

## Carb Counts

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| Menu Item                         | Serving Size | Carbohydrate Grams |
|-----------------------------------|--------------|--------------------|
| <b>Entrees</b>                    |              |                    |
| American Pizza                    | Slice        | 27.23              |
| Bean & Cheese Burrito             | each         | 57.88              |
| Bean & Cheese Tostada Sandwich    | each         | 26.85              |
| BBQ Chicken                       | Serving      | 8                  |
| Beef & Bean Burrito               | each         | 58.2               |
| Beef Burrito Bowl                 | Serving      | 39.73              |
| Beefy Lasagna                     | Serving      | 31                 |
| Big Beef Burrito                  | Each         | 60.8               |
| Big (Chicken) Burrito             | Each         | 60                 |
| Broccoli & Cheese Baked Potato    | Each         | 45.8               |
| Brown Rice & Beans                | Serving      | 53.25              |
| Cheese Pizza                      | Slice        | 36.52              |
| Cheese Quesadilla                 | Each         | 38.18              |
| Chicken Alfredo                   | Serving      | 42.5               |
| Chicken a la King                 | Serving      | 11                 |
| Chicken Fajitas                   | Serving      | 41                 |
| Chicken Nuggets, breaded          | 5 nuggets    | 9                  |
| Chicken Penne                     | Serving      | 34.5               |
| Chicken Quesadilla                | Each         | 36.84              |
| Chicken Ranch Pizza               | Slice        | 32.4               |
| Chilaquiles                       | Serving      | 24                 |
| Chili Cheese Dog                  | Each         | 30                 |
| Chili Cheese Fries                | Serving      | 43                 |
| Chili Relleno Quiche              | Serving      | 17                 |
| Fish Taco w/ Corn Salsa           | Each         | 50.6               |
| French Toast                      | Slice        | 20.5               |
| Garden Chili                      | 8 oz         | 15.82              |
| Green Chili Chicken Enchilada     | Serving      | 19.5               |
| Green Chili Lasagna               | Serving      | 61                 |
| Hay Stacks                        | Serving      | 50                 |
| Hot Buffalo Wings (Chicken Wings) | Serving      | 13                 |
| Lasagna, Vegetable                | Serving      | 36                 |
| Mac & Cheese                      | Serving      | 51                 |
| Meatloaf                          | Serving      | 10                 |
| Nachos                            | Serving      | 36.42              |
| Orange Chicken w/ Brown Rice      | Serving      | 61.6               |
| Pancakes                          | 2 each       | 25                 |
| Pepperoni Calzone                 | 1 each       | 77.5               |
| Pepperoni Pizza                   | Slice        | 35.4               |
| Pig in a Blanket                  | Each         | 27.3               |
| Sausage Calzone                   | Each         | 77                 |
| Scrambled Eggs                    | ¼ cup        | 1.45               |
| Spaghetti w/ Marinara Sauce       | Serving      | 52                 |

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|                                  |                     |                           |
|----------------------------------|---------------------|---------------------------|
| Spaghetti w/ Meat Sauce          | Serving             | 50                        |
| Spaghetti w/ Meatballs           | Serving             | 64                        |
| Spicy Chicken Mac                | 6 oz                | 28                        |
| Stromboli, Pepperoni             | each                | 31.6                      |
| Taco, 1                          | 1 each              | 12.6                      |
| Taco, 2                          | 2 each              | 25.22                     |
| Taco Salad                       | Serving             | 31.25                     |
| Teriyaki Chicken w/ Brown Rice   | Serving             | 60.5                      |
| Tomato Soup                      | 8 oz                | 16                        |
| Turkey & Gravy, Grade 4-12       | Serving             | 5                         |
| Turkey & Gravy, ECE-3            | Serving             | 4.6                       |
| Veggie Pizza                     | 1 slice             | 33                        |
| Vegetable Alfredo                | Serving             | 53                        |
| Yogurt, fruit flavored           | 4 oz                | 20                        |
|                                  |                     |                           |
| <b>Sandwiches</b>                | <b>Serving Size</b> | <b>Carbohydrate Grams</b> |
| Cheeseburger on a Bun            | Each                | 27.15                     |
| Cheesy Pocket                    | Each                | 40                        |
| Cowboy Burger on bun             | Each                | 69.64                     |
| Crispy Chicken Sandwich on Bun   | Each                | 40                        |
| Egg Salad Sandwich               | Each                | 32                        |
| Ham Sandwich                     | Each                | 26                        |
| Hamburger on a Bun               | Each                | 26                        |
| Hot Dog on a Bun                 | Each                | 27                        |
| Hot ham & Cheese on Bun          | Each                | 35                        |
| Hot Ham & Cheese Pocket          | Serving             | 40                        |
| Italian Sub                      | Each                | 57.4                      |
| Italian Veggie sub               | Each                | 61                        |
| Meatball Sub on Hot Dog Bun      | Each                | 34                        |
| Patty Melt Sandwich              | Each                | 26.5                      |
| Peanut Butter & Jelly            | Each                | 48                        |
| Pepperoni Calzone                | Each                | 77.5                      |
| Pig in a Blanket                 | Each                | 27.3                      |
| Pork Rib Sandwich on Hot Dog Bun | Each                | 48                        |
| Pork Rib Sandwich on Sub Bun     | Each                | 76.5                      |
| Santa Fe Burger                  | Each                | 32.5                      |
| Sloppy Joe on a Bun              | Each                | 36                        |
| Smashed Burger                   | Each                | 33                        |
| Spicy Chicken Sandwich           | Each                | 44                        |
| Spicy Chicken Ranch Wrap         | Each                | 54                        |
| Toasted Cheese Sandwich          | Each                | 27                        |
| Tuna Salad Sandwich              | Each                | 29                        |
| Turkey & Cheese Sandwich         | Each                | 24                        |
| Turkey Melt Sandwich             | Each                | 25                        |
| Turkey & Pepper Jack Sandwich    | Each                | 23                        |

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|   |                     |                           |
|---|---------------------|---------------------------|
| Turkey & Provolone Sandwich   | Each                | 23                        |
| Turkey Ranch Wrap Sandwich  | Each                | 41.5                      |
| Turkey Sandwich   | Each                | 23                        |
| Veggie Calzone  | Each                | 89.5                      |
| Veggie Wrap   | Each                | 27.7                      |
| WOW butter & Jelly Sandwich   | Each                | 43.81                     |
| <b>Black Jack Pizza</b><br><b>8 cut-Grades 6-8; 10 cut Grades E-5</b> | <b>Serving Size</b> | <b>Carbohydrate Grams</b> |
| Buffalo Chicken, 8 cut  | 1 slice             | 44                        |
| Buffalo Chicken, 10 cut   | 1 slice             | 35                        |
| Cheese Pizza, 8 cut   | 1 slice             | 31                        |
| Cheese Pizza, 10 cut  | 1 slice             | 25                        |
| Jalapeno Pizza, 8 cut   | 1 slice             | 45                        |
| Jalapeno Pizza, 10 cut  | 1 slice             | 36                        |
| Pepperoni Pizza, 8 cut  | 1 slice             | 31                        |
| Pepperoni Pizza, 10 cut   | 1 slice             | 25                        |
| Sausage (Chicken)Pizza, 8 cut   | 1 slice             | 31                        |
| Sausage (Chicken)Pizza, 10 cut  | 1 slice             | 25                        |
| Vegetable Pizza, 8 cut  | 1 slice             | 32                        |
| Vegetable Pizza, 10 cut   | 1 slice             | 26                        |
|   |                     |                           |
|   |                     |                           |
|   |                     |                           |
| <b>Salads (no grain included in count)</b>                            | <b>Serving size</b> | <b>Carbohydrate Grams</b> |
| Buffalo Chicken Salad   | Each                | 8.3                       |
| Chicken Caesar Salad  | Each                | 6.4                       |
| Turkey Chef Salad   | Each                | 7.38                      |
| Vegetarian Chef Salad   | Each                | 8.4                       |
| Yogurt Basket w/cheese & granola                                      | Each                | 39.6                      |
| Yogurt Basket (no grain included)                                     | Each                | 21                        |
| Yogurt Basket w/ Zucchini Muffin                                      | Each                | 68                        |
|   |                     |                           |
|   |                     |                           |
| <b>Condiments</b>   | <b>Serving Size</b> | <b>Carbohydrate Grams</b> |
| BBQ Sauce   | 1 T.                | 3.84                      |
| Blueberry Syrup   | 2 fl. oz            | 23.75                     |
| Burger Salad  | Each                | 1.85                      |
| Caesar Salad Dressing   | 1 fl. oz            | 3                         |
| Catsup  | 1 T.                | 3.75                      |
| Cinnamon Roll Glaze   | Serving             | 18.5                      |
| Cranberry Sauce   | ¼ fl. oz            | 13                        |
| Cream Cheese, Plain   | Portion Cup         | 1                         |
| Cream Cheese, Strawberry  | Portion Cup         | 3.5                       |
| Frank's Hot Sauce   | 1 oz                | 0                         |

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|                             |                      |       |
|-----------------------------|----------------------|-------|
| Gravy                       | 2 fl. Oz             | 2     |
| Green Chili Sauce           | 2 fl. oz             | 3.25  |
| Honey                       | 1 T.                 | 11.7  |
| Italian Dressing            | 1 fl. oz             | .6    |
| Jalapeno Peppers            | 1 oz                 | .6    |
| Jelly                       | $\frac{3}{4}$ fl.oz  | 21.65 |
| Mayonnaise, light           | 1 T.                 | 2     |
| Mustard                     | 1 T.                 | .32   |
| Peanut Butter               | $\frac{3}{4}$ fl. oz | 6.33  |
| Ranch Dressing, low fat     | 1 T.                 | 1.4   |
| Red Chili Sauce             | 2 fl. oz             | 4.25  |
| Salsa                       | 1 fl. oz             | 1.15  |
| Shredded Lettuce & Tomatoes | Serving              | 1     |
| Spinach Salad Dressing      | 1 T.                 | 2.6   |
| Sunbutter                   | Portion Cup          | 9.3   |
| Syrup, homemade             | 2 fl. oz             | 26.75 |
| WOW butter                  | 2T.                  | 8     |