

Carb Counts

Menu Item	Serving Size	Carbohydrate Grams
Entrees		
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
Sandwiches	Serving Size	Carbohydrate Grams
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
Black Jack Pizza 8 cut-Grades 6-8; 10 cut Grades E-5	Serving Size	Carbohydrate Grams
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
Salads (no grain included in count)	Serving size	Carbohydrate Grams
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
Condiments	Serving Size	Carbohydrate Grams
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