

2023-2024 MS Carb Listing

MAIN LINE HOT MEALS:

| | |
|--|---|
| -Pizza Sticks with Marinara | 70 grams |
| -French Bread Pizza | 34 grams |
| -Cheeseburger | 31 grams |
| Mickey's Pizza Slice | 28 grams |
| -Jumbo Hotdog on WG Roll for a side of sauerkraut) | 24 grams (add 1 additional gram) |
| -Popcorn Chicken w/ WG Roll | 28 grams |
| -Popcorn Chicken w/ WG Rice, Orange Sauce, and Veggie Eggroll | 79 grams total (chicken and rice make compliant meal if student wishes to decline other choices deduct 21 grams for sauce and 22 grams for egg roll) |
| -Walking Taco w fixins and salsa | 31 grams |
| -Soft Shell Taco (2 6" Flour Tortillas) | 32 grams |
| -Chicken Patty on WG Roll | 45 grams |
| -Pasta w/ Meat Sauce and WG Breadstick only...62 grams w/breadstick) | 47 grams (reflects pasta meal) |
| -Chicken Quesadillas w/ WG Churro quesadilla.....51 grams w/ Churro) | 23 grams (reflects only) |
| -Three Cheese Cavatappi w/ Meatballs and WG Breadstick (reflects cavatappi and meatballs only.....57.5 grams w/ breadstick) | 42.5 grams |
| -Sriracha Chicken, Mozzarella Sticks, & Onion Rings Combo Meal | 61.5 grams |
| -Cheese Crunchers w/ WG Sun Chips only...60 grams w/ Sunchips) | 41 grams (reflects crunchers) |
| -Oven Roasted Chicken | 0 grams |
| (This product will be served plain, and a cup of BBQ sauce will be offered. That is 9 grams for the sauce) | |
| -French Toast Sticks w/ Sausage Links | 45 grams |

| | |
|---|--|
| -Beef and Cheddar Stuffed “Hot Pocket” | 31 grams |
| -Pepperoni and Cheese Stuffed “Hot Pocket” | 31 grams |
| -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) |
| -Pretzel Bun w/ Cheese & WG Goldfish Crackers | 45 grams (reflects only sandwich..... 59 grams w/ goldfish) |
| -Cheesy Pull Aparts | 32 grams |

COLD MEALS

| | |
|---|----------|
| PBJ Uncrustable | 64 grams |
| Ham and Cheese Sandwich | 24 grams |
| Italian Meat and Cheese Sandwich | 42 grams |
| Triple Decker PBJ | 95 grams |
| Buckskin Bag #1 | 53 grams |
| (Bag contains: Sunchips, Turkey Cubes, Mini Muffin Loaf, Sunflower Seeds) | |
| Buckskin Bag #2 | 53 grams |
| (Bag contains: Mini Pretzels, String Cheese, Peanut Butter Cup, Graham Bag) | |
| Buckskin Bag #3 | 51 grams |
| (Bag contains: Tostitos, Cheese Cubes, Sunflower Seeds, Cornbread Loaf) | |
| Buckskin Bag #4 | 70 grams |
| (Bag contains: Graham Bag, Yogurt, BBQ Turkey Stick, Mini Muffin) | |

SALAD MEALS

All salads are considered Complete Meals and come packaged with vegetables, Meat/Meat Alternate, and an assortment of WG. They are also calculated with one package of Ken’s Ranch Dressing.

| | |
|---|----------|
| Garden Salad w/ Cheez It's & WG Roll | 59 grams |
| Deli Salad w/ Sun chips & WG Roll | 65 grams |
| Italian Salad w/ Breadstick and WG Goldfish | 54 grams |
| Buffalo Chicken Salad w/ Goldfish & WG Roll | 75 grams |

HOT VEGETABLES

| | |
|---------------------|------------|
| Steamed Corn | 15.8 grams |
| Steamed Peas | 16.1 grams |
| Steamed Broccoli | 3 grams |
| Steamed Green Beans | 5.9 grams |
| Carrots | 9.9 grams |
| Mac and Cheese Side | 23 grams |
| Tomato Soup Bowl | 29 grams |
| Smile Fries | 24 grams |
| Parsley Potatoes | 15 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 grams |
| BBQ Baked Beans | 37 grams |
| French Fries | 29 grams |

Mashed Potatoes w/ Gravy
potatoes. Add an additional **7 grams** if gravy is taken)

13 grams (total reflects just

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 |
| Boom Boom Sauce Cup | 2 grams |
| 2oz peanut butter cup | (will be offered on days with celery) 16 grams |

MILK

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

HOT BREAKFAST ITEMS

| | |
|-------------------------------------|----------|
| Mini French Toast | 37 grams |
| Ham Egg and Cheese Patty on WG Roll | 30 grams |
| Egg and Cheese Sandwich on WG Roll | 24 grams |
| Ham Egg and Cheese on WG Roll | 25 grams |
| Sausage Egg and Cheese on WG Roll | 24 grams |
| Egg and Cheese Quesadilla | |
| Cocoa Puff Filled Pastry | 44 grams |

| | |
|--|-----------------|
| Cinnamon Toast Filled Pastry | 41 grams |
| Banana or Pumpkin Super Bread Slice | 43 grams |

COLD BREAKFAST ITEMS

| | |
|--|-----------------|
| Grape Uncrustable Meal w/ Graham Bag | 54 grams |
| Yogurt, Graham Bag, and Chex Mix Meal | 63 grams |
| 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 |