

CARBOHYDRATE COUNT 2025

BREAKFAST (Serving Size)	CARB (g)
ACAI YOGURT W/ GRANOLA - TR1992 (1 serving) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Tree nuts.	67.36
APPLE CRISP PARFAIT - TR1877 (1/2 c.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Tree nuts.	63.58
AVOCADO TOAST - TR1580 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	35.81
BACON TURKEY - TR1556 (1 slice)	0.32
BAKED CINNAMON ROLLS - TR1578 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	42.08
BEEF BISCUIT - TR1071 (1 sandwich) Contains Gluten, Milk, Wheat.	36.00
BISCUIT - TR1092 (1 ea.) Contains Gluten, Milk, Wheat.	28.00
BLUEBERRY BAGEL - TR1824 (1 ea.) Contains Gluten, Wheat.	32.00
BLUEBERRY DONUT HOLES, WHOLE GRAIN - TR1936 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	39.00
BLUEBERRY MUFFIN - TR1528 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	24.00
BLUEBERRY PARFAIT - TR1967 (1 serving) Contains Milk, Soy.	75.88
BREAKFAST BACON CROISSANT - TR1957 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	28.82
BREAKFAST BAGEL - TR1941 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	29.00
BREAKFAST BURRITO - TR1944 (1 ea.) Contains Egg, Milk, Tomatoes.	30.08
BREAKFAST CHICKEN & WAFFLES - TR1724 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	39.50

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BREAKFAST CHICKEN PATTY - TR1309 (1 ea.) Contains Gluten, Wheat.	3.00
BREAKFAST GRILLED CHEESE - TR1091 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	26.00
BREAKFAST SAUSAGE & EGG CROISSANT - TR2010 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	27.66
CEREAL, BLUEBERRY CHEX - TR1942 (1 ea.)	23.00
CHEESE GRITS - TR1076 (1/2 c.) Contains Dairy, Milk.	15.23
CHEESE OMELET - TR1256 (1 ea.) Contains Egg.	1.00
CHEESE TOAST - TR1098 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes	14.00
CHEESY EGG AND TURKEY HAM TART - TR2028 (1 ea.) Contains Corn/Corn Products, Egg, Milk.	14.85
CHEESY SCRAMBLED EGGS - TR1571 (1 #16 scoop) Contains Egg, Milk.	0.20
CHEESY EGG FRITOTA - TR2028 (1 ea.) Contains Egg, Milk, Corn	15.08
CINNAMON BREAKFAST ROUND - TR1734 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	44.00
CINNAMON CHEX CUP (2 GR) - TR1729 (1 Container)	44.00
CINNAMON OATMEAL - TR1074 (1/2 c.) Contains Dairy, Milk.	26.4
CINNAMON TOAST CRUNCH BREAKFAST PASTRY, IW 72/CS - TR1594 (1 g.) Contains Egg, Gluten, Milk, Wheat.	40.00
CINNAMON TOAST CRUNCH CUP (2 oz) - TR1728 (1 Container) Contains Gluten, Soy, Wheat.	44.00
COCOA PUFFS CEREAL (2 OZ) - TR1863 (1 Container)	47.00

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BREAKFAST (Serving Size)	CARB (g)
FRENCH TOAST & SAUSAGE LINK - TR1659 (1 serving) Contains Gluten, Milk, Soy, Wheat.	39.03
FRENCH TOAST BITES - TR2024 (1 serving) Contains Gluten, Milk, Soy, Wheat.	96.12
FRENCH TOAST STICKS - TR1094 (1 serving) Contains Gluten, Milk, Soy, Wheat.	58.06
FRUIT LOOPS CEREAL - TR1101 (1 bowl) Contains Gluten, Soy, Wheat.	24.00
GRITS - TR1075 (1/2 c.) Contains Dairy, Milk.	18.91
HASHBROWN ROUNDS - TR2027 (1 Bag)	16.70
HOMEMADE TURKEY BACON, EGG, & CHEESE CROISSANT - TR1993 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	27.66
HONEY CHEERIOS CUP (2 OZ) - TR2015 (1 ea.)	44.55
MORNING PASTRY TO GO -BLUEBERRY - TR1577 (1 pkg.) Contains Gluten, Soy, Wheat.	76.00
MORNING PASTRY TO GO -STRAWBERRY - TR1576 (1 pkg.) Contains Gluten, Soy, Wheat.	75.00
PANCAKE N' LINK - TR1080 (1 ea.) Contains Egg, Gluten, Soy, Wheat.	37.00
Pancake with Sausage - TR1871 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	0.5
PANCAKES CINNAMON GLAZED - TR1422 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	35.00
PANCAKES WITH SYRUP - TR1848 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	20

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BREAKFAST (Serving Size)	CARB (g)
PARADISE PARFAIT - TR1570 (1 ea.) Contains Milk, Soy.	46.37
PARADISE PUNCH FRUIT SLUSH - TR1946 (1 ea.)	16.00
PEACHES N CREA, YOGURT PARFAIT - TR1539 (1 ea.) Contains Milk, Soy.	56.25
PIZZA BREAKFAST TURKEY SAUSAGE - TR1199 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	24.31
RASPBERRY YOGURT - TR1099 (1 ea.) Contains Milk.	20.00
SAUSAGE AND WAFFLE - TR1901 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	91.50
SAUSAGE, BREAKFAST LINK - TR1139 (2 ea.)	0.00
SCRAMBLED EGGS. - TR1687 (1 #16 scoop) Contains Egg.	0.00
SPICED PEACH GRANOLA PARFAIT - TR2026 (1 ea.) Contains Milk, Soy.	60.34
SPICED PEARS BAKED - TR1603 (1/2 c.) Contains Citrus.	29.39
SPINACH & CHEESE OMELET - TR1581 (1 ea.) Contains Egg, Milk.	1.25
STAR DONUT HOLES - TR2025 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	41.00
SUPER DONUT - (1 ea) -TR2026 Contains Eggs, Gluten, Milk, Soy, Wheat	40
TOAST - TR1093 (1 serving) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	21.00

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BREAKFAST (Serving Size)	CARB (g)
TURKEY SAUSAGE BISCUIT - TR1070 (1 sandwich) Contains Gluten, Milk, Wheat.	36.50
WAFFLE BELGIAN - TR1937 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	56.00
WAFFLES - TR1086 (2 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	45.00

ENTREES (Serving Size)	CARB (g)
BAKED SPAGHETTI - TR1851 (6 oz.) Contains Gluten, Milk, Wheat.	41.69
BARBEQUE CHICKEN - TR1057 (1 serving)	6.88
BAYOU MASHED POTATO BOWL - TR1934 (1 bowl) Contains Dairy, Gluten, Milk, Soy, Wheat.	17.08
BBQ BEEF RIB SANDWICH - TR1042 (1 sandwich) Contains Barley, Gluten, Milk, Sesame, Soy, Wheat. Processed in a facility that also processes Milk.	34.26
BBQ CHICKEN SANDWICH - TR1845 (1 ea.) Contains Barley, Gluten, Sesame, Soy, Wheat. Processed in a facility that also processes Milk.	42.22
BEEF & CHEESE NACHOS - TR1065 (1 serving) Contains Milk.	31.96
BEEF BATTER UP FRANKS - TR1604 (1 ea.) Contains Gluten, Sesame, Soy, Wheat.	33.60
BEEF TACO - TR1324 (1 ea.) Contains Gluten, Milk, Wheat.	23.84
BEEF TOTCHOS - TR2029 (1 ea.)	25.02
BEEF-A-RONI - TR1906 (1 c.) Contains Gluten, Wheat.	31.59
BREADED BEEF SANDWICH - TR1016 (1 sandwich) Contains Barley, Gluten, Milk, Sesame, Soy, Wheat. Processed in a facility that also processes Milk.	41.26
BREADED CHICKEN FILET SANDWICH - TR1000 (1 sandwich) Contains Barley, Gluten, Milk, Sesame, Soy, Wheat. Processed in a facility that also processes Milk.	35.26
BREADED CHICKEN FILET SANDWICH DELUXE - TR1000 (1 sandwich) Contains Barley, Gluten, Milk, Sesame, Soy, Wheat. Processed in a facility that also processes Milk.	
BUFFALO CHICKEN - TR1291 (1 serving) Contains Milk, Soy.	0.00

ENTREES (Serving Size)	CARB (g)
BUFFALO CHICKEN DIP WITH TOSITOS - TR1875 (3/4 c.) Contains Egg, Milk.	35.62
BURRITO BOWL VEGETARIAN - TR1826 (1 serving) Contains Milk.	69.00
CHEESE CALZONE - TR1314 (3 ea.) Contains Gluten, Milk, Soy, Wheat.	36.39
CHEESE DIPPERS - TR1051 (2 ea.) Contains Egg, Milk, Soy, Wheat.	25.00
CHEESE NACHOS - TR1066 (1 ea.) Contains Milk.	33.05
CHEESEBURGER - TR1044 (1 sandwich) Contains Barley, Gluten, Milk, Sesame, Soy, Wheat. Processed in a facility that also processes Milk.	23.26
CHEESEBURGER DELUXE - TR1573 (1 ea.) Contains Barley, Egg, Gluten, Sesame, Soy, Wheat. Processed in a facility that also processes Milk.	27.02
CHICKEN CON QUESO TACO BOWL - TR1947 (1 ea.) Contains Milk.	32.44
CHICKEN & WAFFLE (LUNCH) - TR1902 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	47.00
CHICKEN A LA ORANGE - TR1067 (2 oz.) Contains Egg, Gluten, Soy, Wheat.	9.00
CHICKEN CAESAR WRAP - TR1169 (1 wrap) Contains Egg, Fish, Gluten, Milk, Wheat. May contain Soy.	34.39
CHICKEN CHUNKS, WG - TR1284 (5 ea.) Contains Gluten, Soy, Wheat.	12.50
CHICKEN DRUMSTICK - TR1060 (1 ea.) Contains Gluten, Wheat.	5.00
CHICKEN DRUMSTICK ROASTED - TR1850 (1 ea.)	2.00

ENTREES (Serving Size)	CARB (g)
CHICKEN FAJITA - TR1293 (1 serving) Contains Gluten, Wheat. May contain Soy.	35.77
CHICKEN PHILLY W/ WG HOAGIE - TR1982 (1 serving) Contains Garlic, Gluten, Milk, Soy, Wheat.	45.48
CHICKEN POT PIE - TR1908 (1 scoop) Contains Gluten, Milk, Soy, Wheat.	29.55
CHICKEN SALAD ON CROISSANT - TR1991 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	34.39
CHICKEN STRIPS - TR1310 (3 ea.) Contains Gluten, Soy, Wheat.	13.00
CHICKEN TENDERS - TR1008 (3 ea.) Contains Milk, Wheat.	14.00
CLUB HOAGIE - TR2018 (1 ea.) Contains Egg, Milk, Soy, Wheat.	41.10
CON QUESO BOWL - TR1959 (1 ea.) Contains Milk.	31.20
CONGA CHICKEN - TR1952 (4 ea.) Contains Milk, Soy.	27.67
CORN DOG - TR1054 (1 ea.) Contains Egg, Gluten, Soy, Wheat.	33.10
COUNTRY STEAK & GRAVY - TR1663 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	17.49
Crunchy Crust Grilled Cheese - TR2007 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	28.00
DELUXE HAMBURGER - TR1958 (1 sandwich) Contains Barley, Egg, Gluten, Sesame, Soy, Wheat. Processed in a facility that also processes Milk.	27.02
FISH SANDWICH - TR1022 (1 sandwich) Contains Barley, Egg, Fish, Gluten, Sesame, Soy, Wheat. Processed in a facility that also processes Milk.	40.26

ENTREES (Serving Size)	CARB (g)
GALAXY CHEESE PIZZA - TR1909 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	26.00
GALAXY PEPPERONI PIZZA - TR1910 (1 ea.)	27.94
GENERAL TSO'S CHICKEN - TR1253 (2.8 oz.) Contains Egg, Gluten, Soy, Wheat.	8.04
GRILLED CHEESE SANDWICH - TR1325 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	28.00
GRILLED CHICKEN SANDWICH - TR1063 (1 sandwich) Contains Barley, Gluten, Sesame, Soy, Wheat. Processed in a facility that also processes Milk.	30.26
HAM, HOLIDAY - TR1248 (3 1/2 oz.) Contains Pork.	6.67
HAMBURGER - TR1045 (1 sandwich) Contains Barley, Gluten, Sesame, Soy, Wheat. Processed in a facility that also processes Milk.	24.36
HAMBURGER BUN GLUTEN FREE (824100) - TR1357 (1 bun) Contains Rice.	40.00
HOLIDAY HAM - TR1682 (4 oz.) Contains Milk, Pork, Soy.	11.76
HOLIDAY TURKEY ROAST - TR1247 (1 serving)	0.00
LEMON PEPPER CHICKEN - TR1849 (1 serving)	1.00
MANDARIN ORANGE CHICKEN - TR1940 (4 oz.) Contains Citrus, Egg, Gluten, Soy, Wheat.	13.19
MAPLE MEGA CHICKEN MINIS - TR1536 (ES/MS.) Contains Gluten, Wheat.	14.63
MEATEATERS PIZZA - TR1998 (1 slice) Contains Milk, Soy, Wheat.	28.00
MESQUITE CHICKEN - TR1590 (1 ea.)	6.22

ENTREES (Serving Size)	CARB (g)
POTATO CRUSTED FISH - TR1023 (1 sandwich) Contains Fish, Gluten, Milk, Wheat.	13.00
ROASTED CHICKEN. - TR1726 (1 serving)	2.00
ROASTED CHICKEN WINGS - TR1572 (4 ea.)	1.69
SPICY CHICKEN CHUNKS - TR1537 (4 ea.) Contains Gluten, Wheat.	6.38
SPICY CHICKEN SANDWICH - TR1015 (1 sandwich) Contains Barley, Gluten, Milk, Sesame, Soy, Wheat. Processed in a facility that also processes Milk.	36.26
WOWBUTTERr & Jelly Sandwich - TR1745 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	32.67
TEXAS BBQ SANDWICH - TR1589 (1 ea.) Contains Barley, Gluten, Sesame, Soy, Wheat. Processed in a facility that also processes Milk.	23.38
TURKEY HOAGIE - TR1759 (1 ea.) Contains Egg, Milk, Soy, Wheat.	39.10
TURKEY & BACON CROISSANT - TR1719 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	27.80
TURKEY & CHEESE SUB SANDWICH - TR1822 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	45.00
TURKEY BLT ON CROISSANT - TR1587 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	31.8
TURKEY CLUB SUB - TR1770 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	47.64
TURKEY CROISSANT SANDWICH - TR1754 (1 Bag) Contains Egg, Gluten, Milk, Soy, Wheat.	26.16
TURKEY HAM CROSSIANT - TR1774 (1 Bag) Contains Egg, Gluten, Milk, Soy, Wheat.	28.16

ENTREES (Serving Size)	CARB (g)
TURKEY HAM & CHEESE SANDWICH - TR1813 (1 Bag) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	27.00
TURKEY HAM & CHEESE WRAP - TR1928 (1 ea.) Contains Milk, Soy, Wheat.	17.00
TURKEY HAM HOAGIE - TR1764 (1 ea.) Contains Milk, Soy, Wheat.	40.00
TURKEY HAM SUB SANDWICH - TR1841 (1 ea.) Contains Egg, Gluten, Soy, Wheat.	49.39
TURKEY POT PIE - TR1678 (1 scoop) Contains Gluten, Milk, Soy, Wheat.	29.55
VEGETARIAN CHILI - TR1903 (1 c.) Contains Milk.	48
VEGGIE BURGER - TR1046 (1 sandwich) Contains Barley, Egg, Gluten, Milk, Sesame, Soy, Wheat. Processed in a facility that also processes Milk.	41.66
WALKING CHILI PIE - TR1927 (1 ea.) Contains Milk, Soy, Wheat.	40.05
WILD MIKE'S CHEESE PIZZA - TR1041 (1 slice) Contains Gluten, Milk, Tree nuts, Wheat.	34.00
WILD MIKE'S PEPPERONI PIZZA - TR1040 (1 slice) Contains Gluten, Milk, Soy, Wheat.	33.00

GRAB N GO MEAS (Serving Size)	Carb (g)
CHARBROILED CHICKEN CHEF SALAD - TR1178 (1 serving) Contains Egg, Gluten, Milk, Wheat.	67.78
CHARBROILED CHICKEN CHEF SALAD - TR1193 (1 serving) Contains Egg, Gluten, Milk, Wheat.	81.73
CHARBROILED CHICKEN CHEF SALAD M - TR1186 (1 serving) Contains Egg, Gluten, Milk, Wheat.	68.73
CHEESE CHEF SALAD - TR1191 (1 serving) Contains Egg, Gluten, Milk, Wheat.	77.73
CHICKEN STRIP CHEF SALAD - TR1281 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	74.78
CHICKEN STRIP CHEF SALAD (E) - TR1282 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	88.73
CHICKEN STRIP CHEF SALAD M - TR1280 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	74.53
CLUB CHEF SHAKER SALAD - TR1852 (1 ea.) Contains Egg, Gluten, Milk, Wheat.	51.20
CLUB SUB PLATE - TR1181 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	69.24
FAJITA CHICKEN CHEF SALAD - TR1179 (1 serving) Contains Egg, Gluten, Milk, Wheat.	67.52
FAJITA CHICKEN CHEF SALAD - TR1187 (1 serving) Contains Egg, Gluten, Milk, Wheat.	67.87
FAJITA CHICKEN CHEF SALAD - TR1194 (1 serving) Contains Egg, Gluten, Milk, Wheat.	71.30
FAJITA CHICKEN CHEF SALAD & BASE DOD (E) - TR1384 (1 serving) Contains Egg, Gluten, Milk, Wheat.	50.63
FRUIT & YOGURT PLATE - TR1554 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Tree nuts.	60.07

GRAB N GO MEAS (Serving Size)	Carb (g)
MIXED CHEESE CHEF SALAD - TR1184 (1 serving) Contains Egg, Gluten, Milk, Wheat.	64.73
MIXED CHEESE CHEF SALAD & BASE (H) - TR1305 (1 serving) Contains Egg, Gluten, Milk, Wheat.	64.98
MUFFIN CHOCOLATE - TR1798 (1 ea.) Contains Egg, Gluten, Soy, Wheat.	25.00
TURKEY & CHEESE SUB PLATE - TR1658 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	25.35
TURKEY BACON RANCH SALAD - TR1836 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	49.37
TURKEY HAM SUB SANDWICH PLATE - TR1943 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	69.85
TURKEY SUB PLATE - TR1182 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	67.35
TURKEY SUB PLATE - TR1190 (1 ea.) Contains Egg, Gluten, Soy, Wheat.	47.85
VEGETARIAN CHEF SALAD & BASE - TR1474 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	79.03
VEGETARIAN CHEF SALAD & BASE (E) - TR1473 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	92.03
VEGETARIAN CHEF SALAD AND BASE (H) - TR1475 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	79.28
WOWBUTTER & JELLY PLATE - TR1788 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	71.74

FRUITS (Serving Size)	CARB (g)
APPLE JUICE - TR1132 (1 ea.) Contains Apples.	14.00
APPLE, GALA - TR1278 (1 ea.)	17.00
APPLE, GOLDEN - TR1112 (1 ea.)	17.00
APPLE, GRANNY SMITH - TR1259 (1 ea.)	17.00
APPLE, RED DELICIOUS - TR1113 (1 ea.)	17.00
APPLESAUCE - TR1027 (1/2 c.)	15.36
BAKED CINNAMON APPLES - TR1681 (25 1/2 CUP) Contains Milk, Soy.	22.11
BANANA - TR1111 (1 ea.)	30.00
BERRY JUICE SNACK - TR2014 (1 ea.) Contains Strawberries.	21.00
CHILLED FRUIT MEDLEY - TR1028 (1/2 c.) Contains Cherries.	20.22
CHILLED PEARS HALVES - TR1020 (1/2 c.)	24.27
CHILLED PINEAPPLE TIDBITS - TR1018 (1/2 c.)	32.50
CINNAMON APPLESauce - TR1038 (1/2 c.)	14.08
DICED APRICOTS - TR1787 (1 ea.)	32.00
DICED PEACHES - TR1448 (1 ea.)	19.00
DICED PEARS - TR1688 (1/2 c.)	16.00

FRUITS (Serving Size)	CARB (g)
FRESH BLUEBERRIES - TR2002 (1/2 c.)	16.00
FRESH FRUIT CUP - TR1999 (1/2 c.)	11.43
FRESH ORANGE WEDGES - TR1478 (1 ea.)	13.00
FRESH PEACH - TR1461 (1 ea.)	
FRESH STRAWBERRIES WITH BLUEBERRIES - TR1965 (1/2 c.)	2.26
FRUIT COCKTAIL - TR1353 (1/2 c.) Contains Cherries.	20.22
FRUIT PUNCH JUICE - TR1135 (1 ea.) Contains Apples, Cherries, Citrus, Oranges/Orange Juice, Pears.	15.00
FUJI APPLE - TR1369 (1 ea.) Contains Apples.	
GRAPE JUICE - TR1134 (1 ea.) Contains Apples.	20.00
MANDARIN ORANGE FRESH DOD - TR1359 (2 ea.)	13.00
MANDARIN ORANGES - TR1355 (1/2 c.)	21.41
ORANGE - TR1114 (1 ea.)	13.00
ORANGE TANGERINE JUICE - TR1136 (1 ea.) Contains Citrus, Oranges/Orange Juice, Pears.	15.00
ORANGE WEDGES & FARM TO SCHOOL BLUEBERRIES - TR1538 (1 ea.)	14.43
ORANGE WEDGES WITH FARM TO SCHOOL STRAWBERRY - TR1730 (1 ea.)	13.92

FRUITS (Serving Size)	CARB (g)
PEACHES - TR1354 (1/2 c.)	14.00
PEAR - TR1116 (1 ea.)	17.63
PINK LADY APPLES - TR1363 (1 ea.)	17
PLUMS - TR1459 (2 ea.)	19.36
RED PEAR - TR1793 (1 ea.)	27.00
SATSUMA ORANGES - TR1715 (2 ea.) Contains Oranges/Orange Juice.	22.00
SNACK APPLE JUICE - TR1945 (1 ea.)	23.00
SNACK FRUIT PUNCH - TR1117 (1 ea.) Contains Apples, Cherries.	23.00
STRAWBERRIES - TR1307 (1/2 c.)	5.50
TANGERINES - TR1115 (2 ea.)	13.00
VERY BERRY JUICE - TR1133 (1 ea.) Contains Apples, Strawberries.	17.00
WATERMELON - TR1491 (1/2 c.)	3.30
WELCH'S FROZEN SLUSH (1 ea.) Contains Apples, Cherries.	23

VEGETABLES (Serving Size)	CARB (g)
BAKED BEANS - TR1292 (1/2 c.)	38.57
BAKED POTATO - TR1452 (1 ea.) Contains Milk, Soy.	26.00
SWEET POTATO, BAKED - TR1689 (1 ea.) Contains Milk, Soy.	27.54
BERRY BLAST GREEN SALAD - TR1990 (1 c.) Contains Citrus.	10.32
BIBB LETTUCE & RADISHES - TR1716 (1 c.)	1.63
BLACK-EYED PEAS - TR1039 (1/2 c.) Contains Dairy, Milk.	18.85
BROCCOLI FLORETS PURCHASED - TR1415 (1/2 c.)	1.79
CALIFORNIA BLEND MIXED VEGETABLES - TR1021 (1/2 c.) Contains Dairy, Milk.	3.54
CARIBBEAN CABBAGE - TR1828 (1/2 c.) Contains Dairy, Milk.	15.1
CARROT & CELERY STICKS - TR1147 (1 ea.) Contains Egg, Milk.	9.13
CARROT RAISIN SALAD - TR1289 (1/2 c.) Contains Egg, Milk.	32.90
CARROTS, MINI PURCHASED - TR1416 (3 oz.)	5.83
CARROT STIX - TR1338 (6 ea.)	2.04
CELERY STICKS - TR1460 (1 pkg.)	1.33
CELERY STICKS PURCHASED. - TR1977 (8 ea.)	
COLESLAW - TR1535 (1/2 c.) Contains Egg.	7.22
COLLARDS - TR1049 (1/2 c.)	0.11

VEGETABLES (Serving Size)	CARB (g)
CORN - TR1012 (1/2 c.) Contains Dairy, Milk.	18.50
CORN SALAD - TR1765 (1/2 c.)	7.69
CRISPY ROASTED CHICKPEAS - TR1814 (1/2 c.)	5.25
CRUNCHY CRISPY CHICKEN RANCH WRAP - TR1972 (1 ea.) Contains Egg, Gluten, Milk, Wheat.	38.50
CUCUMBER SALAD - TR1586 (1/2 c.)	9.01
CURLY BAKED FRIES - TR1481 (2.1 oz.)	17.27
FARM TO SCHOOL BROCCOLI - TR1414 (1/2 c.) Contains Milk, Soy.	0
FARM TO SCHOOL CABBAGE - TR1540 (1/2 c.) Contains Dairy, Milk.	5
FARM TO SCHOOL PINK LADY PEAS - TR1894 (1/2 c.) Contains Milk, Soy.	17.99
FARM TO SCHOOL VIDALIA ONIONS WITH LETTUCE & TOMATO - TR1453 (1 ea.)	5.47
FRESH KALE LEMON KISSED - TR1277 (1/2 c.) Contains Milk, Soy.	3.16
GARDEN SALAD - TR1161 (1 ea.) Contains Egg, Milk.	5.49
GARDEN SALAD WITH FARM TO SCHOOL GREEN PEPPERS - TR1963 (1 ea.) Contains Egg, Milk.	5.79
GLAZED SWEET POTATOES - TR1029 (1/2 c.) Contains Citrus, Dairy, Milk, Oranges/Orange Juice, Pears.	37.00
GREEN BEANS - TR1031 (1/2 c.) Contains Dairy, Milk.	7.73
GREEN PEAS - TR1857 (1/2 c.) Contains Dairy, Milk.	16.92

VEGETABLES (Serving Size)	CARB (g)
HARVEST KALE SALAD - TR2004 (1 c.)	12.40
ITALIAN GREEN BEANS - TR1600 (1/2 c.) Contains Milk, Soy.	8.64
LEMON BUTTER ROASTED BROCCOLI AND CARROTS - TR1835 (1/2 c.) Contains Milk, Soy.	6.97
LIMA BEANS, BABY - TR1303 (1/2 c.) Contains Dairy, Milk.	17.56
MASHED POTATOES - TR1935 (1/2 c.) Contains Dairy, Milk.	6.55
MEXICALI CORN - TR1032 (1/2 c.) Contains Milk, Soy.	18.94
SOUTHWESTERN PINTO BEANS - TR1026 (1/2 c.)	27.00
MIXED GREEN SALAD - TR1144 (1 c.) Contains Egg, Milk.	5.47
MIXED VEGTABLES - TR1025 (1/2 c.) Contains Dairy, Milk.	11.12
PARMESAN CRUSTED RED POTATOES - TR1557 (1/2 c.) Contains Dairy, Milk.	2.27
PEAS AND CARROTS - TR1024 (1/2 c.) Contains Dairy, Milk.	7.76
PEPPERED GLAZED CARROTS - TR1526 (1/2 c.) Contains Milk, Soy.	7.67
PINTO BEANS - SUMMER - TR1923 (1/2 c.) Contains Dairy, Milk.	26.16
POWER KALE SALAD - TR1584 (1 c.) Contains Citrus.	12.38
ROASTED CARROT STRAWS - TR1612 (1/2 c.)	11.28
ROASTED CARROTS - TR1466 (20 serving) Contains Milk, Soy.	5.42

VEGETABLES (Serving Size)	CARB (g)
ROASTED CAULIFLOWER (FARM TO SCHOOL) - TR1337 (1/2 c.) Contains Milk, Soy.	4.54
ROASTED CORN - TR1490 (1/2 c.) Contains Corn/Corn Products, Milk, Soy.	25.29
ROASTED SWEET POTATOES - TR1518 (1/2 c.)	17.26
RUSTIC CARROTS - TR1827 (1/2 c.) Contains Milk, Soy.	17.48
SALSA - TR2019 (1 #10 scoop) Contains Tomatoes.	6.06
SALSA - TR1052 (1/4 c.)	4.00
SHREDDED LETTUCE & CHOPPED TOMATOES - TR1143 (3/4 c.)	4.40
SLICED TOMATO AND LETTUCE - TR1168 (1 ea.)	2.66
SLICED TOMATO,LETTUCE & PICKLE - TR1574 (1 ea.)	2.66
SOUTHWESTERN BLACK BEANS - TR1531 (1/2 c.)	29.89
SOUTHWESTERN CHEESE DIPPERS - TR1911 (2 ea.) Contains Gluten, Milk, Soy, Wheat.	38.00
SOUTHWESTERN WRAP - TR1482 (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Soy.	62.39
SPINACH SALAD 2021 - TR1834 (1 ea.)	18.17
SQUASH CASSEROLE FARM TO SCHOOL - TR1413 (1/2 c.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Milk.	6.77
STEAMED BROCCOLI - TR1017 (1/2 c.) Contains Dairy, Milk.	7.71
STEAMED CHOPPED SPINACH - TR1034 (1/2 c.) Contains Dairy, Milk.	5.27
STEAMED SLICED CARROTS - TR1036 (1/2 c.) Contains Dairy, Milk.	5.74

VEGETABLES (Serving Size)	CARB (g)
TATER TOTS - TR1939 (8 ea.)	14.52
TOSSED SALAD - TR1145 (1 c.) Contains Egg, Milk.	5.40
VBlend Juice - TR1740 (1 Box)	13.00
VEGETABLE LASAGNA - TR1830 (1 serving) Contains Egg, Gluten, Milk, Wheat.	22.54
WEDGE CUT FRENCH FRIES - TR1986 (1 serving)	20
ZUCCHINI WITH BASIL - TR1499 (1/2 c.) Contains Dairy, Milk.	8.03

GRAINS (Serving Size)	Carb (g)
BANANA MUFFIN, WHOLE GRAIN - TR2000 (1 ea.) Contains Egg, Soy, Wheat.	30.00
BROWN RICE - TR1002 (1/2 c.)	37
CROISSANT, WHOLE GRAIN - TR1565 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	26.16
ENGLISH MUFFIN - TR1308 (1 ea.) Contains Soy, Wheat.	24.00
FLATBREAD - TR1632 (1 oz.) Contains Gluten, Milk, Wheat.	28.00
FORTUNE COOKIES - TR1950 (1 ea.) Contains Gluten, Soy, Wheat.	2.66
GARLIC KNOT - TR1061 (1 ea.) Contains Gluten, Soy, Wheat.	23.00
MACARONI AND CHEESE - TR1601 (1/4 c.) Contains Gluten, Milk, Wheat.	18.86
MEXICAN RICE - TR1167 (1 #8 scoop)	24.32
MUFFIN CHOCOLATE - TR1798 (1 ea.) Contains Egg, Gluten, Soy, Wheat.	25.00
SHORTBREAD COOKIES - TR1476 (1 pkg.) Contains Gluten, Milk, Soy, Wheat.	22.00
TEXAS TOAST - TR1608 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	14.00
TOASTED CROISSANT - TR1615 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	35.16
WG DINNER ROLL - TR1003 (1 ea.) Contains Egg, Gluten, Milk, Soy.	29.00

MISC. ITEMS (MILK, SNACKS, CONDIMENTS) (Serving Size)	Carb (g)
APPLE CRISP - TR1876 (1/2 c.) Contains Gluten, Milk, Soy, Wheat.	45.15
BAKED WGRAIN CHEETOS - TR1225 (1 Bag) Contains Milk.	17.00
BROWN GRAVY - TR1287 (1 oz.) Contains Gluten, Milk, Soy, Wheat.	1.91
CATSUP, INDIV, 1000/9 GM - TR1317 (1 pkg.)	3.00
CHEESE BAKED HOT CHEETOS - TR1224 (1 ea.) Contains Milk.	17.00
CHEESE CUBES - TR1100 (1 ea.) Contains Milk.	0.00
CHIP COOL RANCH DORITOS - TR1227 (1 ea.) Contains Milk.	20.00
CHIP NACHO REDC FAT DORITOS - TR1229 (1 ea.) Contains Milk.	20.00
CHOCOLATE CHIP COOKIE - TR1487 (1 ea.) Contains Chocolate/Cocoa, Egg, Gluten, Milk, Soy, Tree nuts, Wheat.	24.00
CHOCOLATE CHIP MUFFIN - TR2013 (1 ea.) Contains Egg, Gluten, Soy, Wheat.	
CHOCOLATE CUPCAKE WG - TR1297 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	41.00
CHOCOLATE MILK - TR1108 (1 ea.) Contains Milk.	20.00
CHOCOLATE OATMEAL BAR - TR1130 (1 ea.) Contains Egg.	24.00
CHOCOLATE SCOOTER - TR1508 (1 ea.) Contains Milk, Soy, Wheat.	26.00

MISC. ITEMS (MILK, SNACKS, CONDIMENTS) (Serving Size)	Carb (g)
CINNAMON GRAHAM BEARS - TR2023 (1 pkg.) Contains Gluten, Wheat.	20.00
COOKIES & CREAM CONE - TR1502 (1 ea.) Contains Milk, Soy, Wheat.	25.00
COOKIES & CREAM SANDWICH - TR1506 (1 ea.) Contains Milk, Soy, Wheat.	29.00
COOL TROPICS BLUE RASPBERRY - TR1648 (1 ea.) Contains Apples.	15.00
COOL TROPICS TROPICAL TRIO - TR1647 (1 ea.) Contains Oranges/Orange Juice.	23.00
CORNBREAD - TR1456 (1 square) Contains Egg, Gluten, Milk, Soy, Wheat.	0
CORNBREAD DRESSING - TR1249 (1/2 c.) Contains Gluten, Milk, Soy, Wheat.	0.52
CRACKER CHEEZ-IT WGRAIN - TR1122 (1 pkg.) Contains Gluten, Milk, Soy, Wheat.	14.00
CRACKER GLDFSH WG - TR1123 (1 pkg.) Contains Gluten, Milk, Wheat.	14.00
CRACKER GRHM HNY WGRAIN - TR1125 (1 pkg.) Contains Milk, Soy, Wheat.	17.00
CRANBERRY SAUCE - TR1296 (1 oz.)	13.00
CRAZY CONE - TR1503 (1 ea.) Contains Milk, Soy, Wheat.	25.00
CREAM CHEESE, LIGHT (1 OZ) - TR1825 (1 ea.) Contains Milk.	1.00
DICK AND JANES - STATES & CAPITALS - TR1653 (1 pkg.) Contains Gluten, Milk, Soy, Wheat.	22.00

MISC. ITEMS (MILK, SNACKS, CONDIMENTS) (Serving Size)	Carb (g)
DICK AND JANES SHORTBREAD COOKIES - TR1654 (1 pkg.) Contains Gluten, Milk, Soy, Wheat.	22.00
DOUGH CKY CHOC CHP WHOLE GRAIN - TR1212 (1 ea.) Contains Egg, Milk, Soy, Wheat.	27.00
DRESSING, RANCH REDUCED FAT - TR1304 (1 ea.) Contains Egg, Milk.	3.00
FRUIT INFUSED WATER - TR1667 (4 oz.)	0.72
GOLDFISH CINNAMON GRAHAM CRACKERS - TR1467 (1 pkg.) Contains Gluten, Wheat.	19.00
GOLDFISH PRETZELS - TR1803 (1 ea.) Contains Gluten, Milk, Wheat.	16.00
GRANDMA'S CHOCOLATE CHIP COOKIES - TR1652 (1 pkg.) Contains Gluten, Milk, Soy, Wheat.	25.00
GRANOLA - TR1097 (1 pkg.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Tree nuts.	20.00
HEART SHAPED CINNAMON COOKIES - TR1960 (1 pkg.) Contains Wheat.	21.01
HUGS NOT DRUGS - TR1515 (1 pkg.) Contains Wheat.	21.00
ITALIAN ICE, FROZEN - TR1315 (1 ea.)	20.00
MILK, 1%, LOWFAT, FORTIFIED, 50/8 OZ CARTON - TR1104 (1 ea.) Contains Milk.	13.00
MILK, LACTOSE FREE - TR1662 (1 Carton) Contains Milk.	13.76
MILK, SKIM, FORTIFIED, 50/8 OZ - TR1106 (1 ea.) Contains Milk.	13.00

MISC. ITEMS (MILK, SNACKS, CONDIMENTS) (Serving Size)	Carb (g)
MULTIGRAIN SUNCHIPS - TR1129 (1 pkg.) Contains Gluten, Wheat.	18.00
PEACH COBBLER - TR1665 (1/2 c.) Contains Egg, Gluten, Milk, Soy, Wheat.	43.91
POLAR BLAST - TR1510 (1 ea.)	16.00
PRETZELS - TR1758 (1 pkg.) Contains Gluten, Milk, Wheat.	16
STRAWBERRY KIWI FRUIT SLUSH - TR1649 (1 ea.)	26.00
STRAWBERRY SCOOTER - TR1509 (1 ea.) Contains Milk, Soy, Wheat.	25.00
TOMATO BISQUE - TR2008 (4 oz.) Contains Milk.	3.68
VEGETABLE SOUP - TR1862 (1 c.)	14.98
WG PUMPKIN SPICE COOKIE - TR1897 (1 ea.) Contains Egg, Gluten, Milk, Wheat.	24.30
WHOLE GRAIN ANIMAL CRACKERS - TR1801 (1 ea.) Contains Gluten, Soy, Wheat.	22.00