

Food Group	Menu item	Serving size	Carbs
B'fast Entrée	Breakfast Bun	1 each	48 g
B'fast Entrée	Cinnamon Rolls - Elem.	1 each	19 g
B'fast Entrée	Cinnamon Rolls - M & H	2 each	38 g
B'fast Entrée	Donut w/Chocolate Icing	1 each	39 g
B'fast Entrée	French Toast, Choc. Chip	1 pk.	35 g
B'fast Entrée	French Toast, Original	1 pk.	37 g
B'fast Entrée	Pancakes, Maple	1 each	41 g
B'fast Entrée	Pancakes, Strawberry	1 each	42 g
B'fast Entrée	Pizza, Breakfast	1 slice	23 g
B'fast Entrée	Pop Tart, Cinnamon	1 pk.	75 g
B'fast Entrée	Pop Tart, Fudge	1 pk.	76 g
B'fast Entrée	Pop Tart, Strawberry	1 pk.	76 g
B'fast Entrée	Sausage B'fast Sandwich	1 each	29 g
B'fast Entrée	Yogurt Parfait	4 oz.	44 g
B'fast Entrée	Yogurt Cup	1 each	16 g
B'fast Grain	Cereal, Cinnamon Toast Crunch	1 bowl	22 g
B'fast Grain	Cereal, Cocoa Puffs	1 bowl	25 g
B'fast Grain	Cereal, Froot Loops	1 bowl	24 g
B'fast Grain	Cereal, Lucky Charms	1 bowl	23 g
B'fast Grain	Cereal, Trix	1 bowl	24 g
B'fast grain	Muffin, Blueberry	1 each	21 g
B'fast Grain	Toast	1 slice	20 g
B'fastGrain	Muffin, Chocolate	1 each	23 g
Chip	Cheeto Puffs	1 each	13 g
Chip	Doritos, Cool Ranch	1 each	19 g
Chip	Doritos, Nacho Cheese	1 each	20 g
Chip	Snack Mix	1 each	18 g
Condiment	Alfredo Sauce	2 oz.	8 g
Condiment	BBQ, cup	1 each	16 g
Condiment	Dressing, FF French Packet	1 each	12 g
Condiment	Dressing, Golden Italian Packet	1 each	4 g
Condiment	Dressing, Honey Mustard, packet	1 each	13 g
Condiment	Dressing, Lite Ranch Packet	1 each	6 g
Condiment	Dressing, Southwest Ranch	1 pk.	5 g
Condiment	Gravy, Brown	2 oz.	10 g
Condiment	Gravy, White	2 oz.	12 g
Condiment	Green Leaf Lettuce	1/8 cup	0 g
Condiment	Honey Mustard, cup	1 each	7 g
Condiment	Jalapenos	3 slices	1 g
Condiment	Jelly	1 each	6 g
Condiment	Ketchup, Dip & Squeeze	1 each	8 g
Condiment	Marinara Dip Cup	1 each	4 g
Condiment	Mayo, ind	1 each	1 g
Condiment	Mustard, ind.	2 each	0 g
Condiment	Parmesan Cheese packet	1 each	0 g
Condiment	Pickle	3 slices	0 g

Condiment	Queso (Elem)	2 oz.	5 g
Condiment	Ranch Cup	1 each	5 g
Condiment	Salsa	2 oz.	4 g
Condiment	Sauce, Hot Dog Chili	2 oz.	8 g
Condiment	Sour Cream	1 pk.	4 g
Condiment	Sweet & Sour Dip Cup	1 each	11 g
Condiment	Syrup Cup	1 each	31 g
Condiment	Tomato Slice	1/8 cup	1 g
Dessert	Cookie, Carnival	1 each	26 g
Dessert	Cookie, Chocolate Chip	1 each	26 g
Dessert	Cookie, Fortune	1 each	24 g
Fruit	Apple	1 each	20 g
Fruit	Applesauce	1/2 cup	14 g
Fruit	Banana	1 each	23 g
Fruit	Fruit Cup, Frozen P-apple/Cherry	1 each	19 g
Fruit	Juice, Apple	4 oz.	14 g
Fruit	Juice, Apple - M&H	6 oz.	21 g
Fruit	Juice, Grape	4 oz.	19 g
Fruit	Juice, Grape - M&H	6 oz.	28 g
Fruit	Juice, Orange	4 oz.	13 g
Fruit	Juice, Orange - M&H	6 oz.	20 g
Fruit	Mandarin Oranges	1/2 cup	22 g
Fruit	Orange	1 each	20 g
Fruit	Pineapple	1/2 cup	14 g
Fruit	Strawberry Cup	1 each	22 g
Grain	Biscuit, B'fast (large)	1 each	27 g
Grain	Biscuit, Lunch (small)	1 each	14 g
Grain	Chips, Tortilla	1 pk.	29 g
Grain	Garlic Toast	1 slice	11 g
Grain	Hamburger Bun	1 each	25 g
Grain	Hot Dog Bun - Elem & Middle	1 each	19 g
Grain	Hot Dog Bun - High School	1 each	27 g
Grain	Macaroni & Cheese	1/2 cup	20 g
Grain	Pasta, Rotini	2 oz. dry	20 g
Grain	Roll, Yeast	1 each	22 g
Grain	Taco Shell, Crispy	2 each	14 g
Grain	Taco Shell, Soft	2 each	30 g
Lunch Entrée	Chicken B'fast Patty	1 each	6 g
Lunch Entrée	Chicken Breast	2 oz.	0 g
Lunch Entrée	Chicken Nugget - Elem	4 each	13 g
Lunch Entrée	Chicken Nugget - M&H	5 each	16 g
Lunch Entrée	Chicken Patty	1 each	15 g
Lunch Entrée	Chicken Patty, Grilled	1 each	1 g
Lunch Entrée	Chicken Patty, Hot & Spicy (M&H)	1 each	17 g
Lunch Entrée	Chicken Tenders	3 each	16 g
Lunch Entrée	Chicken, Gen. Tso's	4 oz.	13 g
Lunch Entrée	Chicken, Popcorn (Elem)	5 each	15 g

Lunch Entrée	Corn Dog, Mini - Elem	4 each	20 g
Lunch Entrée	Corn Dog, Mini, M&H	6 each	30 g
Lunch Entrée	Ham & Cheese on Pretzel Bun	1 each	34 g
Lunch Entrée	Ham/Cheese on Mini Sub Bun	2.44 oz.	33 g
Lunch Entrée	Hamburger/Cheese	1 each	0 g/ 2 g
Lunch Entrée	Hot Dog (Turkey/Beef)	1 each	6 g
Lunch Entrée	Hot Dog (Turkey/Beef)	1 each	6 g
Lunch Entrée	Mozzarella Sticks	4 each	21 g
Lunch Entrée	Pizza, Fr. Bread Cheese	1 slice	30 g
Lunch Entrée	Pizza, Fr. Bread Pepperoni	1 slice	33 g
Lunch Entrée	Pizza, Homemade Pepperoni	1 slice	32.5 g
Lunch Entrée	Pizza, Homemade Sausage	1 slice	32.5 g
Lunch Entrée	Pizza, Homemade Veggie	1 slice	
Lunch Entrée	Pizza, Homemade, Buffalo Chicken	1 slice	
Lunch Entrée	Pizza, Stuffed Crust Cheese	1 slice	35 g
Lunch Entrée	Pizza, Stuffed Crust Pepperoni	1 slice	35 g
Lunch Entrée	Quesadilla, Cheese	1 slice	40 g
Lunch Entrée	Quesadilla, Chicken & Cheese	1 slice	38 g
Lunch Entrée	Queso Blanco (M&H)	2 oz.	2 g
Lunch Entrée	Salisbury Steak	1 each	4 g
Lunch Entrée	Scrambled Eggs	2 oz.	0 g
Lunch Entrée	Spaghetti Meat Sauce	2 oz.	14 g
Lunch Entrée	Taco Meat	2 oz.	0 g
Lunch Entrée	Turkey Pot Roast	3 oz.	3 g
Lunch Entrée	Turkey/Cheese on Mini Sub Bun	3.2 oz.	33 g
Lunch Grain	Asian Rice	1/2 cup cooked	42 g
Vegetable	Baked Beans	1/2 cup	22 g
Vegetable	Beans, Black	1/2 cup	23 g
Vegetable	Beans, Green	1/2 cup	4 g
Vegetable	Broccoli	1/2 cup	2 g
Vegetable	Carrot Sticks	6 sticks	6 g
Vegetable	Celery Sticks	6 sticks	1 g
Vegetable	Corn	1/2 cup	14 g
Vegetable	Cucumber Coins	6 slices	2 g
Vegetable	Fries, Curly	1/2 cup	15 g
Vegetable	Fries, Sweet Potato Waffle	2/.25 oz.	17 g
Vegetable	Hash Brown Patty	1each	30 g
Vegetable	Hash Brown Patty (High School)	2 each	60 g
Vegetable	Juice, Vegetable	1 each	14 g
Vegetable	Potatoes, mashed	1/2 cup	56 g
Vegetable	Red/Orange Pepper Strips	6 strips	3 g
Vegetable	Refried Beans	1/2 cup	14 g
Vegetable	Tomato/Cucumber Salad	1/2 cup	2 g
	Mott's Fruit Snacks	1 pk.	38 g
	Nature Valley "Back-packer" Snacks	1 pk.	24 g
	Yogurt, Go-gurt 2 oz. - Elem.	1 each	12 g
	Yogurt, Go-Gurt Go Big - M&H	1 each	24 g