

## Lunch 2019-2020 Carbohydrate List

Entrees	CHO	Entrees	CHO	Vegetables	CHO	Grains	CHO	Milk	CHO
Alfredo Sauce	10	Orange Chicken	9	Asian Blend Vegetables	3	Breadstick(1)	15	Chocolate	19
Asian Chicken Nuggets (4 ea)	19	Pizza Cheese Galaxy	29	Baked Beans	27	Corkscrew Pasta	20	Vanilla	19
BBQ Chicken	11.5	Pizza Pepperoni Galaxy	29	Beans, Black (Fiesta)	30	Corn Muffin	16	Strawberry	18
BBQ Rib Sandwich	41	Pizza Pepperoni Wedge	35	Beans, Green	8	Cornbread	20	1%	12
Beef Batter Up Franks	25	Pizza, Cheese Wedge	34	Blackeyed Peas	19	Dressing, Cornbread	8	Skim	12
Beef Batter Up Franks (with Bun)	24	Pizza, French Bread	29	Broccoli	7	Flatbread	28		
Beef Nuggets (7ea)	20	Rib Sandwich	41	Broccoli (Raw)	6	Garlic Knot	23		
Breaded Beef Sandwich	48	Shrimp & Fish Basket (without cornbread)	26.5	Brown Rice	36	Penne Pasta	20	BBQ Sauce (1)	4
Breaded Chicken Sandwich	38	Smokey Beef Rib Sandw	41	Cabbage	5	Rice Brown	36	Ketchup (1)	3
Buffalo Chicken	0	Spicy Chicken Sandwich	46	California Blend	3.5	Rice, Basmati	27	Tartar Sauce (1)	3
Cheese Dippers	30	Spinach Queso	6	Carrot & Celery Sicks	10	Roll WG	29	Dressing Ranch (12 gm)	3
Cheeseburger Deluxe	37	Surf & Turf	23	Carrot Sticks (Raw)	7	Texas Toast	14	Dressing Ranch (1.5 oz)	6
Cheesy French Bread	29	Surf & Turf (Shrimp, Fish & Chicken)	23	Carrot Straws Roasted	11	Tortilla	19	Dressing, 1000 island (1)	2
Chicken A La Orange (without rice)	9	Teriyaki Chicken	10	Carrots, Peppered	6			Dressing, French (1)	2
Chicken Breaded Drumstick	5	Texas BBQ Sandwich (with Bun)	30	Carrots, Roasted	5			Mayo (1)	1
Chicken Chunks (5ea)	12.5	Three Cheese Boat	29	Carrots, Sliced	6	<b>Fruits</b>	<b>CHO</b>	Mustard (1)	1
Chicken Chutney	48	Turkey BLT on Croissant	30	Cauliflower, Roasted	5	Strawberries, Fresh	5	Taco Sauce (1)	1
Chicken Fajita	36	Turkey Burger (No Bun)	0	Collards	3.5	Cranberry Sauce	9	Hot Sauce (1)	0
Chicken Grilled Nuggets	9	Turkey with Turkey Bacon/Croissant	30	Corn, Whole Kernel	18.5	Applesauce	14	Italian Dressing (1)	0
Chicken Mega Mini - Hot Nashville	16	Turkey, Roast	0	Corn Mexicali	19	Applesauce, Cinnamon	14		
Chicken Mega Mini - Maple	20	Veggie Burger	45	Corn, Roasted	30	Orange	14		
Chicken Nuggets - Grilled (BBQ)	9	Wild Mike's Cheese Pizza	34	Fries, Crinkle	15.5	Apple	17	<b>Misc</b>	<b>CHO</b>
Chicken Nuggets- BBQ	9	Wild Mike's Pepperoni Pizza	35	Fries, Curly	17	Pear, Fresh	17	Chocolate Chip Cookie	18
Chicken Popcorn Spicy (12 ea)	16			Green Beans, Italian	8	Peaches, Diced	19	Cupcake Iced	41
Chicken Strips	11			Italian Blend Vegetables	5	Plums(2)	19	Cookie, Celebration	18
Chicken Taco w 3 hard shell saco shells	20	<b>Chef Salads &amp; Subs/Wraps</b>	<b>CHO</b>	Kale, Lemon Kissed	3	Mandarin Oranges	21	Cookie, Gingerbread	19
Chicken Taco w 8" Tort	20	Asian Chef Salad (ES)	68	Lima Beans	17.5	Peaches, cnd	23	Peach Cobbler	64
Chicken Wings	2	Chargrilled Chicken Elem	55	Mashed Potatoes Loaded	16	Pears, Spiced Baked	23	Gravy	2
Chicken Wings	2	Chargrilled Chicken M/H	57	Mashed Pototes Deluxe	16	Pears, Cnd	24	Fruit Ice	20
Chickens Tenders (3 ea)	12	Chicken Cesaer Wrap	34	Mixed Vegetables	1	Fruit Cocktail	25	Yellow Cake with Frosting	28
Chili Con Carne (Chili w Beans)	24	Chicken Strip E	49	Peas & Carrots	8	Banana	30	Hugs Not Drugs Cookie	21
Corn dog	30	Chicken Strip M/H	64	Pinto Beans	27	Pineapple, cnd	32	Pudding	25
Crispitos with Cheese	27	Club Sub Plate	70	Potato, Baked	26			Cookie, Oatmeal Raisin	33
Deluxe Hamburger	37	Fajita Chef Salad (ES)	57	Potatoes, Parmean	2			Macaroni & Cheese (Side)	22
Fish & Srimp Basket (without cornbread)	26.5	Fajita Chef Salad (M/H)	58	Spinach, Steamed	5	<b>Side Salads</b>	<b>CHO</b>	(Side)	22
Fish Sandwich	44	Hummingbird	54	Sweet Potato Souffle	57	Bibb Lett/Radishes	5		
Fish Treasures	21	Mediterranean Veggie Plate	81	Sweet Potatoes, Fresh	28	Carrot/Celery Sticks	5		
Fish, Potato Custed	1	Mixed Cheese E	52	Sweet Potatoes, Roasted	18	Coleslaw	4.5		
General Tso's Chicken (without rice)	8	Mixed Cheese M/H	54	Sweet Potatored, Glazed	37	Garden	3		
Grilled Cheese	28	Southwestern	76			Lettuce/Tomatoes	5		
Grilled Chicken Sandw	34	Turkey & Cheese Sub	54			Lettuce/Tomatoes/Pickles	4.5		
Hamburger	29	TurkeySubPlate	67			Mixed Green	4.5		
Hamburger Deluxe	37	Vegetarian Chef (ES)	66			Tossed	4.5		
Holiday Ham (Pork)	7	Vegetarian Chef (M/H)	67			Cucumber salad	8.2		
Hot Dog (Beef)/Bun	24	Yogurt and Fruit Plate	65			Kale Power Up Salad	10.5		
Lemongrass Chicken (without rice)	21								
Meatball Sandw	35								
Meatloaf	10.5								
Mesquite Chicken	6								
Mexican Baked Potato	15								
Mozzarella Sticks (6 each)	16								
Nachos, Beef & Cheese	38.5								
Nachos, Cheese	45								