

CARB COUNTS as of 2/1/18

<u>ITEM</u>	<u>PORTION</u>	<u>CALORIES</u>	<u>CARBS</u>
Alfredo Sauce	1/4 CUP	90	5
American Cheese, Yellow Skim Sliced	2 SLICE	40	1
Animal Crackers	1 PKG	130	21
Assorted Cold Cereal	1 BOWL	120	22
Bagel, Blueberry w/ Cream Cheese	1 EACH	240	36
Bagel, Mini Cinnamon Cream Cheese	1 PKG	240	41
Bagel, Mini Strawberry Cream Cheese	1 PKG	230	41
Bagel, WW Blueberry	1 EACH	170	35
Bagel, WW Cinnamon Raisin	1 EACH	170	36
Bagel, WW White	1 EACH	170	36
Beef Taco Stick	1 EACH	345	32
Benefit Bar, French Toast	1 EACH	290	47
Benefit Bar, Oatmeal Chocolate Chip	1 EACH	290	47
Bread Slice, WG Banana	1 EACH	280	44
Bread Slice, WG Blueberry	1 EACH	270	43
Bread Slice, WG Pumpkin	1 EACH	270	43
Bread Slice, WG Zucchini	1 EACH	270	43
Breadstick	1 EACH	140	30
Breakfast Burrito	1 EACH	154	16
Breakfast Round, Oatmeal Chocolate	1 EACH	270	44
Breakfast Sandwich, Egg & Cheese	1 EACH	214	22
Breakfast Sandwich, Sausage & Cheese	1 EACH	220	22
Breakfast Sausage Pizza	1 EACH	210	26
Brownie	1 EACH	146	25
Brownie, Low Fat - Snack Menu	1 EACH	150	28
Burger, Classic Garden (Vegetarian)	1 EACH	220	34
Burger, Onion Ring (Western)	1 EACH	514	42
Burrito, Bean & Cheese	1 EACH	360	45
Burrito, Bean & Rice	1 EACH	482	79
Burrito, Chicken & Rice	1 EACH	482	62
Burrito, Egg & Cheese	1 EACH	154	16
Cheese, Cheddar Yellow Shredded	1 OZ	110	1
Cheese, Mozzarella String Cheese	1 EACH	80	1
Cheese, Parmesan Shredded	2 TSP	20	0
Cheeseburger	1 EACH	420	28
Cheeseburger Sliders	2 SLIDERS	272	30
Cheesy Italian Dunkers	2 STICKS	300	30
Cheesy Italian Dunkers w/ Marinara Sauce	2 STICKS + 1 DIP CUP	315	33
Chicken Alfredo w/ Pasta	1 SERVING	393	52
Chicken Caesar Salad	1 EACH	271	5
Chicken Caesar Salad w/ Breadstick	1 SERVING	411	35
Chicken Caesar Wrap	1 EACH	490	26
Chicken Corn Dog	1 EACH	240	30
Chicken Drumstick	1 EACH	190	5
Chicken Nuggets	7 NUGGETS	372	23
Chicken Patty on a Bun	1 EACH	320	39
Chicken Patty, WG Breaded	1 PATTY	180	12
Chicken Snack-atizers	13 PIECES	290	19
Chicken, Honey Sriracha Boneless Wings	6 PIECES	290	22
Chicken, Orange Chicken	1 BOWL	316	30

ITEM	PORTION	CALORIES	CARBS
Chicken, Popcorn Chicken	11 PCS	230	14
Chicken, Spicy Chicken Burger	1 EACH	317	38
Chicken, Teriyaki & Rice	1 SERVING	340	43
Cinnamon Roll, Fresh Baked	1 EACH	333	61
Cookie, Chocolate Chip - Fresh Baked	1 EACH	174	29
Cookie, Snickerdoodle - Fresh Baked	1 EACH	82	13
Cookie, Valentine's Special	1 EACH	85	12
Corn, Sweet Cut	1/2 CUP	80	14
Crackers, Honey Belly Bears - Snack Menu	1 PKG	130	20
Croutons, Homestyle	6 PIECES	30	5
Doritos, Nacho Reduced Fat	1 PKG	130	20
Doritos, Ranch	1 PKG	130	19
Enchirito, Bean & Cheese	1 EACH	412	51
French Toast	1 SLICE	210	35
Garden Veggie Patty	1 EACH	80	7
Goldfish Crackers, Cheddar	1 PKG	100	14
Goldfish Crackers, Colors	1 PKG	100	14
Goldfish Crackers, Pretzel	1 PKG	90	16
Grilled Cheese Sandwich	1 EACH	280	31
Hamburger	1 EACH	370	27
Hamburger Bun, WG 4" Wheat	1 BUN	140	27
Hamburger, Chopped Beef Steak, No Bun	1 EACH	230	0
Holiday Wreath Cookie	1 EACH	87	12
Hot Dog (Turkey) No Bun	1 EACH	120	1
Hot Dog (Turkey) With Bun	1 EACH	240	23
Hot Dog Bun, WG Wheat	1 BUN	140	27
Juice Bar, Frozen Cherry	1 EACH	40	9
Loaded Potato & Chicken Bowl	1 SERVING	550	68
Mac & Cheese	6 OZ	438	56
Mini Cinnis	1 PKG	240	40
Mini Loaf, Chocolate Chip	1 EACH	160	26
Mini Loaf, Crisp Apple	1 EACH	160	27
Mini Loaf, Tropical Banana	1 EACH	160	26
Mini Loaf, Wild Blueberry	1 EACH	150	26
Muffin, Apple Cinnamon	1 EACH	190	30
Muffin, WG Banana	1 EACH	190	30
Muffin, WG Wild Blueberry	1 EACH	190	30
Nachos, Cheese	1 SERVING	415	39
Nachos, Cheese with Beef	1 SERVING	465	42
Nachos, Cheese with Refried Beans	1 SERVING	622	75
Nutri-Grain Bar	1 EACH	160	29
Oats 'N Honey Granola	3/4 CUP	240	38
Onion Rings	5 PIECES	200	28
Pancakes, Strawberry	1 PKG	220	40
Parfait, Fruit & Yogurt	1 EACH	411	77
Pasta w/ Meat Sauce	1 SERVING	262	28
Pasta w/ Veggie Sauce	1 SERVING	308	38
Pizza, Buffalo Chicken Slice	1 SLICE	520	47
Pizza, Cheese (ELEM)	1 SLICE	360	34
Pizza, Cheese (JHS / HS)	1 EACH	272	29
Pizza, Hawaiian Slice	1 SLICE	509	49
Pizza, Pepperoni (Turkey) Slice	1 SLICE	365	34
Potato, Baked Curly Fries	1/4 CUP	90	13
Potato, Baked Tater Tots	8 TOTS	130	16

<u>ITEM</u>	<u>PORTION</u>	<u>CALORIES</u>	<u>CARBS</u>
Potato, Country Style	1/2 CUP	90	15
Potato, Mashed	1/2 CUP	112	21
Protein Pack with Cheese Sticks	1 PKG	470	67
Raisels, Sour Watermelon	1.5 OZ	140	35
Rice, Brown	1/2 CUP, COOKED	117	25
Roll, WG Dinner Roll - Prepackaged	1 EACH	80	14
Roll, Whole Wheat - Fresh Baked	1 EACH	160	27
Rotini	1/4 CUP	190	40
Sauce, Marinara	1/2 CUP	60	10
Sausage (Turkey) Patty	1 EACH	60	0
Scooby Doo Stix	1 PKG	120	21
Sun Butter & Grape Jelly Sandwich	1 EACH	320	35
Sunchips	1 PKG	140	18
Tortilla Chips, Triangle Unsalted	10 PIECES	140	17
Tortillas, Flour	1 EACH	170	30
Tuna Sandwich on Wheat Bread	1 EACH	348	27
Turkey & Cheese on Ciabatta	1 EACH	342	30
Turkey Ham & Cheese Sandwich - Indiv. Wrapped	1 EACH	286	33
Turkey Wrap on Lavash Bread	1 EACH	401	24
Veggie Alfredo w/ Pasta	1 SERVING	300	46
Veggie Griller	1 EACH	130	5
Veggie Nuggets	4 PIECES	190	19
Veggie Sliders	2 SLIDERS	310	40
Veggie Teriyaki Patty & Rice	1 SERVING	148	24
Waffles, Mini Maple	1 PKG	200	35
Yami Yogurt	4 OZ	100	19
Yogurt, Low Fat Vanilla	1 CUP	200	39

<u>FRUIT (USDA)</u>	<u>PORTION</u>	<u>CALORIES</u>	<u>CARBS</u>
Apple, Fresh	1/2 EACH	36	10
Apples, Sliced	1 EACH	34	8
Applesauce Cup	1 EACH	51	14
Bananas	1/2 EACH	45	12
Canned Pears	1/2 CUP	58	15
Cucumber Coins	1/2 CUP	7	1
Four Berry Blend	1/2 CUP	38	9
Fruit Cup, Peaches	1 EACH	70	16
Fruit Cup, Pears	1 EACH	70	16
Mixed Fruit	1/2 CUP	60	13
Oranges	1 EACH	52	13
Oranges, Sliced	1/2 EACH	26	7
Peach, Fresh	1 EACH	59	14
Peaches	1/2 CUP	50	12
Pears, Fresh	1/2 EACH	34	9
Pineapple Tidbits	1/2 CUP	54	14
Plum or Pluot, Fresh	1 EACH	30	8
Tangerines	1/2 CUP	70	17
Tomatoes	1/2 CUP	13	3

<u>VEGETABLE</u>	<u>PORTION</u>	<u>CALORIES</u>	<u>CARBS</u>
Bell Pepper Strips	1/2 CUP	12	2
Broccoli	1/2 CUP	15	3
Broccoli, Steamed	1/4 CUP	10	2
Carrot & Celery Sticks	1/4 CUP	8	2
Carrot Sticks	1/2 CUP	25	6
Cauliflower	1/2 CUP	13	3
Celery Sticks	1/2 CUP	12	2
Corn	1/4 CUP	33	8
Edamame	1/2 CUP	100	9
Garbanzo Beans	1/2 CUP	143	27
Green Beans, Steamed	1/4 CUP	9	2
Green Peas	1/4 CUP	31	6
Jicama	1/2 CUP	26	6
Kidney Beans	1/2 CUP	108	19
Pinto Beans, Low Sodium Canned	1/2 CUP	137	24
Salad Mix	1 CUP	8	1
Salsa	1/2 CUP	10	2
Three Bean Salad	1/2 CUP	129	17

<u>CONDIMENT</u>	<u>PORTION</u>	<u>CALORIES</u>	<u>CARBS</u>
BBQ Sauce	1 EACH	15	4
Caesar Dressing, Non-Fat	1.5 OZ	140	2
Ketchup	1 EACH	8	2
Marinara Sauce Dipping Cup	1 OZ	15	3
Mayonnaise	1 PKG	80	1
Mustard	1 EACH	5	0
Ranch Dressing	2 TBSP	107	1
Ranch Dressing Dipping Cup	1 EACH	120	2
Tapatio Hot Sauce	1 EACH	0	0

<u>FIELD TRIP - LUNCH BAG</u>	<u>PORTION</u>	<u>CALORIES</u>	<u>CARBS</u>
Sun Butter & Grape Jelly Lunch Bag	1 Bag Meal	663	90
Turkey Ham & Cheese Lunch Bag	1 Bag Meal	550	86