

Carb Counts

Menu Item	Serving Size	Carbohydrate Grams
Entrees		
American Pizza	Slice	26
Bean & Cheese Burrito	each	40
Bean & Cheese Tostada Sandwich	each	25.5
BBQ Chicken	Serving	16
Beef & Bean Burrito	each	35
Beef Burrito Bowl	Serving	38
Beef Lasagna	Serving	28
Big Beef Burrito	Each	45
Big (Chicken) Burrito	Each	44.5
Brown Rice & Beans	Serving	53.25
Chicken Gumbo w/ Brown Rice	Serving	50
Cheese Pizza	Slice	29
Cheese Quesadilla	Each	23
Chicken a la King	Serving	11
Chicken Fajitas	Serving	26.5
Chicken Lo Mein	Serving	43
Chicken Nuggets, breaded	5 nuggets	9
Chicken Nuggets, unbreaded	5 nuggets	9
Chicken Nuggets, hot & spicy	5 nuggets	13
Chicken Penne	Serving	34
Chicken Quesadilla	Each	22.75
Chili Cheese Dog	Each	28
Chili Cheese Fries	Serving	40.8
Fish Taco w/ Corn Salsa	Each	36.6
French Toast	Slice	20.5
Garden Chili	8 oz	17
Green Chili Chicken Enchilada Bake	Serving	19
Hay Stacks	Serving	47
Hot Buffalo Wings (Chicken Wings)	Serving	13
Lasagna, Vegetable	Serving	36
Mac & Cheese	6 oz	32.75
Meatloaf	Serving	10
Nachos	Serving	41
Orange Chicken w/ Brown Rice	Serving	61.6
Pancakes	2 each	25
Pepperoni Calzone	1 each	77.5
Pepperoni Pizza	Slice	30
Pig in a Blanket	Each	27.3
Rancher's Pie	Serving	23
Sausage Calzone	Each	77
Scrambled Eggs	¼ cup	1.1
Spaghetti w/ Marinara Sauce	Serving	54
Spaghetti w/ Meat Sauce	Serving	51

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Spicy Chicken Mac	6 oz	35
Stromboli, Pepperoni	each	30
Taco, 1	1 each	12.6
Taco, 2	2 each	25.22
Taco Salad	Serving	30.5
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
Vegetarian Taco, 1	1 each	17.5
Vegetarian Taco, 2	2 each	35
Vegetarian Taco Salad	Serving	39
Veggie Pizza	1 slice	33
Chicken Alfredo	Serving	46
Vegetable Alfredo	Serving	53
Yogurt, fruit flavored	4 oz	22
<i>Sandwiches</i>	<i>Serving Size</i>	<i>Carbohydrate Grams</i>
Cheeseburger on a Bun	Each	26
Chicken Patty Sandwich	Each	34
Egg Salad Sandwich	Each	32
Hamburger on a Bun	Each	25
Hot Dog on a Bun	Each	23
Hot Ham & Cheese Pocket	Serving	42
Grilled Chicken Sandwich	Each	26
Italian Sub	Each	57.4
Italian Veggie sub	Each	61
Meatball Sub	Each	70
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	Each	40.5
Santa Fe Burger	Each	28
Sloppy Joe on a Bun	Each	33.65
Smashed Burger	Each	28
Spicy Chicken Sandwich	Each	37.7
Spicy Chicken Ranch Wrap	Each	39
Sun Butter & Jelly Sandwich	Each	49
Toasted Cheese Sandwich	Each	27
Tuna Salad Sandwich	Each	29.3
Turkey & Cheese Sandwich	Each	24
Turkey Melt Sandwich	Each	25
Turkey & Pepper Jack Sandwich	Each	23
Turkey & Provolone Sandwich	Each	23

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Turkey Ranch Wrap Sandwich	Each	26.3
Turkey Sandwich	Each	23
Veggie Burger on Bun	Each	32.6
Veggie Calzone	Each	89.5
Veggie Cheeseburger on Bun	Each	33.6
Veggie Sloppy Joe on Bun	Each	37
Veggie Wrap	Each	26.7
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
Individual Pizza, all varieties	1 each	104
Salads (no grain included in count)	Serving size	Carbohydrate Grams
Buffalo Chicken Salad	Each	7.8
Chicken Caesar Salad	Each	6.4
Turkey Chef Salad	Each	6.38
Vegetarian Chef Salad	Each	7.4
Yogurt Basket w/cheese & granola	Each	32
Yogurt Basket (no grain included)	Each	23
Yogurt Basket w/ Zucchini Muffin	Each	67
Condiments	Serving Size	Carbohydrate Grams
BBQ Sauce	1 T.	5.66
Blueberry Syrup	2 fl. oz	23.75
Burger Salad	Each	1.5
Caesar Salad Dressing	1 fl. oz	3
Catsup	1 T.	3.75
Cinnamon Roll Glaze	Serving	18.5
Cranberry Sauce	¾ fl. oz	13
Cream Cheese, Plain	Portion Cup	1
Cream Cheese, Strawberry	Portion Cup	3.5

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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	$\frac{3}{4}$ fl .oz	14.75
Mayonnaise, light	1 T.	2
Mustard	1 T.	.32
Peanut Butter	$\frac{3}{4}$ fl. oz	5.5
Ranch Dressing, low fat	1 T.	1.4
Red Chili Sauce	2 fl. oz	4.25
Salsa	1 fl. oz	1.2
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