

April-May-June 2018

Carb Counts

ELEMENTARY BREAKFAST ITEMS

| | | Carbohydrates (g) |
|---------------------------------|-----------|-------------------|
| French Toast Sticks (3 stx) | 1 Each | 53g |
| Assorted Cereal | 1 Each | 23g |
| w/ Grams | 1 Pack | 20g |
| Breakfast Cookie | 1 Each | 43g |
| PB&J Gramwich | 1 Each | 31g |
| NF Chocolate or 1% White Milk | 1 Each | 16g |
| 100% Fruit Juice | 4 ounces | 14g |
| WG Donut | 1 Each | 62g |
| Breakfast Burrito | 1 Each | 21g |
| Breakfast Pizza w/ Turkey Saus. | 1 Serving | 26g |
| L.O.L Yogurt | 1 Each | 19g |
| w/Animal Crackers | 1 Each | 18g |
| w/Syrup Packet | 1 Each | 21g |
| Pan Dulce | 1 Each | 34g |

ELEMENTARY LUNCH ITEMS

| | | |
|-------------------------------|-----------|------|
| L.O.L Mac N Cheese | 1 Serving | 31g |
| Tyson Chicken Caesar Salad | 1 Serving | 17g |
| PB&J Uncrustable & Gramwich | 1 Serving | 63g |
| Homemade Chili Cheese Fries | 1 Serving | 22g |
| Tyson Breaded Chicken Drumstk | 1 Each | 5g |
| Bosco Pizza Stick | 1 Each | 29 g |
| FF Cheese Quesadillas (2) | 1 Serving | 36g |
| Jennie-O Turkey Grinder | 1 Each | 30g |
| Tyson Chicken Nuggets (6) | 1 Serving | 16g |
| Pepperoni Pizza | 1 Slice | 28g |
| Cheese Pizza | 1 Slice | 28g |
| Pillsbury Biscuit | 1 Each | 23g |
| Mini Chicken Tacos | 1 Serving | 29g |
| BBQ Pops | 1 Each | 17g |
| w/Honey Packet | 1 Each | 7g |
| w/Caesar Dressing | 1 Serving | 7.5g |

SECONDARY BREAKFAST ITEMS

| | | Carbohydrates (g) |
|--------------------------------|-----------|-------------------|
| Breakfast Burrito | 1 Serving | 56g |
| Breakfast Pizza w/Turkey Saus. | 1 Serving | 26g |
| Bagel | 1 Each | 44g |
| w/Cream Cheese | 1 Serving | 1g |
| Benefit Bar | 1 Each | 48g |
| Double Chocolate Muffin | 1 Each | 44g |
| Sunrise Breakfast Sandwich | 1 Serving | 29g |
| French Toast Sticks (3 stx) | 1 Serving | 36g |
| w/ Syrup | 1 Ounce | 21g |
| WG Honey Bun | 1 Each | 39g |
| Assorted Cereal | 1 Each | 23g |
| w/crackers | 1 Each | 17g |
| Apple Fruit Pocket | 1 Each | 54g |
| Pancake on a Stick | 1 Each | 22g |

MIDDLE SCHOOL LUNCH ITEMS

| | | |
|--------------------------|-----------|-------|
| FF Cheese Quesadillas(2) | 1 Serving | 36g |
| Spicy Chicken Sandwich | 1 Serving | 44g |
| Homemade B&C Burrito | 1 Serving | 51g |
| Chicken Caesar Salad | 1 Serving | 41g |
| Cheese Pizza | 1 Slice | 28g |
| Yo to Go | 1 Each | 55g |
| Turkey Grinder | 1 Serving | 32.3g |
| PB&J Sandwich | 1 Each | 81g |
| Yang's BBQ Teriyaki Bowl | 1 Serving | 32g |
| Cheeseburger | 1 Serving | 29g |
| Spicy Chicken Salad | 1 Salad | 50g |
| Meatball Sandwich | 1 Each | 40g |
| Chicken Bites | 1 Serving | 20g |
| w/ Potato Wedges | 1 Serving | 12g |
| Pepperoni Pizza | 1 Slice | 28g |
| Mini Corn Dogs | 1 Serving | 30g |

Menu subject to change or substituted without notice.

Please refer to interactive menus to receive the most up-to-date carbohydrate counts.



April-May-June 2018 Carb Counts

HIGH SCHOOL LUNCH ITEMS

| | | Carbohydrates (g) | | | Carbohydrates (g) |
|------------------------|---------------|-------------------|-----------------------------|-----------|-------------------|
| Cheeseburger | 1 Serving | 31.5g | Spicy Chicken Sandwich | 1 Serving | 44g |
| Chicken Taquitos (3) | 1 Serving | 36g | w/ Salsa | 1/2 Cup | 8.8g |
| BBQ Beans | 1 Serving | 24g | Garden Salad | 1 Serving | 85.6g |
| w/ Baked Chips | 1 Bag | 18g | Southwestern Chicken Salad | 1 Serving | 89 g |
| Beef Crumble | 1 Serving | 1.5g | Pepperoni Pizza | 1 Slice | 35g |
| Cheese Sauce Cup | 1 Serving | 5g | Chicken Tenders (3) w/roll | 1 Serving | 32g |
| Tortilla Chips | 1 Serving | 23.4g | Roast Beef/Cheese Grinder | 1 Serving | 33.7g |
| Franks Grilled Chicken | 1 Serving | 0g | Turkey Grinder | 1 Serving | 32.3g |
| Southwest Beans | 1 Each | 23.2g | Italian Meatball Sand. | 1 Serving | 41.1g |
| Spanish Rice | 1/2 C Serving | 32g | Chicken & Waffles | 1 Serving | 49g |
| Whole Grain Tortilla | 1 Each | 15g | Jennie-O Turkey over mashed | 1 Serving | 20g |
| Cheeseburger | 1 Serving | 31.5g | BBQ Teriyaki Chicken | 1 Serving | 58g |
| BBQ Chicken | 1 serving | 9g | Chicken Alfredo Pasta | 1 Serving | 88g |
| Corn on the Cob | 2 Each | 18.4g | Pasta w/Marinara Sauce | 1 Serving | 90g |
| Whole Grain Tortilla | 1 Each | 15g | Nachos Supreme | 1 Serving | 34g |
| Coleslaw | 1/2 cup | 2.3g | Bosco Pizza Sticks (2) | 1 Serving | 64g |
| Ling's Orange Chicken | 3.6 ounces | 28.5g | Caesar Chicken Salad | 1 Serving | 41g |
| OR Chow Mein Noodles | 1 Serving | 41.4g | BBQ Chicken Pizza | 1 Slice | 47g |
| Steamed Brown Rice | 1 Cup | 44.8g | | | |
| Yang's Tso Chicken | 1 Serving | 23g | | | |
| OR Chow Mein Noodles | 1 Serving | 41.4g | | | |
| Steamed Brown Rice | 1 Cup | 44.8g | | | |
| Pork Carnitas | 1 Serving | 33.3g | | | |
| Homemade B&C Burrito | 1 Serving | 51g | | | |
| Chili Cheese Fries | 1 Serving | 21.8g | | | |
| w/Corn Loaf | 1 Each | 36g | | | |
| Bean Salad | 1 Serving | 16.8g | | | |

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April-May-June 2018 Carb Counts

FRUITS & VEGETABLES

| | | Carbohydrates (g) |
|-----------------------|----------|-------------------|
| Apple (Granny Smith) | 1 Each | 8g |
| Apple (Red Delicious) | 1 Each | 8g |
| Apple Slices | 1 Each | 7g |
| Baby Cucumber | 1 Each | 11g |
| Bananas | 1 Each | 27g |
| BBQ Beans | ½ Cup | 25g |
| Beans (Garbanzo) | ½ Cup | 17g |
| Bean Salad | ½ Cup | 21g |
| Broccoli | ½ Cup | 2g |
| Baby Carrots | ½ Cup | 8g |
| Blueberries | ½ Cup | 10g |
| Celery | ½ Cup | 2g |
| Corn on the Cob | 2 Each | 18g |
| Dried Craisins | ¼ Cup | 28g |
| Cucumber Slices | ½ Cup | 2g |
| Jicama | ½ Cup | 5g |
| Juice, 100% Fruit | 8 ounces | 27g |
| Kiwi | 1 Each | 10g |
| Lettuce, Iceberg | 1 Cup | 2g |
| Lettuce, Romaine | 1 Cup | 1.5g |
| Mixed Fruit, Can | ½ Cup | 15g |
| Orange Wedges | ½ Cup | 11g |
| Peaches, Can | ½ Cup | 16g |
| Pears, Asian | 1 Each | 13g |
| Pears, Can | ½ Cup | 15g |
| Pineapple, Can | ½ Cup | 17g |
| Strawberry Cups | 1 Each | 19g |
| Raisins | ¼ Cup | 29g |
| Tomato, Roma | 1 Slice | 1g |

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