

# CARBOHYDRATES (g)

<u>Entrees</u>	<u>Carbs</u>	<u>Breads &amp; Starches</u>	<u>Carbs</u>	<u>A la Carte - Vending</u>	<u>Carbs</u>	<u>Vegetables</u>	<u>Carbs</u>
Bag Lunch (tuna)	12	Bread, 2 slices	28	100 Calorie Chips Ahoy	18	Beans, Baked	29
Burger	2	Breadstick, cheese filled	18	Animal Crackers	24	Beans, Black	20
Burger, Cheese	4	Buns, Hamburger	27	Appleways Apple Bar	24	Beans, Green	4
Burger, Turkey	2	Buns, Hot Dogs	27	Appleways Chocolate Chip	24	Beans, Refried	20
Chicken, Fajita	14	English Muffin	22	Appleways Strawberry Bar	24	Broccoli, Steamed	4
Chicken, Lemongrass	24	Rice, parboiled 1/4 cup	37	Cheeze-Its	24	Carrot/celery cup, fresh	12
Chicken, Nugget	13	Roll, Dinner	16	Chex Mix	36	Carrots, canned	6
Chicken, Patty	9	Tortilla Chips (about 16 chips)	18	Cinn Tst Crunch Cereal Bar	30	Corn, whole kernel, canned	13
Chicken, Popcorn	20	Wraps, whole wheat ELEM	28	Doritos Cool Ranch	19	Peas, sweet green, canned	12
Chicken, Strip	9	Wraps, whole wheat HS/MS	35	Doritos Nacho Cheese	20	Potatoes, french fries	20
Chicken, Tangerine	25			Doritos Spicy Chili	20	Potatoes, mashed	17
Chicken, Teriyaki	14	<u>Milk Items</u>	<u>Carbs</u>	Golden Grahams Cereal Bar	30	Potatoes, tater tots	19
Fish, Pollack	16	1% Milk 8 oz	13	Goldfish PC's	14	Tomatoes, Grape	5
Goulash	27	FF Chocolate 8 oz	21	Grandma's Cookie Choc Brownie	47		
Grilled Cheese	32	FF Strawberry 8 oz	24	Grandma's Cookie Choc Chip	44	<u>Breakfast Entrees</u>	<u>Carbs</u>
Ham & Cheese Croissants	31	LF Chocolate Pints	29	Homemade Big Cookie	30	Apple Frudel	36
Ham & Scalloped Potatoes	25	LF Strawberry Pints	31	Lay's BBQ Chips	24	Bagel, plain	28
Hot Dogs, Beef	1	Mocha Cappuccino Pints	27	Lay's REG Chips	26	Chocolate Chip Muffin	32
Macaroni and Cheese	27	Skim Milk 8 oz	13	Lay's SCO Chips	19	Cold Cereals	24
Macho Nachos w/meat	25	Soy Milk 8 oz (GWF)	9	Nabisco Fig Newton	11	Donut, baked whole grain	23
Meatball, Sub	14	String Cheese	1	Nutri-Grain Bar Apple	24	Egg Omelet (Fritata)	2
Mozzarella Sticks	37	Vanilla Cappuccino Pints	29	Nutri-Grain Bar Blueberry	24	Egg/Saus/Cheese on Eng Muffin	25
Pinwheels, Philly Steak	33			Nutri-Grain Bar Strawberry	24	French Toast Sticks	36
Pizza	27	<u>Fruits &amp; Juices</u>	<u>Carbs</u>	Nutri-Grain Raspberry	24	Mini Cinni's	40
Pop Dogs, Mini	30	Apple Juice 4 oz	14	Nutter Butter	20	Mini Pancakes	39
Ravioli, Cheese	27	Apple Whole	19	Oreo Cookies	33	Mini Waffles	38
Rib Patty	6	Applesauce cups 4.5 oz	12	Pop Tart Cinnamon	37	Pancake on a Stick	18
Shrimp Poppers	21	Bananas	23	Pop Tart Strawberry	38	Pop Tarts, Cinnamon	37
Sloppy Joe's	15	Craisins	28	Quaker Chewy Chocolate Bar	17	Pop Tarts, Strawberry	38
Stuffed Shells	28	Fruit Juice 4 oz	14	Ritz Bitz	17	Yogurt - both Trix flavors	20
Taco, Soft-Shell	21	Grape Juice 4 oz	18	RK Treats Chocolate	16		
Turkey Dinner Day, Gravy	3	Orange Juice 4 oz	14	RK Treats Original	30		
Turkey Dinner Day, Mashed Potatoes	17	Orange Wedges	14	Scooby Doo Snacks	21		
Turkey Dinner Day, Stuffing	24	Peaches, Canned	14	Scooby Fruit Snacks	21		
Turkey/Bacon/Cheese	3	Pears, Canned	14	Smartfood Popcorn	14		
Ziti, Baked	14	Pineapple, Canned	7	Trix Cereal Bar	30		
		Strawberries, Frozen	21				