

Carb Counts

Menu Item	Serving Size	Carbohydrate Grams
Entrees		
American Pizza	Slice	27.23
Asian Pork Bibimba Bowl w/ Brown Rice	Serving	61.94
Ballpark Nachos (same as Nachos Grande)	Serving	36.42
Bean & Cheese Burrito	Each	52.32
Bean & Cheese Tostada Sandwich	Each	35.61
BBQ Chicken	Serving	7.68
BBQ Pizza	Slice	35.11
Beef & Bean Burrito	Each	58.2
Beef Burrito Bowl	Serving	39.73
Beef Enchiladas (Western or Layered are same)	Serving	20.9
Beef Lasagna	Serving	31.10
Big Beef Burrito	Each	56.39
Big (Chicken) Burrito	Each	55.2
Breaded Orange Chicken w/ Brown Rice, E-3	Serving	39.31
Breaded Orange Chicken w/ Brown Rice, 4-12	Serving	42.05
Broccoli & Cheese Baked Potato	Each	45.8
Brown Rice & Beans	Serving	64.63
Cheese Pizza	Slice	25.73
Cheese Quesadilla	Each	32.53
Chicken Alfredo	Serving	51.13
Chicken a la King	Serving	10.8
Chicken Fajitas (same as Southwest)	Serving	35.25
Chicken Gumbo (w/ rice)	Serving	52.93
Chicken Lo Mein	Serving	43.32
Chicken Nuggets, breaded	5 nuggets	13
Chicken Penne	Serving	35.67
Chicken Quesadilla	Each	31.31
Chicken Ranch Pizza	Slice	26.91
Chilaquiles	Serving	23.8
Chili Cheese Dog	Each	30
Chili Cheese Fries	Serving	42.84
Chili Relleno Quiche	Serving	16.78
Crispy Taco, 1	1 Each	8.32
Crispy Taco, 2	2 Each	16.4
Firecracker Chicken	Serving	25.01
Garden Chili	8 oz	28.61
Garden Taco Salad	Serving	64.33
Green Chili Chicken Enchilada	Serving	20.77
Green Chili Chicken Lasagna	Serving	60.79
Green Chili Relleno Quiche	Serving	16.78
Ham & Cheese Munchable (w/crackers)	Serving	21.99
Ham & Turkey Munchable (w/crackers)	Serving	20.37
Hay Stacks	Serving	47.21

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Hot Buffalo Wings (Chicken Wings)	Serving	13
Korean BBQ Chicken	Serving	8.64
Lasagna (w/ meat)(same as Beef Lasagna)	Serving	41.48
Lasagna, Vegetable (Same as Spinach Lasagna)	Serving	23.51
Lemon Chicken	Serving	.7
Mac & Cheese, K-8	Serving	46.65
Mac & Cheese, HS	Serving	65.27
Meatloaf	Serving	9.88
Pancakes	2 each	25
Pasta Alfredo	Serving	50.24
Pepperoni Calzone	1 each	77.5
Pepperoni Pizza	Slice	31.42
Pig in a Blanket	Each	27.73
Pork Carnitas Tacos	2 Tacos	24.5
Scrambled Eggs	¼ cup	.26
Spaghetti w/ Marinara Sauce	Serving	52.68
Spaghetti w/ Meat Sauce	Serving	50.79
Spicy Chicken Mac	6 oz	28.49
Taco, 1 (same as Crispy or Santa Fe taco)	1 each	8.32
Taco, 2 (same as Crispy or Santa Fe Taco)	2 each	25.2216.4
Taco Salad	Serving	39.49
Teriyaki Chicken w/ Brown Rice	Serving	60.5
Turkey a la King	Serving	9.8
Turkey Pot Pie	Serving	42.36
Turkey & Gravy, Grade 4-12	Serving	4.53
Turkey & Gravy, ECE-3	Serving	4.53
Vegetable Lo Mein	Serving	44
Veggie Crispy Taco	1 each	19.64
Veggie Crispy Taco (2)	2 each	39.28
Veggie Fajitas	Serving	53.64
Veggie Pizza	1 slice	33.83
Veggie Stromboli	each	31.7
Yogurt, fruit flavored	4 oz	15
Yogurt w/ Blueberry Muffin	Serving	51.11
Sandwiches	Serving Size	Carbohydrate Grams
Cheeseburger on a Bun	Each	27.15
Cheesy Pocket	Each	40
Crispy Chicken Sandwich on Bun	Each	39
Crunchy Falafel Wrap	Each	66.85
Egg Salad Sandwich	Each	32
Fiesta Rice Wrap	Each	85.34
Green Chili Cheeseburger	Each	26.6
Grilled Mediterranean Sandwich	Each	28.42

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Ham Sandwich	Each	26.08
Ham Torta	Each	52.98
Hamburger on a Bun	Each	26
Hot Dog on a Bun	Each	27
Hot Ham & Cheese on Bun	Each	30.1
Hot Ham & Cheese Pocket	Serving	40
Italian Sub	Each	62.69
Italian Veggie sub	Each	46.93
Patty Melt Sandwich	Each	26.39
Peanut Butter & Jelly	Each	46.87
Pepperoni Calzone	Each	77.5
Pig in a Blanket	Each	27.73
Salsa Black Bean Burger	Each	52.58
Santa Fe Burger	Each	27.52
Sloppy Joe on a Bun	Each	35.73
Smashed Burger	Each	27.72
Spicy Chicken Biscuit	Each	36
Spicy Chicken Sandwich	Each	39
Spicy Chicken Ranch Wrap	Each	51.82
Spinach Po' Boy	Each	65.95
Toasted Cheese Sandwich	Each	27.05
Tuna Salad Sandwich	Each	29.10
Turkey & Cheese Sandwich	Each	24.05
Turkey Melt Sandwich	Each	24.92
Turkey & Pepper Jack Sandwich	Each	23
Turkey & Provolone Sandwich	Each	23
Turkey Ranch Wrap Sandwich	Each	41.5
Turkey Sandwich	Each	23
Veggie Wrap	Each	42.81
WOW butter & Jelly Sandwich	Each	53.62
Black Jack Pizza	Serving Size	Carbohydrate
8 cut-Grades 6-8; 10 cut Grades E-5		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

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Vegetable Pizza, 10 cut	1 slice	26
<i>Entrée Salads (no grain included in count)</i>	<i>Serving size</i>	<i>Carbohydrate Grams</i>
Buffalo Chicken Salad	Each	18.64
Chicken Caesar Salad	Each	6.4
Ham Chef Salad	Each	9
Hummus Bowl w/ Tortilla Chips	Each	56.64
Mexican Chopped Salad w/ Tortilla Strips	Each	35.06
Turkey Chef Salad	Each	7.38
Vegetarian Chef Salad	Each	8.4
Yogurt Basket w/cheese & granola	Each	25.79
Yogurt Basket (no grain included)	Each	16
Yogurt Basket w/ Zucchini Muffin	Each	71.30
<i>Condiments</i>	<i>Serving Size</i>	<i>Carbohydrate Grams</i>
BBQ Sauce	1 T.	3.00
Blueberry Syrup	2 fl. oz	23.5
Burger Salad	Each	1.85
Caesar Salad Dressing	1 fl. oz	3.52
Catsup	1 T.	4.41
Cinnamon Roll Glaze	Serving	18.5
Cranberry Sauce	¾ fl. oz	13
Cream Cheese, Plain	Portion Cup	1
Cream Cheese, Strawberry	Portion Cup	4.0
Frank's Hot Sauce	1 oz	0
Gravy	2 fl. Oz	2
Green Chili Sauce	2 fl. oz	3.27
Honey	1 T.	17.46
Italian Dressing	1 fl. oz	.62
Jalapeno Peppers	1 oz	.62
Jelly	¾ fl .oz	14.75
Mayonnaise, light	1 T.	2
Mustard	1 T.	.32
Peanut Butter	¾ fl. oz	6.33
Pineapple Salsa	¼ c.	8.14
Ranch Dressing, low fat	1 T.	1.42
Red Chili Sauce	2 fl. oz	4.25
Salsa	1 fl. oz	1.07
Shredded Lettuce & Tomatoes	Serving	1
Siracha Sauce	1 T.	5
Spinach Salad Dressing	1 T.	2.62
Sunbutter	Portion Cup	9.3
Syrup, homemade	2 fl. oz	26.75
WOW butter	2T.	8