza, Pepperoni Primo 16 " - Big Daddy 78638	Total Carbohydrate (g)	
	Recipe	Slice
Pizza, Pepperoni Primo 16 " - Big Daddy 78638	33	33
	33	33

* Total includes one or more missing nutrient data.

(F20213) Popcorn Chicken	Total Carbohydrate (g)	
	Recipe	Serving (10 pieces)
Popcorn Chicken Nuggets - Gold Kist	16.0001	16.0001
	16.0001	16.0001

* Total includes one or more missing nutrient data.



(F20114) Potato Smiles	Total Carbohydrate (g)	
	Recipe	Serving (4 smiles)
Potato Smiles - McCain OIF03456	20	20
	20	20

* Total includes one or more missing nutrient data.

(D30062) Raisins	Total Carbohydrate (g)	
	Recipe	Each
Raisins, 1.33oz - USDA 100293	29	29
	29	29

* Total includes one or more missing nutrient data.

(R10011) Rice , cooked	Total Carbohydrate (g)		
	Recipe	1 Cup Serving	1/2 Cup Serving
Rice, Brown Long Grain - USDA 101031	475.8	38.064	19.032
BEVERAGES,H2O,TAP,DRINKING	0	0	0
	475.8	38.064	19.032

* Total includes one or more missing nutrient data.

(P50019) Romain Lettuce	Total Carbohydrate (g)		
	Recipe	1 Cup Serving	1/2 Cup Serving
Lettuce, Romaine Chopped - all vendors	1	2	1
	1	2	1

* Total includes one or more missing nutrient data.

(F20088) Sandwich, Spicy Chicken - IW 409754	Total Carbohydrate (g)	
	Recipe	Each
Sandwich, Spicy Chicken - IW 409754	27	27
	27	27

* Total includes one or more missing nutrient data.



(F20198) Sausage Breakfast Pizza	Total Carbohydrate (g)	
	Recipe	Each
Breakfast Pizza, Beef Sausage IW - Wild Mike's 90502	18	18
	18	18

* Total includes one or more missing nutrient data.

(R10013) Side Salad	Total Carbohydrate (g)	
	Recipe	Each
Lettuce, Romaine Chopped - all vendors	1	1
Carrots, baby bulk	2.9664	2.9664
Cucumbers	1.8876	1.8876
	5.854	5.854

* Total includes one or more missing nutrient data.

(F20093) Soft Pretzel	Total Carbohydrate (g)	
	Recipe	Each
Pretzel, Soft - J&J Snack Foods 30110	30	30
	30	30

* Total includes one or more missing nutrient data.

(R10023) Spaghetti w/ Beef Sauce Meal	Total Carbohydrate (g)	
	Recipe	Serving (1 Cup)
Spaghetti Bag 401074	23	23
Cheese, Mozzarella Shredded - USDA 100021	1	1
	24	24

* Total includes one or more missing nutrient data.

(F20120) Strawberry Cup	Total Carbohydrate (g)	
	Recipe	Each
Strawberry Cup Frzn- USDA 100256	21.0001	21.0001
	21.0001	21.0001

* Total includes one or more missing nutrient data.



(D30077) Sweet & Sour Sauce Packet	Total Carbohydrate (g)	
	Recipe	Each
Sweet & Sour Sauce Packet - Minh 69737	4	4
	4	4

* Total includes one or more missing nutrient data.

(D30075) Sweet Relish Packets	Total Carbohydrate (g)	
	Recipe	Each
Sweet Relish Packets - Portion Pac 7160373952000	19.932	1.7939
	19.932	1.7939

* Total includes one or more missing nutrient data.

(D30078) Tartar Sauce Packets	Total Carbohydrate (g)	
	Recipe	Each
Tartar Sauce Packets - Four In One T398	1	1
	1	1

* Total includes one or more missing nutrient data.

(R10006) Turkey Soft Taco	Total Carbohydrate (g)	
	Recipe	Each
Taco Filling, Turkey - JTM 5254	0 *	0 *
Tortilla, 8" - Mission Foods 47087	24 *	24 *
Cheese, Cheddar Shredded - USDA 100003	0 *	0 *
	24 *	24 *

* Total includes one or more missing nutrient data.

(F20017) Waffle, Dutch	Total Carbohydrate (g)	
	Recipe	Each
Waffle, Dutch - J&J 4521	43	43
	43	43

* Total includes one or more missing nutrient data.



(F20041) Wild Mike's Cheese Pizza	Total Carbohydrate (g)	
	Recipe	Each
Elem. Cheese Pizza Slice - Wild Mike's	34	34
	34	34

* Total includes one or more missing nutrient data.

(F20042) Wild Mike's Pepperoni Pizza	Total Carbohydrate (g)	
	Recipe	Each
Elem. Pepp Pizza Slice - Wild Mike's	34	34
	34	34

* Total includes one or more missing nutrient data.

FILTERS

Name(s)	Value(s)
Date Range	(Start = 10/1/2021, End = 11/30/2021)
Menu Plans	(2021/2022 Breakfast, 2021/2022 Elementary Lunch, 2021/2022 Middle School Lunch)
Nutrients	(Total Carbohydrate)