



Middle School Lunch & Breakfast Carb Count (May 4, 2026 - June 9, 2026)

Items highlighted in yellow are an estimate.

Week 1	Carb Count	Recipe# or Prod. Code	Serving Portion Size
Monday			
1st Choice			
General Tso Chicken	25	199341	#8 sc
Brown Rice	18.5	722987	#8 sc
2nd Choice			
Pancakes - Maple	35	284831	1
Pancakes - Confetti	36	395303	1
French Toast Sticks	26	669431	3 ea
Waffles, Mini Maple	35	284831	1
Crossants, Plain	32	120872	1
Bagel - Plain	28	230264	1
Egg Patties	1	208990	1
Sausage Patty	1	138941	1
Sausage Links	0	352740	2
Tuesday			
1st Choice			
Mac & Cheese	34.5	119122	#6 sc
Whole Grain Roll	12	266548	1
2nd Choice			
Bosco Sticks - Mozzarella	34	235411	2
Wednesday			
1st Choice			
Dragon Stomp - Popcorn Chicken	14	327120	11
Mashed Potatoes	40	222585	1/2 cup
Corn	10.5	285620	1/4 cup
Corn	8	120490	1/4 cup
Gravy	4	516309	2 oz
2nd Choice			
Hot Ham & Cheese on a Pretzel Bun			
Turkey Ham	2	656891	6 slices
American Cheese	2	499789	1 slice
Pretzel Bun	45	141670	1
Thursday			
1st Choice			
Nachos/Tacos - Taco Meet	5	722330	3.17
Tortilla Chips	40	163020	2 oz
Cheese Sauce	4	263508	1/4 cup
Soft Taco Shell	30	713320	2
Hard Taco Shell	13.3	714350	2
2nd Choice			
Cheese Quesadilla	39	231771	1
Friday			
1st Choice			
Corn Dogs	33	722301	6
2nd Choice - Waldon & Scripps			
Chicken Wings - Boneless	15	561301	5 each
BBQ Sauce	20	435170	2 tlbs
Cornbread	28	159791	1
Oakview ONLY - 2nd Choice			
Je'ts Pizza - Cheese	42	JETS	1 slice
Je'ts Pizza - Pepperoni	42	JETS	1 slice

Week 2	Carb Count	Recipe# or Prod. Code	Serving Portion Size
Monday			
1st Choice			
Tangerine Chicken	26	791710	#8 sc
Brown Rice	18.5	722987	#8 sc
2nd Choice			
Pancakes - Maple	35	284831	1
Pancakes - Confetti	36	395303	1
French Toast Sticks	26	669431	3 ea
Waffles, Mini Maple	35	284831	1
Crossants, Plain	32	120872	1
Bagel - Plain	28	230264	1
Egg Patties	1	208990	1
Sausage Patty	1	138941	1
Sausage Links	0	352740	2
Tuesday			
1st Choice			
Penne Pasta	40	835900	#6 sc
Marinara Sauce	10	502181	4 oz
Spaghetti Sauce	10	852759	4 oz
Meatballs	6	135071	4 ea
Whole Grain Roll	12	266548	1
2nd Choice			
Bosco Sticks - Mozzarella	34	235411	2
Wednesday			
1st Choice			
Dragon Stomp - Popcorn Chicken	14	327120	11
Mashed Potatoes	40	222585	1/2 cup
Corn	10.5	285620	1/4 cup
Corn	8	120490	1/4 cup
Gravy	4	516309	2 oz
2nd Choice			
Chicken Tender Wrap			
Chicken Tenders	16.5	740820	3
Tortilla Wrap	32	713340	1
Cheese	1/0	499786/199720	2 oz
Thursday			
1st Choice			
Nachos/Tacos - Taco Meet	5	722330	3.17
Tortilla Chips	40	163020	2 oz
Cheese Sauce	4	263508	1/4 cup
Soft Taco Shell	30	713320	2
Hard Taco Shell	13.3	714350	2
2nd Choice			
Taco Wedges	30	107201	3
Friday			
1st Choice			
Corn Dogs	33	722301	6
2nd Choice			
Hot Dog	1	656882	1
Hot Dog Bun	21	763225	1
Hot Dog Chili	8	103063	2 oz

Week 5	Carb Count	Recipe# or Prod. Code	Serving Portion Size
Monday			
1st Choice - Chef's Choice Asian			
Tangerine Chicken	26	791710	#8 sc
Japanese Cherry Bloss. Chicken	26	653342	#8 sc
General Tso Chicken	25	199341	#8 sc
Brown Rice	18.5	722987	#8 sc
2nd Choice			
Pancakes - Maple	35	284831	1
Pancakes - Confetti	36	395303	1
French Toast Sticks	26	669431	3 ea
Waffles, Mini Maple	35	284831	1
Crossants, Plain	32	120872	1
Bagel - Plain	28	230264	1
Egg Patties	1	208990	1
Sausage Patty	1	138941	1
Sausage Links	0	352740	2
Tuesday - Chef's Choice Pasta			
1st Choice			
Penne Pasta	40	835900	#6 sc
Marinara Sauce	10	502181	4 oz
Spaghetti Sauce	10	852759	4 oz
Meatballs	6	135071	4 ea
Cheese Ravioli	30	868548	1 cup
Mac & Cheese	34.5	119122	#6 sc
Lasagna Roll Up	29	234041	1
Whole Grain Roll	12	266548	1
2nd Choice			
Bosco Sticks - Mozzarella	34	235411	2
Wednesday - Chef's Choice Chicken			
1st Choice			
Dragon Stomp - Popcorn Chicken	14	327120	11
Mashed Potatoes	40	222585	1/2 cup
Corn	10.5	285620	1/4 cup
Corn	8	120490	1/4 cup
Gravy	4	516309	2 oz
2nd Choice			
Chicken Tender Wrap			
Chicken Tenders	16.5	740820	3
Tortilla Wrap	32	713340	1
Cheese	1/0	499786/199720	2 oz
Chicken Drumstick	6	603391	1
Chicken Wings - Boneless	15	561301	5 each
BBQ Sauce	20	435170	2 tlbs
Thursday - Chef's Choice			
1st Choice			
<i>Please see Kitchen Staff for Carb Counts</i>			
Friday - 1/2 Day - No Lunch			
1st Choice			

Week 6	Carb Count	Recipe# or Prod. Code	Serving Portion Size
Monday			
1st Choice			
<i>Please see Kitchen Staff for Carb Counts</i>			
Tuesday - 1/2 Day - No Lunch			
1st Choice			

Daily Entrée Items	Carb Count	Recipe# or Prod. Code	Serving Portion Size
Chicken Nuggets	19	536620	10
Whole Grain Roll	12	266548	1
Pizza, Cheese 16" WG Big Daddy	27	236591	1 slice
Pizza, Pepperoni 16" WG Big Daddy	27	503962	1 slice
Pizza, French Bread Pepperoni WG	23	154420	1
Pizza, French Bread Cheese WG	23	154321	1
Pizza, Stuffed Crust Cheese	35	261680	1 slice
Calzone, Three Cheese WG	33	658591	1
Calzone, Beef Pepperoni WG	36	135191	1
Deli Sandwiches & Salads	Carb Count	Recipe# or Prod. Code	Serving Portion Size
Chicken Caesar Salad - Recipe #S-3			
Lettuce	2.66	451730	2 cups
Chicken	2	219011	3 oz
Parmesan Cheese	0	445401	5g
Caesar Dressing	1	776858	1 pkt
Croutons	9	661022	1 pkg
WG Dinner Roll	24	233140	1 ea
Fruit			1/2 cup
Hummus Plate - Recipe #D-0011			
Greek Pita	39	244321	1
Hummus	40	108171	4 oz
Chesse Stick	1	786801	1
Mixed Fresh Vegetables		various	1/2 cup
Fresh Fruit		various	1/2 cup
Chef Salad - Recipe #S-1			
Lettuce	2.66	451730	2 cups
Turkey Ham	0.5	656891	3 Slices
Turkey	0	244190	3 Slices
Shredded Cheese	0.5/0	150250/199720	1 oz
Cucumbers		532312	1/4 cup
Grape Tomatoes		129631/749041	1/4 cup
Croutons	9	661022	1 pkg
WG Dinner Roll	24	233140	1 ea
Fruit			1/2 cup
Turkey, Bacon & Cheese Sub Sandwich - Recipe #D-0005			
Sub bun	47	227670	1
Turkey	0	244190	6 slices
Bacon	0	125141	1 slice
American Cheese	2	499789	1 slice
Lettuce	1	735787/153121	1/2 cup
Lettuce		451730	1/2 cup
Chicken Caesar Wrap -Recipe #D-0009			
10" Tortilla Wrap	33	713340	1
Lettuce	2	735787/153121	1 cup
Lettuce		451730	1 cup
Caesar Dressing	1	776858	1 pkt
Chicken Fajita Stripts	3	190833	3 oz
Spicy Chicken Ranch Wrap - Recipe #D-0007			
10" Tortilla Wrap	33	713340	1
Spicy Chicken Patty	7.5	327080	1/2 patty
Lettuce	1	735787/153121	1/2 cup
Lettuce		451730	1/2 cup
Ranch Cup	1	537705	1

Daily Entrée Items	Carb Count	Recipe# or Prod. Code	Serving Portion Size
Hamburger Patty / American Cheese	1/ 2	205030 /499789	1 each
Hamburger Buns	25	266546	1
Chicken Patty	16	281622	1
Hamburger Bun	25	266546	1
Spicy Chicken Patty	15	327080	1
Hamburger Bun	25	266546	1
Deli Sandwiches & Salads	Carb Count	Recipe# or Prod. Code	Serving Portion Size
Ham Italian Sub Sandwich - Recipe #D-0003			
Sub bun	47	227670	1
Turkey Ham	1	656891	6 Slices
Salami	0	776260	2 Slices
American Cheese	2	499789	1 slice
Lettuce	1	735787/153121	1/2 cup
		451730	
Italian Dressing packet	2	187194	1 pkt
Turkey & Cheese Wrap - Recipe #D-0006			
10" Tortilla Wrap	33	713340	1
Turkey	0	244190	6 slices
American Cheese	2	499789	1 slice
Lettuce	1	735787/153121	1/2 cup
Lettuce		451730	
Ham Italian Wrap - Recipe #D-0012			
10" Tortilla Wrap	33	713340	1
Turkey Ham	1	656891	6 slices
Salami	0	776260	2 Slices
American Cheese	2	499789	1 slice
Lettuce	1	735787/153121	1/2 cup
Lettuce		451730	
Italian Dressing packet	2	187194	1 pkt
Chicken Ranch Wrap - Recipe #D-0001			
10" Tortilla Wrap	33	713340	1
Chicken Patty - Diced	8	281622	1/2 patty
Lettuce	1	735787/153121	1/2 cup
Lettuce		451730	1/2 cup
Ranch Cup	1	537705	1
Ham & Cheese Sub Sandwich - Recipe #D-0002			
Sub bun	47	227670	1
Turkey Ham	1	656891	6 Slices
American Cheese	2	499789	1 slice
Lettuce	1	735787/153121	1/2 cup
Lettuce		451730	
Turkey & Cheese Sub Sandwich - Recipe #D-0004			
Sub bun	47	227670	1
Turkey	0	244190	6 slices
American Cheese	2	499789	1 slice
Lettuce	1	735787/153121	1/2 cup
		451730	
Other Entrees			
Cheesy Mac Bites	32	500572	5 ea
Mexican Street Corn Bites	23	577147	5 ea
Pizza Cheese Crunchers	42	143271	4 ea
Jalepeno Mozzarella Bites	31	457717	8 ea
Mozzarella Cheese Sticks - WG	32	143261	6 ea
Mozzarella Cheese Sticks	36	785981	6 ea

Breakfast	Carb Count	Recipe# or Prod. Code	Portion Size
Monday			
French Toast Sticks	26	669431	3 ea
Sausage Patty	1	138941	1
Sausage Links	0	352740	2
Tuesday			
Cinni Mini	41	894291	1 ea
Apple Fruedel	38	838340	1 ea
Donut - Powdered	41	738201	1 pkg
Donut - Chocolate	42	738181	1 pkg
Powdered Donut Holes	42	371058	1
Glazed Pull Apart Donut	31	371398	1
Donut Dunkin Stix	48	300170	1
Wednesday			
See list below			
Thursday			
Yogurt, Vanilla	30	811500	6 oz
Yogurt, Strawberry	30	811490	6 oz
Granola	19	711664	1/4 cup
Strawberries	11	105302	1/2 cup
Blueberries	8.5	119873	1/2 cup
Friday			
Cinni Mini	40	894291	1 each
Apple Fruedel	36	838340	1 each
Donut - Powdered	41	738201	1 pkg
Donut - Chocolate	41	738181	1 pkg
Powdered Donut Holes	42	371058	1
Glazed Pull Apart Donut	31	371398	1
Donut Dunkin Stix	48	300170	1
Breakfast Sandwiches:			
<i>Sausage, Egg, & Cheese Croissant (B-2)</i>			
Crossants, Plain	26	877557	1 ea
Egg Patties	1	208990	1 ea
Sausage Patty	1	138941	1 ea
American Cheese	2	499786	1 slice
<i>Sausage, Egg, & Cheese on a Bagel (B-3)</i>			
Bagel - Plain	28	230264	1 ea
Egg Patties	1	208990	1 ea
Sausage Patty	1	138941	1 ea
American Cheese	2	499786	1 slice
<i>Ham, Egg, & Cheese Croissant (B-4)</i>			
Crossants, Plain	32	120872	1 ea
Egg Patties	1	208990	1 ea
Ham	0.33	656891	1 slice
American Cheese	2	499786	1 slice
<i>Ham, Egg, & Cheese on a Bagel (B-5)</i>			
Bagel - Plain	28	230264	1 ea
Egg Patties	1	208990	1 ea
Ham	0.33	656891	1 slice
American Cheese	2	499786	1 slice

Breakfast	Carb Count	Recipe# or Prod. Code	Portion Size
Additional Breakfast Items			
Cinnamon Toast Crunch Cereal	44	105931	1
Lucky Charms	47	105840	1
Frosted Mini Wheats	60	117530	1
Frosted Flakes Cereal Bowl	53	117530	1
Apple Jacks Cereal Bowl	37	117530	1
Fruit Loops Cereal Bowl	37	117530	1
Cocoa Crispies Cereal Bowl	58	117530	1
Raisin Bran	68	117530	1
Frosted Flakes - Cinnamon	53	117530	1
Chocolate Krave	41	117530	1
Ultimate Breakfast Bar	44	129001	1
Pop Tarts - Cinnamon - 2 count	73	123081	1 pkg
Pop Tarts - Strawberry - 2 count	73	123031	1 pkg
Pop Tarts - Fudge - 2 Count	73	452082	1 pkg
Benefit Bar - Banana Choc Chunk	47	875860	1 ea
Benefit Bar - Oatmeal Choc Chip	47	240721	1 ea
Benefit Bar - Apple Cinnamon	48	879671	1 ea
Pancakes - Maple	35	284831	1
Pancakes - Confetti	36	395303	1
Waffles, Mini Maple	35	284811	1
Bagel - Plain	28	230264	1
Bagel - Plain	57	544691	1
Bagel - Blueberry	58	544641	1
Bagel - Everything	56	544661	1
Bagel - Cinnamon Raisin	59	544651	1
Banana Bread	44	319413	1
Lemon Bread	44	320907	1
Blueberry Bread	45	319418	1
100% Juice			
Orange Juice	13	135450	1
Apple Suncup / Orange Suncup	13 / 13	118921 / 118930	1
Grape Suncup / Fruit Punch Suncup	19 / 14	118940 / 355900	1
Orange-Pineapple Suncup	14	403021	1
Dragon Punch / Wango Mango	13 / 13	510571 / 510562	1
Grape Juice Shelf Stable	20	698211	1
Apple Juice Shelf Stable	14	698744	1
Fruit Punch Shelf Stable	15	698240	1
Cranberry Rasperry Shelf Stable	14	214524	1
Milk			
1% white	11	Dairy	1
1% Chocolate Milk	20	Dairy	1
Dairy			
Apple Juice / Orange Juice	15 / 14	Dairy	1
Dairy			
Cream Cheese	1	257737	1
String Cheese, Mozzarella	0	347211	1
String Cheese, Mozzarella	2	786580	1
Yogurt			
Yogurt - Danimals - Straw/Straw Bar	14/14	885750 869921	1
Yogurt - Yoplait Rasp/Straw Banana	15/15	551770/551760	1
Yogurt - Yoplait Cherry	15	186911	1

Fruits, Vegetables, Breads	Carb Count	Recipe# or Prod. Code	Portion Size
Fresh Fruit			
Apple - Slices	7	473171	1
Apple - Whole - Red Delicious	18	540005	1
Apple - Commodity	8	733160	1
Bananas	27 / 27	201006 / 197769	1
Clementine	n/a	466966	
Grapes Red lunch bunch	14/ n/a	280895/748841	1/2 cup
Orange	21 / 21	198021 / 171871	1 / 1
Pear	25/ n/a	198056/ 266560	1
Berries / Melon			
Blueberries / Strawberries	10.5 / 10	451690 / 212768	1/2 cup
Cantaloupe / Watermelon	7 / 5.5	412201 / 326089	1/2 cup
Applesauce			
Blue Raspberry	18	358553	1
Cinnamon	17	358572	1
Mixed Fruit / Plain	21/17	726580 / 276171	1
Strawberry-Banana / Wild Watermelon	17/17	250012 / 276161	1
Dried Fruit			
Cranberries, Dried	28	765981	1
Cranberries, Strawberry, Dried	27	531681	1
Raisins	30	110910	1
Raisins	36	544426	
Canned Fruit			
Mandarin Oranges / Pineapple Tidbits	20 / 20	117897 / 189979	1/2 cup
Peaches Diced	12 / 14	610372 / 110700	1/2 cup
Pears Diced	16/16	290203/110690	1/2 cup
Mixed Fruit	15	120520	1/2 cup
Frozen Fruit Cups - "Sidekicks"			
Frozen Strawberry / Peach Cup	22 / 19	655010 / 232470	1
Blue Raspberry-Lemon / Kiwi-Strawberry	22 / 22	794181 / 863880	1
Strawberry-Mango / Cherry	23 / 21	863890 / 824040	1
Sour Cherry-Lemon	22	667911	1
Fresh Vegetables			
Lettuce - Romaine		153121/451730	1 cup
Lettuce - Romaine	2	735787	1 cup
Broccoli & Cauliflower	3	283339	1/2 cup
Broccoli	5.5	732451	1/2 cup
Carrots Baby	9 / 12	812540 / 510637	1/2 cup
Celery Sticks	3	781592	1/2 cup
Cucumber Seedless / Select	2 / 2	532312 / 592323	1/2 cup
Peas Snap	2.5	778214	1/2 cup
Peppers, Green / Red	3.5 / 4.5	592315 / 597082	1/2 cup
Tomato Grape	3.5 /	129631 / 749041	1/2 cup
Spinach	.5	329401	1/2 cup
Potatoes			
Potato Smiles / Triangles	25 / 22	228818 / 518557	5 / 2
Starz /French Fries	20 / 18	233101 / 200697	8/ 1/2 cup
French Fries - Crinkle-Cut	24	200697	1/2 cup
French Fries - Crinkle/Seasoned	30	123790	1/2 cup
Sweet Potato Fries	24	628100	1/2 cup
Mashed Potato	40	222585	1/2 cup
Potato - Tater Tots	16	141510	9 each
Other Vegetables			
Corn	17 / 15	118966 / 120483	1/2 cup
Corn	21	285620	3 oz
Green Beans	4 / 6	273856/285630	1/2 cup
Garbanzo Beans	13	118753	1/2 cup
Fiesta Beans	17	581180	#8 sc
Baked Beans	26	822477	#8 sc
Vegetarian Refried Beans	23	703753	#8 sc
Broccoli Florets - Frozen	3.2	285590	#8 sc
Broccoli - Frozen	5	549292	#8 sc
Carrots - Frozen	6	150390	#8 sc
Carrots - Crinkle Cut	4.6	359020	#8 sc
Oriental Vegetables	3	285720	#8 sc
Peas	7	610802	1/2 cup

Snacks, Slushies, Drinks, Condiments	Carb Count	Recipe# or Prod. Code	Portion Size
Baked Lays BBQ	19	575570	1
Baked Lays Regular	19	714230	1
Doritos Nacho Cheese	19	456090	1
Doritos Cool Ranch	20	541502	1
Doritos Spicy Chili	20	788670	1
Cinnamon Graham Goldfish	19	194510	1
Goldfish Extra Cheddar Crackers	14	745481	1
SmartPop White Cheddar Popcorn	9	419480	1
Funyuns	14	865601	1
Ruffles, Cheddar & Sour Cream	17	405983	1
Pretzel, Soft 2.2 oz	30	142411	1
Cinnamon Pretzel Stick	31	550840	1
Fruit Roll Ups	11	646582	1
Rice Krispie Treats - Large	30	618862	1
Meat Stick	0	565850	1
Double Chocolate Cookie	32	170071	1
Sugar Cookie	18	230031	1
Vanilla Soft Serve			1/2 cup
Dutch Chocolate Soft Serve			1/2 cup
Ice Cream Sandwich	26	627440	1
Fudge Bar	22	587567	1
Orange Cream Bar	20	620941	1
Chocolate Ice Cream Bar	27	787880	1
Slushies			
Arctic Berry	39	Slush Co	12 oz
Strawberry Kiwi	39	Slush Co	12 oz
Strawberry Lemonade	39	Slush Co	12 oz
Cherry Pie	39	Slush Co	12 oz
Sour Apple	39	Slush Co	12 oz
Watermelon Wipeout	39	Slush Co	12 oz
Grape	39	Slush Co	12 oz
Beverages			
Izze, Apple	24	653341	1
Izze, Blackberry	22	653350	1
Switch, Watermelon Straw	29	417948	1
Switch, Black Cherry	29	417946	1
Switch, Fruit Punch	29	417959	1
Switch, Orange Tangerine	24	417949	1
Bottled Water - 16.9 oz	0	408430	1
Bottled Water - 8 oz	0	141828	1
Condiments			
Ketchup, Pouch for Dispensers	5	819492	1 tlbs
Ketchup Packet	2	255521	1
Mustard / Sweet Relish	0 / 3	109908/ 187216	1
Mayonnaise packet-lite	2	188741	1
Taco Sauce Mild / Salsa Cups	1/5	192007 / 677802	1
BBQ Sauce	10	141201	1
Marinara Sauce / Sweet & Sour Dip	10/ 11	677721 / 714510	1
Syrup	30	160090	1
Italian Lite Dressing, Marzetti Cups	2	456152	1
Creamy Caesar / Italian Dressing	4/2	260623 / 187194	1
Ranch Cup	1 / 3	537705 / 844730	1
Oyster Crackers	11	565270	1
Parmesan Ch Pk	1	254959	1
Caesar Dressing, Cardini's	1	776858	1
Bread/Rolls			
Corn Bread	28	159791	1
Sub Roll	28	276142	1
Whole Grain Roll	12	266548	1
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