

Anson County Schools

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000075	ACS APPLE-sliced K-8 (125 ct)	1/2 cup	9.50
000459	ACS APPLE-sliced 9-12 (125 ct)	1 cup	18.43
000472	ACS APPLESAUCE - purchased K-8	1/2 CUP	13.00
000495	ACS APPLESAUCE - USDA K-8	1/2 CUP	14.64
000473	ACS APPLESAUCE -purchased 9-12	1 cup	26.00
000496	ACS APPLESAUCE -USDA 9-12	1 cup	29.28
000209	ACS APPLESAUCE K-8 usda	1/2 CUP	14.37
000497	ACS APPLESAUCE K-8 USDA	1/2 CUP	13.82
000394	ACS APPLESAUCE-usda 9-12	1 cup	27.65
000165	ACS Baby carrots with dip	1/2 cup	7.79
000046	ACS Baked beans	3/4 cup	32.64
000185	ACS Baked Lay's-Barbeque	31.8 gm	0.00
000243	ACS Baked Potato	1/2 potato	23.98
000417	ACS Baked Sweet Potato new	1/2 potato	29.12
000471	ACS Bananas 9-12	1 banana	103.67
000311	ACS Bananas-K-8	1 banana	51.84
000039	ACS BAR B QUE-purchased turkey	EACH	21.81
000402	ACS BBQ (usda turkey)	3 ounces	22.13
000364	ACS BBQ Sauce-pc	12 gm	3.00
000467	ACS Beefy Nachos- 9-12	1 portion	49.56
000454	ACS Beefy Nachos- K-8	1 portion	26.07
000214	ACS Biscuit-frozen	1 biscuit	24.54
000216	ACS Biscuit-homemade	1 biscuit	11.53
000486	ACS Blueberry,froze,usda K-8	1/2 cup	9.29
000488	ACS Blueberry,froze,usda,9-12	1 cup	18.59
000360	ACS Breaded Okra	17 pieces	36.34
000468	ACS Breaded Okra 9-12	34 pieces	72.68
000464	ACS Breadstick	1 breadstick	21.00
000335	ACS Breakfast Bites	3 bites	19.00
000492	ACS Breakfast Bites - Fried	3 bites	19.00
000191	ACS Breakfast Pizza	1 slice	25.00
000451	ACS Broccoli with chz sc rev.	2/3 cup	13.60
000493	ACS Brown Gravy	2 ounce	4.00
000302	ACS Buffalo Chicken Wrap K-12	2oz+1 shell	17.20
000457	ACS Buffalo Chicken Wrap, 9-12	2oz+1 shell	34.40
000313	ACS Carnival Cookie	1 cookie	19.00
000172	ACS carrots, frozen	1/2 cup	7.35
000174	ACS Carrots, frozen USDA	1/2 cup	7.72
000479	ACS Cereal - Cinnamon Toasters	1 bowlpack	22.00
000494	ACS Cereal- Honey Toasted Oats	1 bowl	23.00
000447	ACS Cheese Crackers	1 bag	28.00
000202	ACS Cheese Pizza	4.56 ounce	36.68
000337	ACS Cheese Pizza-AHS only	1 slice	29.10
000359	ACS Cheese Sauce	1 1/2 oz ladle	4.04
000327	ACS Cheese Sauce-homemade	3 TBSP	4.72
000415	ACS Cheese slice-usda	1 slice	2.00
000388	ACS Cheese Stick	1 each	1.01
000498	ACS Cheese Stick- USDA	1 each	1.01
000469	ACS Cheese toast -breakfast	1 slice	13.96
000033	ACS CHEESEBURGER	1 each	25.01
000009	ACS CHICK FILLET	EACH	34.00
000135	ACS Chicken - baked USDA	EACH	0.00
000470	ACS Chicken - bbq USDA	EACH	5.67
000474	ACS Chicken Biscuit-prepared	1 each	32.02
000121	ACS CHICKEN FAJITAS	2 OZ	4.29
000057	ACS CHICKEN NUGGETS	5 NUGGETS	7.00
000309	ACS CHICKEN NUGGETS-fried	5 NUGGETS	7.00
000215	ACS Chicken Patty-Breakfast	1.6 oz	6.00
000070	ACS CHICKEN SALAD	SERVINGS	5.18
000332	ACS Chicken Strips	3 strips	13.01
000502	ACS Chicken Strips- Fried	3 strips	13.01
000397	ACS CHILI DOG	EACH	30.03
000312	ACS Chocolate Chip Cookie	1 cookie	19.00

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000386	ACS Cinni minnis	1 each	60.56
000029	ACS Cole slaw	3/4 cup	5.52
000004	ACS CORN FRZ - usda	1/2 CUP	16.19
000154	ACS Corn on the cob	2 cobettes	48.62
000189	ACS Corn, canned	1/2 cup	17.92
000026	ACS CORNBREAD	EACH	24.34
000028	ACS CORNDOG	EACH	33.00
000460	ACS Corndog Nuggets	6 each	30.84
000310	ACS CORNDOG-fried	EACH	33.00
000500	ACS County Style Steak	EACH	18.29
000066	ACS CRACKERS-WG	1 pkg	8.00
000074	ACS CREAM POTATOES	1/2 CUP	15.03
000348	ACS Donut	1 package	35.02
000151	ACS Fish Sticks	4 sticks	19.24
000203	ACS Flapstick	1 each	51.08
000190	ACS French Toast Sticks	4 sticks	26.47
000277	ACS Fries-deep fried	1/2 CUP	15.19
000030	ACS Fries-oven baked	1/2 CUP	15.19
000418	ACS Garden Salad new	1 cup	4.76
000358	ACS Glazed Carrots- usda	1/2 cup	13.97
000480	ACS GRAPES 9-12	1 cup	26.07
000107	ACS GRAPES-K-8	1/2 CUP	13.03
000065	ACS GREEN BEANS-usda	1/2 CUP	5.75
000206	ACS Green Peascommodity-canned	1/2 cup	13.09
000023	ACS GREENS	1/2 CUP	5.02
000334	ACS Griddle Cakes	1 griddle cake	25.10
000239	ACS Grits- usda	3/4 cup	3.50
000197	ACS Hamburger on bun	1 each	24.00
000280	ACS Homemade Seasoning	Tablespoons	1.78
000466	ACS Honeybun	1 honeybun	34.00
000027	ACS HOTDOG	EACH	18.99
000491	ACS Jelly - apple	1 packet	0.18
000490	ACS Jelly - grape	1 packet	18.00
000079	ACS JUICE APPLE 4 OZ	EACH	13.00
000081	ACS JUICE GRAPE 4 OZ	EACH	19.00
000076	ACS JUICE ORANGE 4 OZ	EACH	12.00
000416	ACS JUICE ORANGE 6 OZ	EACH	18.00
000082	ACS JUICE ORG-PINEAPPLE 4 OZ	EACH	15.51
000087	ACS JUICE PINEAPPLE 4 OZ	EACH	13.00
000328	ACS Ketchup-individual pack	1 pack	3.00
000205	ACS Lima Bean-commodity-canned	1/2 cup	12.43
000011	ACS LIMA BEANS FRZ	1/2 CUP	21.20
000448	ACS Macaroni & Cheese with ham	1 cup	24.74
000445	ACS MANDARIN ORANGES 9-12	1 cup	35.20
000244	ACS MANDARIN ORANGES K-8	1/2 CUP	17.60
000361	ACS Margarine PC	1 each	0.00
000477	ACS Marshmallow mateys	1 bowl/pack	24.00
000390	ACS Mayo - pc	1 packet	2.00
000412	ACS Meatball Sub	1 sub	53.81
000410	ACS Meatballs - Homemade	1 meatball	2.86
000238	ACS MILK 1%	CRTN	13.00
000387	ACS MILK CHOC Skim	CRTN	20.00
000237	ACS MILK skim	CRTN	13.00
000018	ACS MILK STRAW SKIM	CRTN	19.00
000465	ACS Mini Pancakes - strawberry	1 pack	40.00
000446	ACS MIXED FRUIT- 9-12	1 cup	36.49
000013	ACS MIXED FRUIT- K-8	1/2 CUP	18.24
000176	ACS mixed vegetables, canned	1/2 cup	11.15
000392	ACS Muffin	1 muffin	45.00
000329	ACS Mustard-individual pack	1 pack	1.00
000111	ACS ORANGE 9-12 wedges	1 cup	31.45
000382	ACS ORANGE K-8 wedges	1/2 CUP	15.72
000072	ACS PB&J SANDWICH	SERVINGS	40.04

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No.	Description	Portion Size	Carbohydrates (Grams)
000482	ACS Peach cups -usda 9-12	2 each	38.00
000481	ACS Peach cups -usda K-8	1 each	19.00
000381	ACS PEACHES DICED 9-12	1 cup	30.65
000017	ACS PEACHES DICED-K-8	1/2 CUP	15.33
000204	ACS PEACHES, sliced-commodity	1/2 CUP	18.26
000306	ACS Peanut Butter Delights	1 cookie	33.35
000375	ACS PEARS-diced, comm. 9-12	1 cup	50.89
000024	ACS PEARS-diced, commodity-K-8	1/2 CUP	25.45
000109	ACS PEAS-frozen	1/2 CUP	13.58
000192	ACS Pepperoni Pizza Slice	1 slice	37.37
000338	ACS Pepperoni Pizza Slice-AHS	1 slice	33.00
000006	ACS PINEAPPLE	1/2 CUP	15.60
000396	ACS PINEAPPLE-AHS	1 cup	31.20
000021	ACS PINTO BEANS	1/2 CUP	35.08
000146	ACS Pizza Sticks	2 sticks	34.17
000235	ACS Popcorn Chicken	10 pieces	14.04
000501	ACS Popcorn Chicken - Fried	10 pieces	14.01
000391	ACS Poptart- Brown Sugar	50 gram	74.00
000462	ACS Poptart- Strawberry	1 each	75.00
000019	ACS PORK CHOP	EACH	15.15
000089	ACS PORK CHOP SANDWICH	EACH	39.15
000207	ACS Pot. rounds-baked-usda-rev	8 pieces	19.97
000275	ACS Potato Round-comm.(fried)	8 pieces	16.97
000067	ACS PRETZELS	PKG	22.00
000201	ACS Procedure for canned fruit	1/2 cup	0.00
000241	ACS Procedure for field trip	1 bagged lunch	*N/A*
000212	ACS Procedure for juice pc's	4 oz.	0.00
000240	ACS Procedure packaged foods	1 each	0.00
000213	ACS Procedure: bread products	1 serving	0.00
000330	ACS Rainbow Salad-diced ham	1 Salad	17.95
000363	ACS Ranch FF Gallon	2 TB	9.07
000365	ACS Ranch FF PC	1 packet	4.00
000463	ACS Roll- WG	1 roll	15.00
000340	ACS Salisbury Steak-Homemade	3.8 oz.	9.54
000475	ACS Sausage Biscuit-prepared	1 each	25.04
000218	ACS Sausage Patty	1 patty	0.50
000002	ACS Sausage Pizza	each	35.00
000242	ACS Scrambled Eggs-usda	1 large egg	0.52
000400	ACS SPAGHETTI- WG	1 CUP	18.42
000376	ACS Spiced Apples 9-12 usda	1 cup	36.25
000208	ACS Spiced Apples-K-8- usda	1/2 cup	18.13
000155	ACS Spicy Chicken Filet Sandwi	1 sandwich	42.90
000163	ACS Steamed Cabbage	1/2 cup	3.74
000485	ACS Strawberry cups -usda 9-12	1 each	44.00
000483	ACS Strawberry cups -usda K-8	1 each	22.00
000186	ACS Sun Chips	1 pack	18.80
000269	ACS Sunbutter Sandwich - usda	SERVINGS	16.24
000102	ACS SWEET POTATO FLUFF -usda	1/2 cup	38.49
000414	ACS Syrup	2 T.	26.14
000314	ACS TACO-ground beef K-8	1 EACH	16.30
000455	ACS TACO-ground beef, 9-12	1 EACH	32.59
000116	ACS TANGERINE	1 EACH	11.74
000316	ACS Toast	1 slice	10.00
000301	ACS Toasted Cheese	1 sandwich	22.00
000351	ACS Toasted Ham & Cheese	1 each	23.24
000476	ACS Toasty O's	1 bowl	22.72
000441	ACS Tortilla Chip - packaged	1 pack	19.00
000442	ACS Tortilla Chips-full sv.	13 chips	20.00
000408	ACS Tropical Fruit 9-12	1 cup	42.70
000407	ACS Tropical Fruit-K-8	1/2 CUP	23.72
000389	ACS Turkey Gravy-revised	2 ounce	1.52
000380	ACS Turkey slice - Purchased	3 ounce slice	1.33
000401	ACS Turkey slice - USDA	2 ounce	0.00

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000499	ACS Veg beef soup USDA crumble	SERVINGS	12.26
000450	ACS VEG BEEF SOUP-USDA ground	SERVINGS	9.42
000366	ACS Veggie Dippers #1- 1 cup	1 cup	16.66
000372	ACS Veggie Dippers #1- 3/4 cup	3/4 cup	14.95
000406	ACS Veggie Dippers #2- 1 cup	1 cup	20.53
000403	ACS Veggie Dippers #2- 3/4 cup	3/4 cup	17.66
000405	ACS Veggie Dippers #3- 1 cup	1 cup	13.43
000404	ACS Veggie Dippers #3- 3/4 cup	3/4 cup	12.08

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Please be aware that the carbohydrate counts provided for ACS School Nutrition offered foods are subject to variability based on a variety of factors. Of note, ACS School Nutrition uses "from scratch" cooking techniques in many menu items. Since machines are not preparing the food items, more variability is introduced via preparer technique (for example, the amount of breading on food items can differ slightly). Variability may impact nutritionals approximately 10 - 20 percent. Medically sensitive populations may be especially susceptible to this variability. The School Nutrition Department can provide additional clarifying information upon request.

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