

2026 - 2027

Carbohydrate Counts - A la Carte			
Menu Item	Serving Size	Fiber	Carbohydrates
Animal (Jungle) Crackers	1 pkt	1 gram	20 grams
Assorted Chips, Cheetos Baked Crunchy	1 pkt	1 gram	18 grams
Assorted Chips, Cheetos Baked Crunchy Hot	1 pkt	1 gram	18 grams
Assorted Chips, Cheetos Baked Flamin Hot Limon	1 pkt	1 gram	18 grams
Assorted Chips, Cheetos Fantastix Chili Cheese	1 pkt	1 gram	20 grams
Assorted Chips, Cheetos Fantastix Hot	1 pkt	2 gram	20 grams
Assorted Chips, Cheetos Fantastix Ranch	1 pkt	1 grams	18 grams
Assorted Chips, Cheetos Reduced Fat Puffs	1 pkt	<1 gram	14 grams
Assorted Chips, Doritos Reduced Fat Cool Ranch	1 pkt	2 grams	20 grams
Assorted Chips, Doritos Reduced Fat Flamas	1 pkt	2 grams	20 grams
Assorted Chips, Doritos Reduced Fat Golden Sriracha	1 pkt	2 grams	19 grams
Assorted Chips, Doritos Reduced Fat Nacho Cheese	1 pkt	2 grams	19 grams
Assorted Chips, Doritos Reduced Fat Spicy Sweet Chili	1 pkt	2 grams	20 grams
Assorted Chips, Doritos Reduced Fat Wild White Nacho	1 pkt	2 grams	20 grams
Assorted Chips, Funyuns Baked	1 pkt	<1 gram	14 grams
Assorted Chips, Lay's Baked BBQ	1 pkt	1 gram	17 grams
Assorted Chips, Lay's Baked Original	1 pkt	1 gram	17 grams
Assorted Chips, Munchies Snack Mix	1 pkt	2 grams	18 grams
Assorted Chips, Ruffles Baked Cheddar and Sour Cream	1 pkt	1 gram	16 grams
Assorted Chips, Tostitos Baked Scoops	1 pkt	2 grams	19 grams
Assorted Chips, Tostitos Reduced Fat Crispy Rounds (0.875 oz)	1 pkt	2 grams	18 grams
Beef Jerky Pieces, Original	1 pkt	0 grams	5 grams
Beef Jerky Pieces, Sweet BBQ	1 pkt	0 grams	7 grams
Beef Jerky Pieces, Teriyaki	1 pkt	0 grams	5 grams
Brownie, Blondie	1 each	1 gram	28 grams
Brownie, Fudgy	1 each	1 gram	31 grams
Cheese Itz, Cheddar	1 pkt	1 gram	14 grams
Cheese Itz, Spicy Buffalo	1 pkt	2 grams	14 grams
Cookie, Candy (Cookie Tree)	1 each	2 grams	26 grams
Cookie, Chocolate Chip (Cookie Tree)	1 each	2 grams	27 grams
Cookie, Double Fudge (Cookie Tree)	1 each	2 grams	26 grams

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Carbohydrate Counts - A la Carte			
Menu Item	Serving Size	Fiber	Carbohydrates
Cookie, Sugar (Cookie Tree)	1 each	1 gram	26 grams
Cookies, Grandma's Mini Blueberry Vanilla	1 pkt	1 gram	20 grams
Cookies, Grandma's Mini Chocolate Chip	1 pkt	2 grams	25 grams
Domino's Pizza, Cheese	1 slice	3 grams	27 grams
Domino's Pizza, Pepperoni	1 slice	3 grams	27 grams
Flavored Water, Acai Grape	16.9 fl oz	0 grams	0 grams
Flavored Water, Lemon	16.9 fl oz	0 grams	0 grams
Flavored Water, Mandarinine Orange	16.9 fl oz	0 grams	0 grams
Fruit Roll Up, Blastin' Berry	1 each	2 grams	11 grams
Fruit Roll Up, Crazy Colors	1 each	2 grams	11 grams
Fruit Roll Up, Strawberry	1 each	2 grams	11 grams
Goldfish Crackers, Colors	1 pkt	1 gram	14 grams
Goldfish Crackers, Pretzel	1 pkt	1 gram	16 grams
Goldfish Crackers, Xtra Cheddar	1 pkt	1 gram	14 grams
Ice Cream Cone - Cookies & Cream (Hershey's)	1 each	0 grams	24 grams
Ice Cream Cone - Crazy Cone (Hershey's)	1 each	0 grams	26 grams
Ice Cream Cone - Vanilla Chocolate Twist (Hershey's)	1 each	1 gram	23 grams
Ice Cream Crunch Bar - Chocolate Scooter (Hershey's)	1 each	0 grams	26 grams
Ice Cream Crunch Bar - Strawberry Scooter (Hershey's)	1 each	0 grams	25 grams
Ice Cream Cup - Chocolate Sundae (Hershey's)	1 each	0 grams	18 grams
Ice Cream Cup - Strawberry Sundae (Hershey's)	1 each	0 grams	18 grams
Ice Cream Cup - Vanilla (Hershey's)	1 each	0 grams	16 grams
Ice Cream Fruit Bar - Mango (Hershey's)	1 each	1 gram	27 grams
Ice Cream Fruit Bar - Strawberry (Hershey's)	1 each	1 gram	28 grams
Ice Cream Fruit Juice Bar - Polar Blast Fruit Punch (Hershey's)	1 each	0 grams	18 grams
Ice Cream Fudge Bar (Hershey's)	1 each	1 gram	20 grams
Ice Cream Push Pop - Sillytubes Watermelon (Hershey's)	1 each	0 grams	16 grams
Ice Cream Sandwich - Cookies & Cream (Hershey's)	1 each	1 gram	27 grams
Ice Cream Sandwich - Party Panda (Hershey's)	1 each	0 grams	31 grams
Ice Cream Sandwich - Vanilla (Hershey's)	1 each	1 gram	27 grams

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Carbohydrate Counts - A la Carte			
Menu Item	Serving Size	Fiber	Carbohydrates
Ice Cream Sandwich - Vanilla (Hershey's)	1 each	1 gram	27 grams
Kettle Corn, Sweet and Salty	1 pkt	3 grams	17 grams
Powerade Zero, Fruit Punch	20 fl oz	0 grams	0 grams
Powerade Zero, Grape	20 fl oz	0 grams	0 grams
Powerade Zero, Mixed Berry	20 fl oz	0 grams	0 grams
Pudding Cup, Chocolate	1 each	0 grams	23 grams
Pudding Cup, Vanilla	1 each	0 grams	23 grams
Rice Krispy Treat	1 each	<1 gram	30 grams
Sparkling Ice (All Flavors)	17 fl oz	0 grams	0 grams
Tea, Black	18.5 fl oz	0 grams	0 grams
Tea, Green	20 fl oz	0 grams	<1 gram
Tea, Sweet	18.5 fl oz	0 grams	0 grams
Vitamin Water Zero, Power-C Dragonfruit	20 fl oz	0 grams	0 grams
Vitamin Water Zero, Rise Orange	20 fl oz	0 grams	1 gram
Vitamin Water Zero, Squeezed Lemonade	20 fl oz	0 grams	1 gram
Welch's Fruit Snacks, Berries N' Cherries	1 pkt	3 grams	32 grams
Welch's Fruit Snacks, Mixed Fruit	1 pkt	3 grams	32 grams

Carbohydrate Counts - Beverages			
Menu Item	Serving Size	Fiber	Carbohydrates
100% Fruit Juice	4 oz	0 grams	15 grams
100% Fruit Juice	6 oz	0 grams	24 grams
100% Fruit Juice	10 oz	0 grams	33.5 grams
1% Milk, Chocolate	1 cup	0 grams	20 grams
1% Milk, Strawberry	1 cup	0 grams	22 grams
1% Milk, Unflavored	1 cup	0 grams	11 grams
Fat-Free Milk, Unflavored	1 cup	0 grams	11 grams
Fruit Smoothie (Froot Jooce), Black Cherry	1 each	0 grams	22 grams
Fruit Smoothie (Froot Jooce), Fruit Punch	1 each	0 grams	22 grams
Fruit Smoothie (Froot Jooce), Mango	1 each	0 grams	22 grams
Fruit Smoothie (Froot Jooce), Strawberry	1 each	0 grams	22 grams

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Carbohydrate Counts - Breakfast Entrees			
Menu Item	Serving Size	Fiber	Carbohydrates
Bagels, Mini Cream Cheese (Cinnamon)	1 pkt	3 grams	42 grams
Bagels, Mini Cream Cheese (Strawberry)	1 pkt	2 grams	42 grams
Breakfast Bread	1 each	2 grams	44 grams
Breakfast French Toast Sticks & Sausage	2 sticks & 1 sausage patty	1.5 grams	19 grams
Cereal, Blueberry Chex (General Mills)	1 pkt	1 gram	23 grams
Cereal, Cheerios, Honey (General Mills)	1 pkt	2 grams	22 grams
Cereal, Cheerios, Multigrain (General Mills)	1 pkt	2 grams	23 grams
Cereal, Cheerios, Plain (General Mills)	1 pkt	3 grams	21 grams
Cereal, Cinnamon Chex (General Mills)	1 pkt	1 gram	23 grams
Cereal, Cinnamon Toast Crunch (General Mills)	1 pkt	3 grams	22 grams
Cereal, Cocoa Puffs (General Mills)	1 pkt	2 grams	25 grams
Cereal, Rice Chex (General Mills)	1 pkt	1 gram	24 grams
Cereal, Trix (General Mills)	1 pkt	2 gram	23 grams
Cereal Bar, Cinnamon Toast Crunch	1 bar	2 grams	30 grams
Cereal Bar, Cocoa Puffs	1 bar	3 grams	29 grams
Cereal Bar, Golden Grahams	1 bar	3 grams	30 grams
Cereal Bar, Trix	1 bar	3 grams	29 grams
Cereal Yogurt Parfait, Banana, Pre-K	1 entrée	5 grams	65 grams
Cereal Yogurt Parfait, Peach, Pre-K	1 entrée	3 grams	57 grams
Cereal Yogurt Parfait, Strawberry, Pre-K	1 entrée	3 grams	45 grams
Cheese Stick, Cheddar	1 each	0 grams	1 gram
Cheese Stick, Colby Jack	1 each	0 grams	1 gram
Cheese Stick, Mozzarella	1 each	0 grams	1 grams
Chex Mix, Cheddar	1 pkt	2 gram	20 grams
Chex Mix, Chocolate Caramel	1 pkt	2 grams	22 grams
Chex Mix, Strawberry Yogurt	1 pkt	2 grams	23 grams
Cinni Minis	1 pkt	3 grams	37 grams
Crispy Biscuit	1 pkt	2 grams	25 grams
Croissant, Chicken Sausage and Cheese	1 each	2 grams	18 grams
Croissant, Egg and Cheese	1 each	2 grams	19 grams
Doughnut	1 each	2 grams	40 grams
Frudel, Apple	1 pkt	2 grams	34 grams
Frudel, Cherry	1 pkt	2 grams	38 grams
Graham Snacks, Jungle Crackers	1 pkt	1 grams	20 grams
Mini Pancakes, Maple	1 pkt	4 grams	35 grams
Mini Waffles	1 pkt	2 grams	29 grams
Muffin	1 each	4 grams	25 grams
Oatmeal Bar, Chocolate Chip	1 each	2 grams	25 grams
Oatmeal Bar, Double Chocolate	1 each	3 grams	24 grams

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Carbohydrate Counts - Breakfast Entrees

Menu Item	Serving Size	Fiber	Carbohydrates
Poptart (1-ct), Blueberry	1 pkt	3 grams	36 grams
Poptart (1-ct), Cinnamon	1 pkt	3 grams	37 grams
Poptart (1-ct), Fudge	1 pkt	3 grams	36 grams
Poptart (1-ct), Strawberry	1 pkt	3 grams	36 grams
Poptart (2-ct), Blueberry	1 pkt	6 grams	73 grams
Poptart (2-ct), Cinnamon	1 pkt	6 grams	73 grams
Poptart (2-ct), Fudge	1 pkt	6 grams	73 grams
Poptart (2-ct), Strawberry	1 pkt	6 grams	73 grams
Pull Apart Pastry	1 each	2 grams	31 grams
Sausage Patty	1 patty	0 grams	0 grams
Sausage Biscuit	1 each	2 gram	27 grams
Yogurt, Trix	4 oz	0 grams	15 grams

Carbohydrate Counts - Lunch Entrees

Menu Item	Serving Size	Fiber	Carbohydrates
Biscuit	1 each	2 grams	27 grams
Calzones, Mini Cheese with Marinara	1 entrée	5 grams	44 grams
Calzones, Mini Cheese (without Marinara)	1 entrée	4 grams	38 grams
Cheeseburger	1 each	3 grams	33 grams
Cheesy Bread Bites with Marinara	1 entrée	3 grams	34 grams
Cheesy Bread Bites without Marinara	1 entrée	2 grams	28 grams
Chicken Alfredo	1 bowl	3.5 grams	22.5 grams
Chicken Carbonara	1 bowl	3.5 grams	22.5 grams
Chicken Filet Sandwich	1 each	5 grams	39 grams
Chicken Potato Ranch Wrap	1 wrap	5 grams	51 grams
Chicken Tenders	3 tenders	1 grams	15 grams
Chicken Tender Salad	1 salad	2 grams	19 grams
Chicken Tender Wrap	1 wrap	5 grams	49.5 grams
Corn Dog	1 each	2 grams	30 grams
Dutch Waffle & Chicken	1 entrée	4 grams	53 grams
Dutch Waffle & Chicken Pre-K	1/2 waffle & 2 tenders	2.5 grams	34 grams
Fajita Meat	2.8 oz (1 scoop)	0 grams	2 grams
Fiesta Bowl	1 entrée	4 grams	46 grams
French Toast Sticks	4 each	3 grams	38 grams
French Toast Sticks & Sausage, Pre-K	2 sticks & 2 patties	1.5 grams	19 grams
French Toast Sticks & Sausage	4 sticks & 2 patties	3 grams	38 grams
Fritos	2 oz	2 grams	32 grams
Garlic Bread	1 slice	2 grams	16 grams

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Carbohydrate Counts - Lunch Entrees			
Menu Item	Serving Size	Fiber	Carbohydrates
Glazen Chicken Drumstick	1 each	0 grams	2 grams
Goldfish Crackers, Cheddar	1 pkt	1 gram	14 grams
Granola Yogurt Parfait, Banana	1 entrée	8 grams	84 grams
Granola Yogurt Parfait, Peach	1 entrée	6 grams	76 grams
Granola Yogurt Parfait, Strawberry	1 entrée	6 grams	63 grams
Grilled Cheese Sandwich	1 each	4 grams	32 grams
Grilled Chicken Salad	1 salad	1 grams	6 grams
Grilled Ham and Cheese	1 sandwich	4 grams	30.5 grams
Grilled Turkey and Cheese	1 sandwich	4 grams	28.5 grams
Ham & Cheese Melt	1 sandwich	3 grams	41.5 grams
Ham & Cheese Melt (Pre-K)	1 sandwich	4 grams	29.5 grams
Ham Sandwich, Cold (Sliced Bread)	1 sandwich	4 grams	30.5 grams
Ham Sub, Cold (Hoagie)	1 sandwich	3 grams	41.5 grams
Hot Dog	1 each	2 grams	31 grams
Hot Honey Beef Sloppy Joe	1 sandwich	2 grams	43 grams
Macaroni & Cheese	1 each	2 grams	31 grams
Marinara Sauce	1 oz (2 tbsp)	0.3 grams	2 grams
Marinara Sauce	3 oz (3/8 cup)	1 gram	6 grams
Mexican Pizza	1 each	4 grams	30 grams
Mighty Bites with Banana	1 entrée	5 grams	76 grams
Mighty Bites with Strawberries	1 entrée	3 grams	55 grams
Mighty Bites with Banana, Pre-K (Goldfish as Grain)	1 entrée	4 grams	56 grams
Mighty Bites with Banana, Pre-K (Graham Snacks as Grain)	1 entrée	4 grams	62 grams
Mighty Bites with Strawberries, Pre-K (Goldfish as Grain)	1 entrée	2 grams	35 grams
Mighty Bites with Strawberries, Pre-K (Graham Snacks as Grain)	1 entrée	2 grams	41 grams
Noodles, Linguine or Spaghetti	0.5 cup	3.5 grams	19.5 grams
Oven "Fried" Chicken	1 piece	1 gram	7 grams
Personal Pizza	1 each	3 grams	30 grams
Popcorn Chicken	12 pieces	2 grams	16 grams
Popcorn Chicken Potato Bowl	1 bowl	4 grams	41 grams
Popcorn Chicken Potato Bowl, Pre-K	1 bowl	3 grams	33 grams
Popcorn Chicken Potato Bowl without Corn (Westgate)	1 bowl	3 grams	30.5 grams
Popcorn Chicken Salad	1 salad	3 grams	20 grams
Rice	0.5 cup	2 grams	22 grams
Rice	1 cup	4 grams	44 grams
Roll	1 each	1 grams	15 grams
Seasoned Dill Chicken Bites	4 pcs	1 gram	15 grams
Smart Mouth Pizza, BBQ Chicken	1 each	5 grams	51 grams
Smart Mouth Pizza, Cheese	1 each	5 grams	40 grams

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Carbohydrate Counts - Lunch Entrees			
Menu Item	Serving Size	Fiber	Carbohydrates
Smart Mouth Pizza, Combo	1 each	5 grams	41 grams
Smart Mouth Pizza, Pepperoni	1 each	5 grams	40 grams
Smart Mouth Pizza, Sausage	1 each	5 grams	41 grams
Smart Mouth Stuffed Sandwich, Bacon Chicken Ranch	1 each	5 grams	42 grams
Smart Mouth Stuffed Sandwich, Hot Wing	1 each	5 grams	41 grams
Smart Mouth Stuffed Sandwich, Philly	1 each	5.5 grams	44 grams
Smart Mouth Stuffed Sandwich, Sausage	1 each	5 grams	41 grams
Southwest Chicken Salad	1 salad	5 grams	23 grams
Southwest Nachos with Beef	1 entrée	8 grams	49 grams
Southwest Nachos with Black Beans	1 entrée	14 grams	63 grams
Southwest Nachos, Pre-K	1 entrée	3.5 grams	24 grams
Spaghetti with Meatballs	1 entrée	6 grams	35 grams
Spicy Chicken Filet Sandwich	1 each	3 grams	44 grams
Spicy Popcorn Chicken	12 pieces	3 grams	16 grams
Spicy Popcorn Chicken Salad	1 salad	4 grams	20 grams
Taco Soup	1 cup	5 grams	19.5 grams
Tortilla Chips	2 oz	4 grams	38 grams
Turkey & Cheese Melt (Pre-K)	1 sandwich	4 grams	28 grams
Turkey & Cheese Melt	1 sandwich	3 grams	39.5 grams
Turkey & Cheese Sub	1 sandwich	3 grams	39.5 grams
Turkey & Ham Cold Sub	1 sandwich	3 grams	40 grams
VIP Turkey	3 oz	0 grams	1 gram

Carbohydrate Counts - Fruit			
Menu Item	Serving Size	Fiber	Carbohydrates
Apple, Fresh	1 small	4 grams	23 grams
Applesauce, Canned	0.5 cup	2 gram	15 grams
Applesauce Cup	1 each	1 gram	14 grams
Apple, Grins Slices	1 pkt	2 grams	11.5 grams
Apple & Grape Snack Pack	1 pkt	1 gram	12.5 grams
Banana, Fresh	1 whole medium	3 grams	27 grams
Blueberries	0.5 cup	2 gram	10 grams
Cantaloupe Chunks	0.5 cup	1 gram	6 grams
Fresh Fruit	0.5 cup	2 grams	15 grams
Fresh Fruit Salad	0.5 cup	1 grams	15 grams
Grapes	0.5 cup	0.5 grams	14 grams
Grapefruit	0.5 cup	1.5 grams	9 grams
Mandarin Oranges, Canned	0.5 cup	1 gram	20 grams
Mixed Fruit, Canned	0.5 cup	1 gram	16 grams

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Carbohydrate Counts - Fruit

Menu Item	Serving Size	Fiber	Carbohydrates
Mixed Fruit Cup	1 each	1 gram	12 grams
Orange, Fresh	1 each	3 grams	16 grams
Peach Cup	1 each	1 gram	12 grams
Peaches, Canned, Diced	0.5 cup	1 gram	18 grams
Pear, Fresh	1 each	5.5 grams	27 grams
Pear Cup	1 each	1 gram	13 grams
Pears, Canned	0.5 cup	2 grams	20 grams
Pineapple Tidbits, Canned	0.5 cup	1 gram	17 grams
Strawberries	0.5 cup sliced	1.5 grams	5.5 grams
Watermelon Chunks	0.5 cup	0 grams	5 grams

Note: Snack pack fruits and vegetables are 1/2 cup servings

Carbohydrate Counts - Vegetables

Menu Item	Serving Size	Fiber	Carbohydrates
Baked Beans	0.75 cup	6 grams	38 grams
Baked Beans, Pre-K	0.5 cup	5 grams	30 grams
Black Beans	0.5 cup	6 grams	23 grams
Broccoli Florets, Raw	0.5 cup	1 gram	3 grams
Carrots, Fresh	1 Pkt	2 grams	6 grams
Carrots, Cooked Coins	0.5 cup	2 grams	6 grams
Cauliflower, Fresh Florets	0.5 cup	2 grams	5 grams
Cauliflower, Roasted	0.5 cup	2 grams	5 grams
Celery Sticks	0.5 cup (6 sticks)	1 gram	1.5 grams
Cherry Tomatoes	0.5 cup	1 grams	3 grams
Chickpea Salad	0.5 cup	2 grams	12 grams
Corn, Jalapeño	0.5 cup	3 grams	17 grams
Corn, Sweet	0.5 cup	2 grams	21 grams
Cucumber Slices	0.5 cup	0 grams	2 grams
Deli Roaster Potatoes	0.5 cup	1 grams	13 grams
Garden Fresh Salad with Tomatoes and Cucumbers	0.5 cup	0.5 grams	2.5 grams
Green Beans	0.5 cup	2 grams	3 grams
Mashed Potatoes	0.5 cup	1 grams	14 grams
Peas, Green	0.5 cup	4 grams	14 grams
Refried Beans	0.5 cup	11 grams	28 grams
Sweet Potatoes, Fresh	1/2 potato	3 grams	20 grams
Steamed Broccoli	0.5 cup	1.5 grams	3 grams
Turnip Greens	0.5 cup	1.5 grams	2 grams
Yellow Roasted Potatoes	0.5 cup	1 gram	15 grams

Note: Snack pack fruits and vegetables are 1/2 cup servings

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Carbohydrate Counts - Condiments			
Menu Item	Serving Size	Fiber	Carbohydrates
Orange Sauce	1 oz	0 grams	7 grams
Ranch Dip	1 oz	0 grams	1 gram
Salsa	1/4 cup	2 grams	4 grams
Sweet & Sour Sauce	1 oz	0 grams	13 grams
Sweet Thai Chili Sauce	1 oz	0 grams	14 grams
Teriyaki Sauce	1 oz	0 grams	15 grams
White Cheese Sauce	1 oz	0 grams	1 gram

Carbohydrate Counts - Desserts & Holiday Items			
Menu Item	Serving Size	Fiber	Carbohydrates
Cookie, Holiday Christmas	1 each	1 gram	18 grams
Cookie, Shamrock Clover	1 each	1 gram	18 grams
Cookie, Thanksgiving Harvest	1 each	1 gram	17 grams
Cookie, Tulip	1 each	1 gram	17 grams
Cookie, Valentines Day Heart	1 each	1 gram	18 grams
Holiday Dyed Eggs	1 egg	0 grams	0.5 gram
Peach Crisp	1 slice	1 gram	16 grams
Warm Cinnamon Apples	0.5 cup	2 grams	13 grams

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