

## Carb Counts

Food Item	Grams of Carbohydrate		
	Pre-K	Elementary & Middle	High School
Banana Muffin	30	30	30
BBQ Roasted Chicken w/Rice & Roll			47
BBQ Roasted Chicken w/Roll	25	25	25
Biscuit (1 biscuit)	25	25	25
Black Bean Dip (V)	43	43	43
Black Beans & Rice	40	40	40
Black Beans & Rice w/ Roll		49	49
Blueberry Muffin	30	30	30
Blueberry Pancakes (Mini) (1 package)	35	35	35
Breadstick (1 each)	14	14	14
Broccoli Cheese Rice Casserole w/ Roll & Crackers (V)			64
Broccoli Cheese Rice Casserole w/ Roll (V)	49	49	49
Burrito Bowl w/Popcorn Chicken	60	60	60
Cheese Nachos (V)	51	51	51
Cheesy Broccoli Baked Potato w/ Roll & Crackers (V)		70	70
Chicken & Waffles	22	22	22
Chicken Alfredo Rotini	30	30	30
Chicken Alfredo Rotini w/Roll		41	41
Chicken Burrito Bowl	60	60	60
Chicken Gumbo w/ Rice	53	53	53
Chicken Nachos	28	48	48
Chicken Nuggets (5 Nuggets)	11	11	11
Chicken Nuggets w/ 1/2C Mac & Cheese (5 Nuggets)	37	37	37
Chicken Nuggets w/Roll (5 nuggets)	22	22	22
Chicken Parmesan w/ Spaghetti	45	45	45
Chicken Salad w/ Mixed Greens	27	27	27
Chicken Salad w/ Mixed Greens & Roll		39	39
Chicken Tenders (3 tenders)	11	11	11
Chicken Tenders w/Roll (3 tenders)	22	22	22
Chicken Teriyaki w/ Rice	44	44	44
Chicken Teriyaki w/ Rice & Roll			55
Chicken, Popcorn (10 pieces)	15	15	15
Chili w/ Pinto & Kidney beans w/ Cornbread (V)	48	48	48
Cornbread Dressing (1/2 cup)	17	17	17
Corndogs, Mini (6 corndogs)		30	30
Country Style Gravy	2	2	2
Croutons (2 packages)		16	16
Dinner Roll	11	11	11
Fiesta Rice Bowl		98	98
Fish Sticks/ Nuggets (4 Sticks/ Nuggets)	23	23	23
Fish Sticks/ Nuggets w/Roll	29	29	29
French Toast (1 package)	37	37	37
Graham Crackers (one 3-pack)	17	17	17
Gravy, Beef	4	4	4
Hamburger Bun	30	30	30
Handmade Buffalo Chicken Pizza			37

Handmade Cheese Pizza (V)			37
Handmade Hawaiian Pizza			41
Handmade Meatball Pizza			38
Handmade Meatlovers Pizza			37
Handmade Pepperoni + Jalepeno Pizza			37
Handmade Pepperoni Pizza			37
Handmade Supreme Pizza			38
Handmade Vegetable Pizza (V)			39
Hot Dog Bun	25	25	25
Lemon Pepper Oven Roasted Chicken	0	0	0
Lemon Pepper Oven Roasted Chicken w/ Roll	11	11	11
Lemon Pepper Roasted Chicken w/ Roll & Rice		33	33
Luigi's, Macaroni & Cheese (entrée portion)	26	52	52
Luigi's, Macaroni & Cheese (side portion)	26	26	26
Mini Waffles, Maple (1package)	34	34	34
Mozzarella Cheese Quesadilla (V)	31	31	31
Nardones Cheese Pizza (personal pizza) (V)	32	32	32
Nardones Pepperoni Pizza (personal pizza)	29	29	29
Orange Chicken (No rice, No roll)	30	30	30
Orange Chicken w/ Rice	49	49	49
Red Beans & Rice (V)	59	59	59
Red Beans & Rice w/ Roll (V)		70	70
Rice (1/2C)	17	17	17
Roasted Rotisserie Chicken	0	0	0
Roasted Rotisserie Chicken w/ Roll	11	11	11
Roasted Rotisserie Chicken w/ Roll & Brown Rice	37	37	37
Salisbury Steak (No Roll, No Rice)	4	4	4
Salisbury Steak w/ Rice and Roll		42	42
Salisbury Steak w/ Roll	15	15	15
Southwest Chicken Salad w/ Salsa		67	67
Spaghetti Marinara w/ Meatballs	31	31	31
Spaghetti Marinara w/ Meatballs and Breadstick		45	45
Spaghetti Marinara w/ Meatballs and Roll	41	41	41
Tortilla chips (1oz portion)	19	19	19
Tuna Salad w/ Mixed Greens		25	25
Tuna Salad w/ Mixed Greens & Roll		37	37
Turkey & Cheese Salad w/ Croutons		26	26
Turkey Chili Cheese Baked Potato w/ Roll & Crackers		37	37
Turkey Chili Cheese Fries (No Roll, No Crackers)	28	28	28
Turkey Chili Cheese Fries w/Roll	39	39	39
Turkey Chili Cheese Fries w/Roll & Crackers			55
Turkey Chili Dog	31	31	31
Turkey Chili w/ Cornbread	49	49	49
Turkey Chili w/ Cornread & Crackers			70
Turkey Hot Dog (With Bun)	27	27	27
Turkey Sloppy Joe	37	37	37
Turkey Taco Salad w/ Chips		64	64
Turkey Tacos, Cheesy	35	35	35
Veggie Carbonara	16	16	16
Waffle (Plain, Unflavored, 1 Waffle)	22	22	22
Waffles, Mini Blueberry	36	36	36
Waffles, Mini Maple	36	36	36

<b>Cereal</b>	<b>Pre-K</b>	<b>Elementary &amp; Middle</b>	<b>High School</b>
Cheerios	20	20	20
Cheerios w/Animal Crackers	45	45	45
Cheerios w/Animal Crackers	45	45	45
Cheerios w/Graham Crackers	37	37	37
Cheerios w/Graham Crackers	37	37	37
Frosted Mini Wheats	24	24	24
Raisin Bran		27	27
Raisin Bran w/Animal Crackers		51	51
Raisin Bran w/Graham Crackers		44	44
Rice Crispies	23	23	23

<b>Vegetable</b>	<b>Pre-K (1/4 cup)</b>	<b>Elementary &amp; Middle</b>	<b>High School</b>
Baked Beans, New England Style	11	21	21
Bean, Black	11	21	21
Bean, Pinto	13	27	27
Beans, Charro	18	55	55
Black Bean & Corn Salad	19	19	19
Broccoli Florets	2	4	4
Carrots (Fresh or Cooked)	4	8	8
Carrots, Baby, individually wrapped (per pack)	6	6	6
Celery Sticks	1	2	2
Corn on the Cob (2 small cobs)	20	20	20
Corn, Kernals	8	16	16
French Fries	7	13	13
Green Beans	3	6	6
Green Peas	7	14	14
Italian Mixed Veggies	3	6	6
Mashed Potatoes	6	12	12
Mixed vegetables	7	13	13
Peas & Carrots	11	21	21
Peas, Green	7	14	14
Potato Fries	7	13	13
Potato Tots	8	16	16
Tomato, (Fresh) Snack Pack (2 packages)		9	9

<b>Fruit</b>	<b>Pre-K</b>	<b>Elementary &amp; Middle</b>	<b>High School</b>
Apple, Fresh	18	18	18
Applesauce (Canned)	7	15	15
Applesauce (Manufacturer Sealed Container)	15	15	15
Banana (1 banana)	29	29	29
Grapes	14	14	14
Mixed Fruit (Canned)	11	21	21
Orange, Fresh	15	15	15
Peaches (Canned)	7	14	14

Pears (Canned)	5	10	10
Watermelon	6	6	6
<b>Juice</b>	<b>Pre-K</b>	<b>Elementary &amp; Middle</b>	<b>High School</b>
Apple Juice (4oz)	14	14	14
Fruit Punch (4oz)	14	14	14
Orange Juice (4oz)	14	14	14

<b>Milk</b>	<b>Pre-K</b>	<b>Elementary &amp; Middle</b>	<b>High School</b>
Milk, Chocolate (Fat Free)	20	20	20
Milk, white, 1%	12	12	12

<b>Condiments</b>	<b>Pre-K</b>	<b>Elementary &amp; Middle</b>	<b>High School</b>
Ketchup, packet	3	3	3
Mayonnaise, packet	2	2	2
Mustard, packet	1	1	1
Salsa cup (1 portion)	5	5	5
Syrup, cup, 1.5oz.	30	30	30
Tartar Sauce, packet	2	2	2

<b>Hot Breakfast</b>	<b>Pre-K</b>	<b>Elementary &amp; Middle</b>	<b>High School</b>
Chicken Biscuit Breakfast Sandwich	32	32	32
Cheesy Egg, Turkey Ham, Hashbrown Bowl w/ Toast	31	31	31
Cheesy Eggs w/ Grits	45	45	45
Cheesy Scrambled Eggs w/ Buttery Toast	15	15	15
Cheesy Toast w/ Grits	52	52	52
Chicken & Waffles	22	22	22
Egg & Cheese Breakfast Burrito	30	30	30
Egg, Turkey Sausage, Cheese Burrito, individually wrapped	18	18	18
Grits w/ Cheesy Toast	52	52	52
Jumbo Waffle w/ Turkey Sausage Patty	22	22	22
Pancakes w/ Turkey Sausage Patty	28	28	28
Sausage, Egg, Cheese Biscuit Breakfast Sandwich	26	26	26
Scrambled Eggs w/ Cheesy Grits	45	45	45
Turkey Sausage & Cheese Biscuit	26	26	26

<b>Sub/Sandwich</b>	<b>Pre-K</b>	<b>Elementary &amp; Middle</b>	<b>High School</b>
Meatball Sub	31	31	31
Adobe Chicken Wrap	32	32	32
BBQ Chicken Sandwich (No Bun)	10	10	10
BBQ Chicken Sandwich (On Hamburger Bun)	40	40	40
BBQ Chicken Wrap	37	37	37
Beef Cheeseburger	32	32	32
Breaded Chicken Sandwich	41	41	41
Cheesy Breaded Chicken Sandwich	42	42	42
Chicken Parm Sandwich	47	47	47
Chicken Salad Sub	33	33	33

Crispy Chicken Ranch Wrap	39	39	39
Deli Stacker Sandwich	31	31	31
Fish Sandwich (No Bun)	20	20	20
Fish Sandwich (w/ Bun)	48	48	48
Fresh Vegetable Sub	39	39	39
Grilled Cheese Sandwich	33	33	33
Grilled Cheese Sandwich w/ Tomato (slice)	33	33	33
Grilled Veggie Wrap	42	42	42
Italian Sub	31	31	31
Spicy Buffalo Chicken Ranch Sandwich	47	47	47
Tuna Salad Sandwich	16	16	16
Tuna Salad Wrap	33	33	33
Turkey & Cheese Melt	32	32	32
Turkey & Cheese Sub	33	33	33
Turkey-Ham & Cheese Sub	32	32	32
Veggie Ranch Wrap	45	45	45
Zesty Italian Wrap	32	32	32