

**Carbohydrate Count
School Year 2022-2023**

Entrée (Serving Size)	CHO (g)
BAKED SPAGHETTI (1 svg) Contains Gluten, Milk, Wheat	44.6
BAKED ZITI - (1 c.) Contains Gluten, Milk, Wheat.	78.5
BARBEQUE CHICKEN - (1 serving)	5.8
BBO Teriyaki Chicken Rice Bowl - (1 ea.) Contains Gluten, Soy, Wheat.	63.0
BEAN & CHEESE BURRITO - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	41.0
BEEF & CHEESE NACHOS - (1 ea.) Contains Milk.	46.4
BEEF NUGGETS, BRD, (8 ea.) Contains Gluten, Soy, Wheat.	20.2
BEEF TACO - (1 ea.) Contains Gluten, Milk, Wheat.	21.88
BLT COBB SALAD SHAKER - (1 ea.) Contains Egg, Gluten, Wheat.	38.5
BREADED BEEF SANDWICH - (1 sandwich) Contains Barley, Gluten, Milk, Soy, Wheat.	41.3
BREADED CHICKEN SANDWICH - (1 sandwich) Contains Barley, Gluten, Milk, Wheat.	48.5
BUFFALO CHICKEN - (1 serving) Contains Milk, Soy.	0.0
BUFFALO CHICKEN DIP WITHOUT TOSTITOS	6.6
BUFFALO CHICKEN DIP WITH TOSTITOS (1.45OZ PKG)	29.0
BURRITO BOWL VEGETARIAN - (1 serving) Contains Milk.	69.0
CALZONE, CHEESE WITH DIPPING SAUCE - (1 serving) Contains Milk, Soy, Wheat, Gluten.	46.9
CALZONE, CHEESE WITHOUT DIPPING SAUCE - (1 serving) Contains Milk, Soy, Wheat, Gluten.	41.0
CHEESE DIPPERS - (2 ea.) Contains Gluten, Milk, Soy, Wheat.	30.0
CHEESE GALAXY PIZZA - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	29.0
CHEESE NACHOS - (1 ea.) Contains Milk.	50.0
CHEESE STICK - COLBY - (1 ea.) Contains Milk.	2.0
CHEESE STICK - MOZZARELLA - (1 ea.) Contains Milk.	2.0

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Entrée (Serving Size)	CHO (g)
CHEESEBURGER DELUXE - (1 ea.) Contains Barley, Gluten, Milk, Wheat.	33.2
CHEEZY BITES, MOZZARELLA Contains Gluten, Milk, Soy, Wheat.	28.0
CHICKEN CHUNKS, WG - (5 ea.) Contains Gluten, Soy, Wheat.	12.5
CHICKEN CHUNKS, SPICY NASHVILLE - (4 ea.) Contains Gluten, Soy, Wheat.	18.0
CHICKEN DRUMSTICK - (1 ea.) Contains Gluten, Wheat.	5.0
CHICKEN FAJITA - (1 serving) Contains Gluten, Wheat. May contain Soy.	35.8
CHICKEN TENDERS - (3 ea.) Contains Milk, Wheat.	14.00
CHICKEN WINGS (4 ea.)	1.69
CHICKEN, TURKEY HAM & CHEESE WEDGE SANDWICH - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	29.94
CHILI CON CARNE - (1 c.)	24.5
CLASSIC CHICKEN SALAD ON CROSSIANT - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	34.9
CORN DOG - (1 ea.) Contains Egg, Gluten, Soy, Wheat.	30.00
CORN DOG, MINIi WG - (6 ea.) Contains Egg, Gluten, Soy, Wheat.	23.95
FISH & SHRIMP BASKET - (1 ea.) Contains Crustacean Shellfish, Fish, Gluten, Milk, Soy, Wheat.	26.59
FISH SANDWICH - (1 sandwich) Contains Barley, Egg, Fish, Gluten, Milk, Soy, Wheat.	40.26
FRENCH BREAD CHEESE PIZZA - (1 ea.) Contains Gluten, Milk, Soy.	29.00
FRUIT & YOGURT PLATE - (1 ea.) Contains Gluten, Milk, Wheat.	66.07
GRILLED CHEESE HOT OFF THE GRILL (PACKAGED) - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	31.0
GRILLED CHEESE SANDWICH -(1 sandwich) Contains Gluten, Milk, Soy, Wheat.	28.00
GRILLED CHICKEN SANDWICH - (1 sandwich) Contains Barley, Gluten, Milk, Soy, Wheat.	29.26
HAMBURGER - (1 sandwich) Contains Barley, Gluten, Milk, Wheat.	22.26
HOLIDAY HAM (PORK)- (4 oz.) Contains Milk, Soy.	24.06

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HOLIDAY TURKEY ROAST - TR1247 (1 serving)	0.00
HONEY BBQ CHICKEN NUGGETS - (4 ea.) Contains Soy.	9.00
HOT DOG/BUN - (1 ea.) Contains Gluten, Soy, Wheat.	33.10
ITALIAN COMBO, MOZZ TWIST, WG 72/CS - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	35.02
MACARONI & CHEESE - (1/4 C.) Contains Egg, Gluten, Milk, Wheat.	18.9
MACARONI & CHEESE - (1 ea.) Contains Egg, Gluten, Milk, Wheat.	30.00
MAPLE MEGA CHICKEN MINIS - (9 ea.) Contains Gluten, Wheat.	19.50
MESQUITE CHICKEN - (1 ea.)	6.22
NASHVILLE HOT MEGA CHICKEN MINIS - TR1537 (10 ea.) Contains Gluten, Wheat.	15.95
PEPPERONI GALAXY PIZZA - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	29.00
PIZZA, BITES, WILD MIKES - (1 Svg) Contains Milk, Wheat, Gluten	28.0
PIZZA TURKEY PEPP 5" WGRAIN - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	38.00
PIZZA, PEPPERONI SANDWICH/WRAP (1 ea.) Contains Eggs, Milk, Soy, Wheat & Gluten.	31.0
PIZZA, CHEESE 5" WG - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	31.08
PIZZA, STUFFED SANDWICH/WRAP, BIG DADDY (1 ea.) Contains Gluten, Egg, Milk, Soy, Wheat.	31.0
POTATO CRUSTED FISH - (1 sandwich) Contains Fish, Gluten, Milk, Wheat.	13.00
SMOKEY BEEF RIB SANDWICH - TR1042 (1 sandwich) Contains Barley, Gluten, Milk, Soy, Wheat.	34.26
SOUTHWESTERN WRAP - (1 ea.) Contains Gluten, Milk, Soy, Wheat. May contain Soy.	75.39
SPICY CHICKEN POPCORN - (12 ea.) Contains Gluten, Soy, Wheat.	16.00
SUNBUTTER & JELLY PLATE - TR1788 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	79.74
TERIYAKI VEGGIE BURGER (1 ea.) Contains Milk, Wheat, Soy, Gluten and Barley	34.3
TEXAS BBQ SANDWICH - (1 ea.) Contains Barley, Gluten, Milk, Wheat.	23.38

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Entrée (Serving Size)	CHO (g)
TURKEY & BACON CROISSANT - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	30.23
TURKEY & CHEESE SUB PLATE - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	145.66
TURKEY BLT ON CROISSANT - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	32.2
TURKEY CLUB SUB SANDWICH - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	48.07
TURKEY CROISSANT SANDWICH -(1 Bag) Contains Egg, Gluten, Milk, Soy, Wheat.	26.23
TURKEY HAM CROSSIANT - (1 Bag) Contains Egg, Gluten, Milk, Soy, Wheat.	26.30
TURKEY HAM & TURKEY HOAGIE - (1 Bag) Contains Milk, Soy, Wheat.	38.2
TURKEY & CHEESE HOAGIE - (1 ea.) Contains Milk, Soy, Wheat.	39.1
TURKEY HAM & CHEESE SANDWICH - (1 Bag) Contains Gluten, Milk, Soy, Wheat.	25.14
TURKEY HAM & CHEESE WEDGE SANDWICH - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	29.9
TURKEY HAM SUB SANDWICH - (1 ea.) Contains Egg, Gluten, Soy, Wheat.	47.5
TURKEY SANDWICH for SACK - (1 Bag) Contains Egg, Gluten, Soy, Wheat.	25.2
TURKEY SUB PLATE - (1 ea.) Contains Egg, Gluten, Soy, Wheat.	126.2
VEGGIE BURGER - (1 sandwich) Contains Barley, Egg, Gluten, Milk, Soy, Wheat.	41.66
VEGETABLE LASAGNA - (1 serving) Contains Egg, Gluten, Milk, Wheat.	35.5
WILD MIKE'S CHEESE PIZZA - (1 slice) Contains Gluten, Milk, Tree nuts, Wheat.	34.0
WILD MIKE'S PEPPERONI PIZZA - (1 slice) Contains Gluten, Milk, Soy, Wheat.	33.0

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FRUITS (Serving Size)	CHO (g)
APPLE JUICE - (1 ea.)	17
APPLE, GALA - (1 ea.)	17
APPLE, GOLDEN - (1 ea.)	17
APPLE, GRANNY SMITH - (1 ea.)	17
APPLE, RED DELICIOUS - (1 ea.)	17
APPLESAUCE - (1/2 c.)	15.36
APRICOTS, DICED - TR1787 (1 ea.)	32
BANANA - (1 ea.)	30
CHILLED FRUIT MEDLEY - (1/2 c.)	21.67
CHILLED PEACHES - (1/2 c.)	23.11
CHILLED PEARS HALVES - (1/2 c.)	24.27
CHILLED PINEAPPLE TIDBITS - (1/2 c.)	32.5
CINNAMON APPLESauce - (1/2 c.)	14.08
COOL TROPICS BLUE RASPBERRY - (1 ea.) Contains Apples.	15
COOL TROPICS STRAWBERRY KIWI - (1 ea.)	26
COOL TROPICS TROPICAL TRIO -(1 ea.) Contains Oranges/Orange Juice.	23
DICED PEARS - (1/2 c.)	16.00
FRUIT COCKTAIL - (1/2 c.) Contains Cherries.	20.22
FUJI APPLE - (1 ea.) Contains Apples.	29
JUICE APPLE 100% 6FLZ 4-10CT CAPRI SUN- (1 ea.) Contains Apples.	20.00
JUICE BOX FRUIT PUNCH - (1 ea.) Contains Apples, Cherries.	15.00
JUICE BOX ORANGE - (1 ea.) Contains Apples, Oranges/Orange Juice.	20

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FRUITS (Serving Size)	CHO (g)
JUICE BOX STRAWB KIWI - (1 ea.) Contains Apples, Strawberries.	16.00
JUICE BOX GRAPE - (1 ea.) Contains Apples.	29
JUICE, FRUIT DIVE CAPRI SUN-, 4 BOX/CASE 10-6.75 OZ PKG/BOX - (1 ea.) Contains Apples, Cherries.	21.00
MANDARIN ORANGES - (1/2 c.)	21.41
JUICE VERY BERRY FRUIT JUICE - (1 ea.) Contains Apples.	17
ORANGE JUICE MINUTE MAID (A LA CARTE)- (1 ea.)	55
ORANGE WEDGES - (1 ea.)	13.00
ORANGE WEDGES & FARM TO SCHOOL BLUEBERRIES - (1 ea.)	14.43
ORANGE WEDGES & FARM TO SCHOOLI STRAWBERRIES - (1 ea.)	13.92
ORANGES, WHOLE - (1 ea.)	13.00
PEACHES, DICED, INDIV CUP (1 ea.)	19.00
PEACHES,SLICED - (1/2 c.)	23.11
PEAR, FRESH - (1 ea.)	17.63
PEARS HALVES - (1/2 c.)	24.27
PEARS , DICED- (1/2 c.)	17
PLUMS - (2 ea.)	19.36
RAISINS -(1 pkg.)	31
RED PEAR - (1 ea.)	27.00
SATSUMA ORANGES - (2 ea.) Contains Oranges/Orange Juice.	22.00
SIDEKICKS FROZEN FRUIT (1 ea.)	22.00
SPICED PEARS BAKED -(1/2 c.)	26.04
STRAWBERRIES - (1/2 c.)	5.5

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FRUITS (Serving Size)	CHO (g)
STRAWBERRY CRANBERRIES- (1 ea.)	28
TANGERINES - (2 ea.)	13
WATERMELON - (1/2 c.)	3.3
WELCH'S SLUSH PEACH - (1 ea.) Contains Apples, Cherries.	23
WELCH'S SLUSH WHITE GRAPE - (1 ea.) Contains Apples, Cherries.	23
WELCH'S SLUSH WHITE GRAPE CHERRY - (1 ea.) Contains Apples, Cherries.	23

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VEGETABLES (Serving Size)	CHO (g)
BAKED BEANS - (1/2 c.)	38.57
BAKED POTATO - (1 ea.) Contains Milk, Soy.	26
BAKED SWEET POTATO - (1 ea.) Contains Milk, Soy.	27.54
BIBB LETTUCE & RADISHES - (1 c.)	1.23
BLACK BEAN & CORN SALAD SUMMER - (5 oz.) Contains Corn/Corn Products.	23.75
BLACK-EYED PEAS - (1/2 c.) Contains Dairy, Milk.	18.85
CALIFORNIA BLEND MIXED VEGETABLES - (1/2 c.) Contains Dairy, Milk.	3.54
CARIBBEAN CABBAGE - (1/2 c.) Contains Dairy, Milk.	18.43
CARROT & CELERY STICKS - (1 ea.)	10.13
CARROT RAISIN SALAD - (1/2 c.) Contains Egg, Milk.	32.9
CARROTS, MINI (3 oz.)	7.5
CELERY STICKS - (1 serving)	8
CHERRY TOMATOES - (6 ea.)	5
COLLARDS - (1/2 c.)	3.43
CORN - (1/2 c.) Contains Dairy, Milk.	18.5
CRINKLE FRIES BAKED - (1 svg.)	15.53
CUCUMBER SALAD - (1/2 c.)	8.21
CURLY BAKED FRIES - (2 1/8 oz.)	17.27
FARM TO SCHOOL CAULIFLOWER - (1/2 c.) Contains Milk, Soy.	4.54
FARM TO SCHOOL SWEET POTATO SALAD WITH CIDER VINAIGRETTE - (1/2 c.)	81.23
FARM TO SCHOOL VIDALIA ONIONS WITH LETTUCE & TOMATO - (1 ea.)	5.47
FARM TO SCHOOL LADY PEAS - (1/2 c.) Contains Milk, Soy.	18

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VEGETABLES (Serving Size)	CHO (g)
FRESH KALE LEMON KISSED - (1/2 c.) Contains Milk, Soy.	3.16
GARDEN SALAD - (1 ea.) Contains Egg, Milk.	5.76
GLAZED SWEET POTATOES - (1/2 c.) Contains Apples, Dairy, Milk, Oranges/Orange Juice.	36.92
GREEN BEANS - (1/2 c.) Contains Dairy, Milk.	7.73
ITALIAN BLEND VEGETABLES - (1/2 c.) Contains Dairy, Milk.	5.23
ITALIAN GREEN BEANS - (1/2 c.) Contains Milk, Soy.	7.98
KALE SALAD - (1 c.)	10.49
LEMON BUTTER ROASTED BROCCOLI AND CARROTS - (1/2 c.) Contains Milk, Soy.	6.97
LIMA BEANS, BABY - (1/2 c.) Contains Dairy, Milk.	17.56(M)
LOADED MASHED POTATOES - (1/2 c.) Contains Milk, Soy.	15.83(M)
MEXICALI CORN -(1/2 c.) Contains Milk, Soy.	18.94
MEXICAN STYLE BLACK BEANS - (1/2 c.)	29.89
MEXICAN STYLE PINTO BEANS - (1/2 c.)	27.00
MIXED VEGTABLES - TR1025 (1/2 c.) Contains Dairy, Milk.	11.12
PARMESAN CRUSTED RED POTATOES - (1/2 c.) Contains Dairy, Milk.	2.27(M)
PEAS AND CARROTS - (1/2 c.) Contains Dairy, Milk.	7.76
PEPPERED GLAZED CARROTS - (1/2 c.) Contains Milk, Soy.	5.31
ROASTED CARROT STRAWS - (1/2 c.)	11.28
ROASTED CARROTS - (1 serving) Contains Milk, Soy.	5.42
ROASTED CORN - (1/2 c.) Contains Corn/Corn Products, Milk, Soy.	30.24
ROASTED SWEET POTATOES - (1/2 c.)	17.26
RUSTIC CARROTS - (1/2 c.) Contains Milk, Soy.	17.48(M)

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VEGETABLES (Serving Size)	CHO (g)
SALSA - (2 tbsp.)	2.00
SALSA CUP- (1 ea.)	3.00
SQUASH CASSEROLE FARM TO SCHOOL - (1/2 c.) Contains Gluten, Milk, Soy, Wheat.	3.82
STEAMED BROCCOLI - (1/2 c.) Contains Dairy, Milk.	7.71
STEAMED CHOPPED SPINACH - (1/2 c.) Contains Dairy, Milk.	5.27
STEAMED SLICED CARROTS - (1/2 c.) Contains Dairy, Milk.	5.74
SWEET POTATO BOAT - (1 ea.)	15.29
TOMATO, CHERRY - (6 ea)	5
VBLEND JUICE MANGO - (1 Box)	13.00
VBLEND JUICE DRAGON BLEND -(1 Box)	13.00
ZUCCHINI WITH BASIL - (1/2 c.) Contains Dairy, Milk.	8.03

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Item Name (Serving Size)	CHO (g)
CHARBROILED CHICKEN CHEF SALAD (HIGH) - (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	60
CHARBROILED CHICKEN CHEF SALAD (MIDDLE) - (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	59.53
CHARBROILED CHICKEN CHEF SALAD(ELEM) - (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	56.73
CHEESE CHEF SALAD (MS) - (1 serving) Contains Egg, Gluten, Milk, Wheat.	57.73
CHEESE CHEF SALAD (ES)-(1 serving) Contains Egg, Gluten, Milk, Wheat.	53.73
CHEESE, MIXED CHEF SALAD (MS)(1 serving) Contains Egg, Gluten, Milk, Wheat.	57.73
CHICKEN STRIP CHEF SALAD (ES) (1 serving) Contains Egg, Gluten, Milk, Wheat.	57.8
CHICKEN STRIP CHEF SALAD (HS) - (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	66.13
CHICKEN STRIP CHEF SALAD (MS)(1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	65.88
CLUB MED SALAD WITH ROTINI - (3 c.) Contains Gluten, Milk, Soy, Wheat.	65.16
CLUB SUB PLATE - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	68.34
COLESLAW - (1/2 c.) Contains Egg.	5.44
CORN SALAD - (1/2 c.)	7.22
HUMMINGBIRD SALAD - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	54.23
MEDITERRANEAN VEGGIE PLATE - (1 ea.) Contains Gluten, Milk, Wheat.	93.02
MIXED GREEN SALAD - TR1144 (1 c.) Contains Egg, Milk.	5.47
SHREDDED LETTUCE & CHOPPED TOMATOES - (3/4 c.)	4.40

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Item Name (Serving Size)	CHO (g)
SLICED TOMATO AND LETTUCE - TR1168 (1 ea.)	2.66
SLICED TOMATO,LETTUCE & PICKLE - TR1574 (1 ea.)	2.66
SOUTHWEST CHEF SALAD - (1 serving) Contains Gluten, Milk, Wheat.	66.77
SPINACH CHEF SALAD - (1 c.) Contains Egg, Gluten, Milk, Wheat.	60.45
SPINACH SALAD - (1 c.) Contains Egg, Milk.	6.56
SPINACH SALAD (WITH CRANBERRIES) - (1 ea.)	18.17
TOSSED SALAD - (1 c.) Contains Egg, Milk.	6.51
TURKEY & CHEESE SUB PLATE -(1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	25.42
TURKEY & CHEESE SUB SANDWICH -(1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	45.07
TURKEY BACON RANCH SALAD - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	49.02
VEGETARIAN CHEF SALAD & BASE (ES) - (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	68.03
VEGETARIAN CHEF SALAD & BASE (MS) - (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	70.83
VEGETARIAN CHEF SALAD AND BASE (HS) - (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	72.28
VEGETARIAN SUMMER CHEF SALAD -(1 ea.) Contains Egg, Gluten, Milk, Wheat.	38.71

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Item Name (Serving Size)	CHO (g)
ANIMAL CRACKERS - (1 ea.) Contains Gluten, Soy, Wheat.	22
BANANA BREAD - (1 ea.) Contains Egg, Gluten, Soy, Wheat.	44
BANANA MINI LOAF - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	26.00
BAR CEREAL CINN TST WGRAIN - (1 pkg.) Contains Gluten, Wheat.	30.00
BASAMATI RICE - (1/2 c.)	27.38
BROWN RICE - (1/2 c.)	35.72
CORNBREAD - (1 square) Contains Egg, Gluten, Milk, Soy, Wheat.	20.79
CORNBREAD DRESSING - (1 #8 scoop) Contains Gluten, Milk, Soy, Wheat.	24
CRACKER CHEEZ-IT WGRAIN - (1 pkg.) Contains Gluten, Milk, Soy, Wheat	14
CRACKER GLDFSH WG - (1 pkg.) Contains Gluten, Milk, Wheat.	14
CRACKER GRHM HNY WGRAIN - T (1 pkg.) Contains Milk, Soy, Wheat.	17
DICK AND JANES COOKIES - (1 pkg.) Contains Gluten, Milk, Soy, Wheat.	22
FLATBREAD - (1 oz.) Contains Gluten, Milk, Wheat.	28
GARLIC KNOT - (1 ea.) Contains Gluten, Soy, Wheat.	23
GOLDFISH CINNAMON GRAHAM CRACKERS - (1 pkg.) Contains Gluten, Wheat.	19
Goldfish Pretzels - (1 ea.) Contains Gluten, Milk, Wheat.	16
HAMBURGER BUN GLUTEN FREE - (1 bun) Contains Rice.	40.00

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Item Name (Serving Size)	CHO (g)
HARD TACO SHELL - (1 ea.)	0.66
MEXICAN RICE - (1 #8 scoop)	24.32
MULTIGRAIN SUNCHIPS - TR1129 (1 pkg.) Contains Gluten, Wheat.	18.00
PASTA PENNE - (1/2 c.) Contains Gluten, Wheat.	18
PASTA ROTINI -(1/2 c.) Contains Gluten, Wheat.	18
SEASONED WHITE RICE -(1/2 c.) Contains Dairy, Milk.	22.44
SPAGHETTI PASTA (1/2 c.) Contains Gluten, Wheat.	18.5
TEXAS TOAST - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	14.00
TORTILLA FLOUR - (1 ea.) Contains Gluten, Wheat.	19.00
TOSTITOS SCOOP REDUCED FAT (.88 OZ PKG)	19
TOSTITOS TORTILLA CHIPS REDUCED FAT, WHOLE GRAIN (.875 OZ PKG)	18
TOSTITOS TORTILLA CHIPS REDUCED FAT, WHOLE GRAIN (1.45 OZ PKG)	29
WG DINNER ROLL - (1 ea.) Contains Egg, Gluten, Milk, Soy.	29.00

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Entrees

Item Name (Serving Size)	CHO (g)
BACON TURKEY - (1 slice)	0.5
BARBEQUE SAUCE, IND, 200/12 GM - (1 pkg.)	4
BROWN GRAVY - (1 oz.) Contains Gluten, Milk, Soy, Wheat.	1.91
CATSUP, INDIV, 1000/9 GM - TR1317 (1 pkg.)	3
CINNAMON BELLY BEARS - (1 pkg.) Contains Gluten, Wheat.	21
CRANBERRY SAUCE - (1 #40 scoop)	9.38
DRESSING, RANCH REDUCED FAT (1 ea.) Contains Egg, Milk.	3
HOT SAUCE, INDIV, 200/7 GM - (1 pkg.)	0
MACARONI AND CHEESE - (1/4 c.) Contains Gluten, Milk, Wheat.	18.86
MAYONNAISE, LITE, INDIV, 200/12GM - (1 pkg.) Contains Egg.	1
MUSTARD PKT 200-1/5Z HNZ - TR1319 (1 ea.)	0.1
SAUCE TARTAR PKT 200-12GM GFS - (1 ea.) Contains Egg, Soy.	3
SYRUP - (1 ea.)	21
TACO SAUCE, INDIV, 200/9 GM - (1 pkg.)	1.00

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Item Name (Serving Size)	CHO (g)
MILK, 1%, LOWFAT, FORTIFIED, 50/8 OZ CARTON - (1 ea.) Contains Milk.	13
MILK, LACTOSE FREE - (1 Carton) Contains Milk.	13.76
MILK, SKIM, FORTIFIED, 50/8 OZ - (1 ea.) Contains Milk.	13
MILK, STRAWBERRY, 50/8 OZ - (1 ea.) Contains Milk.	19
SOY MILK, SILK, VERY VANILLA - (1 ea.) Contains Soy.	18

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Entrees

Item Name (Serving Size)	CHO (g)
CELEBRATION COOKIE (1 ea.) Contains Egg, Gluten, Milk, Wheat.	18.4
CHOCOLATE CHIP COOKIE (MENU ONLY) - (1 ea.) Contains Chocolate/Cocoa, Egg, Gluten, Milk, Soy, Tree nuts, Wheat.	18.0
CHOCOLATE CUPCAKE WG - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	41.0
COOKIE OREO 100 CAL - (1 pkg.) Contains Gluten, Wheat.	19.0
DICK & JANE SHORTBREAD COOKIES - (1 pkg.) Contains Gluten, Milk, Soy, Wheat.	22.0
CHOC CHP COOKIE (MENU) WHOLE GRAIN - (1 ea.) Contains Egg, Milk, Soy, Wheat.	18.0
CHOC CHIP COOKIE (A LA CARTE) (1 EA)	27.0
GINGERBREAD - (1 ea.) Contains Egg, Gluten, Milk, Wheat.C199:E200	14.0
GRANDMA'S CHOCOLATE CHIP COOKIES - (1 pkg.) Contains Gluten, Milk, Soy, Wheat.	25.0
HUGS NOT DRUGS - Contains Gluten, Wheat.	21.0
OATMEAL CINNAMON ROUND - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	43.0
OATMEAL COOKIE - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	27.0
PEACH COBBLER - (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	44.0

Carbohydrate Count SY 22-23

Entrees

Item Name (Serving Size)	CHO (g)	
HOT FANTASTIX CHEETOS - (1 ea.) Contains Milk.	20.00	
COOKIES & CREAM CONE - (1 ea.) Contains Peanuts, Soy, Wheat.	25	
OVEN BAKED RUFFLES - (1 pkg.) Contains Milk, Soy.	17.00	
POWERADE ZERO FRUIT PUNCH - (1 ea.)	1.00	
POWERADE ZERO MIXED BERRY -(1 ea.)	1.00	
SNACK CHEESE BAKED HOT CHEETOS - (1 ea.) Contains Milk.	17.00	
SNACK CHEESE BAKED WGRAIN CHEETOS - TR1225 (1 Bag) Contains Milk.	17.00	
WATER - PLAIN - 12OZ - (1 ea.)	0.00	
COOKIES & CREAM CONE - (1 ea.) Contains Milk, Soy, Wheat.	25	
POLAR BLAST - (1 ea.)	16	