

# Anne Arundel County Public Schools

No.	Description	Portion Size	Carbohydrates (Grams)
<b>AACPS</b>			
000989	AA APPLES, SLICED, IW	1/2 CUP	7.00
000472	AA APPLESAUCE CUP, CINNAMON IW	EACH	14.00
000290	AA APPLESAUCE CUP, IW	EACH	14.00
000471	AA APPLESAUCE CUP, PEACH IW	EACH	14.00
000473	AA APPLESAUCE CUP, STRBRYIW	EACH	14.00
000649	AA BANANAS, BAKED	1/2 CUP	47.56
000918	AA BAR, UBR CINNAMON	EACH	44.00
000920	AA BAR, UBR OATMEAL CHOC CHIP	EACH	44.00
000412	AA BENEFIT BAR, APPLE CINNAMON	EACH	48.00
000824	AA BENEFIT BAR, BANANA CHOC.	EACH	48.00
000866	AA BENEFIT BAR, FRENCH TOAST	EACH	47.00
000821	AA BENEFIT BAR, OAT CHOC CHIP	EACH	47.00
000259	AA BITES, BLUEBERRY LEMON	EACH	21.00
000570	AA BREAD, BANANA	EACH	45.18
000817	AA BREAD, BLUEBERRY	EACH	45.00
000566	AA BREAD, PUMPKIN	EACH	44.00
000553	AA BROCCOLI FLORETS IW	1/2 CUP	4.00
000631	AA BROCCOLI, FROZEN USDA	1/2 CUP	5.00
000648	AA CARROTS, IW	1/2 CUP	6.93
000659	AA CAULIFLOWER, IW	1/2 CUP	3.00
000658	AA CELERY, STICKS IW	1/2 CUP	3.80
000594	AA CEREAL, BLUBERRY CHEX 2 GR	EACH	46.00
000592	AA CEREAL, CINNAMON CHEX 2 GR	EACH	46.00
000620	AA CEREAL, GRANOLA CRUNCHY	EACH	47.00
000561	AA CEREAL, HONEY CHEERIOS 2 GR	EACH	44.00
000624	AA CHEESE & YOG COM BREAD REFG	SERVING	86.33
000625	AA CHEESE & YOG COM BREAD THLD	SERVING	86.33
000479	AA CHEESE & YOG COM GRAN REFRG	SERVING	88.67
000663	AA CHEESE & YOG COM GRAN THOLD	SERVING	88.67
000633	AA CHEESE STICK, MOZZ TIME HLD	EACH	0.00
000632	AA CHEESE STICK, MOZZARELLA	EACH	0.00
000343	AA CHICK QUESADILLA IN WARMER	EACH	32.00
000379	AA CHICK QUESADILLA TIME HOLD	EACH	32.00
000644	AA CHIX DRUMSTK, RICE & MUFFIN	SERVING	63.15
000609	AA CHIX TENDER GF, CINN WAFFLE	EACH	51.00
000610	AA CHIX TENDER GF, MAPL WAFFLE	EACH	51.00
000564	AA CHIX TENDER WAFFLE CINNAMON	EACH	49.00
000563	AA CHIX TENDER WAFFLE, MAPLE	EACH	49.00
000642	AA CORN, FROZEN USDA	1/2 CUP	16.00
000984	AA CRAISINS, BLUEBERRY	EACH	28.00
000033	AA CRAISINS, CHERRY	EACH	27.00
000464	AA CRAISINS, RASP LEMONADE	EACH	27.00
000988	AA CRAISINS, STRAWBERRY	EACH	27.00
000465	AA CRAISINS, WATERMELON	EACH	27.00
000521	AA DRESSING, RANCH PC	EACH	4.00
000413	AA FRUIT CUP, MIXED HARVEST IW	EACH	19.00
000414	AA FRUIT CUP, PEACH IW	EACH	18.00
000415	AA FRUIT CUP, PEAR IW	EACH	19.00
000616	AA GRAHAM, BUG BITES	EACH	21.00
000621	AA GRAHAM, SCOOBY	EACH	21.00
000836	AA GRAHAMS, BEAR CHOCOLATE	EACH	20.00
000635	AA GRAHAMS, BEAR VANILLA	EACH	20.00
000544	AA GRAHAMS, TIGER BITES CHOCOL	EACH	20.00
000545	AA GRAHAMS, TIGER BITES CINNAM	EACH	21.00
000546	AA GRAHAMS, TIGER BITES ORIG	EACH	21.00
000641	AA GREEN BEANS, FROZEN USDA	1/2 CUP	4.00
000403	AA HUMM&SEEDS COMBO TIME HOLD	SERVING	71.67
000016	AA HUMMUS & SEEDS COMBO REFRG	SERVING	71.67
000127	AA JUICE, APPLE 4 OZ	EACH	14.00
000639	AA JUICE, APPLE 4.23	EACH	14.00

\*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.

# Anne Arundel County Public Schools

No.	Description	Portion Size	Carbohydrates (Grams)
000651	AA JUICE, APPLE 4.23 JJ	EACH	15.00
000656	AA JUICE, FRUIT PUNCH 4.23	EACH	15.00
000927	AA JUICE, ORANGE 4 OZ	EACH	8.00
000489	AA JUICE, ORANGE TANG 4.23	EACH	15.00
000647	AA JUICE, ORANGE TANG 4.23 JJ	EACH	17.00
000655	AA JUICE, VERY BERRY 4.23 JJ	EACH	17.00
000615	AA KETCHUP, DIPPING CUP	EACH	6.00
000286	AA KOREAN MEATBALL W/ FRITOS	SERVING	59.46
000542	AA LOAF, BLUEBERRY CRUMB	EACH	40.00
000540	AA LOAF, CHOCOLATE CHIP CRUMB	EACH	43.00
000541	AA LOAF, CINNAMON CRUMB	EACH	43.00
000612	AA MAC & CHEESE W/ BREADSTICK	SERVING	46.46
000357	AA MILK, 1% MMFA TIME HOLD	EACH	13.00
000926	AA MILK, 1% REDUCED FAT	EACH	13.00
000475	AA MILK, 1% SHELF STABLE	EACH	13.00
000356	AA MILK, CHOC MMFA TIME HOLD	EACH	23.00
000476	AA MILK, CHOC SHELF STABLE	EACH	24.00
000880	AA MILK, CHOCOLATE FAT FREE	EACH	23.00
000443	AA MILK, FAT FR MMFA TIME HOLD	EACH	13.00
000360	AA MILK, STRAW MMFA TIME HOLD	EACH	23.00
000611	AA MILK, STRAWBERRY FAT FREE	EACH	23.00
000034	AA MILK, WHITE FAT FREE	EACH	13.00
000456	AA MINI LOAF, APPLE CINNAMON	EACH	27.00
000457	AA MINI LOAF, BANANA	EACH	27.00
000459	AA MINI LOAF, BLUEBERRY	EACH	28.00
000630	AA MOZZ CHEESE STICKS TIMEHOLD	SERVING	32.00
000661	AA MOZZARELLA CHEESE STICKS	SERVING	32.00
000645	AA MUFFIN, CORN	EACH	31.00
000037	AA MUFFIN, MINI BANANA	EACH	30.00
000030	AA MUFFIN, MINI BLUEBERRY	EACH	30.00
000446	AA MUFFIN, MINI CHOC CHOC CHIP	EACH	33.00
000318	AA PEACH CUP, FROZEN	EACH	21.00
000186	AA PEACHES, BAKED	1/2 CUP	20.59
000619	AA PEACHES, CANNED	1/2 CUP	14.00
000585	AA PENNE ALFREDO W/ BREADSTICK	SERVING	50.43
000601	AA PIZZA STICKS IN WARMER	EACH	34.00
000629	AA PIZZA STICKS TIME HOLD	EACH	34.00
000345	AA PIZZA, 4 X 6 IN WARMER	EACH	32.00
000035	AA PIZZA, 4 X 6 TIME HOLD	EACH	32.00
000272	AA PIZZA, FRENCH BRD TIMEHOLD	EACH	28.00
000347	AA PIZZA, FRENCH BRD WARMER	EACH	28.00
000348	AA PIZZA, RANCHERO IN WARMER	EACH	32.00
000036	AA PIZZA, RANCHERO TIME HOLD	EACH	32.00
000346	AA PIZZA, ROUND IN WARMER	EACH	30.00
000730	AA PIZZA, ROUND TIMEHOLD	EACH	30.00
000351	AA PIZZA, STUFF CRUST WARMER	EACH	30.00
000271	AA PIZZA, STUFF CRUST TIMEHOLD	EACH	30.00
000556	AA POTATOES ROASTED IN WARMER	1/2 CUP	21.00
000654	AA POTATOES ROASTED TIME HOLD	1/2 CUP	21.00
000555	AA RICE, HERB BLEND IN OVEN	1/2 CUP	30.34
000557	AA RICE, HERB BLEND IN STEAMER	1/2 CUP	30.34
000590	AA RICE, VEGETABLE FRIED	1/2 CUP	26.15
000467	AA ROTINI W/ BREADSTICK	SERVING	39.19
000087	AA SALSA DIPPING CUP	EACH	3.00
000430	AA SANDWICH, TRKY HAM&CH ROLL	EACH	30.00
000336	AA SANDWICH, TUR, HM&CHZ WDG IW	EACH	28.00
000088	AA SAUCE, MARINARA DIPPING CUP	EACH	7.00
000583	AA SLUSH, BLUE RASPBERRY	EACH	15.00
000582	AA SLUSH, KIWI STRAWBERRY	EACH	15.00
000579	AA SLUSH, PARADISE PUNCH	EACH	16.00
000581	AA SLUSH, RASPBERRY PASSION	EACH	15.00
000576	AA SLUSHIE, MIXED BERRY	EACH	19.00
000574	AA SLUSHIE, WATERMELON	EACH	25.00

\*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.

# Anne Arundel County Public Schools

No.	Description	Portion Size	Carbohydrates (Grams)
000575	AA SLUSHIE, WILD CHERRY	EACH	19.00
000636	AA STRAWBERRY CUP, FROZEN	EACH	21.00
000531	AA SUNBUT & SEEDS W/ CORN CHIP	SERVING	69.67
000559	AA SWEET & SOUR MEATBALLS	SERVING	61.96
000828	AA SWEET POTATO ROLL	EACH	33.00
000606	AA SWEET SOUR CHIX W/ FR RICE	SERVING	59.56
000529	AA TACO W/ TORTILLA & SCOOPS	SERVING	38.79
000985	AA TANGERINE, FRESH	EACH	11.21
000470	AA TERIYAKI CHICKEN W/ RICE	SERVING	48.34
000608	AA TERIYAKI POTSTICKERS	6 EACH	51.41
000657	AA TOMATOES, GRAPE IW	1/2 CUP	6.30
000468	AA VEG NUGGET W/ CORN CHIPS	SERVING	52.75
000932	AA VEGETABLE, CALIFORNIA BLEND	1/2 CUP	3.93
000402	AA VEGETABLE, CARROTS SUNSHINE	1/2 CUP	8.54
000358	AA VEGETARIAN BEANS	1/2 CUP	30.00
000549	AA YOGURT SMOOTHIE MANGO PINE	EACH	36.00
000548	AA YOGURT SMOOTHIE PEACH	EACH	35.00
000551	AA YOGURT SMOOTHIE STRAW BANA	EACH	36.00
000424	AA YOGURT SMOOTHIE, TIME HLD	EACH	35.67
000602	AA YOGURT, CHERRY VAN UPSTATE	EACH	19.00
000598	AA YOGURT, PEACH UPSTATE	EACH	19.00
000605	AA YOGURT, RASPBERRY UPSTATE	EACH	19.00
000599	AA YOGURT, STRAW BANAN UPSTATE	EACH	19.00
000627	AA YOGURT, TIME HOLD	EACH	19.00

*\*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.