

## 2023-2024 HS Carb Listing

### MAIN LINE HOT MEALS:

-Buckskin Bowl w/ WG Dinner Roll	69 grams
-Walking Taco w fixins and salsa	31 grams
-Chicken Alfredo w/ WG Garlic Knot	67 grams
-Chicken Nuggets w/ WG Dinner Roll	36 grams
-Jumbo Hotdog on WG Roll	24 grams
-Pork Burrito Bowl w/ WG Chips and Salsa	67.5 grams
-Lasagna Roll Up w WG Garlic Knot	52 grams
-Pillsbury Cheesy Pull-Aparts	32 grams
-Chicken Patty on WG Roll	45 grams
-Italian Sampler (contains mini pierogies, mozzarella sticks, boneless wings, marinara)	40 grams
-Chili, Cornbread, and Cheese Crunchers	105.50 grams
-Chicken Tenders w/ WG Roll	49 grams

(This total only reflects the tenders and roll, mac and cheese is not a mandatory part of this meal and is not counted in with your totals. Please refer to hot vegetable section for additional information.)

-Three Cheese Cavatappi w/ Meatballs and Marinara	42.5 grams
-Sweet and Sour Chicken w/Fried Rice & Veggie Egg Roll & Fortune Cookie	98 grams

(This meal is USDA complete with just the chicken and rice. If student wishes to break this meal down and remove the extras the egg roll is 21 grams, and the cookie is 6 grams)

-Buckskin Meatloaf w/ Buttered Rotini	47 grams
(Meal must be served "as is" to be USDA compliant. Pasta and meatloaf must be served together)	
-Buffalo Chicken Queso Dip w/ Soft Pretzel Rods	44 grams
-Pizza Sticks with Marinara	70 grams

- French Bread Pizza 34 grams
- Buffalo Chicken Pizza Slice 35 grams
- Buffalo Chicken Boat w/ WG Roll 16 grams
- Fish and Chips Basket (includes fish sticks, waffle fries, and a bag of WG Cheez Its) 66 grams

(Meal must be served with fish and cheez it's to be USDA compliant. Fries may be removed if student does not wish to count them in carb count and they are 19 grams alone)

- Chicken Parmesan w/ Marinara and Cavatappi Pasta 47 grams

(Meal must be served "as is" to be USDA compliant. Pasta and chicken must be served together)

- Beef Teriyaki Dippers w/ WG Rotini 45 grams (Meal must be served "as is" to be USDA compliant. Pasta and dippers must be served together)

## HOT COMBO ITEMS

- Pork BBQ Sandwich 44 grams
- Ham and Cheese Melt 32.5 grams
- Buffalo Chicken Sandwich 33 grams
- Steak Sandwich 32 grams
- Chicken Fillet Sandwich 46 grams
- Meatball Sandwich 48 grams
- Cheeseburger 31 grams
- Turkey and Cheese Melt 32.5 grams
- Sausage Sandwich 33 grams

## COLD COMBO MEALS

- Buckskin Sub 35 grams
- Ham and Cheese on Kaiser 32.5 grams

- Turkey and Cheese on Kaiser **32.5 grams**
- Chicken Fajita Wrap (sealed box contains wrap, 2oz cheese cup, 2 oz of salsa, and sour cream packet) **26.5 grams**
- Buffalo Chicken Wrap (sealed box contains wrap, celery sticks, and 1.5 blue cheese packet) **30 grams**
- Un crustable (Grape) **64 grams**
- Buckskin Box #1 (contains BBQ Turkey Stick, mozzarella cheese stick, WG Banana Bread Loaf, Cheddar Sunchips, Apple Slices, Cucumber Coins) **54.89 grams**
- Buckskin Box #2 (contains sunflower seeds, mozzarella cheese stick, Cinnamon Toast Crunch Breakfast Bar, 2oz chocolate chip muffin, Apple Slices, Baby Carrots) **82 grams**

## SALAD MEALS

All salad meals include the salad, a dinner roll, WG Goldfish and a 1.5oz packet of ranch dressing.

- Italian Meats Salad **52 grams**
- Vegetarian Salad **61 grams**
- Chef Salad **53 grams**
- Buffalo Chicken Salad **53 grams**
- Grilled Chicken and Mandarin Salad **63 grams**

## KIOAK ITEMS

- Egg Rolls **20 grams**
- Buffalo Chicken Bites **17 grams**
- Curly Fries **28 grams**
- Mickey's Pizza Slice **28 grams**
- Warm Banana Bread Slice **88 grams (two slices of bread will now be served as a kiosk item for 1.75)**
- Corn Dog **30 grams**

**Buffalo Chicken Dip** **22 grams (includes a 4oz portion of dip and a .875 oz bag of tortilla chips)**

## **HOT /COLD VEGETABLES**

**Steamed Corn** **15.8 grams**

**Steamed Peas** **16.1 grams**

**Steamed Broccoli** **3 grams**

**Steamed Green Beans** **5.9 grams**

**Steamed Broccoli Cauliflower Mix** **14.8 grams**

**Glazed Carrots** **9.9 grams**

**Tex Mex Veggie Blend** **24 grams**

**Stir Fry Veggie Blend** **2.5 grams**

**Autumn Veggie Blend** **5 grams**

**Mac and Cheese Side** **23 grams**

**Tomato Soup Bowl** **29 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**

**French Fries** **24 grams**

**Mashed Potatoes** **13 grams**

**(Mashed potatoes w/ chicken gravy 17 grams)**

Buttered Rotini	39 grams
Cheesy Scalloped Potatoes	24 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
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
Sour Cream Packet	2 grams
Tartar Sauce Cup	2 grams
Taco Sauce Packet	1 gram

## EXTRAS

Snack Pack Chocolate Pudding	20 grams
Doritos	20 grams
Baked Lays	19 grams
Rice Krispie Treats	30 grams
Soft Pretzels	30 grams
Chocolate Chip Cookies	34 grams

## MILK

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

## **HOT BREAKFAST ITEMS**

Mini French Toast	37 grams
Bacon Egg and Cheese on WG Croissant	28 grams
Sausage Egg and Cheese on WG Croissant	28 grams
Ham Egg and Cheese Patty on WG Roll	30 grams
WG Cinnamon Roll	34 grams
Cocoa Puff Filled Pastry	44 grams
Cinnamon Toast Filled Pastry	41 grams
Breakfast Pizza w Sausage	25 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**