

2023-2024 Elementary Carb Listing

HOT MEALS

-Chicken Bacon Club on Roll w/ French Fries sandwich.....53 grams with French fries)	24 grams (reflects only the
- Breaded Chicken Patty on Roll w/ French Fries sandwich....67 grams with the French fries)	38 grams (reflects just the
-Hot Dog on Roll w/side of Mac and Cheese Only....46 Grams with the side of Mac and Cheese)	23 grams (Reflects Hot Dog
-Bacon Cheeseburger	23 grams
-French Bread Pizza	34 grams
-Cheese Crunchers w/ WG Sun Chips only...60 grams w/ Sunchips	41 grams (reflects crunchers
-Walking Taco and chips only)	30 grams (reflects the taco meat
-4 Cheese Pizza	35 grams
- Mini Choc Chip French Toast and Sausage Links	37 grams
-Chicken Nuggets w/Roll only...28 grams w/ Dinner Roll)	14 grams (Reflects nuggets
-French Toast Sticks w/ Breakfast Ham	44 grams
-Chicken and Cheese Quesadilla w/ WG Churro quesadilla.....51 grams w/ Churro)	23 grams (reflects only
-Pizza Sticks w/ Dipping Sauce	54 grams
-Pepperoni and Cheese "Hot Pocket"	31 grams
-Cheese Pizza Slice	28 grams
-Beef Teriyaki Dippers w/ Brown Rice	49 grams (meal must be served as is and together to meet USDA nutritional requirements)
-Pretzel Bun w/ Cheese w/ WG Goldfish sandwich..... 59 grams w/ goldfish)	45 grams (reflects only

- Pasta with Meat Sauce and WG Garlic Knot **47 grams** (reflects pasta meal only...**70 grams** w/garlic knot)

- Chicken Tenders w/ Belgian Waffle and Syrup Cup **70 grams**

- Turkey, Mashed Potatoes & Gravy w/ Dinner Roll **20 grams** (reflects only the Chicken, potatoes, and gravy....**34 grams** with dinner roll)

- Popcorn Chicken Bowls w/ WG Roll (Bowls include a serving of popcorn chicken, mashed potatoes, chicken gravy, and corn) **49.81 grams** (reflects just the bowl ingredients.....**63.81** with the dinner rolls)

- Fish Sticks and Mac and Cheese **45 grams** (broken down are 22 grams for fish and 23 grams for Mac. Meal must be sold as is to be USDA compliant with WG specifications).

COLD MEALS

- Turkey and Cheese Sandwich **24 grams**

- PBJ Uncrustable W/ Graham Snacks & Cheese Stick **55 grams**

- Buckskin Bag #1 **53 grams**
(Mini Pretzels, String cheese stick, Peanut Butter Cup, Graham Snacks)

- Buckskin Bag #2 **63 grams**
(Yogurt, WG Chocolate Chip muffin, Sunflower Seeds, Goldfish Crackers)

- Buckskin Bag #3 **52 grams**
(BBQ Turkey Stick, Mini Banana Bread Loaf, String Cheese Stick, WG Chex Mix)

SALADS

****All Salads Meals are calculated with the dinner roll and the 1.5oz packet of ranch dressing included in the Carb totals. ****

Grilled Chicken Salad	36.3 grams
Diced Ham Salad	36.67 grams
Diced Turkey Salad	32.56 grams

HOT/COLD VEGETABLE SIDES

Steamed Corn	15.8 grams
Steamed Peas	16.1 grams
Steamed Broccoli	3 grams
Steamed Green Beans	5.9 grams
Steamed Mixed Vegetables	14.8 grams
Glazed Carrots	9.9 grams
Roasted Garbanzo Beans	20 grams
Raw Baby Carrots	8 grams
Raw Broccoli	3 grams
Raw Cauliflower	2.6 grams
Raw Cucumber Coins	1.9 grams
Raw Grape Tomatoes	2.9 grams
Mini Side Salad	4.7 grams
Baked Beans	30.3 grams
Smile Fries	24 grams
Hash Brown Patty	12 grams

CANNED/FRESH FRUIT SIDES

Canned Pineapple	17 grams
Canned Mandarin Oranges	19 grams
Canned Peaches	17 grams
Canned Pears	20 grams
Canned Mixed Fruit	18 grams
Applesauce Cups	14 grams
Frozen Strawberry Cup	21 grams
Frozen Peach Cup	22 grams
Bagged Apple Slices	8 grams
Fresh Apples	19 grams
Fresh Grapes	28.4 grams
Fresh Banana	28 grams
Fresh Oranges	15.4 grams
Apple Juice	14.5 grams
Grape Juice	19 grams
Orange Juice	14.4 grams
Raisin	31 grams
Craisins	28 grams
Juice Rush Cup	27 grams
Apple Crisp	34 grams
Dole Fruit Gels Strawberry	19 grams
Dole Fruit Gels Cherry	22 grams

CONDIMENTS

BBQ Sauce Cup	9 grams
Honey Mustard Cup	4 grams
9GR Ranch Packet	1 gram
Ketchup Packet	2 grams
Mustard Packet	0 grams
Mayo Packet	1 gram
Syrup Cup	26 grams
Salsa Cup	3 grams

EXTRAS

Doritos	20 grams
Baked Lays	19 grams
Rice Krispie Treats	30 grams
Soft Pretzels	30 grams

MILK

F/F Chocolate Milk	20 grams
1% White Milk	13 grams

HOT BREAKFAST ITEMS

Dutch Waffle	43 grams
--------------	----------

Bacon Egg and Cheese on WG Roll	28.3 grams
Sausage Egg and Cheese on WG Roll	24 grams
Ham Egg and Cheese Patty on WG Roll	30 grams
WG Cinnamon Roll	34grams
Egg and Cheese Sandwich on WG Roll	24 grams
Banana or Pumpkin Super Bread Slice	43 grams
Cocoa Puff Filled Pastry	44 grams
Cinnamon Toast Filled Pastry	41 grams
Sweet Cinnamon Waffles	37 grams

COLD BREAKFAST ITEMS

Cinnamon Toast Crunch	44 grams
Cocoa Puffs	47 grams
Lucky Charms	46 grams
Honey Nut Cheerios	45 grams
Chocolate Glazed Donuts	41 grams
Powdered Sugar Donuts	52 grams
Chocolate Chocolate Muffins	28 grams
Blueberry Muffins	29 grams
Apple Muffins	30 grams
Smores Poptarts	73 grams
Strawberry Poptarts	75 grams
Fudge Poptarts	76 grams
Brown Sugar Cinnamon Poptarts	76 grams

Blueberry Poptarts

76 grams