

**Daily Specials: Breakfast**

Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
Assorted Cereal & String Cheese	Multigrain Cheerios	1 bowl (1 oz)	23 grams	24 grams
	Fruity Cheerios	1 bowl (1 oz)	25 grams	26 grams
	Honey Nut Cheerios	1 bowl (1 oz)	22 grams	23 grams
	Cinnamon Chex	1 bowl (1 oz)	22 grams	23 grams
	String Cheese	1 cheese stick	1 gram	
Bagel & Cream Cheese	Bagel	1 bagel	28 grams	
	Regular Cream Cheese	1 tub	1 gram	29 grams
	Strawberry Cream Cheese	1 tub	4 grams	32 grams
Breakfast Sausage Pizza	Breakfast Sausage Pizza	1 slice	26 grams	26 grams
Breakfast Rounds	Chocolate Chip Round	1 round	43 grams	43 grams
	Cinnamon Round	1 round	43 grams	43 grams
Egg & Bacon Burrito EL/MS	Cheese	1 Tbsp	0 grams	
	Bacon Crumbles	1 Tbsp	0 grams	
	Tortilla	1 8" tortilla	24 grams	
	Cheddar cheese omelet	1 omelet	1 gram	
				25 grams
Egg & Bacon Burrito HS	Cheese	2 Tbsp	0 grams	
	Bacon Crumbles	1 Tbsp	0 grams	
	Tortilla	1 10" tortilla	29 grams	
	Cheddar cheese omelet	1 omelet	1 gram	
				30 grams
Egg & Cheese Burrito EL/MS	Cheese	1 Tbsp	0 grams	
	Tortilla	1 8" tortilla	24 grams	
	Salsa	1 Tbsp	1 gram	
	Cheddar cheese omelet	1 omelet	1 gram	
				26 grams
Egg & Cheese Burrito HS	Cheese	2 Tbsp	0 grams	
	Tortilla	1 10" tortilla	29 grams	
	Salsa	1 Tbsp	1 gram	
	Cheddar cheese omelet	1 omelet	1 gram	
				31 grams

Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
Egg & Cheese Sandwich IW	Sandwich	1 sandwich	20 grams	20 grams
French Toast Sticks & Sausage Patty	French Toast Sticks	3 Sticks	23 grams	23 grams
	Sausage Patty	1 patty	0 grams	
		1 syrup	8 grams	31 grams
Mini Cini	Mini cinni	1 package	40 grams	40 grams
Mini Pancakes & Sausage	Maple Pancakes	1 package	39 grams	39 grams
	Strawberry Pancakes	1 package	40 grams	40 grams
	Sausage Patty	1 patty	0 grams	
		1 syrup	8 grams	47-48 grams
Muffin & String Cheese	Blueberry Muffin	1 muffin	29 grams	30 grams
	Chocolate Muffin	1 muffin	32 grams	33 grams
	Apple Cinnamon	1 muffin	28 grams	29 grams
	Banana Muffin	1 muffin	30 grams	31 grams
	String Cheese	1 sting cheese	1 gram	
Pancake Sausage Wrap	Pancake Sausage Wrap	1 wrap	19 grams	
		1 syrup	8 grams	27 grams
Pancake Sausage Wrap BIC	Pancake Sausage Wrap IW	1 wrap	16 grams	
		1 syrup	8 grams	24 grams
PB & J Sandwich MS-HS	Uncrustable PBJ - Grape	1 sandwich (5.3 oz)	64 grams	64 grams
	Uncrustable PBJ - Strawberry	1 sandwich (5.3 oz)	64 grams	64 grams
Sausage & Cheese Bagel	Sausage Patty	1 patty	0 grams	
	American Cheese	1 slice	1 gram	
	Bagel	1 bagel	28 grams	
				29 grams
Seasonal Bread	Blueberry Bread	1 slice	46 grams	46 grams
	Pumpkin Bread	1 slice	44 grams	44 grams
	Banana Bread	1 slice	45 grams	45 grams
Waffles	Waffles	2 waffles	23 grams	
		1 syrup	8 grams	31 grams

Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
Yogurt & Cinnamon Roll	Peach Yogurt	1 carton	19 grams	
	Strawberry Banana Yogurt	1 carton	19 grams	
	Cherry Vanilla Yogurt	1 carton	19 grams	
	Cinnamon Roll	1 roll	37 grams	
	Cinnamon Roll Glaze	2/3 Tbsp	9 grams	
Yogurt Parfait	Vanilla Yogurt	1/2 cup	14 grams	
	Granola	2/3 cup	45 grams	
	Strawberries/Canned Peaches	1/2 cup combined	9 grams	68 grams
	Blueberries/Canned Peaches	1/2 cup combined	11 grams	70 grams
	Strawberries/Manadarin Oranges	1/2 cup combined	13 grams	77 grams
	Mandarin Oranges/Blueberries	1/2 cup combined	15 grams	74 grams
Yogurt & Zee Zee Grahamz	Peach Yogurt	1 carton	19 grams	
	Strawberry Banana Yogurt	1 carton	19 grams	
	Cherry Vanilla Yogurt	1 carton	19 grams	
	Zee Zee Grahamz	1 package	21 grams	
<b>Beverages</b>	Milk, Fat Free	1 Carton	13 grams	
	Milk, 1%	1 Carton	13 grams	
	Milk, Chocolate	1 Carton	20 grams	
	Orange Juice	1 Carton	14 grams	
	Apple Juice	1 Carton	14 grams	

This institution is an equal opportunity provider.

**Carbohydrate Disclaimer:** Always work with your school's nurse and the Nutrition Coordinator from the Child Nutrition Department (970)-490-3557 for specific special diet concerns. The purpose of the carbohydrate count list is to provide Customers with tools they can use to identify the grams of carbohydrates in menu items. The carbohydrate count list does not identify food sensitivities, intolerances to foods or dietary restrictions followed for medical conditions of anyone served food at a school site. Identification of the total amount of carbohydrates in a menu item is dependent on the manufacturer of each product or ingredient in a menu or recipe correctly identifying the attributes of the ingredients in their product or ingredient. Many times our recipes will feature last minute substitutions or changes from our suppliers that we will try to reflect here but don't always have the ability to change because of site-specific situations. This carbohydrate list does not account for substitutions, alterations, change in supplier, cross-contact in the kitchen, mislabeling by a manufacturer, and failure to update the database with changes right away. Also, the carbohydrate list does not account for student sharing of meals, work with building principal to ensure no sharing of meals in the cafeteria.

**Daily Specials: Lunch**

Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
Asian Bar Chicken/Beef HS	Philly Steak	2/3 cup	3 grams	
	Chicken Bites	5 bites	3 grams	
	Brown Rice	1 cup	36 grams	
	Soba Noodles	1 cup	23 grams	
	Steamed Veggies	1/2 cup	3 grams	
	Teriyaki Sauce	1 oz	12 grams	
	Sweet & Sour Sauce	1 oz	9 grams	
	Orange Sauce	1 oz	11 grams	
	Sweet Chili Sauce	1 oz	13 grams	
	Fortune Cookie	1 cookie	3 grams	
				41- 58 grams
Asian Bar General Tso's Chicken/Beef MS	Philly Steak	2/3 cup	3 grams	
	Chicken Bites	5 bites	3 grams	
	General Tso's	1/8 cup	11 grams	
	Brown Rice	1 cup	36 grams	
	Soba Noodles	1 cup	23 grams	
Asian Bar Orange Chicken/Beef MS	Philly Steak	2/3 cup	3 grams	
	Chicken Bites	5 bites	3 grams	
	Orange Sauce	1/8 cup	13 grams	
	Brown Rice	1 cup	36 grams	
	Soba Noodles	1 cup	23 grams	
Asian Bar Thai Chicken/Beef MS	Philly Steak	2/3 cup	3 grams	
	Chicken Bites	5 bites	3 grams	
	Thai Sauce	1/8 cup	15 grams	
	Brown Rice	1 cup	36 grams	
	Soba Noodles	1 cup	23 grams	
Asian Bar Teriyaki Chicken/Beef MS	Philly Steak	2/3 cup	3 grams	
	Chicken Bites	5 bites	3 grams	
	Teriyaki Sauce	1/8 cup	12.5 grams	
	Brown Rice	1 cup	36 grams	
	Soba Noodles	1 cup	23 grams	

Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
Asian Noodle w/ Chicken EL/MS	Spaghetti	1/2 cup	20 grams	
	Chicken Bites	5 bites	3 grams	
	Teriyaki Sauce	1/8 cup	12.5 grams	
				35.5 grams
Asian Noodle w/ Chicken HS - Polaris	Spaghetti	1 cup	41 grams	
	Chicken Bites	5 bites	3 grams	
	Teriyaki Sauce	1/8 cup	12.5 grams	
				56.5 grams
Asian Noodle w/ Meatballs EL/MS	Spaghetti	1/2 cup	20 grams	
	Teriyaki Sauce	1/8 cup	12.5 grams	
	Meatballs	5 meatballs	2 grams	
				34.5 grams
Asian Noodle w/ Meatballs HS	Spaghetti	1 cup	41 grams	
	General Tso's Sauce	1/8 cup	10.5 grams	
	Meatballs	5 meatballs	2 grams	
				53.5 grams
Asian Noodle w/ Meatballs HS - PCA	Spaghetti	1 cup	41 grams	
	General Tso's Sauce	1/8 cup	10.5 grams	
	Veggie Egg Roll	1 roll	22 grams	
	Meatballs	5 meatballs	2 grams	
				75.5 grams
Asian Noodle w/ Meatballs HS - Polaris	Spaghetti	1 cup	41 grams	
	Teriyaki Sauce	1/8 cup	12.5 grams	
	Meatballs	5 meatballs	2 grams	
				55.5 grams
Asian Teriyaki Rice & Chicken EL/MS	Brown Rice	1/2 cup	18 grams	
	Teriyaki Sauce	1/4 cup	24 grams	
	Shredded Chicken	3/8 cup	1 gram	
				43 grams
Asian Teriyaki Rice & Chicken HS	Brown Rice	1 cup	36 grams	
	Teriyaki Sauce	1/8 cup	12.5 grams	
	Shredded Chicken	1/2 cup	1 gram	
				49.5 grams
Bacon Macaroni & Cheese HS	Mac & Cheese	2/3 cup	31 grams	
	Bacon Crumbles	2 Tbsp	0 grams	
	Dinner Roll	1 roll	19 grams	
				50 grams

Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
Bacon Macaroni & Cheese MS	Mac & Cheese	2/3 cup	31 grams	
	Bacon Crumbles	2 Tbsp	0 grams	
				31 grams
BBQ Chicken Ranch Salad	BBQ Sauce	2 Tbsp	10 grams	
	Cheese	2 Tbsp	0 grams	
	Chicken	1/2 cup	1.5 grams	
	Cocoa Cherry Bar	1 bar	37 grams	
	Goldfish, Whole Grain	1 bag	14 grams	
	Lettuce	1 cup	1.5 grams	
	Tomatoes	1/4 cup	2 grams	
				66 grams
Grilled BBQ Chicken Sandwich	Chicken Breast	1 breast	1 gram	
	BBQ Sauce	2 Tbsp	10 grams	
	Hamburger Bun	1 bun	30 grams	
				41 grams
BBQ Pulled Pork Sandwich	BBQ Sauce	2 tbsp	13 grams	
	Pulled Pork	1/2 cup	0 grams	
	Hamburger Bun	1 bun	30 grams	
				43 grams
Beef Taco & Rice EL	Beef Crumble	1/4 cup	0 grams	
	Taco Seasoning	3/4 tsp	1 gram	
	Shredded Cheese	1/2 Tbsp	0 grams	
	Taco Shell	1 shell	8.5 grams	
	Cilantro Lime Rice	1/2 cup	18 grams	
	Lettuce	1/4 cup	.5 grams	
				28 grams
Beef Taco & Rice MS	Beef Crumble	1/4 cup	0 grams	
	Taco Seasoning	3/4 tsp	1 gram	
	Shredded Cheese	1 Tbsp	0 grams	
	Taco Shell	2 shells	17.5 grams	
	Cilantro Lime Rice	1/2 cup	18 grams	
	Lettuce	1/4 cup	.5 grams	
				37 grams

Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
Beef Taco & Rice HS	Beef Crumble	1/2 cup	0 grams	
	Taco Seasoning	2 tsp	2.5 grams	
	Shredded Cheese	2 Tbsp	0 grams	
	Taco Shell	2 shells	17.5 grams	
	Cilantro Lime Rice	1 cup	36 grams	
	Lettuce	1/4 cup	.5 grams	
Beef & Bean Burrito Bar MS	<b>Beef Burrito</b>			
	Beef Crumbles	1/3 cup	0 grams	
	Taco Seasoning	1 tsp	1.5 gram	
	Beans, Refried	1/3 cup	25 grams	
	Shredded Cheese	1 Tbsp	0 grams	
	Flour Tortilla 8"	1 tortilla	24 grams	50 grams
	<b>Bean Burrito</b>			
	Beans, Refried	1/2 cup	31 grams	
	Shredded Cheese	2 Tbsp	0 grams	
	Flour Tortilla 8"	1 tortilla	24 grams	
				56.5 grams
Beef & Bean Burrito EL/MS	Beef Crumbles	1/3 cup	0 grams	
	Taco Seasoning	3/4 tsp	1 gram	
	Beans, Refried	1/3 cup	25 grams	
	Shredded Cheese	1 Tbsp	0 grams	
	Flour Tortilla 8"	1 tortilla	24 grams	
Beef & Bean Burrito HS - Polaris	Beef Crumbles	1/2 cup	0 grams	
	Taco Seasoning	1 tsp	1.5 grams	
	Beans, Refried	1/2 cup	31.5 grams	
	Shredded cheese	2 Tbsp	0 grams	
	Flour Tortilla	1 8" tortilla	24 grams	
	Cilantro Lime Rice	1/2 cup	18 grams	
Beef & Bean Burrito HS	Beef Crumbles	1/2 cup	0 grams	
	Taco Seasoning	1 tsp	1.5 grams	
	Beans, Refried	1/2 cup	31 grams	
	Shredded Cheese	2 tbsp	0 grams	
	Flour Tortilla 10"	1 tortilla	29 grams	
				61.5 grams

Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
Burrito Bar: Pork/Chicken/Beef HS	Pork	1/2 cup	0 grams	
	Beef Crumble	1/2 cup	0 grams	
	Chicken Shredded	1/2 cup	.5 gram	
	Black Beans	1/4 cup	11.5 grams	
	Refried Beans	1/4 cup	15 grams	
	Roasted Vegetables	1/2 cup	3 grams	
	Green Chili	1/4 cup	4 grams	
	Queso Sauce	1/4 cup	2 grams	
	Whole Grain Flour Tortilla	1 tortilla	29 grams	
	Cilantro Lime Rice	1/4 cup	9 grams	
	Condiments Mexican items	1 oz	3 grams	
Buffalo Chicken Salad	Cocoa Cherry Bar	1 bar	37 grams	
	Cucumber	1/8 cup	0.5 grams	
	Goldfish, Whole Grain	1 bag	14 grams	
	Ranch Dressing	2 Tbsp	2 grams	
	Salad	1 cup	1.5 grams	
	Spicy Chicken Patty	1 Patty	12 grams	
	Tomatoes	1/4 cup	1.5 grams	
Cheese Calzone Dippers	Calzone	1 calzone EL	29 grams	
		2 calzones MS/HS	58 grams	
	Marinara Sauce	1/4 cup	6 grams	
			35 grams EL	64 grams MS/HS
Cheese Ravioli EL	Cheese Ravioli	7 mini ravioli	16 grams	
	Marinara Sauce	1/4 cup	5 grams	
	Parmesan Cheese	1 tbsp	0 grams	
	Whole Wheat Roll	1 roll	19 grams	
				40 grams
Cheese Ravioli MS/HS	Cheese Ravioli	14 mini ravioli	32.5 grams	
	Tomato Sauce	1/2 cup	6 grams	
	Parmesan Cheese	1 tbsp	0 grams	
	Whole Wheat Roll	1 roll	19 grams	
				57.5 grams
Chef Salad EL	Chef Salad	1 salad	8 grams	
	Dinner Roll	1 roll	19 grams	
				27 grams



Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
Chef Salad MS/HS	Chef Salad	1 salad	7 grams	
	Goldfish, Whole Grain	1 package	14 grams	
	Cocoa Cherry Bar	1 bar	37 grams	
				58 grams
Chicken Parmesan Sandwich	Chicken Patty	1 patty	12 grams	
	Marinara Sauce	1 Tbsp	3 grams	
	Mozzarella Cheese	1 Tbsp	1 gram	
	Hamburger Bun	1 bun	30 grams	
				45.7 grams
Chicken Alfredo EL/MS	Alfredo Sauce	1/4 cup	6 grams	
	Chicken Bites	5 bites	3 grams	
	Pasta	1/2 cup	20 grams	
				29 grams
Chicken Alfredo HS	Alfredo Sauce	1/4 cup	6 grams	
	Chicken Bites	5 bites	3 grams	
	Pasta	1 cup	41 grams	
				50 grams
Chicken Burrito EL/MS	Shredded Chicken	3/8 cup	1 gram	
	Refried Beans	1/4 cup	15 grams	
	Cheese	1 Tbsp	0 grams	
	Taco Seasoning	1 tsp	1 gram	
	Tortilla	1 8" tortilla	24 grams	
				41 grams
Chicken Burrito HS	Shredded Chicken	3/8 cup	1.5 grams	
	Refried Beans	1/4 cup	15 grams	
	Cheese	1 Tbsp	0 grams	
	Taco Seasoning	1 tsp	1 gram	
	Tortilla	1 10" tortilla	29 grams	
				46.5 grams
Chicken Burrito HS - Polaris	Shredded Chicken	3/8 cup	1 grams	
	Refried Beans	1/4 cup	15 grams	
	Cheese	1 Tbsp	0 grams	
	Taco Seasoning	1 tsp	1 gram	
	Tortilla	1 8" Tortilla	24 grams	
	Rice	1/2 cup	18 grams	
				59 grams

Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
Chicken Caesar Salad	Caesar Dressing	2 Tbsp	2 grams	
	Chicken Bites	5 bites	3 grams	
	Cocoa Cherry Bar	1 bar	37 grams	
	Goldfish, Whole Grain	1 bag	14 grams	
	Salad	1.5 cups	2 grams	
Chicken Caesar Wrap EL	Pulled Chicken	1/4 cup	1 gram	
	Parmesan Cheese	1/2 Tbsp	0 grams	
	Lettuce	1/2 cup	.5 gram	
	Caesar Dressing	1 Tbsp	1 gram	
	Flour Tortilla 8"	1 tortilla	24 grams	
Chicken Caesar Wrap MS/HS	Pulled Chicken	1/2 cup	1 gram	
	Parmesan Cheese	1 tbsp	0 grams	
	Lettuce	1 cup	2 grams	
	Caesar Dressing	2 Tbsp	2 grams	
	Flour Tortilla 10"	1 tortilla	29 grams	
Chicken Drumstick & Roll EL	Chicken Drumstick	1 drumstick	5 grams	
	Dinner Roll	1 roll	19 grams	
				24 grams
Chicken Drumstick & Roll MS/HS	Chicken Drumstick	2 drumsticks	10 grams	
	Dinner Roll	1 roll	19 grams	
				29 grams
Chicken Nuggets EL/MS	Chicken Nuggets	5 nuggets	16 grams	16 grams
Chicken Nuggets HS	Chicken Nuggets	5 nuggets	16 grams	
	Dinner Roll	1 roll	19 grams	
				35 grams
Chicken Strips EL/MS	Chicken Strips	3 strips	16 grams	16 grams
Chicken Strips HS	Chicken Strips	3 strips	16 grams	
	Dinner Roll	1 roll	19 grams	
				35 grams

Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
Chicken Tacos & Rice EL	Pulled Chicken	1/4 cup	1 gram	
	Taco Seasoning	3/4 tsp	1 gram	
	Shredded Cheese	1/2 Tbsp	0 grams	
	Taco Shell	1 shell	8.5 grams	
	Lettuce	1/4 cup	.5 grams	
	Cilantro Lime Rice	1/2 cup	18 grams	29 grams
Chicken Tacos & Rice MS	Pulled Chicken	1/4 cup	1 gram	
	Taco Seasoning	3/4 tsp	1 gram	
	Shredded Cheese	1 tbsp	0 grams	
	Taco Shell	2 shells	17.5 grams	
	Cilantro Lime Rice	1/2 cup	18 grams	
	Lettuce	1/4 cup	.5 grams	38 grams
Chicken Tacos & Rice HS	Pulled Chicken	1/2 cup	2 grams	
	Shredded Cheese	2Tbsp	0 grams	
	Taco Shell	2 shells	17.5 grams	
	Cilantro Lime Rice	1 cup	36.5 grams	
	Taco Seasoning	2 tsp	2.5 grams	58.5 grams
	Chicken & Waffles	Chicken Strips	3 pieces	16 grams
Waffles		2 waffles	23 grams	
Syrup		1 package	8 grams	47 grams
Chili & Cinnamon Roll	Chili	1 cup	13.5 grams	
	Cinnamon Roll	1 roll	46 grams	59.5 grams
Deli Sandwich Early Childhood	Hamburger Bun	1 bun	30 grams	
	Turkey OR	3 slices	.5 grams	
	Ham	3 slices	.5 grams	
	American Cheese	1 slice	1 gram	31.5 grams
Fruit & Yogurt Box	Cheese Stick	1 stick	1 gram	
	Cocoa Cherry Bar	1 bar	37 grams	
	Orange Wedges	1/2 orange	8 grams	
	Grapes	1/4 cup	4 grams	
	Goldfish, Whole Grain	1 bag	14 grams	
	Yogurt	1 container	19 grams	83 grams

Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
Green Chili Bowl: Pork or Chicken	Black Beans	1/2 cup	23 grams	
	Cilantro Lime Rice	1 cup	36 grams	
	Green Chili	1/4 cup	4 grams	
	Shredded Pork	1/4 cup	0 grams	
	Shredded chicken	1/4 cup	.5 grams	
	Shredded Cheese	1 tbsp	0 grams	
Grilled Cheese & Tomato Soup EL	Grilled Cheese	1 sandwich	26 grams	
	Tomato Soup	3/4 cup	16 grams	
				42 grams
Grilled Cheese & Tomato Soup MS/HS	Grilled Cheese	1 sandwich	26 grams	
	Tomato Soup	1 cup	21 grams	
	Cheese Stick	1 stick	1 gram	
	Goldfish, Whole Grain	1 bag	14 grams	
				62 grams
Hamburger	Hamburger Bun	1 bun	30 grams	
	Beef Patty	1 patty	0 grams	30 grams
	With Cheese	American Cheese	1 slice	1 gram
Honey Sriracha Boneless Wings MS	Boneless Wings	6 wings	22 grams	
				22 grams
Honey Sriracha Boneless Wings HS	Boneless Wings	6 wings	22 grams	
	w/ dinner roll	1 roll	19 grams	
				41 grams
Hot Dog	Turkey Hot Dog	1 hot dog	1 gram	
	Hot Dog Bun	1 bun	23 grams	24 grams
Hummus & Veggie Box EL	Hummus	1 package, 3 oz	18 grams	
	Cheese Stick	1 stick	1 gram	
	Pretzel Hearts	1 bag	15 grams	
	Veggies	1/2 cup	3 grams	
				37 grams
Hummus & Veggie Box MS/HS	Hummus	1 package, 3 oz	18 grams	
	Cheese Stick	1 stick	1 gram	
	Pretzel Hearts	1 bag	15 grams	
	Veggies	2 cups	10 grams	
	Goldfish, Whole Grain	1 bag	14 grams	
				58 grams

Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
Lasagna w/ Beef EL	Lasagna	1 piece	34 grams	34 grams
Lasagna w/ Beef MS	Lasagna	1 piece	38.5 grams	38.5 grams
Lasagna w/ Beef HS	Lasagna	1 piece	47.5 grams	
	Dinner Roll	1 roll	19 grams	
				66.5 grams
Lasagna, Veggie EL/MS	Lasagna	1 piece	34 grams	34 grams
Lasagna, Veggies HS	Lasagna	1 piece	46 grams	
	Dinner Roll	1 roll	19 grams	
				65 grams
Macaroni & Cheese EL/MS	Mac & Cheese	2/3 cup	31 grams	31 grams
Macaroni & Cheese HS	Mac & Cheese	2/3 cup	31 grams	
	Dinner Roll	1 roll	19 grams	
				50 grams
Mandarin Chicken Salad	Salad	1 1/2 cups	2 grams	
	Cucumber	1/4 cup	1 gram	
	Mandarin Oranges	1/4 cup	9 grams	
	Chicken Bites	5 bites	3 grams	
	Goldfish, Whole Grain	1 bag	14 grams	
	Cocoa Cherry Bar	1 bar	37 grams	
Meatball Sandwich EL	Meatballs	5 meatballs	2 grams	
	Marinara Sauce	1/4 cup	6 grams	
	Mozzarella Cheese	2 Tbsp	0.5 grams	
	Hot Dog Bun	1 bun	23 grams	
Meatball Sub MS/HS	Meatballs	5 meatballs	2 grams	
	Marinara Sauce	1/4 cup	6 grams	
	Mozzarella Cheese	1/4 cup	1 gram	
	Sub Roll	1/2 roll	44 grams	

Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
Mediterranean Salad	Salad	2 cups	3 grams	
	Black Olives	2 Tbsp	1 gram	
	Peppers	1/4 cup	2 grams	
	Tomatoes	4 cherry	3 gram	
	Cucumber	1/8 cup	0 grams	
	Hummus	1 SS cup- 3 oz	18 grams	
	Feta	2 Tbsp	1 grams	
	String Cheese	1 string cheese	1 gram	
	Goldfish, Whole Grain	1 package	14 grams	
	Cocoa Cherry Bar	1 bar	37 grams	
				80 grams
Ocean Treasures EL/MS	Ocean Treasures	4 nuggets	20 grams	
	Tartar Sauce	1 Tbsp	3 grams	
	Ranch Dressing	1 Tbsp	1 gram	
	Ketchup	1 Tbsp	5 grams	
Ocean Treasures HS	Ocean Treasures	4 nuggets	20 grams	
	Dinner Roll	1 Roll	19 grams	
	Tartar Sauce	1 Tbsp	3 grams	
	Ranch Dressing	1 Tbsp	1 gram	
	Ketchup	1 Tbsp	5 grams	
				40 - 44 grams
Orange Chicken & Noodles EL/MS	Whole Grain Pasta	1/2 cup	20.5 grams	
	Chicken Bites	5 bites	3 grams	
	Orange Sauce	2.5 Tbsp	14 grams	
Orange Chicken & Rice EL/MS	Brown Rice	1/2 cup	18 grams	
	Chicken Bites	5 bites	3 grams	
	Orange Sauce	2.5 Tbsp	14 grams	
Orange Chicken & Rice HS	Brown Rice	1 cup	36 grams	
	Chicken Bites	5 bites	3 grams	
	Orange Sauce	2.5 Tbsp	13 grams	

Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
Pasta Bar HS Weeks 1 & 3	Rotini	1 cups	42.5 grams	
	Marinara Sauce	1/2 cup	6 grams	
	Beef Meatballs	5 meatballs	2 grams	
	Chicken Bites	5 bites	3 grams	
	Alfredo Sauce	1/2 cup	8 grams	
	Roasted Vegetables	1/2 cup	3 grams	
	Calzone Dipper	1 calzone	29 grams	
Pasta Bar HS Weeks 2 & 4	Penne pasta	1 cup	41.5 grams	
	Meatballs	5 meatballs	2 grams	
	Chicken Parmesan	3 strips	24 grams	
	Marinara Sauce	1/2 cup	11.5 grams	
	Roasted Vegetables	1/2 cup	3 grams	
Pasta Carbonara	Penne Pasta	2/3 cup combined	28 grams	
	Shredded chicken		.5 grams	
	Bacon Crumbles		0 grams	
	Queso		4 grams	
				32.5 grams
Penne & Meat Sauce EL/MS	Penne Pasta	1/2 cup	20.5 grams	
	Marinara Sauce	1/2 cup	11.5 grams	
	Beef Crumbles		0 grams	
				32 grams
Penne & Meat Sauce HS	Penne Pasta	1 cup	41 grams	
	Marinara Sauce	1/2 cup	11.5 grams	
	Beef Crumbles		0 grams	
				52.5 grams
Philly Cheesesteak Sandwich	Philly Steak	2/3 cup	2 grams	
	Pulled Chicken	2/3 cup	0.5 grams	
	Queso	2 Tbsp	1 gram	
	Onions/Peppers	1/4 cup	3 grams	
	Sub Roll	1/2 roll	44 grams	
				48.5-50 grams

Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
Philly Cheesesteak Sandwich: Beef Only	Philly Steak	2/3 cup	3 grams	
	Queso	2 Tbsp	1 gram	
	Onions/Peppers	1/4 cup	2 grams	
	Sub Roll	1/2 roll	44 grams	
				50 grams
Pig in a Blanket EL/MS	Hot Dog	1 hot dog	1 gram	
	Sub Roll	1/3 roll	29 grams	
				30 grams
Pig in a Blanket HS	Hot Dog	1 hot dog	1 gram	
	Sub Roll	1/3 roll	29 grams	
	Goldfish, Whole Grain	1 package	14 grams	
				44 grams
Pizza EL, Cheese		1 slice	34 grams	34 grams
Pizza EL, Hawaiian		1 slice	38 grams	38 grams
Pizza EL, Meat Lover		1 slice	34 grams	34 grams
Pizza EL, Pepperoni		1 slice	35 grams	35 grams
Pizza MS/HS, BBQ Chicken	Cheese Pizza	1 slice	43 grams	
	Chicken	1/4 cup	.5 grams	
	BBQ Sauce	1/2 Tbsp	7 grams	
				50.5 grams
Pizza MS/HS, Buffalo Chicken	Cheese Pizza	1 slice	43 grams	
	Chicken	1/2 cup	1 gram	
	Buffalo Sauce	1/2 Tbsp	0 grams	
				44 grams
Pizza MS/HS, Cheese		1 slice	43 grams	43 grams
Pizza MS/HS, Hawaiian	Cheese Pizza	1 slice	43 grams	
	Pineapple	1/4 cup	9 grams	
	Canadian Bacon	12 slices	0 grams	
				52 grams
Pizza MS/HS, Meat Lovers		1 slice	43 grams	43 grams
Pizza MS/HS, Pepperoni		1 slice	43 grams	43 grams
Pizza MS/HS, Veggie	Cheese Pizza	1 slice	43 grams	
	Veggies	1.5 Tbsp	1.5 grams	
				44.5 grams



Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
Pork Green Chili Bowl HS	Black Beans	1/2 cup	23 grams	
	Cilantro Lime Rice	1 cup	36 grams	
	Green Chili	1/4 cup	4 grams	
	Shredded Pork	1/4 cup	0 grams	
	Shredded Cheese	1 Tbsp	0 grams	
Rotini & Meatballs HS	Rotini	1 cup	41 grams	
	Meatballs	5 meatballs	2 grams	
	Marinara Sauce	1/2 cup	11.5 grams	
				54.5 grams
Sack Lunch PBJ - Elementary	Milk Fat Free	1 carton	13 grams	
	Milk Low-Fat	1 carton	13 grams	
	Uncrustable PBJ Strawberry	1 sandwich(2.6 oz)	32 grams	
	Uncrustable PBJ Grape	1 sandwich(2.6 oz)	32 grams	
	Apple	1 medium	25 grams	
	Celery	6 sticks	1 gram	
	Carrots	6 sticks	5 grams	
				76 grams
Sack Lunch PBJ - MS/HS	Milk Fat Free	1 carton	13 grams	
	Milk Low-Fat	1 carton	13 grams	
	Uncrustable PBJ Strawberry	1 sandwich(5.3oz)	64 grams	
	Uncrustable PBJ Grape	1 sandwich(5.3oz)	64 grams	
	Apple	1 medium	25 grams	
	Celery	6 sticks	1 gram	
	Carrots	6 sticks	5 grams	
			108 grams	
Sack Lunch Turkey - Elem	Milk Fat Free	1 carton	13 grams	
	Milk Low-Fat	1 carton	13 grams	
	Turkey	3 slices	.5 grams	
	American Cheese	1 slices	1 grams	
	Sub Roll	1/2 Roll	44 grams	
	Apple	1 medium	25 grams	
	Celery	6 sticks	1 gram	
	Carrots	6 sticks	5 grams	
			89 grams	

Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
Sack Lunch Turkey - MS/HS	Milk Fat Free	1 carton	13 grams	
	Milk Low-Fat	1 carton	13 grams	
	Turkey	4 slices	1 grams	
	American Cheese	2 slices	2 grams	
	Sub Roll	1/2 Roll	44 grams	
	Apple	1 medium	25 grams	
	Celery	6 sticks	1 gram	
	Carrots	6 sticks	5 grams	
				91 grams
Sandwich, Deli Turkey & Cheese	Turkey	4 slices	0 grams	
	American Cheese	2 slices	2 grams	
	Sub Roll	1/2 roll	44 grams	
				46 grams
Sandwich, Deli Ham & Cheese	Ham	4 slices	0 grams	
	American Cheese	2 slices	2 grams	
	Sub Roll	1/2 roll	44 grams	
				46 grams
Sandwich, Grilled Chicken	Grilled Chicken	1 breast	1 gram	
	Hamburger Bun	1 bun	30 grams	
				31 grams
Sandwich, Chicken Patty & Spicy Chicken	Chicken Patty	1 patty	12 grams	
	Hamburger Bun	1 bun	30 grams	
				42 grams
Smothered Beef & Bean Burrito HS	Beef Crumbles	2/3 cup	0 grams	
	Taco Seasoning	1/3 tsp	.5 grams	
	Beans, Refried	2/3 cup	18 grams	
	Shredded Cheese	2 tbsp	0 grams	
	Flour Tortilla 10"	1 tortilla	29 grams	
	Green Chili	1/4 cup	4 grams	
				52 grams

Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
Southwest Chicken Salad	Black Beans	1/8 cup	6 grams	
	Cheese	2 Tbsp	0 grams	
	Chicken	1/2 cup	1.5 grams	
	Cocoa Cherry Bar	1 bar	37 grams	
	Corn	1/8 cup	4 grams	
	Lettuce	1 cup	1.5 grams	
	Taco Seasoning	1/2 Tbsp	2 grams	
	Tomato	1/4 cup	2 grams	
	Tortilla	1/2 10" tortilla	14.5 grams	
Spaghetti & Meatballs EL & MS	Spaghetti	1/2 cup	20 grams	
	Meatballs	5 meatballs	2 grams	
	Marinara sauce	1/2 cup	11.5 grams	
Taco Bar HS	Ground beef crumble	1/2 cup (OR)	0 grams	
	Chicken Shredded	1/3 cup	1 gram	
	Taco seasoning	1/2 Tbsp	2 grams	
	Rice	1 cup	36.5 grams	
	Shredded cheese	2 Tbsp	0 grams	
	Whole grain flour tortilla	1 tortilla (OR)	24 grams	
	Taco Shell	2 shells	16 grams	59.5 beef hard shell
	Lettuce	2 Tbsp	1 gram	67.5 beef soft shell
	Mexican Condiments	1 Tbsp	4 grams	60.5 chicken hard shell
Taco Bar MS	Ground beef crumble	1/4 cup (OR)	0 grams	
	Chicken Shredded	1/4 cup	1 gram	
	Taco seasoning	1 tsp	1.5 grams	
	Rice	1/2 cup	18 grams	
	Shredded cheese	1 Tbsp	0 grams	
	Whole grain flour tortilla	1 tortilla (OR)	24 grams	
	Taco Shell	2 shells	16 grams	40.5 beef hard shell
	Lettuce	2 Tbsp	1 gram	48.5 beef soft shell
	Mexican Condiments	1 Tbsp	4 grams	41.5 chicken hard shell

Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
Taco Salad	Lettuce	1 cup	1.5 grams	
	Corn	1/8 cup	4.5 grams	
	Tomatoes	1/4 cup	2 grams	
	Black Beans	1/8 cup	6 grams	
	Seasoned Beef	1/3 cup	1.5 grams	
	Cheddar Cheese	2 tbsp	0.5 grams	
	Tortilla	1/2 10" tortilla	14.5 grams	
	Cocoa Cherry Bar	1 bar	37 grams	
				67.5 grams
Teriyaki Chicken & Rice EL/MS	Brown Rice	1/2 cup	18 grams	
	Chicken Bites	5 bites	3 grams	
	Teriyaki Sauce	2 tbsp	12.5 grams	
				33.5 grams
Teriyaki Chicken & Rice HS	Brown Rice	1 cup	36 grams	
	Chicken Bites	5 bites	3 grams	
	Teriyaki Sauce	2 tbsp	12.5 grams	
				51.5 grams
Teriyaki Meatball & Rice EL/MS	Brown Rice	1/2 cup	18 grams	
	Meatballs	5 meatballs	2 grams	
	Teriyaki Sauce	2 tbsp	12.5 grams	
				32.5 grams
Teriyaki Meatball & Rice HS	Brown Rice	1 cup	36 grams	
	Meatballs	5 meatballs	2 grams	
	Teriyaki Sauce	2 tbsp	12.5 grams	
				50.5 grams
Tortilla Soup Bar MS	Black Beans	2 tbsp	6 grams	
	Flour Tortilla 8"	1 tortilla	24 grams	
	Pulled Chicken	1/3 cup	0.5 grams	
	Shredded Cheese	1 tbsp	0 grams	
	Shredded Pork	1/3 cup	0 grams	
	Tortilla Soup	1 cup	26.5 grams	
				57 grams

Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
Tortilla Soup Bar HS	Black Beans	2 tbsp	6 grams	
	Flour Tortilla 10"	1 tortilla	29 grams	
	Pulled Chicken	3/8 cup	0.5 grams	
	Shredded Cheese	1 tbsp	0 grams	
	Shredded Pork	3/8 cup	0 grams	
	Tortilla Soup	1 cup	26.5 grams	
Turkey Gravy & Rolls HS	Turkey Gravy	1/2 cup	2 grams	
	Roll, Whole Wheat	2 rolls	38 grams	
				40 grams
Turkey Gravy & Roll EL/MS	Turkey Gravy	1/2 cup	2 grams	
	Roll, Whole Wheat	1 roll	19 grams	
				21 grams
Veggie Wrap EL/MS	Vegetables	1 cups	7 grams	
	Shredded Cheese	1/4 cup	1 grams	
	Tortilla, Whole Wheat 8"	1 tortilla	24 grams	
				32 grams
Veggie Wrap HS	Vegetables	1.5 cups	8.5 grams	
	Shredded Cheese	1/2 cup	2 grams	
	Tortilla, Whole Wheat 10"	1 tortilla	29 grams	
	Ranch Dressing	2 tbsp	2 grams	
				41.5 grams

### Daily Lunch Offerings

Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
Sandwich, Deli Options HS	Cheese, American	2 slices	1 grams	
	Cheese, Pepperjack	2 slices	0 grams	
	Cheese, Swiss	2 slices	1 gram	
	Flour Tortilla, 10"	1 tortilla	29 grams	
	Ham, Sliced	4 slices	0 grams	
	Pepperoni	6 slices	0 grams	
	Roast Beef, Sliced	3 slices	0 grams	
	Sub Roll	1/2 roll	44 grams	
	Turkey Breast, Sliced	4 slices	0 grams	
				44-46 grams
Sandwich, Deli Options MS	Cheese, American	2 slices	1 grams	
	Cheese, Pepperjack	2 slices	0 grams	
	Cheese, Swiss	2 slices	1 gram	
	Flour Tortilla, 8"	1 tortilla	24 grams	
	Ham, Sliced	4 slices	0 grams	
	Sub Roll	1/2 roll	44 grams	
	Turkey Breast, Sliced	4 slices	0 grams	
				24-46 grams
Cold Deli Meat EL	Ham, Sliced	4 slices	0 grams	
	Turkey Breast, Sliced	4 slices	0 grams	
	Cheese, Cheddar Cubes	1 package	0 grams	
	Cheese Stick	1 string cheese	1 gram	
	Dinner Roll	1 roll	19 grams	
	Goldfish, Whole Grain	1 package	14 grams	
	Pretzel Hearts	1 package	15 grams	
Cold Deli PBJ Polaris	PBJ Sandwich (grape or	2.6 oz sandwich	32 grams	
	String Cheese	1 string cheese	1 gram	
	Cheddar Cheese Cubes	1 package	0 grams	
	Goldfish, Whole Grain	1 package	14 grams	
Cold Deli Sandwich MS/HS Polaris	Turkey	4 slices OR	0 grams	
	Ham	4 slices	0 grams	
	American Cheese	2 slices	2 grams	
	Hoagie bun	1/2 bun	44 grams	

Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
Cold Deli Yogurt	Yogurt (Peach, Cherry Vanilla or	1 container	19 grams	
	Cheese Stick	1 string cheese	1 gram	
	Cheese, Cheddar Cubes	1 package	0 grams	
	Dinner Roll	1 roll	19 grams	
	Goldfish, Whole Grain	1 package	14 grams	
	Pretzel Hearts	1 package	15 grams	
Uncrustable EL(Grape or Strawberry)	PBJ Sandwich	2.6 oz sandwich	32 grams	
	String Cheese	1 string cheese	1 grams	
	Cheese, Cheddar Cubes	1 package	0 grams	
	Dinner Roll	1 roll	19 grams	
				51- 52 grams
Uncrustable MS/HS(Grape or Strawberry)	PBJ Sandwich	5.3 oz	64 grams	
				64 grams
Yogurt & Fruit Bar EL/MS	Vanilla Yogurt	1/4 cup	7 grams	
	Granola	1/3 cup	23 grams	
	Strawberries	1/2 cup, halves	6 grams	
	Raspberries	1/2 cup	9 grams	
	Blueberries	1/2 cup	6 grams	
	Blackberries	1/2 cup	7 grams	
	Bananas	1/2 banana,	14 grams	
	Grapes	1/2 cup	7 grams	
	Pineapple (canned)	1/2 cup	16 grams	
				36 - 46 grams
Yogurt & Fruit Bar HS	Vanilla Yogurt	1/4 cup	7 grams	
	Granola	1/3 cup	23 grams	
	Strawberries	1 cup, halves	12 grams	
	Raspberries	1 cup	18 grams	
	Blueberries	1 cup	12 grams	
	Blackberries	1 cup	14 grams	
	Bananas	1 banana, medium	27 grams	
	Grapes	1 cup	14 grams	
	Pineapple (canned)	1 cup	32 grams	
				42 - 62 grams

Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
<b>Condiments</b>	Avocado Blend	1 Tbsp	3 grams	
	Balsamic Vinegar	2 Tbsp	5 grams	
	Banana Peppers	2 Tbsp	1 gram	
	BBQ Sauce	2 Tbsp	13 grams	
	Caesar Dressing	2 Tbsp	2 grams	
	Hot Sauce	1 tsp	0 grams	
	Italian Dressing	2 Tbsp	3 grams	
	Jalapenos	1/4 cups	1 gram	
	Ketchup	2 Tbsp	10 grams	
	Lettuce, Shredded	1/2 cups	1 gram	
	Mayonnaise	1 Tbsp	1 gram	
	Mustard	1 tsp	0 grams	
	Olives	2 Tbsp	1 gram	
	Pickles	8 slices	1 gram	
	Ranch Dressing	2 Tbsp	2 grams	
	Salsa	2 Tbsp	2 grams	
	Sour Cream	2 Tbsp	2 grams	
	Sweet & Sour Sauce	2 Tbsp	9 grams	
	Tomatoes	1/2 cup	5 grams	
<b>Beverages</b>	Milk, Fat Free	1 Carton	13 grams	
	Milk, 1%	1 Carton	13 grams	
	Milk, Chocolate	1 Carton	20 grams	
	Orange Juice	1 Carton	14 grams	
	Apple Juice	1 Carton	14 grams	

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## Produce Carbs

Menu Item	Serving Size	Carbs per Serving
Apples, Gold	medium (3" diameter), 1/2 cup slices	22 grams, 8 grams
Apples, Red	medium (3" diameter), 1/2 cup slices	30 grams, 8 grams
Applesauce	1/2 cup	15 grams
Applesauce Cup	1 - 4 oz cup	12 grams
Asparagus	5 large spears	4 grams
Bananas	1 banana, medium (7-8")	27 grams
Beans, Black (cooked)	1/2 cup	23 grams
Beans, Garbanzo	1/2 cup	20 grams
Beans, Green (cooked)	1/2 cup	4 grams
Beans, Kidney (uncooked)	1/2 cup	22 grams
Beans, Refried	1/2 cup	30 grams
Blackberries	1/2 cup	7 grams
Blood Oranges	1 medium	16 grams
Blueberries	1/2 cup	11 grams
Blueberries (frozen)	1/2 cup	9 grams
Broccoli (cooked)	1/2 cup	4 grams
Broccoli	1/2 cup	3 grams
Cabbage, Green Shred	1/2 cup	2 grams
Cantaloupe (18/melon)	1/2 cup diced	7 grams
Carrots (cooked)	1/2 cup	4 grams
Carrots, Baby Peeled	1/2 cup	7 grams
Carrots, Shredded	1/2 cup	5 grams
Cauliflower	1/2 cup	3 grams
Cauliflower, Trio	1/2 cup	3 grams
Celery Sticks (3 sticks)	1/2 cup	2 grams
Cilantro	1 Tbsp	0 grams
Corn (cooked)	1/2 cup	17 grams
Cranberries, dried	1/4 cup	33 grams
Cucumber (sliced)	1/2 cup	2 grams
Cuties (approx 1 )	1 each	9 grams
Edamame (prepared)	1/2 cup	7 grams
Flat Fruit, Apple	1 Flat Fruit	12 grams
Grapefruit	1/2 cup	9 grams
Grapes, Green (7 grapes)	1/2 cup	15 grams
Grapes, Red (7 grapes)	1/2 cup	15 grams
Honeydew Melon (19/melon)	1/2 cup diced	15 grams
Jicama	1/2 cup	5 grams
Kiwi	1 whole, 1/2 cup	10 grams, 13 grams
Kumquats	7 fruits	21 grams
Lettuce, Romaine Chop*	1 cup	2 grams
Lettuce, Salad Mix*	1 cup	1 gram
Lettuce, Salad Spring Mix*	1 cup	1 gram
Lettuce, Shredded*	1 cup	2 grams
Mangos	1/2 cup	16 grams
Mixed Fruit	1/2 cup	10 grams
Mushrooms (sliced)	1/2 cup	1 gram
Nectarines	Medium (2.5" diameter), 1/2 cup slices	15 grams, 8 grams

Menu Item	Serving Size	Carbs per Serving
Onions, Medium (sliced)	1/2 cup	6 grams
Oranges	Medium (2.5" diameter), 1/2 cup slice	15 grams, 11 grams
Oranges, Mandarin	1/2 cup	18 grams
Peaches	Medium (2.5" diameter), 1/2 cup slices	14 grams, 8 grams
Peaches, Diced (drained)	1/2 cup	11 grams
Pears, Diced (drained)	1/2 cup	13 grams
Pears, Green	Medium, 1/2 cup slices	32 grams, 11 grams
Pears, Red	Medium, 1/2 cup slices	23 grams, 10 grams
Peas (cooked)	1/2 cup	9 grams
Peas (frozen)	1/2 cup	9 grams
Peppers, Green (strips)	1/2 cup	3 grams
Peppers, Orange (strips)	1/2 cup	3 grams
Peppers, Red (strips)	1/2 cup	3 grams
Pineapple	1/2 cup chunks	11 grams
Pineapple Tidbits (drained)	1/2 cup	16 grams
Plums	Medium (2" diameter), 1/2 cup sliced	8 grams, 9 grams
Potatoes, Mashed	1/2 cup	14 grams
Potatoes, Mashed & Gravy	1/2 cup potatoes & 1/4 cup gravy	17 grams
Radish (whole)	1/2 cup	0 grams
Raspberries	1/2 cup, raw	9 grams
Snow Pea Pods	1/2 cup	2 grams
Spinach (raw, chopped)*	1 cup	0 grams
Starfruit	1/2 cup cut	5 grams
Strawberries (10.5/container)	1/2 cup halved	6 grams
Tangerines	Medium (2.5" diameter), 1/2 cup sections	12 grams, 13 grams
Tomato, Cherry	1/2 cup	3 grams
Tomato, Red & Pink (sliced)	1 1/4" thick slice	1 gram
Watermelon, Seedless	1/2 cup diced	6 grams
Zucchini (raw, sliced)	1/2 cup	2 grams
<b>Mixed Vegetables, Steamed</b>	<b>1/2 cup total</b>	<b>3.2 grams</b>
	Broccoli	1.5 grams
	Carrots	0.5 grams
	Onions	0.2 grams
	Green Bell Peppers	0.5 grams
	Red Bell Peppers	0.5 grams
<b>Roasted Vegetables</b>	<b>1/2 cup total</b>	<b>3 grams</b>
	Onions	.5 grams
	Green Bell Peppers	.5 grams
	Red Bell Peppers	1 gram
	Mushrooms	.5 grams
	Zucchini	.5 grams
	Garlic	0 grams
<b>Salad with Dressing EC</b>	<b>1/2 cup Romaine &amp; 1 Tbsp Caesar</b>	<b>2 grams</b>
	Romaine Lettuce	1 gram
	Caesar Dressing	1 gram

REMINDER: Each student must have 1/2 cup fruit and/or veggie for a reimburseable meal

\* 1/2 cup of leafy greens counts as 1/4 cup

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## Early Childhood Snacks

Menu Item	Ingredient	Serving Size	Carbs per Serving	Total Carbs in Menu Item
Bagel & Cream Cheese	Bagel	1 bagel	28 grams	
	Regular Cream Cheese	1 tub	1 gram	29 grams
	Strawberry Cream Cheese	1 tub	4 grams	32 grams
Cereal Variety	Multigrain Cheerios	1 bowl (1 oz)	23 grams	
	Cinnamon Chex	1 bowl (1 oz)	22 grams	
Cheese Variety	String Cheese	1 string cheese	1 gram	
	Cheddar Cheese cubes	1 package	0 grams	
Deli Meat	Turkey	3 slices (OR)	.5 grams	
	Ham	3 slices	.5 grams	
Dinner Roll	Dinner Roll	1 roll	19 grams	
Goldfish Crackers	Goldfish Crackers	1 package	14 grams	
Muffin Variety	Blueberry Muffin	1 muffin	29 grams	
	Apple Cinnamon	1 muffin	28 grams	
	Banana Muffin	1 muffin	30 grams	
Pretzels	Mini Pretzels	1 package	15 grams	
Seasonal Bread	Blueberry Bread	1 slice	46 grams	
	Pumpkin Bread	1 slice	43 grams	
	Banana Bread	1 slice	44 grams	
Yogurt & Zee Zee Grahamz	Peach Yogurt	1 carton	19 grams	39 grams
	Strawberry Banana Yogurt	1 carton	19 grams	39 grams
	Cherry Vanilla Yogurt	1 carton	19 grams	39 grams
	Zee Zee Grahamz	1 package	21 grams	
<b>Beverages</b>	Milk, Fat Free	1 Carton	13 grams	
	Milk, 1%	1 Carton	13 grams	
	Orange Juice	1 Carton	14 grams	
	Apple Juice	1 Carton	14 grams	

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**PGA Lunch Offerings**

Menu Item	Ingredient	Serving Size	Carbs per serving	Total Carbs in Menu Item
Chicken Patty Sandwich	Chicken Patty	1 patty	12 grams	
	Hamburger Bun	1 bun	30 grams	
				42 grams
Spicy Chicken Patty Sandwich	Spicy Chicken Patty	1 patty	12 grams	
	Hamburger Bun	1 bun	30 grams	
				42 grams
Hamburger	Hamburger Bun	1 bun	30 grams	
	Beef Patty	1 patty	0 grams	
	With Cheese	American Cheese	1 slice	1 gram
				30- 31 grams
PBJ + Chz Stick + Pretzels	PBJ sandwich	1 sandwich (2.6 oz)	32 grams	
	Cheese stick	1 cheese stick	1 gram	
	Pretzels	1 package	15 grams	
				48 grams
PB&J + Goldfish	PB&J Sandwich	1 sandwich (2.6 oz)	32 grams	
	Goldfish Crackers	1 package	14 grams	
	Cheese Stick	1 stick	1 gram	
	Cheese Cubes	1 package	0 grams	
				46-47 grams
PBJ + Hummus/Pretzels	PBJ Sandwich	1 sandwich (2.6 oz)	32 grams	
	Hummus	1 hummus cup	18 grams	
	Pretzels	1 package	15 grams	
				65 grams
Ham & Cheese Deli Sandwich	Ham	4 slices	0 grams	
	American	2 slices	2 grams	
	Hoagie Roll	1/2 roll	44 grams	
				46 grams
Turkey & Cheese Deli Sandwich	Turkey	4 slices	.5 grams	
	American	2 slices	2 grams	
	Hoagie Roll	1/2 roll	44 grams	
				46.5 grams
Cheese Pizza (MS and HS)	Cheese Pizza	1 slice	43 grams	
Cheese Pizza (Elementary)	Cheese Pizza	1 slice	34 grams	
Pepperoni Pizza (MS and HS)	Pepperoni Pizza	1 slice	43 grams	
Pepperoni Pizza (Elementary)	Pepperoni Pizza	1 slice	34 grams	

Menu Item	Ingredient	Serving Size	Carbs per serving	Total Carbs in Menu Item
<b>Vegetables:</b>				
Black Beans	Black beans	1/2 cup	23 grams	
Corn	Corn	1/2 cup	17 grams	
Edamame	Edamame	1/2 cup	9 grams	
Peas	Peas	1/2 cup	9 grams	
<b>Condiments:</b>				
Ketchup (2 T)	Ketchup	10 grams	10 grams	
Pickles (8 slices)	Pickles	1 gram	1 gram	
Ranch (2 T)	Ranch	1.5 grams	1.5 grams	
Mayo	Mayo	1 gram	1 gram	
<b>Beverages:</b>				
	Milk, Fat Free	1 Carton	13 grams	
	Milk, 1%	1 Carton	13 grams	
	Milk, Chocolate	1 Carton	20 grams	

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## A LA CARTE CARBOHYDRATE COUNT

<b>Elementary School</b>	
Item	Carbs
Cheese, Cheddar Cubes	0 g
Cheese, String	1 g
Chips, Baked Lays	26 g
Chips, Cheddar Sour Cream	17 g
Chips, Doritos Cool Ranch	20 g
Chips, Doritos Reduced Fat	20 g
Cracker, Goldfish Individual	14 g
Cracker, Grahamz	21 g
Flat Fruit, Apple variety	12 g
Milk (1% White)	13 g
Milk (Chocolate)	20 g
Milk (Fat Free)	13 g
Muffin, Apple Cinnamon	28 g
Muffin, Banana	30 g
Muffin, Blueberry	29 g
Muffin, Chocolate	32 g
Pretzel, Heart	15 g
Water	0 g
Yogurt	19 g

<b>Middle School</b>	
Item	Carbs
Bread, Banana	44 g
Bread, Blueberry	46 g
Cheese, String	1 g
Chips, Baked Lays	26 g
Chips, Doritos Cool Ranch	20 g
Chips, Doritos Reduced Fat	20 g
Cocoa Cherry Bar	37 g
Milk (1% White)	13 g
Milk (Chocolate)	20 g
Milk (Fat Free)	13 g
Muffin, Apple Cinnamon	28 g
Muffin, Banana	30 g
Muffin, Blueberry	29 g
Muffin, Chocolate	32 g
Pretzel, Heart	15 g
Izze, Apple	24 g
Izze, Blackberry	22 g
Izze, Clementine	21 g
Izze, Peach	22 g
Water	0 g
Yogurt	19 g

<b>High School</b>	
Item	Carbs
Bread, Banana	44 g
Bread, Blueberry	46 g
Bread, Pumpkin	43 g
Cheese, Cheddar Cubes	0 g
Cheese, String	1 g
Chips, Baked Lays	26 g
Chips, Cheddar Sour Cream	17 g
Chips, Doritos Cool Ranch	20 g
Chips, Doritos Reduced Fat	20 g
Cocoa Cherry Bar	37 g
Cookie Chocolate Chip	26 g
Cookie Sugar	26 g
Cracker, Goldfish Individual	14 g
Milk (1% White)	13 g
Milk (Chocolate)	20 g
Milk (Fat Free)	13 g
Muffin, Apple Cinnamon	28 g
Muffin, Banana	30 g
Muffin, Blueberry	29 g
Muffin, Chocolate	32 g
Pretzel, Heart	15 g
Izze, Apple	24 g
Izze, Blackberry	22 g
Izze, Clementine	21 g
Izze, Peach	22 g
Gatorade G2, Grape	7 g
Gatorade G2, Raspberry	7 g
Propel, Berry	0 g
Propel, Lemon	0 g
Water	0 g
Yogurt	19 g

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