

## Middle High Entrees

Entree:	Total Carbs:	Size
Beef & Broccoli w/Rice - Total	39.5	Serving
<i>Philly Beef</i>	1.0	3 oz.
<i>Broccoli Florets</i>	2.3	1.5 oz.
<i>General Tso Sauce</i>	24.9	2 oz.
<i>Rice, White</i>	11.3	1 oz.
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	1 each
Chicken and French Toast Sticks - Total	52.3	Serving
<i>Popcorn Chicken</i>	13.8	10 pieces
<i>French Toast Sticks</i>	38.4	4 sticks
<i>Syrup</i>	27.0	1 package
Chicken and Rice Casserole	23.5	1 cup
Chicken Cheese Flatbread	28.0	1 each
Chicken Chunks & Dutch Waffle	83.0	
<i>Chicken Breast Chunks</i>	13.0	4 pieces
<i>Dutch Waffle</i>	43.0	1 each
<i>Syrup</i>	27.0	1 each
Chicken Fajita (6" Tortilla) - Total	34.7	2 each
<i>Chicken Fajita Strips cooked w/Onions &amp; Peppers</i>	4.1	4 oz.
<i>Cheese (Shredded mix of Cheddar &amp; Mozzarella)</i>	0.6	1 oz.
<i>Tortilla, 6"</i>	30.0	2 each
Chicken Tenders and Mac & Cheese - Total	48.3	Serving
<i>Chicken Tenders</i>	18.0	3 each
<i>Mac &amp; Cheese</i>	30.3	1/2 cup
Chicken Tenders and Roll - Total	48.5	Serving
<i>Chicken Tenders</i>	18.3	3 each
<i>Roll</i>	30.2	1 each
Chicken Tender Basket - Total	46.8	Serving
<i>Biscuit</i>	18.0	1 each
<i>Chicken Tenders</i>	23.0	3 each
<i>Gravy</i>	5.8	1/4 cup
Corndog	30.0	1 each
Fish Sticks and Cheese Grits - Total	50.0	Serving
<i>Fish Sticks</i>	19.0	4 sticks
<i>Cheese Grits</i>	31.0	1 cup
Fish Sticks and Roll - Total	49.2	Serving
<i>Fish Sticks</i>	19.0	4 sticks
<i>Roll</i>	30.2	1 each
Fun Lunch, Pepperoni - Total	31.0	Serving
<i>Cheese (Mozzarella Shredded)</i>	2.0	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

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Entree:	Total Carbs:	Size
General Tso Chicken Bowl (with rice)	61.3	Serving
Hamburger - Total	33.7	1 each
<i>Bun</i>	32.6	1 each
<i>Patty</i>	1.1	1 each
Hotdog - Total	30.0	1 each
<i>Bun</i>	29.0	1 each
<i>Hotdog</i>	1.0	1 each
Mozzarella Sticks with Sauce - Total	34.4	Serving
<i>Mozzarella Sticks</i>	31.4	5 sticks
<i>Sauce</i>	3.0	1 package
Orange Chicken and Rice - Total	39.9	Serving
<i>Orange Chicken</i>	24.0	10 pieces
<i>Rice</i>	15.9	1/2 cup
Patty Melt	37.1	1 each
Pancakes and Sausage - Total	70.0	Serving
<i>Pancakes</i>	41.0	3 pancakes
<i>Sausage</i>	2.0	2 patties
<i>Syrup</i>	27.0	1 package
Pizza, Personal Pan, Cheese	36.0	1 each
Pizza, Personal Pan, Pepperoni	30.0	1 each
Pizza Sticks with Sauce - Total	28.6	Serving
<i>Pizza Sticks</i>	25.6	3 sticks
<i>Sauce</i>	3.0	1 package
Popcorn Chicken with Mac & Cheese - Total	67.9	Serving
<i>Popcorn Chicken</i>	6.9	5 pieces
<i>Mac &amp; Cheese</i>	61.0	4 oz.
Popcorn Chicken with Garlic Toast - Total	24.7	
<i>Popcorn Chicken</i>	13.8	10 pieces
<i>Garlic Toast</i>	10.9	1 slice
Popcorn Chicken with Roll - Total	44.0	Serving
<i>Popcorn Chicken</i>	13.8	10 pieces
<i>Roll</i>	30.2	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.
Sandwich, BBQ Pork - Total	49.8	1 sandwich
<i>Bun</i>	32.6	1 each
<i>Pork</i>	17.2	4 oz.
Sandwich, Chicken Fillet - Total	48.6	1 sandwich
<i>Bun</i>	32.6	1 each
<i>Chicken Fillet</i>	16.0	1 fillet
Sandwich, Fish Fillet - Total	48.6	1 sandwich
<i>Bun</i>	32.6	1 each
<i>Fish Fillet</i>	16.0	1 fillet

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Entree:	Total Carbs:	Size
Sandwich, Philly Cheesesteak - Total	41.6	1 sandwich
<i>Bun (Hoagie)</i>	36.0	1 each
<i>Philly Beef w/Cheese, Peppers &amp; Onions</i>	5.6	Serving
Sandwich, Spicy Chicken - Total	47.7	1 sandwich
<i>Bun</i>	32.6	1 each
<i>Chicken</i>	15.1	1 fillet
Sandwich, Wow Butter	42.9	1 sandwich
Sauteed Tso Chicken Bowl	44.1	Serving
Spaghetti and Garlic Toast - Total	41.2	Serving
<i>Spaghetti (pasta, cheese, meat sauce)</i>	30.3	Serving
<i>Garlic Toast</i>	10.9	1 slice
Steak Nuggets and Garlic Toast - Total	27.5	Serving
<i>Garlic Toast</i>	10.9	1 slice
<i>Steak Nuggets</i>	16.6	8 pieces
Steak Nuggets and Roll - Total	46.8	
<i>Steak Nuggets</i>	16.6	8 pieces
<i>Roll</i>	30.2	1 each
Tater Tot Casserole and Roll - Total	65.0	Serving
<i>Roll</i>	30.2	1 each
<i>Tater Tot Casserole</i>	34.8	1 cup
Teriyaki Chicken Dunkers and Rice - Total	39.8	Serving
<i>Teriyaki Chicken Dunkers</i>	8.0	4 pieces
<i>Rice</i>	31.8	1 cup
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.
Turkey and Rice Casserole	25.9	1-1/2 cup
Yogurt Snack Pack - Total	44.1	Serving
<i>Cheese, String Mozzarella</i>	1.0	1 stick
<i>Crackers, CheezIts</i>	28.0	2 packs
<i>Yogurt Cup, Strawberry or Vanilla</i>	15.1	1 each