

CATEGORY	ITEM DESCRIPTION	PORTION SIZE	CHO (in grams)
BREAD	Bagel - Cinnamon & Raisin	3 oz	47
BREAD	Bagel - plain	2 oz	28
BREAD	Bagel - Blueberry	2 oz	32
BREAD	Biscuit	2 oz	24
BREAD	Bread - wheat	1 slice	13
BREAD	Bun, Hamburger	1 ea	26
BREAD	Bun, Hot Dog	1 ea	26
BREAD	Chow Mein Noodles	1 oz	0.5
BREAD	Cinnamon Roll	2.5	34
BREAD	Corn Bread Muffin	1 ea	32
BREAD	Cornbread Stuffing	1/2 c	25
BREAD	Crackers, graham	1 pkg	17
BREAD	Crackers, saltine - whole wheat	1 pkg	4
BREAD	Croutons	2 tbsp	5
BREAD	English Muffin	1 ea	24
BREAD	Granola	1/4 c	17
BREAD	Granola Bar	1 bar	19
BREAD	Muffin - Plain	1 ea	33
BREAD	Nutrigrain Bar	1 ea	30
BREAD	Pasta - Spaghetti, Rotini, Elbow, Penne	1/2 c	41
BREAD	Peanut Butter Crackers	1 pkg	23
BREAD	Pretzel, baked	2.5 oz.	38
BREAD	Pretzel, baked	5 oz	76
BREAD	Rice - Brown	1/2 c	37
BREAD	Rice, Spanish	1/2 c	22
BREAD	Roll, Whole Wheat	1 oz	17
BREAD	Tortilla - Flour - 6 in	2 ea	28
BREAD	Tortilla Chips - 10 chips = 62	1 oz	19
BREAD	Wrap - Chipotle - 10 in	1 ea	23
BREAD	Wrap - Garlic/Herb - 10 in	1 ea	23
BREAD	Wrap - Plain	1 ea	32
BREAD	Wrap - Whole Wheat - 10 in	1 ea	27
BREAKFAST	Cinnamon Rounds	1 ea	44
BREAKFAST	Cinnamon Rolls	1 ea	34
BREAKFAST	Egg Patty	1 ea	1
BREAKFAST	Egg, Hard Boiled	1 egg	1
BREAKFAST	Pancake on a Stick	1 ea	20
BREAKFAST	Pancakes - mini burst maple	1 serv	40
BREAKFAST	French Toast Sticks	3 sticks	32
BREAKFAST	Biscuit w/turkey sausage patty	1 ea	25
BREAKFAST	Egg/Cheese/Biscuit	1 ea	25
BREAKFAST	Sausage - Turkey	1 patty	1
BREAKFAST	Breakfast Pizza	1 slice	27
CEREAL	Cheerio, Apple Cinnamon	bowlpack	23
CEREAL	Cheerios	bowlpack	20
CEREAL	Cinnamon Toast Crunch	bowlpack	22
CEREAL	Corn Flakes	bowlpack	18
CEREAL	Frosted Flakes - reduced sugar	bowlpack	24
CEREAL	Frosted Mini Wheats - reduced sugar	bowlpack	24
CEREAL	Granola	1/4 c	17
CEREAL	Golden Grahams	bowlpack	24
CEREAL	Rice Chex	bowlpack	24
CEREAL	Rice Krispies	bowlpack	23
CEREAL	Oatmeal	1/2 c	31
CONDIMENT	Barbecue Sauce	packet	4
CONDIMENT	Butter - margarine	pat	0

CONDIMENT	Cream Cheese	1 oz	2
CONDIMENT	Dressing, Caesar	1.5 oz	1
CONDIMENT	Dressing, Honey French	1.5 oz	11
CONDIMENT	Dressing, Honey Mustard	1.5 oz	8
CONDIMENT	Dressing, Italian	1.5 oz	2
CONDIMENT	Dressing, Ranch -lite	1.5 oz	8
CONDIMENT	Dressing, Ranch	packet	1
CONDIMENT	Dressing, Asian Sesame	1.5 oz	8
CONDIMENT	Duck Sauce	packet	4
CONDIMENT	Gravy, chicken	1/4 c	8
CONDIMENT	Jelly	1 TBSP	9
CONDIMENT	Ketchup	1 TBSP	5
CONDIMENT	Ketchup	1 pkt	3
CONDIMENT	Mayonaise	1 pkt	1
CONDIMENT	Mustard	1 pkt	0
CONDIMENT	Salsa	2 TBSP	2
CONDIMENT	Syrup - pancake	1 oz	20
CONDIMENT	Sweet Sour Sauce	2 tbsp	14
CONDIMENT	Tarter Sauce	packet	3
CONDIMENT	Taco Sauce	packet	1
CONDIMENT	Texas Pete	1 tsp	1
DAIRY	Yogurt - flavored	4 oz	19
DAIRY	Milk - Chocolate - Fat Free	8 oz	20
DAIRY	Milk - 1% white	8 oz	11.7
DESSERT	Apple Crisp	1/2 c	31.7
DESSERT	Brownie	2 inch sq	29
DESSERT	Cake, Chocolate	2 inch sq	30.4
DESSERT	Cake, Yellow	2 inch sq	32
DESSERT	Cookie - Choc. Chip, Sugar or Double Choc	1.33 oz	24
DESSERT	Fortune Cookie	1 ea	7
DESSERT	Ice Cream - Cry Baby	1 ea	25
DESSERT	Ice Cream - Fudge Bar	1 ea	26
DESSERT	Ice Cream -Side kicks	4 oz	20
DESSERT	Ice Cream - Orange Dream	1 ea	19
DESSERT	Ice Cream - Sandwich	1 ea	25
DESSERT	Pudding, Chocolate	1/2 c	22
DESSERT	Pudding, Vanilla	1/2 c	26
DESSERT	Rice Krispy Treat	1 ea	15
ENTRÉE	Barbecue - pork w/bun	1 sandwich	42
ENTRÉE	Barbecue - pork w/o bun	2 oz meat	16
ENTRÉE	Cheeseburger - w/bun	1 ea	27
ENTRÉE	Chicken, Buffalo Wings	3 ea	1
ENTRÉE	Chicken Fajita Meat	2 oz	0.3
ENTRÉE	Chicken Nuggets	5 ea	14
ENTRÉE	Chicken Patty	1 patty	14
ENTRÉE	Chicken Patty - grilled	1 patty	3
ENTRÉE	Chicken Patty (Spicy)	1 patty	14
ENTRÉE	Chicken Patty - w/bun	1 sandwich	40
ENTRÉE	Chicken - roasted	1 pc	0
ENTRÉE	Chicken Salad (w/o bread)	1/2 c	7.4
ENTRÉE	Chicken Salad Sandwich	1 ea	31
ENTRÉE	Chicken, popcorn	16 pcs	13
ENTRÉE	Chicken, General Tso	1 serving	27
ENTRÉE	Chicken, Tangerine	1 serving	27
ENTRÉE	Chili / Cheese Nachos w/tortilla chips	1 serving	45
ENTRÉE	Chili w/Beans	1/2 c	10
ENTRÉE	Corn Dog	1 ea	33
ENTRÉE	Corn Dog - minis -	6 pieces	31

ENTRÉE	Deli Wrap	1 wrap	27
ENTRÉE	Egg Roll	1 ea	28
ENTRÉE	Fish - Trout Treasures	4 pieces	18
ENTRÉE	Fish Patty - w/bun	1 ea	42
ENTRÉE	Fish Patty - w/out bun	1 ea	16
ENTRÉE	Ham and Cheese Sandwich	1 ea	33
ENTRÉE	Hamburger Patty (elementary, middle)	1 sandwich	1
ENTRÉE	Hamburger Patty (high school)	2.4 oz	2
ENTRÉE	Hot Dog - w/bun	1 sandwich	27
ENTRÉE	Hot Dog - w/out bun - turkey	1 ea	1
ENTRÉE	Lasagna	1 serving	28.3
ENTRÉE	Macaroni & Cheese	2/3 c	31
ENTRÉE	Meatballs	5 ea	4
ENTRÉE	Meatball Sub	1 ea	33
ENTRÉE	Peanut Butter and Jelly Sandwich	1 sandwich	32
ENTRÉE	Pizza - Breakfast	1 slice	27
ENTRÉE	Pizza - Elementary	1 slice	35
ENTRÉE	Pizza - Middle/High	1 slice	36
ENTRÉE	Quesadilla, cheese	1 ea	25
ENTRÉE	Sausage Patty	1 oz.	0
ENTRÉE	Spaghetti w/ Meatballs	3/4 c	50
ENTRÉE	Taco w/Flour Tortilla	1 ea	32
ENTRÉE	Taco, Turkey	1 serving	4
ENTRÉE	Toasted Cheese Sandwich	1 ea	27
ENTRÉE	Tuna Salad	1/2 c	12
ENTRÉE	Tuna Salad Sandwich	1 ea	38
ENTRÉE	Turkey - sliced deli	2 oz	2
ENTRÉE	Turkey and Cheese Sandwich	1 ea	28
ENTRÉE SALAD	Asian Chicken Salad	8 inch box	24
ENTRÉE SALAD	Grilled Chicken Salad	8 inch box	16
ENTRÉE SALAD	Chef's Salad	8 inch box	18
ENTRÉE SALAD	Cottage Cheese w/ Fruit Platter	8 inch box	20
ENTRÉE SALAD	Crispy Chicken Salad	8 inch box	20.5
ENTRÉE SALAD	Spring Salad	8 inch box	37
ENTRÉE SALAD	Taco Salad	8 inch box	29.5
ENTRÉE SALAD	Yogurt parfait w/ granola topping	1 ea	41
FRUIT	Apple, Fresh	1/2 piece	10.5
FRUIT	Apple Slices (canned)	1/2 c	12
FRUIT	Applesauce	1/2 c	12
FRUIT	Banana	small	23
FRUIT	Blueberries	1/2 c	10
FRUIT	Clementine	1 whole	9
FRUIT	Cantaloupe	1/2 c	6
FRUIT	Fruit Cocktail	1/2 c	20
FRUIT	Grapes	1/2 c	14
FRUIT	Honeydew	1/2 c	7
FRUIT	Juice - Apple 100%	4 oz	13
FRUIT	Juice - Fruit Punch	4 oz	14
FRUIT	Juice - Grape	4 oz	19
FRUIT	Juice - Orange	4 oz	13
FRUIT	Juicy Juice	6 oz	24
FRUIT	Juicy Juice Grape	6 oz	25
FRUIT	Kiwi	1 whole	11.3
FRUIT	Orange, Fresh	1/2 piece	10
FRUIT	Orange canned mandarin	1/2 c	20
FRUIT	Peaches (canned)	1/2 ea	20
FRUIT	Pear, fresh	1/2 ea	13
FRUIT	Pears (canned)	1/2 c	20

FRUIT	Pineapple (canned)	1/2 c	12
FRUIT	Raisins	1/4 c	30
FRUIT	Strawberries, fresh	1/2 c	6
FRUIT	Watermelon	1/2 c	6
VEGETABLE	Beans - Pork and Beans	1/2 c	21
VEGETABLE	Beans, Baked w/ sugars - USDA recipe	1/2 c	25
VEGETABLE	Black Beans	1/2 c	21
VEGETABLE	Beans, Green	1/2 c	4
VEGETABLE	Beans, Pinto	1/2 c	20
VEGETABLE	Beans, Refried	1/2 c	19
VEGETABLE	Broccoli - Fresh	1/2 c	2
VEGETABLE	Broccoli - frozen (cooked)	1/2 c	4
VEGETABLE	California Blend Vegetables	1/2 c	2.5
VEGETABLE	Carrot Sticks	1/2 c	4
VEGETABLE	Carrots, canned	1/2 c	4
VEGETABLE	Cauliflower, cooked	1/2 c	2.5
VEGETABLE	Cauliflower, Raw	1/2 c	2.5
VEGETABLE	Celery Sticks	1/2 c	2
VEGETABLE	Cole Slaw	1/2 c	19
VEGETABLE	Corn	1/2 c	12.6
VEGETABLE	Cucumber Coins	1/2 c	2.4
VEGETABLE	French Fries, elementary, middle	1/2 c	19
VEGETABLE	French Fries, high school	3 oz	22
VEGETABLE	Hash Browns	1 patty	14
VEGETABLE	Lettuce Leaf and Tomato Slice	1 slice	1.1
VEGETABLE	Peas - frozen (cooked)	1/2 c	7
VEGETABLE	Pickle, whole dill	whole	2.5
VEGETABLE	Potato	1/2 baked	15.4
VEGETABLE	Potatoes, mashed	1/2 c	11
VEGETABLE	Potatoes, tator tots	1/2 c	19
VEGETABLE	Salad, Green Tossed	1/2 c	2.3
VEGETABLE	Soup, tomato	1 c	32
VEGETABLE	Spinach - Frozen	1/2 c	3
VEGETABLE	Stir Fry Vegetables	1/2 c	3
VEGETABLE	Sweet Potato Baked	1/2 ea	23
VEGETABLE	Sweet Potatoes - canned	1/2 c	27
VEGETABLE	Sweet Potato Tots	1/2 c	21
VEGETABLE	Vegetarian Beans	1/2 c	21
VEGETABLE	Vegetables - 4 way mixed	1/2 c	12
	Sunflower Seeds	1 oz.	8
	Trail Mix	1 oz	13