

Carb Counts Breakfast Entrees

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|--------------------|-------|
| Burrito, Breakfast | 24.8g |
| Bagel, Cinnamon | 42g |
| Bagel, Strawberry | 42g |
| Bagel, WG Plain | 28g |

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| Breads | |
| Banana | 45g |
| Pumpkin | 44g |

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|-------------------|-----|
| Cereal Bowl, 2oz | |
| Cinn Toast Crunch | 44g |
| Cocoa Puffs | 47g |
| Lucky Charms | 46g |

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|------------------------------|-----|
| Cereal Bowl, 1oz - Elementry | |
| Cheerios | 21g |
| Cheerios, Apple Cinn | 23g |
| Cinn Toast Crunch | 22g |
| Cocoa Puffs | 25g |
| Fruit Loops | 24g |
| Golden Grams | 24g |
| Lucky Charms | 23g |
| Trix | 24g |

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|-------------------|-----|
| Cereal Bar | |
| Cinn Toast Crunch | 30g |
| Cocoa Puffs | 29g |
| Golden Grams | 30g |
| Trix | 29g |

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|----------------|-----|
| Cheese, String | 1g |
| Cinnamon Roll | 38g |
| Churro, Apple | 50g |

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| Donuts | |
| Fresh w/ Glaze | 62g |
| Packaged w/ Glaze | 30g |
| Mini Choc | 42g |
| Mini Powder | 41g |

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| French Toast, Mini | |
| Choc. Chip | 35g |
| Original | 37g |

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| Frudel, Apple | 36g |
| Frudel, Cherry | 36g |
| Mini Cinni | 40g |

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| Muffin | |
| Apple | 31g |
| Banana | 30g |
| Blueberry | 30g |
| Chocolate | 33g |

Breakfast Sandwiches

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|-----------------------|--------|
| Biscuit, Mini Chicken | 32g |
| Biscuit, Egg | |
| Bacon | 26.5g |
| Cheese | 27g |
| Sausage | 27.25g |

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|-------------------------|--------|
| Croissant, Mini Chicken | 22g |
| Croissant, Egg | |
| Bacon | 16.5g |
| Cheese | 17g |
| Sausage | 17.35g |

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| Pocket/Calzone, Egg & Sausage | 21g |
| Roll, Egg | |
| Bacon | 24.4g |
| Cheese | 25g |
| Sausage | 25g |

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|--------------------------|-----|
| Breakfast Pizza, Bacon | 22g |
| Breakfast Pizza, Sausage | 31g |
| Pretzel, Cheese Stuffed | 36g |

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| Pancakes, Mini | |
| Blueberry | 35g |
| Confetti | 36g |
| Maple | 35g |
| On-a-Stick | 16g |

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|---------------|-----|
| Waffles, Mini | |
| Cinnamon | 35g |
| Blueberry | 37g |
| Maple | 36g |

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|----------------|-------------------|
| Yogurt & Grams | 19g (Yogurt only) |
| Teddy Bears | plus 7g |
| Scooby Grams | plus 21g |

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| Yogurt Parfit | |
| Peach | 97.4g |
| Mandarin Orange | 102.6g |
| Strawberry | 109.4g |
| Strawberry Banana | 108g |

Carb Counts Lunch Entrees

BBQ Meatball (meatballs only) 5.65g

Brunch

| | |
|----------------------|---------|
| Egg Patty | 1g each |
| Sausage Patty | 1g each |
| French Toast (4) | 38g |
| Pancakes (2) | 15g |
| Waffles (2) | 32g |
| Waffles, Belguim (2) | 30g |
| Syrup | 29g |
| Syrup, Sugar Free | 5g |

Corn Dogs 30g

Corn Dogs, Mini 17g

Lasagna Roll 29g

Loaded Tots (includes Roll)

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|-----------------------------|-----|
| Tot-cho (sourcream & Salsa) | 49g |
| Sloppy Joe | 49g |
| Cheese & Bacon (sourcream) | 41g |

Mac & Cheese (6oz) 29g

Mac & Cheese, Burger 13.5g

Mac & Cheese, Saucy 30.5g

Mac & Cheese, Taco 21.5g

Munchable, Muffin 53g

Munchable, Pretzel 50.9g

Nacho, Beef & Cheese 23.4g

Beef/Mashed Potato Bowl 31.5g (everything)

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|------------|-----|
| Potatoes | 17g |
| Gravy | 3g |
| Beef Crumb | 0g |

Pop/Mashed Potato Bowl 47g (everything)

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|-----------------|-----|
| Potatoes | 17g |
| Corn | 16g |
| Gravy | 3g |
| Popcorn Chicken | 11g |

Salads (includes crutons & roll)

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| Chef | 28.6g |
| Popcorn Ceasar | 37g |
| Turkey Club | 27.5g |

Spaghetti

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| Elem | 31.3g |
| MS/HS | 54.5g |

Taco

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|---------|--------|
| Beef | 32g |
| Walking | 32.25g |

Carb Counts Lunch Sandwiches

*All Sandwiches include bread in count

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|--------------------------------|-------|
| Burger, Bacon Cheese | 26.2g |
| Burger, BBQ | 40.2g |
| Burger, cheese | 27.8g |
| Burger, Pizza | 29.6g |
| Chicken Parm Sand | 40.2g |
| Deli, Ham | 27.6g |
| Deli, Turkey | 26g |
| Deli, Ham & Swiss Croissant | 28.6g |
| Deli, Turkey & Swiss Croissant | 28g |
| Hot Dog, Pork/Beef | 25g |
| Hot Dog, Turkey | 27g |
| Pretzel, Ham | 42g |
| Pretzel, Turkey | 40.5g |
| Pulled Chicken | 38g |
| Pulled Pork | 25g |
| Rib-B-Que | 43g |
| Sloppy Joe | 35g |
| Sub, Ham | 39.6g |
| Sub, Meatball | 48.2g |
| Sub, Turkey | 38g |
| Toasted Cheese | 38g |
| Toasted Cheese, Turkey | 36g |
| Wow Butter | 28g |
| Wrap, Chicken Bacon Ranch | 26.3g |
| Wrap, Chicken Parm | 47.5g |
| Wrap, Chicken, Jerk | 37.2g |
| Wrap, Deli, Ham | 27g |
| Wrap, Deli, Turkey | 26.5g |

Carb Counts Lunch Entrees - Chicken

*All Chicken is served with a grain but is not included in these carb counts

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|-----------------------------|-------|
| Asain w/ Rice | |
| Elem (4 oz Rice - 32g) | 60g |
| MS/HS (8oz Rice - 64g) | 92g |
| Chicken & Waffles, Dutch | 33.5g |
| Chicken & Waffles, Southern | 46.1g |
| Chicken Parm | 8g |
| Grilled, Plain | 0g |
| Leg, "Fried" | 6g |
| Nuggets | 11g |
| Patty | |
| Elem | 11g |
| MS/HS | 13g |
| Patty, Spicy | 18g |
| Popcorn | 11g |
| Tenders | |
| Elem | 11g |
| MS/HS | 14g |
| Wings, Boneless, BBQ | 30g |
| Wings, Boneless, Plain | 13g |

Carb Counts Lunch Entrees - Pizza

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|-------------------|-----|
| Big Daddy (MS/HS) | |
| Buffalo Chicken | 35g |
| Cheese | 43g |
| Pepperoni | 31g |

Cheese Dunkers (Bosco) 37g

Crunchers 41g

Feistada 43g

French Bread 32g

Personal (round) 31g

Pocket/Mini Calzone 35g

Quesadilla 41g

Wedge (Elem) 29g

Breakfast Pizza, Bacon 22g

Breakfast Pizza, Sausage 31g

Carb Counts for Bread

*Not all Bread items are included in totals for Lunch items

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|---------------|---------------|
| Bread, Sliced | 17g per slice |
| Bread, Stick | 17g |
| Cornbread | 25g |

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|------------------------|-----|
| Cracker | |
| Goldfish, French Toast | 21g |
| Goldfish, Original | 14g |
| Goldfish, Pretzel | 16g |
| Scooby | 21g |
| Teddy | 7g |

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|--------------------|----------|
| Dinner Roll | 14g |
| Hot Dog Bun | 25g |
| Rice (4oz) | 32g |
| Roll, Round | 25g |
| Roll, Sausage 6" | 37g |
| Tortilla, Chips | 20g |
| Tortilla Wrap, 10" | 23g |
| Tortilla Wrap, 8" | 21g |
| Tortilla Wrap, 6" | 14g each |

Carb Counts for Fruit and Veg

*All Fruit & Veg Carb Counts are based on a 4oz Serving Size

Fresh Fruit

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|----------------|-------|
| Apple, Slices | 7g |
| Apple, Whole | 19g |
| Banana, petit | 27g |
| Cantaloupe | 8g |
| Clementine (2) | 18g |
| Grapes, Red | 8g |
| Honey Dew | 9g |
| Kiwi | 11g |
| Oranges, whole | 21g |
| Peach, whole | 15g |
| Pear, whole | 30g |
| Plum, whole | 8g |
| Strawberries | 8g |
| Watermelon | 11.5g |

Canned Fruit

| | |
|-----------------------|-----|
| Applesauce (all) | 11g |
| Craisian | 27g |
| Mix Berry, Frz Cup | 20g |
| Mix Fruit Cocktail | 17g |
| Pears | 14g |
| Peaches, can | 17g |
| Peaches, Frozen Cup | 15g |
| Pinapple | 12g |
| Mandarin Oranges | 16g |
| Strawberries, Frz Cup | 17g |
| Raisins | 34g |

Juice

| | |
|------------------|-----|
| Apple, carton | 14g |
| Apple, cup | 14g |
| Grape, cup | 21g |
| Fruit Punch, cup | 14g |
| Orange, carton | 14g |
| Orange, cup | 13g |

Fresh Vegetables

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|--------------------|------|
| Broccoli | 6.6g |
| Carrots, Baby | 6g |
| Cauliflower | 5.3g |
| Celery | 3g |
| Cucumbers | 3.6g |
| Lettuce, Shredded | 2g |
| Peppers, green&red | 6g |
| Salad w/ toms | 3g |
| Tomato, Grape | 8.4g |
| Tomato, Sliced | 5g |

Cooked Veggies

| | |
|---------------------|-------|
| Beans, Baked | 30g |
| Beans, black | 17g |
| Beans, Green | 4g |
| Beans, refried | 18g |
| Broccoli | 5g |
| Carrots, diced | 6g |
| Corn | 16g |
| Corn, Mex Street | 18.5g |
| Mix Veg | 8g |
| Peas | 8.5g |
| Potato, Fries | 20g |
| Potato, Hash Brown | 31g |
| Potato, Mashed | 17g |
| Potato, Tots | 16g |
| Potato, Sweet Fries | 25g |
| Tomato Soup (4oz) | 9g |

Veg Juice

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|------------|-----|
| Sun Splash | 15g |
| Punch | 15g |
| Dragon | 13g |

Carb Counts for Milk

*Juice can be found with the Fruits and Veggies

8oz Milk

| | |
|----------------------|-----|
| White, 1% | 13g |
| Choc, Fat Free | 20g |
| Choc, 1% | 24g |
| Strawberry, Fat Free | 20g |
| Soy | 17g |
| Lactate | 13g |