

Elementary Entrees

| Entree: | Total Carbs: | Size |
|--|--------------|-----------|
| Baked Rotini | 29.0 | 8 oz. |
| Beef-A-Roni with Cheez-its - Total | 39.2 | Serving |
| <i>Beef-A-Roni</i> | 25.2 | 8 oz. |
| <i>CheezIts Crackers</i> | 14.0 | 1 package |
| Biscuit, Chicken - Total | 42.0 | Each |
| <i>Biscuit</i> | 23.0 | 1 each |
| <i>Chicken Fillet (breakfast)</i> | 10.0 | 1 each |
| Biscuit, Sausage - Total | 24.0 | 1 each |
| <i>Biscuit</i> | 23.0 | 1 each |
| <i>Sausage Patty</i> | 1.0 | 1 each |
| Buffalo Ranch Flatbread - Total | 28.3 | 1 each |
| <i>Cheese, Mozzarella, Shredded</i> | 1.0 | 1 oz. |
| <i>Chicken Fajita Strips w/Buffalo Sauce</i> | 1.3 | 2.5 oz. |
| <i>Flatbread</i> | 26.0 | 1 each |
| Cheeseburger - Total | 34.9 | Each |
| <i>Beef Patty</i> | 1.1 | 1 each |
| <i>Bun</i> | 32.5 | 1 each |
| <i>Cheese, American, Reduced fat</i> | 1.0 | 1 slice |
| <i>Pickles</i> | 0.3 | 2 each |
| Chicken and Cheese Flatbread - Total | 28.0 | 1 each |
| <i>Cheese, Mozzarella, Shredded</i> | 1.0 | 1 oz. |
| <i>Chicken Fajita Strips</i> | 1.0 | 2-5/8 oz. |
| <i>Flatbread</i> | 26.0 | 1 each |
| Chicken and Rice Casserole | 23.5 | 1 cup |
| Chicken Bites and Cinnamon Roll - Total | 32.0 | Serving |
| <i>Chicken Bites</i> | 13.0 | 4 bites |
| <i>Cinnamon Roll</i> | 19.0 | 1 roll |
| Chicken Fried Rice | 22.4 | 1 cup |
| Chicken Nuggets and Breadstick - Total | 43.2 | Serving |
| <i>Breadstick</i> | 30.2 | 1 stick |
| <i>Chicken Nuggets (Chunks)</i> | 13.0 | 5 nuggets |
| Chicken Philly - Total | 39.0 | 1 each |
| <i>Queso Blanco Sauce</i> | 1.0 | 2 oz. |
| <i>Chicken Fajita Strips</i> | 2.0 | 2.5 oz. |
| <i>Hoagie Bun</i> | 36.0 | 1 each |
| Chicken Tenders w/Roll - Total | 48.2 | Serving |
| <i>Chicken Tenders</i> | 18.00 | 3 each |
| <i>Roll</i> | 30.2 | 1 each |
| Chili w/Cheez-Its - Total | 40.5 | Serving |
| <i>Chili w/beans</i> | 26.5 | 8 oz. |
| <i>CheezIts Crackers</i> | 14.0 | 1 package |
| Corndog | 30.0 | Each |
| Corndogs, Mini | 31.0 | 6 each |
| Fish Nuggets w/Hushpuppies - Total | 42.0 | Serving |
| <i>Fish Nuggets</i> | 22.0 | 4 nuggets |

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| <i>Hushpuppies</i> | 20.0 | 3 hushpuppies |
| French Toast Sticks w/Sausage - Total | 39.4 | Serving |
| <i>French Toast Sticks</i> | 38.4 | 4 sticks |
| <i>Sausage Patty</i> | 1.0 | 1 patty |
| Fru-Yo Stack w/Muffin - Total | 92.9 | Serving |
| <i>Fruit-Yogurt Parfait</i> | 64.9 | Serving |
| <i>Muffin, Chocolate Chip</i> | 28.00 | 1 each |
| General Tso Chicken and Rice | 46.9 | 10 pcs. chicken + 1/2 cup rice |
| Hamburger - Total | 33.9 | Each |
| <i>Beef Patty</i> | 1.1 | 1 each |
| <i>Bun</i> | 32.5 | 1 each |
| <i>Pickles</i> | 0.3 | 2 each |
| Hoagie, Hot Ham and Cheese - Total | 41.1 | 1 each |
| <i>Bun, Hoagie</i> | 36.0 | 1 each |
| <i>Cheese, American, Reduced fat</i> | 2.0 | 2 slices |
| <i>Ham</i> | 3.1 | 2.3 oz. |
| Hotdog - Total | 28.0 | Each |
| <i>Beef Hotdog</i> | 1.0 | 1 each |
| <i>Bun</i> | 27.0 | 1 each |
| Mac and Cheese - Entrée | 61.0 | 3/4 cup |
| Max Snack Quesadillas | 30.0 | 3 each |
| Mozzarella Sticks and Sauce - Total | 34.4 | Serving |
| <i>Mozzarella Sticks</i> | 31.4 | 5 sticks |
| <i>Marinara Sauce</i> | 3.0 | 1 oz. cup |
| Nachos, Beef - Total | 40.5 | Serving |
| <i>Beef Crumbles (cooked with Taco Mix)</i> | 3.3 | 1.5 oz. |
| <i>Cheese Sauce</i> | 2.0 | 2 oz. |
| <i>Chips, Tortilla</i> | 35.2 | 2 oz. |
| Nachos, Chicken - Total | 39.3 | Serving |
| <i>Chicken (cooked with Taco Mix)</i> | 2.1 | 1 oz. |
| <i>Cheese Sauce</i> | 2.0 | 2 oz. |
| <i>Chips, Tortilla</i> | 35.2 | 2 oz. |
| Patty Melt | 33.1 | 1 each |
| Pepperoni Fun Lunch - Total | 53.9 | Serving |
| <i>Cheese (Mozzarella Shredded)</i> | 2.1 | 2 oz. |
| <i>Flatbread</i> | 26.0 | 1 each |
| <i>Marinara Sauce Cup</i> | 3.0 | 1 oz. cup |
| <i>Pepperoni, Sliced</i> | 0.0 | 16 slices |
| Pizza - Personal Pan - Cheese | 36.0 | Each |
| Pizza - Personal Pan - Pepperoni | 30.0 | Each |
| Pizza Sticks/Sauce - Total | 20.1 | Serving |
| <i>Pizza Sticks</i> | 17.1 | 2 sticks |
| <i>Marinara Sauce</i> | 3.0 | 1 oz. cup |

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| Popcorn Chicken w/Cinnamon Roll - Total | 40.8 | Serving |
| <i>Popcorn Chicken</i> | 13.8 | 10 each |
| <i>Cinnamon Roll w/glaze</i> | 27.0 | 1 each |
| Pork Roast - Gravy and Rice - Total | 16.5 | Serving |
| <i>Pork, Pulled</i> | 0.0 | 4 oz. |
| <i>Rice, White</i> | 11.6 | 1/2 cup |
| <i>Gravy, Brown</i> | 4.9 | 2 oz. |
| Quesadilla, Cheese | 32.0 | 1 each |
| <i>Taco Sauce (individual pack) is offered</i> | 1.0 | 1 packet |
| Salad, Chicken Caesar - Total | 23.8 | Serving |
| <i>Cheese, Parmesan Grated</i> | 0.0 | Sprinkle |
| <i>Chicken Fillet, Grilled</i> | 2.0 | 2 oz. |
| <i>Croutons</i> | 12.6 | 3 each |
| <i>Lettuce, Romaine & Spinach</i> | 7.8 | 2 cups |
| <i>Tomato, Grape</i> | 1.4 | 3 each |
| Salad, Crispy Chef with Chicken - Total | 20.1 | Serving |
| <i>Carrots (baby, fresh)</i> | 1.6 | 1/4 cup |
| <i>Cheese, Cheddar, Shredded</i> | 1.0 | 1 oz. |
| <i>Cheese, Mozzarella, Shredded</i> | 0.3 | 1/4 oz. |
| <i>Chicken, Popcorn</i> | 6.9 | 5 pieces |
| <i>Cucumber</i> | 0.9 | 1/4 cup |
| <i>Lettuce, Romaine & Spinach</i> | 7.8 | 2 cups |
| <i>Tomato, Sliced</i> | 1.6 | 1/4 cup |
| Salad, Crispy Chef with Ham - Total | 15.0 | Serving |
| <i>Carrots (baby, fresh)</i> | 1.8 | 1/4 cup |
| <i>Cheese, Cheddar, Shredded</i> | 0.5 | 1 oz. |
| <i>Cheese, Mozzarella, Shredded</i> | 0.5 | 1/4 oz. |
| <i>Cucumber</i> | 0.9 | 1/8 cup |
| <i>Lettuce, Kalera Mix</i> | 8.7 | 1 cup |
| <i>Ham, diced</i> | 2.5 | 1.5 oz. |
| <i>Tomato, Wedges</i> | 1.8 | 1/4 cup |
| Salad, General Tso - Total | 76.2 | Serving |
| <i>Chicken, with General Tso sauce</i> | 46.3 | app. 10 pieces |
| <i>Lettuce, Romaine & Spinach</i> | 7.8 | 2 cups |
| <i>Mandarin Oranges</i> | 1.5 | 1/4 cup |
| <i>Noodles, Chow Mein</i> | 20.6 | 1 oz. |
| Sandwich, BBQ Pork - Total | 49.7 | 1 Sandwich |
| <i>Bun</i> | 32.5 | Each |
| <i>Pork BBQ</i> | 17.2 | 4 oz. |
| Sandwich, Breaded Chicken - Total | 48.3 | 1 Sandwich |
| <i>Bun</i> | 32.5 | Each |
| <i>Chicken Fillet, Breaded</i> | 15.8 | 1 fillet |
| Sandwich, Grilled Cheese - Total | 34.0 | 1 Sandwich |
| <i>Bread, Loaf</i> | 30.0 | 2 slices |
| <i>Cheese, American Sliced</i> | 4.0 | 4 slices |

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| Sandwich, Wow Butter | 42.9 | 1 Sandwich |
| Sautéed Tso Chicken Bowl | 44.1 | Serving |
| Sliders, BBQ Pork - Total | 47.2 | 2 each |
| <i>Bun</i> | 30.0 | 2 each |
| <i>Pork BBQ</i> | 17.2 | 4 oz. |
| Spaghetti w/Garlic Toast - Total | 40.9 | Serving |
| <i>Spaghetti (with noodles, meat sauce & cheese)</i> | 30.0 | Serving |
| <i>Garlic Toast</i> | 10.9 | 1 slice |
| Steak Nuggets w/Roll - Total | 46.8 | Serving |
| <i>Steak Nuggets</i> | 16.6 | 8 pieces |
| <i>Roll</i> | 30.2 | 1 each |
| Taco, Soft Beef - Total | 17.3 | 1 each |
| <i>Beef Mixture (with beef, cheese & taco mix)</i> | 3.3 | Serving |
| <i>Tortilla - 8"</i> | 14.0 | 1 each |
| Turkey and Dressing w/Roll - Total | 53.8 | Serving |
| <i>Dressing</i> | 21.6 | 1/2 cup |
| <i>Roll</i> | 30.2 | 1 each |
| <i>Turkey Meat with Gravy</i> | 2.0 | 4 oz. |
| Wow-wich and String Cheese - Total | 43.9 or 45.3 | Serving |
| <i>Wow-wich w/Honey</i> | 42.9 | 1 each |
| <i>Wow-wich w/Jelly</i> | 44.3 | 1 each |
| <i>Mozzarella String Cheese</i> | 1.0 | 1 each |
| Wrap, Buffalo Ranch Chicken - Total | 15.8 | 1 each |
| <i>Chicken Fajita Strips with buffalo sauce</i> | 1.2 | 2 oz. |
| <i>Cheese, Cheddar/Mozzarella, Shredded</i> | 0.57 | .5 oz. |
| <i>Tortilla - 8"</i> | 14.0 | 1 each |
| Wrap, Crispy Chicken - Total | 45.9 | 1 each |
| <i>Cheese, Cheddar/Mozzarella, Shredded</i> | 1.1 | .75 oz. |
| <i>Chicken Fillet, chopped</i> | 15.8 | 2.5 oz. |
| <i>Tortilla - 10"</i> | 29.0 | 1 each |
| Yogurt Snack Pack - Total | 43.1 | Pack |
| <i>Cheese, Cheddar Cubes or String Cheese</i> | 0.0 | 1 each |
| <i>Crackers, CheezIts</i> | 28.0 | 2 each |
| <i>Yogurt Cup</i> | 15.1 | 1 each |