



CARBOHYDRATE COUNTS

(OCTOBER-NOVEMBER 2017)

ELEMENTARY BREAKFAST ITEMS

		Carbohydrates (g)
Bagel w/cc	1 Each	45g
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	20g
100% Fruit Juice	4 Ounces	14g
French Toast Stx	1 Serving	47g
Breakfast Burrito	1 Each	21g
Breakfast Pizza w/ Turkey Saus.	1 Serving	26g
WG Honey Bun	1 Each	39g

ELEMENTARY LUNCH ITEMS

BBQ Teriyaki Chx w/brown rice	1 Serving	32g
Brunch 4 Lunch	1 Serving	35g
PB&J Uncrustable & Gramwich	1 Serving	60.6g
Chicken Taquitos w/guac	1 Serving	27g
Turkey Hot Dog	1 Serving	31g
100% Beef Burger	1 Serving	28.5g
Tyson Chicken Nuggets w/bisc	1 Serving	32g
Lasagna w/breadstick	1 Serving	67g
Turkey Gravy over mashed	1 Each	19g
R&S Pepperoni Pizza (*Pork)	1 Slice	30g
R&S Cheese Pizza	1 Slice	30g

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	47g
w/ Syrup	1 Ounce	21g
WG Honey Bun	1 Each	39g

MIDDLE SCHOOL LUNCH ITEMS

Chicken Taquitos w/guac	2 Each	27g
Tyson Spicy Chicken Sandwich	1 Serving	37g
Homemade B&C Burrito	1 Serving	51g
Chicken Caesar Salad	1 Serving	81g
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	77g
Beef, Bean & Cheese Burrito	1 Each	41g
Chicken Bites	1 Serving	20g
w/ Potato Wedges	1 Serving	12g
R&S Pepperoni Pizza (*Pork)	1 Slice	30g
R&S Cheese Pizza	1 Slice	30g

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HIGH SCHOOL LUNCH ITEMS

	Carbohydrates (g)		Carbohydrates (g)		
Cheeseburger	1 Serving	31.5g	Tyson Spicy Chicken Sandwich	1 Serving	37g
Turkey Hot Dog	1 Serving	30g	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	113g
Beef Crumble	1 Serving	1.5g	R&S Pepperoni Pizza(*Pork)	1 Slice	30g
Cheese Sauce Cup	1 Serving	5g	Chicken Tender Dippers w/roll	1 Serving	27.9g
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			
Corn On The Cob	2 Each	18.4g			
Whole Grain Tortilla	1 Each	15g			
Coleslaw	1/2 cup	2.3g			
Ling's Orange Chicken	3.6 ounces	28.5g			
OR Chow Mein Noodles	1 Serving	41.4g			
Steamed Brown Rice	1 Cup	44.8g			
Ling's Spicy Sichuan	1 Serving	6.9g			
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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SALAD BAR FRUITS & VEGETABLES

		Carbohydrates (g)
Apple (Granny Smith)	1 Each	8g
Apple (Red Delicious)	1 Each	8g
Applesauce Cups	4 Ounces	14g
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
Cantaloupe	½ Cup	10g
Celery	½ Cup	2g
Cranberries, Dried	¼ Cup	25g
Cucumber	½ Cup	2g
Edamame	½ Cup	7g
Jicama	½ Cup	5g
Lettuce, Iceberg	1 Cup	2g
Lettuce, Romaine	1 Cup	1.5g
Mixed Fruit, Can	½ Cup	15g
Nectarines	1 Each	8.5g
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
Plums	1 Each	8.5g
Raisins	¼ Cup	29g
Watermelon	½ Cup	5g

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