

Carbohydrate Report

District: Manor ISD

School: Manor High School

Menu: High School Carbohydrates for Side Items



Mon - 08/12/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
High School Carbohydrates for Side Items			
Recipe	Total		
Vegetable Egg Roll	1.00 egg roll	139.815	21.971
Breadsticks, Whole Grain, Rich's, 2 each	2.00 each	160.000	29.000
Roll, White Wheat	1.00 roll	150.000	30.000
Spanish Rice, 1/2 cup	1/2 cup	150.500	23.847
Cilantro Lime Rice	1/2 cup	163.457	24.425
Garlic Toast, Whole Grain, Bake Crafters, 1.31 oz	1.00 slice	90.000	15.000
Chips, Tostitos, Round, 1.45 oz Single Serve Bag	1.00 bag	200.000	29.000
Flatbread	1.00 flatbread	170.000	26.000
Chicken Noodle Soup	1.00 cup	115.763	13.409
Weighted Daily Average		133.954	21.265
% of Calories			63.50%

* = Indicates missing Nutrient Information.

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