Carbohydrate Count		10/28/2026
Lunch Entrées	**Serving Size**	**Carbohydrates (g)**
Bistro Box	1.6oz/1oz/1.2oz	30
Crackers	1.6 oz	29
Cheese Cubes	1 oz	1
Salami	1.2 oz	0
Bosco Sticks w/Marinara	2 each/1each	41
Bosco Sticks	2 each	34
Marinara cup	1 each	7
Burger, Vegan	1 bun/1 vegan patty	36
Burger Bun	1 each	30
Vegan Patty(Beyond Meat)	1 each	6
Burrito, Bean & Cheese	1 each	54
Chicken Tenders	3 each	14
Corn Dogs, Mini	6 each	30
Beef Hot Dog	1ea/1ea	27
Beef Hot Dog	1 each	0
Hot Dog Bun	1 each	27
Mac & Cheese (Rose & Shore)	1 tray (8oz)	33
Orange Chicken & Rice	3.6oz chx/4 oz rice	40
Orange Chicken	3.6oz	19
Rice	4oz	21
Pasta, Chef Penne w/Meat sauce	8oz	53
Pizza, Pepperoni	1 slice	33
Quesadilla, Chef Chicken	1 each	46
Sandwich, Chicken	1 chicken patty/1bun	49
Chicken Patty	1 each	19
Bun	1 bun	30
Tacos, Pork Carnitas	2 oz/2 tortillas	33
Pork Carnitas	2 oz	1
Tortillas	2 each	32
Taquitos, Chicken	2 each	17
Veggie Buffalo Nuggets & Corn Bread (SkyB)	6 nuggets/1 each	63
Veggie Buffalo Nuggets	6 nuggets	27
Corn Bread, Sky Blue Brand	1 each	36
Corn Bread, Buena Vista Brand	1 each	33
Raisels	1 pouch	37
Sour Raisins	1 pouch	30
Cinnamon Crisps Crackers	1 pouch	25

Breakfast Entrées	Serving Size	Carbohydrates (g)
Bagel, Breakfast Pizza	1 each	23
Bagel w/Cream Cheese		36
Bagel	1 each	34
Cream Cheese	1 each	2
Burrito, Chef Steak, Egg, & Cheese	1 each	48
Caramel Mini Cini	1 each	35
Croissant, Egg & Cheese	1 each	19
French Toast Sticks	1 each	38
Sandwich, Maple Chicken	1 each	17
Pan Dulce	1 each	34
Pumpkin Bread	1 each	44
Waffles, Mini Maple	1 bag	36
Cereal, Cheerios Honey, 1oz	1 each	22
Cereal, Chex Blueberry, 2oz	1 each	46
Cereal, Cinnamon Toast Crunch, RS, 2oz	1 each	44
Cereal, Frosted Mini Wheats, 2 oz	I each	50
Cereal, Lucky Charms, RS, 2oz	1 each	45
Ceral, Mega O's Cinnamon Bites 2oz	1 each	23
Cereal, Raisin Bran, 1oz	1 each	28
Cereal, Trix, 2oz	1 each	47
String Cheese (comes with cereal)	1 each	2

Fruits & Vegetables	Serving Size	Carbohydrates (g)
Apple, fresh (small)	1 each	14
Apple, slices (pouch)	1 each	12
Applesauce, cup	1 each	14
Asian Pear, fresh (small)	1 each	13
Banana, fresh (petite)	1 each	23
Beans, Black (1/4c)	1/4 c	9
Beans, Garbanzo (1/4 c)	1/4 c	11
Broccoli, florets (1/4 c)	1/4 c	1.5
Cabbage, shredded (1/4c)	1/4c	2
Caesar Salad (no crouton)	1/2 c	1
Cantaloupe, diced, fresh	1/2 c	7
Carrots, baby (1/4 c)	1/4 c	3
Cauliflower, florets (1/4 c)	1/4 c	1
Celery sticks (1/4 c)	1/4 c	1
Corn, canned (1/2 c)	1/2 c	16
Craisins, dried (box)	1 each	27
Cucumbers, sliced (1/4 c)	1/4 c	1
Dragonfruit, sliced (1/8 c)	1/8 c	1.5
Edamame, fresh (1/4 c)	1/4 c	3.5
Grapes, fresh (1/2 c)	1/2 c	14
Honeydew Melon, diced, fresh	1/2 c	8
Jalapenos (1/8 c)	1/8 c	0.5
Jicama, sliced (1/4 c)	1/4 c	3
Kiwi, fresh (medium)	1 each	11
Lettuce, shredded (1/2 c)	1/2 c	1
Lettuce, romaine (1/2 c)	1/2 c	1
Nectarine, fresh (medium)	1 each	14
Orange, fresh (medium)	1 each	15
Peaches, diced fruit cup (1/2 cup)	1/2 c	12
Peaches, fresh (medium)	1 each	14
Pear, fresh (medium)	1 each	27
Pickles, dill (1/8 c)	1/8 c	0.5
Plum, fresh (medium)	1 each	8
Pluot, fresh (medium)	1 each	8
Raisels, watermelon shock	1 each	38
Raisins, box	1 each	29
Raisins, sour strawberry	1 each	25
Salad/Spinach Mix (1/2 c)	1/2 c	1
Sidekicks, Frozen Fruit Cups (Assorted Flavors)	1 each	22
Snap Peas, fresh (1/4 c)	1/4 c	5
Spinach, fresh (1/2 c)	1/2 c	1
Strawberries, fresh (1/2c)	1/2 c	6
Sweet Peppers Mini, fresh (1/4 c)	1/4 c	2
Tangelo, fresh (medium)	1/2 c	11
Tomatoes, cherry (1/4 c)	1/4 c	1.5
Tomatoes, chopped/sliced (1/4 c, 4slices)	1/4 c	1.5
Watermelon, fresh	1/2 c	6

Beverages	**Serving Size**	**Carbohydrates (g)**
Juice, Apple (4oz)	1 each	15
Juice, Fruit Punch (4oz)	1 each	15
Juice, Orange (4oz)	1 each	14
Juice, Wildberry (4oz)	1 each	15
Milk, 1% (8oz)	1 each	12
Milk, Nonfat (8oz)	1 each	10
Milk, Nonfat Chocolate (8oz)	1 each	19
Milk, Nonfat Strawberry (8oz)	1 each	20
Milk, Lactaid (8oz)	1 each	13
Milk, Soymilk Very Vanilla (8oz)	1 each	18
Condiments	**Serving Size**	**Carbohydrates (g)**
Crouton	1 package	5
Dressing, Italian (2 tbsp)	2 tbsp	6
Dressing, Ranch (2 tbsp)	2 tbsp	2
Crema (2 tbsp)	2 tbsp	1.5
Jalapenos (1/8 c)	1/8 c	1
Ketchup (9g packet)	1 each	3
Mayonnaise (9g packet)	1 each	0
Mustard (5.5g packet)	1 each	0
Pickles (1 oz/8 slices)	1 oz	1
Pico De Gallo (1/2cup)	1/2 cup	3
Taco Sauce (9g packet)	1 each	1
Chef Dippin sauce	1 tbsp	4
Chef Chipotle Crema	1 oz	2
Chef Salsa Roja	1 tbsp	0

*Please be advised that this is general information and not intended to be used as medical advise. The information is accurate to the best of our knowledge based on the information provided by the manufacturer. Products may change at any time.