

Lunch 2018-2019 Carbohydrate List

Entrees	CHO	Entrees	CHO	Fruit	CHO	Chef Salads & Subs/Wraps	CHO	Milk	CHO
Airedo Sauce	10	Pizza Wild Mikes Cheese	34	Apple	15	Chargrilled Chicken Elem	57	Tmoo Choc	20
Asian Chicken Bites (4 ea)	19	Pizza, Black Bean	40	Apples,sliced prepack	8	Chargrilled Chicken M/H	49	Tmoo Vanilla	19
Asian Chicken Nuggets (10ea)	17	Pizza, Buffalo	27	Applesauce	23	Chicken Cesaer Wrap E	38	Tmoo Straw	19
BBQ Chicken	11	Pizza, Cheese 4X6	30	Apricot Cup	25	Chicken Cesaer Wrap M/H	32	1%	13
BBQ Chicken Sandwich	40	Pizza, Cheese Wedge	34	Banana	27	Chicken Strip E	63	Skim	13
BBQ Quesadilla	36	Pizza, Hawaiian	32	Cranberry Sauce	4	Chicken Strip M/H	50		
BBQ Rib Sandwich	38	Pizza, Turkey Pepperoni 4X6	30	Fruit Cocktail	14	Club Sub Plate	86	Snacks	
Bean & Cheese Burrito	41	Pizza, Wild Milkes Pepperoni	34	Mandarin Oranges	16	Hummus Plate	42	Cheez-its atomic	15
Beef & Beef Burrito	39	Poblano Cheese Wrap	50	Nectarine	14	Philly Cheese Steak Sub	46.5	Cheez-its	14
Beef Nuggets (7ea)	18	Ravioli, Cheese Mini	50	Orange	14	Mixed Cheese E	54	Goldfish Cinnamon	19
Beef-a-Roni	30	Salisbury Steak/Gravy	2	Peach	12	Mixed Cheese M/H	46	Goldfish Cheddar	14
Black Bean Empanda	34	Sloppy Joe	40	Peaches, cnd	16	Southwestern Wrap E	82		
Breaded Beef Steak	16	Smokey Beef Rib Sandw	41	Pears, Cnd	17	Southwestern Wrap M/H	67		
Breaded Beef Sandwich	37	Smokey Rib Sandwich	38	Pineapple, cnd	18	TurkeySubPlate	83		
Breaded Chicken Sandwich	43	Spaghetti with Meatsauce	43	Plums(2)	15	Yogurt, Cheese and Fruit Plate	60		
Buffalo Chicken	0	Spaghetti & Meatballs	42	Strawberry Cup	19	MISC	CHO	Summer items	CHO
Burrito, Bean & Cheese	41	Spicy Chicken Sandwich	46	Tangerine	22	Cobbler, Peach	64	Anytime Turkey & Cheese Kit	38
Burrito, Zesty	42	Teriyaki Chicken	14	Pear, Fresh	25	Chocolate Chip Cookie	18	Turkey/Turkey Pepperoni Sub	34
Calzone, Cheese	38	Three Cheese Boat	29	Watermelon	21	Chocolate Pudding	25	Cheese Pizza Kit	41
Cheese Dippers	30	Totally Taco Quesadilla	28			Churros	8	Pepperoni pizza Kit	42
Cheese Quesadilla/Salsa (3 ea)	34	Turkey & Rice	35			Cookie, Chocolate Chip	18	Italian Combo Mozzarella	32
Cheese Ravioli	50	Turkey Burger	29			Cookie, Oatmeal Raisin	25	Turkey Ham & Cheese Sdw	30.5
Cheeseburger	31	Turkey Pizza Burger	34			Cookie, Gingerbread	19	Turkey Sandwich	29
Cheesy French Bread	29	Turkey, Roast	1	Salads	CHO	Cupcakes - Iced	35	Turkey/Cheese on Bun	31
Chicken A La Orange	6	Veggie Burger	39	Bibb Lettuce/Radishes	5	Celebration Cookie	24	Black Bean Corn Salas	31
Chicken Breaded Drumstick	5			Carrot/Celery Sticks	5	Dick & Jane Cookies	18	Cherry Tomatoes	5
Chicken Chunks (5ea)	14			Carrot Raisin Salad	17	Italian Dipping Sauce	3	Mini Carrots	10
Chicken Fajita	43			Coleslaw	4.5	Dressing Italian low cal	1	Celery	0.12
Chicken Grilled Nuggets	9			Garden	3	Dressing Ranch	1	Broccoli Raw	2.4
Chicken Nuggets - Grilled	4			Lettuce/Tomatoes	5	Dressing, 1000 island	2		
Chicken Nuggets- BBQ	9			Mixed Green	4.5	Dressing, French	2		
Chicken Parmesan Sandw	49			Tossed	4.5	Fruit Ice - American Hero	25		
Chicken Popcorn Spicy (12 ea)	12	Vegetable	CHO	Grains	CHO	Fruit Ice - Cherry Fruit Freeze	25		
Chicken, Roasted	0	Baked Beans	36	Breadstick(1)	24	Fruit Ice - Chillin Orange Bat	25		
Chicken Taco w 8*Tort	25	Beans, Black	38	Cornbread	26	Fruit Ice - Luck of the Ice	25		
Chickens Tenders (3 ea)	12	Beans, Green	4.5	Dressing, Cornbread	25	Fruit Ice - Kiwi Strawberry	20		
Chili Con Carne	21.5	Black-eyed Peas	16	Rice Brown	24	Fruit Juice Frozen - Side Kicks	20		
Corndog	30	Broccoli	6	Roll WG	24	Fruit Salsa (for fish taco)	14		
Crispitos	27	Broccoli	6	Corkscrew Pasta	21	Gingerbread	19		
Crispitos, Chicken Chil	32	Brown Rice	24	Penne Pasta	21	Gravy	5		
Enchilada's/Cheese	38	California Blend	5	Garlic Knot	23	Ketchup	3		
Fish Nuggets	23	Carrots, Glazed	17	Asian Style Noodles	22.5	Mayo	1		
Fish Sandwich	42	Carrots, Sliced	9			Mustard	1		
General Tso's Chicken/Rice	37	Collards	7			Oatmeal Raisin Cookie	20		
Greek Bread Bowl	30	Corn	18			Salsa (2T)	5		
Grilled Cheese	32	Deli Roasters	22			Taco Sauce	1		
Grilled Chicken Sandw	31	Kale, Lemon Kissed	15			Tartar Sauce	1		
Hamburger	29	Lima Beans	23			Yellow Cake/Choc Frosting	28		

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Holiday Ham (Pork)	7.8	Mashed Potatoes	18			States & Capital Cookies	22		
Hot Dog	21	Mixed Vegetables	10						
Italian Meatsauce (Meat only)	21.5	Peas & Carrots	13						
Macaroni & Cheese Entrée	48	Pink Lady Peas	16						
Max Wrap/Salsa	40	Pinto Beans	17						
Meatball Sandw	29	Potato, Baked	47						
Meatloaf	4	Potato Wedges	31						
Mexcian Beef Clasic	1	Red Sodium, Seas Fries	20						
Mexican Baked Potato	41.5	Refried Beans	23						
Mexican Chicken	1	Spinach	5						
Mini Cheese Ravioli	50	Squash, Butternut	1						
Mozzarella Sticks (5 each)	14	Squash Casserole							
Nachos, Beef & Cheese	30	Sweet Potato Fries	29						
Nachos, Cheese	26	Sweet Potatoes, Glazed	34						
Orange Chicken	14	Sweet Potatoes, Fresh	24						
Philly Steak Pinwheel	33	Zuchinni & Bail	3.5						
Philly Steak Sub	46.5								
Pizza Bagel Cheese	24								
Pizza Bagel T Pepp	24								
Pizza Cheese Galaxy	33								
Pizza Cruncher	41								
Pizza Pepperoni Galaxy	32								
Pizza Pepperoni Wedge	34								