

Recipe List Report

Organization: Pickens School District

Included Recipes: All Recipes

Include Ingredients: No

Category: Grains

Status: Active, Inactive

Name	Number	Category	Serving Size	Cal. (kcal)	Sat. Fat (gm)	Sod. (mg)	Added Sugars (gm)	Cholesterol (mg)	Potassium	Dietary Fiber (gm)	Total Sugars (gm)	Iron	Calcium	Vitamin A (mcg RAE)	Vitamin C	Vitamin D	Protein (gm)	Total Carbohydrate (gm)	Total Fat (gm)	Trans Fat (gm)	Cost	HACCP Process
Biscuit	2056185	Grains	1 Biscuit	190.000	6.000	310.000	2.000	0.000	220.000	2.000	2.000	1.000	160.000	N/A*	N/A*	0.000	4.000	24.000	9.000	0.000		#2 - Same D Service
Breadsticks (Bake Crafters) B-6 SDPC	2087763	Grains	1 Breadstick	100.000	0.500	95.000	0.500	0.000	130.000	1.000	0.500	0.800	0.000	N/A*	N/A*	0.000	3.000	15.000	3.500	0.000		#2 - Same D Service
Breadsticks, Cheese Stuffed, 100/4.2oz, 26.25#, 2M, 2WG, Beacon Street Cafe, 73338	2135021	Grains	1 serving	145.000	3.000	205.000	0.500	15.000	155.000	1.000	2.000	0.900	180.000	N/A*	0.000	0.000	9.500	14.000	5.500	0.000		
Brownie B-20 SDPC	2092168	Grains	1 3"X2"	476.072	10.804	126.316	38.400*	138.425	199.143*	3.876	38.520*	2.083*	28.035*	0.000*	0.000*	0.740*	7.826	54.094	27.030	0.000*		#2 - Same D Service
Cheese Grits (Braising Pan) B-8 SDPC	2091972	Grains	4 oz	135.088	2.687	362.134	0.000	5.000	35.318	1.277	0.319	1.088	36.605	0.000*	0.000*	0.000	2.916	18.683	5.532	0.000		#3 - Complex I Preparation
Cheese Grits (Combi/Steamer) B-8 SDPC	2093448	Grains	4 oz	137.440	2.719	366.032	0.000*	5.208	43.470	1.283	0.569	1.090	42.809	0.006*	0.000*	0.042	3.085	18.969	5.585	0.000		#3 - Complex I Preparation
Cinnamon Rolls (Homemade) B-12 SDPC	2092408	Grains	1 Each	182.705	1.773	218.827	5.715*	2.764	75.519*	1.514	6.838*	0.076*	33.300*	15.075*	0.145*	0.234*	4.035	29.449	5.106	0.000*		#2 - Same D Service
 Yeast Rolls B-4 SDPC	2087073	Grains	1 Each	167.964	1.731	218.765	2.835*	2.764	72.830	1.183	3.945*	0.024*	27.047*	15.075*	0.121*	0.234*	4.010	26.066	4.818	0.000*		#3 - Complex I Preparation
Cinnamon Rolls (Pillsbury) B-12 SDPC	2093273	Grains	1 Each	270.000	5.000	360.000	10.000	0.000	90.500	3.000	11.000	1.700	19.700	N/A*	N/A*	0.000	6.000	36.000	12.000	0.000		#2 - Same D Service
Cornbread Dressing B-16 SDPC	2019474	Grains	1 each	122.914	1.719	203.996	2.245*	0.000	48.542*	1.531	3.501	0.931*	34.961*	1.652*	0.185*	0.000*	2.820	18.475	4.425	0.000*		#2 - Same D Service
Cornbread using (Continental Mills Mix) B-3 SDPC	2087051	Grains	1 Each	46.831	0.502	101.300	2.342	0.000	10.035	0.335	2.342	0.335	10.746	0.000*	0.000*	0.000	0.669	9.032	1.004	0.000*		#3 - Complex I Preparation
Crackers, Graham, Honey, 150/3ct, 7.31#, 1WG, Kellogg's, 3010091822	2136181	Grains	1 serving	90.000	0.000	90.000	5.000	0.000	40.000	1.000	5.000	0.700	10.000	N/A*	N/A*	0.000	1.000	17.000	2.500	0.000		
Dirty Rice B-19 SDPC	2101649	Grains	1/2 Cup	257.807	0.972	471.948	0.000*	27.963	528.792*	6.329	1.983	3.590*	59.152*	0.000*	1.652*	0.000*	14.799	39.532	4.050	0.000		#3 - Complex I Preparation
Dirty Rice M99A for Secondary NEEDS	1418866	Grains	1/2 cup	104.043	0.168	96.427	0.000	0.000	71.557	1.021	0.187	0.367	4.600	0.000	0.000	0.000	2.138	21.617	0.907	0.000		#2 - Same D Service
Dirty Rice M99B for Elementary NEEDS	1418867	Grains	1/2 cup	104.043	0.168	96.427	0.000	0.000	71.557	1.021	0.187	0.367	4.600	0.000	0.000	0.000	2.138	21.617	0.907	0.000		#2 - Same D Service
Educational Snacks, Food & Nutrition, IW, 120/1oz, 7.5#, 1WG, Dick & Jane, ES1001	2137628	Grains	1 serving	130.000	1.000	115.000	8.000	0.000	50.000	1.000	8.000	0.700	0.000	N/A*	N/A*	0.000	2.000	22.000	3.500	0.000		
Fiesta Rice (Homemade) V-63 SDPC	2074752	Grains	6 Oz.	224.284	1.016	560.971	0.000*	0.000	499.074	4.441*	4.677*	1.456*	38.258*	25.847*	6.376*	0.000*	7.288	41.646	3.572	0.000		#3 - Complex I Preparation
Granola B-7 SDPC	2088259	Grains	1 oz	67.027	0.119	1.009	8.559*	0.000	45.074*	0.997	9.812	0.330*	8.527*	0.000*	0.033*	0.000*	0.923	15.049	0.742	0.000*		#2 - Same D Service
Grits B-8 SDPC	2088266	Grains	4 oz	116.755	1.687	330.467	0.000	0.000	31.985	1.277	0.319	1.088	3.439	0.000*	0.000*	0.000	1.916	18.517	4.032	0.000		#3 - Complex I Preparation
Macaroni and Cheese M-138 SDPC	2135244	Grains	4 oz	198.742	4.487	379.092	0.000	23.808	345.683	2.025	1.928	0.962	191.862	N/A*	N/A*	0.000*	9.038	22.587	8.747	0.000		#2 - Same D Service
Oatmeal B-9 SDPC	2092134	Grains	1 Cup	196.501	0.178	17.867	7.800*	0.000*	265.837*	3.978	27.444*	1.082*	26.835*	0.000*	1.692*	0.000*	2.518	46.218	1.065	0.000		#3 - Complex I Preparation
Oatmeal Granola Topping B-17 SDPC	2097205	Grains	1 oz	62.817	0.906	17.718	2.362*	0.000	21.250	0.667	2.487*	0.180*	0.000*	N/A*	N/A*	0.000*	1.125	9.404	2.315	0.000		#2 - Same D Service

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Oatmeal Muffins B-11 SDPC	2102477	Grains	1 Each	167.419	1.874	132.877	17.941*	34.673	32.017*	0.975	18.240*	0.222*	2.636*	1.023*	0.013*	0.000*	2.801	29.384	4.804	0.001*		#3 - Complex I Preparation
 Oatmeal Granola Topping B-17 SDPC	2097205	Grains	1/3 oz.	17.589	0.254	4.961	0.661*	0.000	5.950	0.187	0.696*	0.050*	0.000*	N/A*	N/A*	0.000*	0.315	2.633	0.648	0.000		#2 - Same D Service
Oatmeal Muffin Squares- B-10 SDPC	2093424	Grains	1 Square	166.121	1.947	136.088	18.240*	27.274	40.431*	0.876	18.569*	0.356*	7.688*	0.174*	0.014*	0.160*	2.580	28.636	4.853	0.000*		#2 - Same D Service
Pancakes, Whole Wheat, 144/1.2oz, 10.8#, Hilltop Hearth, 9681410	2135960	Grains	1 serving	133.333	0.333	246.667	5.333	3.333	111.333	2.667	6.000	1.333	63.333	N/A*	N/A*	N/A*	4.000	25.333	2.000	0.000		
Parmesan Noodles B-14 SDPC	2097071	Grains	1/2 Cup	165.117	2.100	74.320	0.000	2.400	116.638	2.592	1.296	6.480	29.866*	0.000*	0.000*	0.000*	5.496	26.568	4.932	0.000		#3 - Complex I Preparation
Pasta Salad B-23 SDPC	2040611	Grains	0.5 cup	110.323*	0.004*	197.552*	0.000*	0.000*	130.725*	2.504*	1.343*	0.666*	11.198*	4.433*	5.216*	0.000*	4.043*	23.088*	0.812*	0.000*		#1 - No Cook
Rice Pilaf B-13 SDPC	2097067	Grains	1/2 Cup	67.729	0.813	62.054	0.000	0.000	45.562	0.427	0.288*	0.170	2.733	0.000*	0.505*	0.000	1.083	10.856	2.098	0.000		#3 - Complex I Preparation
Rice with Eggs-(Not fried) B-18 SDPC	2097208	Grains	1/2 Cup	157.479	0.403	240.715	0.000*	24.000	139.096*	1.543	1.110	0.667*	35.832*	0.998*	0.341*	0.200*	4.110	29.664	2.254	0.000		#3 - Complex I Preparation
Rice with Peas and Diced Carrots B-21 SDPC	2101460	Grains	1/2 Cup	113.060	0.107	55.411	0.000*	0.000	116.410*	1.300	0.745	0.458*	9.187	38.873*	0.445*	0.000*	2.493	23.263	0.904	0.000		#3 - Complex I Preparation
Roll, Dinner, Wheat, 2WG, 12/12/2oz, 16#, Southern Baking, 1111027	2135059	Grains	1 serving	160.000	0.000	250.000	N/A*	0.000	N/A*	3.000	4.000	1.440	60.000	N/A*	0.000	N/A*	4.000	31.000	2.500	0.000		
Steamed Brown Rice B-1 SDPC	1965905	Grains	4 oz	132.319	0.810	111.254	0.000	0.000	65.745	0.726	0.726	0.219	1.282	0.000*	0.000*	0.000	2.903	24.675	2.871	0.000		#2 - Same D Service
Texas Toast B-6 SDPC	2087770	Grains	1 Each	120.000	1.000	115.000	0.000	0.000	130.000	2.000	0.500	1.000	10.000	N/A*	N/A*	0.000	3.000	16.000	4.500	0.000		#2 - Same D Service
Tortilla Chips, Round, White Corn, 8/32oz, 16#, Azteca, 20084	2137545	Grains	1 serving	131.623	0.506	121.498	0.000	0.000	74.924	2.025	0.000	1.012	30.374	N/A*	N/A*	0.000	2.025	19.237	4.556	0.000		
Waffles, Round, 144/1.3oz, 11.7#, 1G, Bake Crafters, 1430	2138261	Grains	1 serving	180.000	1.000	220.000	2.000	9.000	100.000	0.000	4.000	1.400	60.000	N/A*	N/A*	0.000	4.000	24.000	6.000	0.000		
Yeast Rolls B-4 SDPC	2087073	Grains	1 Each	167.964	1.731	218.765	2.835*	2.764	72.830	1.183	3.945*	0.024*	27.047*	15.075*	0.121*	0.234*	4.010	26.066	4.818	0.000*		#3 - Complex I Preparation
Yeast Rolls Using Half Whole Wheat B-5 SDPC	2087649	Grains	1 Roll	128.159	1.576	201.601	0.549*	2.224	27.864*	1.480	0.684*	0.020*	3.881*	1.835*	0.017*	0.028*	2.719	18.599	4.335	0.000*		#3 - Complex I Preparation
Yellow Rice B-15 SDPC	2097120	Grains	1/2 Cup	107.537	0.015	9.071	0.000*	0.000	94.335	0.923	0.041	0.669*	6.093*	0.000*	0.003*	0.000*	2.206	22.882	0.748	0.000		#3 - Complex I Preparation

* Indicates missing Nutrient Information.