

Breakfast Entrees and Sides

Breakfast Item	Serving Size	Serving Type	Carbs (g)
Biscuit , egg and cheese filled (Tastybrands)	1	Each	19
Bread, whole grain, sliced	1	Slice	19
Breakfast Pizza	1	Slice/Square	31
Breakfast Sandwich - English Muffin, Egg, Cheese, turkey sausage	1	1 sandwich	24
Breakfast Wrap - Egg, Cheese, Potato, & Sausage	1	Each	18.5
Cereal Bar, Cinnamon Toast Crunch	1	pkg	30
Cereal, Cheerios 1 oz Bowl (Gluten Free)	1	single serve 1 oz bowl	21
Cereal, Chex Blueberry 2 oz Cup (Gluten Free)	1	single serve 2 oz cup	46
Cereal, Chex Cinnamon 2 oz Cup (Gluten Free)	1	single serve 2 oz cup	46
Cereal, Cinnamon Toast Crunch 2 ox Cup	1	single serve 2 oz cup	44
Cereal, Cocoa Puffs 2 oz Cup	1	single serve 2 oz cup	47
Cereal, Golden Grahams 1 oz Bowl	1	single serve 1 oz bowl	24
Cereal, Honey Bunches of Oats, 2 oz Cup	1	single serve 2 oz cup	45
Cereal, Honey Cheerios 2 oz Cup	1	single serve 2 oz cup	44
Cereal, Reese's Puffs 1 oz Bowl (phasing out)	1	single serve 1 oz bowl	21
Cereal, Trix 2 oz Cup	1	single serve 2 oz cup	46
Egg & Cheese English Muffin	1	Each	26
Egg & Sausage Sandwich	1	Each	33
French Toast Sticks	1	pkg (2 sticks per pkg)	38
Mini Bagels, cream cheese filled	1	Pkg (69 gm)	42
Mini Breakfast Bites, Apple	1	Pkg of 4 bites (2.75oz)	41
Mini Cinnis Cinnamon (Pillsbury 2.29 ox pkg)	1	Each	40
Muffin, Blueberry	1	Each	19.5
Muffin, Double Choc	1	Each (3.15 oz or 90 gm)	40
Pancake on a Stick	1	Each	17
Snack n' Waffles -- all flavors	1	Each	37
Yogurt, Chobani Strawberry	1	Each	12

Lunch Entrees and Sides

Lunch Item	Serving Size	Serving Type	Carbs (g)
American Cheese	1	Slice	1
Beef and Broccoli (beef + teriyaki sauce)	1	1/4 c beef in teriyaki sauce + 1/2 c broccoli	21
Breadstick, Homemade	1	Serving (1 breadstick)	35
Burrito - Beef, Bean and Red Chili	1	1 burrito	43
Chicken Breast Filet, Breaded (Regular or Spicy)	1	1 piece (105 gm)	9
Chicken Drumstick, breaded	1	1 drumstick or 2 small	6
Chicken Nuggets	1	Serving (5 nuggets)	16
Chicken Tenders, Homestyle breaded	1	Serving (3 strips)	16.5
Chicken Teriyaki (battered chicken + sauce)	1	Serving (2/3 cup - #6 scoop)	25
Chili w/Beef & Beans	1	Serving (1/2 cup - #8 scoop)	20
Corn Dog, chicken	1	Each	30
Deli Sliced Roast Beef	1	Serving (2 slices)	3
French Fries, Sidewinders	1	Serving (3 oz - about 5 pcs)	20
Hamburger Bun	1	Each	22
Hamburger Patty	1	Patty, 2.45 oz patty	1
Hot Dog Bun	1	Each	21
Hot Dog, all beef	1	Serving (1 hot dog)	1
Mac & Cheese	1	1 cup	40
Mashed Potatoes	1	1/2 cup	16
PB&J, Grape Uncrustable for 9-12 grades (5.29 oz)	1	Each (5.29 oz)	64
PB&J, Grape Uncrustable for K-8 grades (2.68 oz)	1	Each (2.6 oz)	32
PB&J, Strawberry Uncrustable for 9-12 grades (5.29 oz)	1	Each (5.29 oz)	64
PB&J, Strawberry Uncrustable for K-8 grades (2.68 oz)	1	Each (2.6 oz)	33
Pizza (round), Big Daddy's Cheese	1	Serving (1/8 pizza)	35
Pizza (round), Big Daddy's Pepperoni	1	Serving (1/8 pizza)	34
Pizza Rippers, Cheese	1	Each (1 square)	28
Pizza Rippers, Pepperoni	1	Each (1 square)	27
Provolone Cheese	1	Slice	0
Rice, Brown	1	1/2 cup	24
Roll, Homemade	1	Serving (dinner roll)	27

Lunch Entrees and Sides

Salsa Chicken Meat (for Chicken Soft Taco)	1	1/2 cup serving	3
Shredded American Cheese	1	oz	1
Sloppy Joe on a Hamburger Bun	1	1/3 c sloppy joe + 1 hamburger bun	35
Spaghetti Pasta (Penne Pasta w/ Bolognese Sauce)	1	Serving (1/2 cup - #8 scoop)	20
String Cheese	1	Each (1 stick)	0
Sub Bun/Roll, 6"	1	Each	31
Sun Chips, Harvest Cheddar	1	1 pkg, 1 oz	19
Taco Meat	1	2.6 oz serving	0
Tater Tots	1	Serving (8 tots)	15
Teriyaki Sauce	2	Oz	17
Tortilla Chips, Tostitos	1	1 oz (~13 chips)	20
Tortilla, 6" WG Flour	1	Tortilla	16
Turkey Gravy	1	Serving (1/4 cup - #16 scoop)	3
Turkey Roast	1	Serving (2 each - 1 oz slice)	0
Waffles (thick waffle served with chicken filet)	1	Serving (1 waffle)	33
Walking Taco (Doritos Nacho chips, taco meat, cheese)	1	Bag with added meat/cheese	28

Fruit, Veg, Milk, Dairy

Fruit, Veg, Milk or Dairy Item	Serving Size	Serving Type	Carbs (g)
1% Chocolate Milk	1	Each (8 fl oz)	24
1% White Milk	1	Each (8 fl oz)	13
Assorted Fruit Juice	1	Each (4.23 oz)	15
Applesauce Cups - Cinnamon	1	Each	14
Applesauce Cups - Strawberry Banana	1	Each	14
Applesauce Cups - Strawberry	1	Each	14
Baby Carrots	1	Package	7
Bananas	1	Each (1/2 cup)	27
Celery Sticks	1	Serving (1/2 cup)	2
Clementine	1	Each	11.5
Corn	1	Serving (1/4 cup)	8
Cream cheese, plain	1	oz	2
Cucumbers, Sliced	1	Serving (1/2 cup)	2
Diced Peaches Cup	1	Each	18
Diced Pear Cups	1	Each	19
Fresh Pears	1	Each	23
French Fries, Sidewinders	1	Serving (3 oz - about 5 pcs)	20
Kiwi	1	Medium size	12
Mandarin Oranges	1	Serving (1/2 cup)	20
Mashed Potatoes	1	1/2 cup	16
Oranges	1	Each	25
Pineapple Chunks	1	Serving (1/2 cup - #8 scoop)	15
Red Apples	1	Medium Apple	25
Slush Rips (frozen juice)	1	pkg (4 oz)	19
Strawberry Cups, frozen	1	Each	21

Condiments

Condiment Name	Serving Size	Serving Type	Carbs (g)
BBQ Sauce Cup	1	Each	16
Italian Dressing	1	Packet	2
Ketchup	1	Serving (1 Tbsp)	5
Maple Syrup	1	Serving (2 Tbsp)	28
Mayonaise	1	Packet	1
Mixed Fruit Jelly	1	Serving (1 Tbsp)	13
Mustard	1	Serving (1 tsp)	0
Peanut Butter Cups	1	Each	8
Ranch Dressing Cup	1	Each	5
Thousand Island Dressing	1	Packet	2

Desserts

Dessert Name	Serving Size	Serving Type	Carbs (g)
Pumpkin Cake		1 Serving	18
Brownie		1 1" x 1" serving	20.4