

Carb Counts

Menu Item	Serving Size	Carbohydrate Grams
Entrees		
American Pizza	Slice	27.23
Ballpark Nachos (same as Nachos Grande)	Serving	36.5
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
Beef Enchiladas (Western or Layered are same)	Serving	20.9
Big Beef Burrito	Each	60.8
Big (Chicken) Burrito	Each	60
Breaded Orange Chicken w/ Brown Rice, E-3	Serving	48.65
Breaded Orange Chicken w/ Brown Rice, 4-12	Serving	50.86
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 (same as Southwest)	Serving	41
Chicken Gumbo (w/ rice)	Serving	53
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
Crispy Taco, 1	1 Each	12.6
Crispy Taco, 2	2 Each	25.22
Firecracker Chicken	Serving	26
Garden Chili	8 oz	15.82
Green Chili Chicken Enchilada	Serving	19.5
Green Chili Lasagna	Serving	61
Ham & Cheese Munchable (w/crackers)	Serving	22
Ham & Turkey Munchable (w/crackers)	Serving	20.4
Hay Stacks	Serving	50
Hot Buffalo Wings (Chicken Wings)	Serving	13
Korean BBQ Chicken	Serving	8.64
Lasagna (w/ meat)	Serving	31
Lasagna, Vegetable	Serving	36
Lemon Chicken	Serving	.7

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Mac & Cheese	Serving	51
Meatloaf	Serving	10
Pancakes	2 each	25
Pasta Alfredo	Serving	53
Pepperoni Calzone	1 each	77.5
Pepperoni Pizza	Slice	35.4
Pig in a Blanket	Each	27.3
Pork Carnitas Tacos	2 Tacos	24.5
Scrambled Eggs	¼ cup	1.45
Spaghetti w/ Marinara Sauce	Serving	52
Spaghetti w/ Meat Sauce	Serving	50
Spaghetti w/ Meatballs	Serving	64
Spicy Chicken Mac	6 oz	28
Stromboli, Pepperoni	each	31.6
Taco, 1 (same as Crispy or Santa Fe taco)	1 each	12.6
Taco, 2 (same as Crispy or Santa Fe Taco)	2 each	25.22
Taco Salad	Serving	31.25
Teriyaki Chicken w/ Brown Rice	Serving	60.5
Tomato Soup	8 oz	16
Turkey a la King	Serving	9.8
Turkey Pot Pie	Serving	42.4
Turkey & Gravy, Grade 4-12	Serving	5
Turkey & Gravy, ECE-3	Serving	4.6
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
Veggie Stromboli	each	31.7
Yogurt, fruit flavored	4 oz	15
Yogurt w/ Blueberry Muffin	Serving	51
Sandwiches	Serving Size	Carbohydrate Grams
Cheeseburger on a Bun	Each	27.15
Cheesy Pocket	Each	40
Crispy Chicken Sandwich on Bun	Each	40
Crunchy Falafel Wrap	Each	61.25
Egg Salad Sandwich	Each	32
Fiesta Rice Wrap	Each	80
Grilled Mediterranean Sandwich	Each	28.5
Ham Sandwich	Each	26
Ham Torta	Each	61.3
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

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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
Salsa Black Bean Burger	Each	52.6
Santa Fe Burger	Each	32.5
Sloppy Joe on a Bun	Each	36
Smashed Burger	Each	33
Spicy Chicken Biscuit	Each	39
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
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
<i>Black Jack Pizza</i>	<i>Serving Size</i>	<i>Carbohydrate</i>
<i>8 cut-Grades 6-8; 10 cut Grades E-5</i>		<i>Grams</i>
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
<i>Entrée Salads (no grain included in count)</i>	<i>Serving size</i>	<i>Carbohydrate</i>
		<i>Grams</i>
Buffalo Chicken Salad	Each	8.3
Chicken Caesar Salad	Each	6.4
Ham Chef Salad	Each	9

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Mexican Chopped Salad w/ Tortilla Strips	Each	35
Turkey Chef Salad	Each	7.38
Vegetarian Chef Salad	Each	8.4
Yogurt Basket w/cheese & granola	Each	34.6
Yogurt Basket (no grain included)	Each	16
Yogurt Basket w/ Zucchini Muffin	Each	63
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
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	¾ fl .oz	21.65
Mayonnaise, light	1 T.	2
Mustard	1 T.	.32
Peanut Butter	¾ 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
Siracha Sauce	1 T.	6
Spinach Salad Dressing	1 T.	2.6
Sunbutter	Portion Cup	9.3
Syrup, homemade	2 fl. oz	26.75
WOW butter	2T.	8