

DECEMBER–JANUARY 2022

Carb Counts

ELEMENTARY BREAKFAST ITEMS

		Carbohydrates (g)
Breakfast Pizza	1 Each	31g
French Toast Stx	1 Each	42g
w/syrup	1 Pack	8g
Ultimate Breakfast Cookie	1 Each	43g
Eggo Waffles	1 Each	35g
Breakfast Burrito	1 Each	23g
100% Fruit Juice	4 ounces	15g
Blueberry Muffin	1 Each	36g
Assorted Cereal	1 Each	22g
w/belly bears	1 Each	20g
NF Chocolate Milk	1 Each	22g
1% Milk	1 Each	14g

ELEMENTARY LUNCH ITEMS

Tyson Chicken Nuggets	1 Serving	13g
Break Bar	1 Serving	23g
Uncrustable (2.6oz)	1 Serving	33g
Rib B Que	1 Serving	32g
Quesadilla	1 Serving	25g
Cuca's Burrito	1 Serving	113g
BBQ Teriyaki Chicken	1 Each	6g
Red Chicken Tamale	1 Each	26g
Pepperoni Pizza	1 Serving	24g
Cheese Pizza	1 Slice	24g
Twin Cheeseburgers	1 Serving	31g
Cheese Lasagna	1 Each	29g
Garlic Bread	1 Serving	15g
Foster Farm Mini Corn Dogs	1 Serving	30g
Green Chicken Tamale	1 Each	19g
Ranch Packet	1 Each	14g

SECONDARY BREAKFAST ITEMS

		Carbohydrates (g)
Breakfast Burrito	1 Serving	63g
Breakfast Pizza w/Turkey Saus.	1 Serving	31g
Bagel	1 Each	45g
Blueberry Muffin	1 Serving	39g
Benefit Bar	1 Each	48g
Double Chocolate Muffin	1 Each	40g
Sunrise Breakfast Sandwich	1 Serving	29g
French Toast Sticks (3 stx)	1 Serving	42g
French Toast Sticks (4 stx)	1 Serving	56g
w/Syrup	1 Pack	8g
WG Honey Bun	1 Each	39g
Assorted Cereal	1 Each	23g
w/crackers	1 Each	17g
Donut	1 Each	46g

MIDDLE SCHOOL LUNCH ITEMS

Chicken Sandwich	1 Each	35g
Spicy Chicken Sandwich	1 Serving	41g
Baked chips	1 Each	18g
Chicken Caesar Salad	1 Serving	49g
Cheese Pizza	1 Slice	29g
Yo-To-Go	1 Each	47g
Turkey Grinder w/chips	1 Serving	50g
Uncrustable (2.6oz)	1 Each	33g
Pull A Parts w/sauce	1 Serving	32g
Cheeseburger	1 Serving	30g
Spicy Chicken Salad	1 Salad	41g
Chicken Taquitos w/rice	1 Serving	56g
Chicken Bites	1 Serving	24g
Pepperoni Pizza	1 Slice	30g
Corn Dog	1 Serving	28g
Cuca's BRC Burrito	1 Each	129g
Hot Dog	1 Each	30g

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MIDDLE SCHOOL LUNCH ITEMS CONTINUED

Tyson Drumstick w/wedges & chips	1 serving	46g
w/corn on cob	2 Each	18g
Twist & GO Pack	1 serving	88g
Ketchup Packet	1 Pack	3g

HIGH SCHOOL LUNCH ITEMS

	Carbohydrates (g)		Carbohydrates (g)		
Caesar Salad	1 Serving	56g	Vegan Salad	1 Serving	72g
w/ Baked Chips	1 Bag	18g	Southwestern Chicken Salad	1 Serving	64g
Beef Crumble	1 Serving	1g	Pepperoni Pizza	1 Slice	30g
Cheese Sauce Cup	1 Serving	5g	Chicken Tenders w/baked chips	1 Serving	42g
Tortilla Chips	1 Serving	23g	Spicy Chicken Sandwich	1 Serving	44g
Brunch 4 Lunch	1 Serving	35g	Turkey Grinder	1 Serving	32g
Crunchy Tacos (2)	1 Serving	34g	Straw/Bana Protein Smoothie	1 Each	68g
Spanish Rice	1/2 C Serving	22g	w/benefit bar	1 Each	47g
Chicken & Waffles	1 Serving	58g	Ling's Orange Chicken	4.3 oz	25g
Caesar Chicken Salad	1 Serving	56g	Steamed Brown Rice	1 Cup	48g
OR Chow Mein Noodles	1 Serving	43g	Pork Carnitas	1 Serving	47g
Yang's Tso Chicken	1 Serving	31g	Chili Cheese Fries	1 Serving	21g
Tortilla	1 Each	30g	w/corn loaf	1 Each	38g
Protein Box	1 Serving	54g	Protein Box	1 Serving	54g
Shredded Chicken Tacos	1 serving	31g	Pizza Hut Pepperoni	1 Serving	30g
Corn on the Cob	2 Each	18g	Pizza Hut Cheese	1 Serving	29g
Mango Pineapple Yogurt	1 serving	66g	Spaghetti w/meatballs	1 Serving	75g
Pulled Pork Sandwich	1 Serving	45g			

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FRUITS & VEGETABLES

		Carbohydrates (g)
Apple	1 Each	8g
Applesauce Cups	1 Each	14g
Asian Pear	1 Each	10g
Apple Slices	1 Each	10g
Baby Cucumber	1 Each	3g
Bananas	1 Each	27g
Beans (Garbanzo)	½ Cup	17g
Blueberries, Frzn	½ Cup	10g
Broccoli	½ Cup	2g
Baby Carrots	½ Cup	8g
Celery	½ Cup	2g
Corn on the Cob	2 Each	18g
Dried Craisins	¼ Cup	28g
Cucumber Slices	½ Cup	2g
Frozen Fruit Cup Sour Cherry	½ cup	25g
Grapes	½ Cup	17g
Jicama	½ Cup	5g
Juice, 100% Fruit	8 ounces	27g
Kiwi, Whole	1 ½	18g
Lettuce, Shredded	1 Cup	2g
Mixed Fruit, Can	½ Cup	17g
Mixed Fruit Cup	½ cup	19g
Orange Wedges	½ Cup	11g
Pear Cup	1 Each	19g
Peaches, Can	½ Cup	14g
Pineapple, Can	½ Cup	17g
Plums	1 Each	8g
Salsa	¼ Cup	2g
Strawberry Cups	1 Each	19g
Raisins	¼ Cup	29g
Tomato, Roma	1 Slice	1g
Watermelon	1 Slice	9g

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