

SANDWICHES

Watervliet City School District

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Recipe Carbohydrates List

Nov 30, 2016

No.	Description	Portion Size	Carbohydrates (Grams)
000312	Sand Mixed Cheese club wrap	wrap	33.34
000301	Sand, Veggie Burger	sandwich	37.00
000311	Sand. Nathan's Hot Dog	Hot Dog	24.00
000004	Sandwich, Bologna	sandwich	45.00
000128	Sandwich, Buffalo Chic Wrap	wrap	28.95*
000011	Sandwich, Cheese	Sandwich	43.36
000269	Sandwich, Cheese Croissant	Sandwich	25.00
000014	Sandwich, Egg Salad	sandwich	29.74
000316	Sandwich, Falafel Sub w/ Sauce	Sandwich	48.26
000002	Sandwich, Ham	sandwich	30.35
000266	Sandwich, Ham & Cheese Croissant	Sandwich	25.21
000338	Sandwich, Meatball Sub	Sandwich	36.37
000006	Sandwich, PB&J	sandwich	51.98
000249	Sandwich, Peanut Butter	sandwich	32.63
000306	Sandwich, Roasted,Veg.,Sub	sandwich	35.91
000005	Sandwich, Salami	sandwich	28.35
000147	Sandwich, Sloppy Joe	Sandwich	43.15
000010	Sandwich, Tuna Salad	sandwich	30.24
000001	Sandwich, Turkey	sandwich	30.35
000071	Sandwich, Turkey Club Wrap	wrap	32.05

**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.