

Carbohydrate Count
SY 22-23

BREAKFAST ITEMS (Serving Size)	CHO (g)
APPLE CRISP PARFAIT - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	46
AVOCADO TOAST - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	35.81
BEEF BISCUIT - (1 sandwich) Contains Egg, Gluten, Soy, Wheat.	33
BISCUIT - (1 ea.) Contains Egg, Gluten, Soy, Wheat.	24
BLUEBERRY BAGEL - (1 ea.) Contains Gluten, Wheat.	32
BLUEBERRY MUFFIN - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	24
BLUEBERRY MUFFIN PAN BREAD - (1 ea.) Contains Egg, Gluten, Milk, Wheat.	30.44
BLUEBERRY MUFFIN RUSTIC DROP - (1 ea.) Contains Egg, Gluten, Milk, Wheat.	27.4
BREAKFAST CHICKEN PATTY - (1 ea.) Contains Gluten, Soy, Wheat.	3
BREAKFAST FLAT BREAD HS MS - (1 ea.) Contains Dairy, Egg, Gluten, Milk, Wheat.	34.48
BREAKFAST GRILLED CHEESE - (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	26
CANADIAN HAM & BISCUIT - (1 sandwich) Contains Egg, Gluten, Soy, Wheat.	25.20
CEREAL APPLE CINNAMON CHEERIOS - (1 bowl) May contain Wheat.	22
CEREAL BAR, TRIX (1 ea.) Contains Wheat, Gluten	29
CHEESE BISCUIT - (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	26
CHEESE OMELET - (1 ea.) Contains Egg, Milk.	1
CHEESE TOAST - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	13
CHEESY SCRAMBLED EGGS - (1 SVG) Contains Egg, Milk.	0.20
CHICKEN & WAFFLES - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	49.33
CHICKEN BISCUIT - (1 sandwich) Contains Egg, Gluten, Soy, Wheat.	36
CINNAMON CHEX BOWL - (2 OZ Container)	44
CINNAMON CHEX CEREAL - (1 OZ bowl)	22

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CINNAMON OATMEAL - (1/2 c.) Contains Dairy, Milk. Processed in a facility that also processes Gluten, Wheat.	8.19
CINNAMON ROLL (INDIV WRAPPED) 1287 - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	41
CINNAMON ROLLS, BAKED & ICED - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	42.08
CINNAMON TOAST CRUNCH (1 oz) - (1 ea.) Contains Gluten, Soy, Wheat.	22
CINNAMON TOAST CRUNCH CUP (2 oz) - (1 Container) Contains Gluten, Soy, Wheat.	44
CINNAMON TOAST CRUNCH PASTRY - (1 pkg.) Contains Egg, Gluten, Milk, Wheat.	41
CINNAMON TOAST CRUNCH POUCH - (1 ea.) Contains Gluten, Soy, Wheat.	22
CREAM CHEESE - TR1825 (1 ea.) Contains Milk.	1.00
CROISSANT, WHOLE GRAIN - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	26.16
EGG, BACON AND CHEESE PANINI - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	20.00
EGG BITE, TURKEY SAUSAGE -(1 ea) Contains Milk, Egg	3
ENGLISH MUFFIN - (1 ea.) Contains Wheat.	24.00
FRENCH TOAST & SAUSAGE LINKS including 1 syrup - (1 serving) Contains Gluten, Milk, Soy, Wheat.	49.32
FRENCH TOAST & SAUSAGE LINKS without syrup - (1 serving) Contains Gluten, Milk, Soy, Wheat.	29.32
FRENCH TOAST STICKS (without syrup) - (1 serving) Contains Gluten, Milk, Soy, Wheat.	58.64
FRENCH TOAST STICKS (including 1 syrup pkg) - (1 serving) Contains Gluten, Milk, Soy, Wheat.	78.64
FROSTED FLAKES CEREAL - (1 bowl) Contains Gluten, Soy, Wheat.	24.00
FROSTED MINI WHEATS CEREAL - (1 bowl) Contains Gluten, Wheat.	24.00
FRUIT LOOPS CEREAL - (1 bowl) Contains Gluten, Soy, Wheat.	24
FRUITY CHEERIOS GENERAL MILLS - (1 bowl)	22.86
GRANOLA - (1 pkg.) Contains Gluten, Wheat.	26.00
GRITS - (1/2 c.) Contains Dairy, Milk.	14.77

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ISLAND PARFAIT - (1 ea.) Contains Gluten, Milk, Wheat.	64.46
JAM & JELLY ASST #1 PKT 200-.5Z PPI - TR1352 (1 ea.)	9.00
LOAF MINI BANANA - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	26.00
LUCKY CHARMS - (2 OZ Container) Contains Pork.	46.00
LUCKY CHARMS SMALL (1 OZ) - (1 Carton) Contains Pork.	23.00
MINI FRENCH TOAST - (1 pkg.) Contains Egg, Gluten, Milk, Wheat.	37.00
MORNING PASTRY TO GO -BLUEBERRY - TR1577 (1 pkg.) Contains Gluten, Soy, Wheat.	76.00
MORNING PASTRY TO GO -STRAWBERRY - TR1576 (1 pkg.) Contains Gluten, Soy, Wheat.	75.00
MUFFIN CHOCOLATE - TR1798 (1 ea.) Contains Egg, Gluten, Soy, Wheat.	25.00
MUFFIN TOP BANNANA - TR1200 (1 ea.) Contains Egg, Gluten, Wheat.	28.00
MUFFIN TOP BLUEBERRY - TR1201 (1 ea.) Contains Egg, Gluten, Wheat.	26.00
MUFFIN, APPLE, IND WRAP, 72/1.8 OZ, NEUMANS 24418 - TR1718 (1 ea.) Contains Egg, Gluten, Milk, Wheat.	23.00
NUTRIGRAIN APPLE CINNAMON BAR - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	30.00
NUTRIGRAIN STRAWBERRY BAR - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	30.00
PANCAKE N' LINK - (1 ea.) Contains Egg, Gluten, Soy, Wheat.	37.00
PARADISE PARFAIT - (1 ea.) Contains Milk, Soy.	42.33
PEACH CRISP OVERNIGHT OATS - (1 Container) Contains Milk, Soy. Processed in a facility that also processes Gluten, Wheat.	56.80
PIZZA BREAKFAST TURKEY SAUSAGE - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	24.31
POP-TART BLUEBERRY (BREAKFAST ENTREE ONLY) - (1 pkg/2 Tarts.) Contains Gluten, Soy, Wheat.	76.00
POP-TART STRAWBERRY (BREAKFAST ENTREE ONLY) - TR1567 (1 pkg./2 tarts) Contains Gluten, Soy, Wheat.	75.00
RASPBERRY YOGURT - (1 ea.) Contains Milk.	15
SAUSAGE, BREAKFAST LINK - (2 ea.)	0.00

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BREAKFAST ITEMS (Serving Size)	CHO (g)
SCRAMBLED EGGS. - (1 #16 scoop) Contains Egg.	0.00
SPICY CHICKEN BISCUIT - (1 ea.) Contains Egg, Gluten, Soy, Wheat.	38.00
SPINACH & CHEESE OMELET - (1 ea.) Contains Egg, Milk.	1.25
STRAWBERRY YOGURT - (1 ea.) Contains Milk.	18.00
TOAST WITHOUT JELLY - (1 sv) Contains Gluten, Milk, Soy, Wheat.	12
TOAST WITH JELLY - (1 sv) Contains Gluten, Milk, Soy, Wheat.	21.00
TOASTED CROISSANT - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	35.16
TURKEY SAUSAGE - (1 PATTY)	0.50
TURKEY SAUSAGE BISCUIT - (1 sandwich) Contains Egg, Gluten, Soy, Wheat.	33.50
TURKEY SAUSAGE BREAKFAST BAGEL - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	24.31
WAFFLES - (2 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	45.00
WAFFLES MINI - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	14.98
WAFFLES STIX ES - (1 svg.) Contains Egg, Gluten, Milk, Soy, Wheat.	58.00
YOGURT PEACHES N CREAMPARFAIT - (1 ea.) Contains Milk, Soy.	52.22
YOGURT APPLE CRISP PARFAIT (1 svg) Contains Milk, Wheat	46.25
YOGURT PARADISE (1 svg) Contains Milk, Soy	42.33
YOGURT ISLAND (1 svg) Contains Milk, and Wheat	64.46

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Item Name (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
SOFT 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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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 & WAFFLE (LUNCH) - 1 serving Contains Milk, Eggs Gluten, Wheat and Soy.	47.0
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
CHILI, VEGETARIAN - (1 c.)	48.0
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 CHEESE WITH VEGETABLE SOUP Contains Gluten, Milk, Soy, Wheat.	51.0
GRILLED CHICKEN SANDWICH - (1 sandwich) Contains Barley, Gluten, Milk, Soy, Wheat.	29.26

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HAMBURGER - (1 sandwich) Contains Barley, Gluten, Milk, Wheat.	22.26
HOLIDAY HAM (PORK)- (4 oz.) Contains Milk, Soy.	24.06
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
STUFFED CHEESE BITES WITH DIPPING SAUCE Contains Gluten, Milk, Soy, Wheat.	28.0
SUNBUTTER & JELLY PLATE - TR1788 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	79.74

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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
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 SOUP (WITHOUT THE GRILLED CHEESE)- (1 SVG)	23.98
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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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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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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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)
SALSA - (2 tbsp.)	2.00

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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

Carbohydrate Count
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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

Carbohydrate Count
SY 22-23

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

Carbohydrate Count
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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

Carbohydrate Count
SY 22-23

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

Carbohydrate Count
SY 22-23

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

Carbohydrate Count
SY 22-23

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

Item Name (Serving Size)	CHO (g)	
BROWNIE BATTER - (1 ea.) Contains Milk, Soy, Wheat.	33.00	
BROWNIE WHOLE GRAIN - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	22.00	
CHIP COOL RANCH DORITOS - (1 ea.) Contains Milk.	20.00	
CHIP FLAMAS SPICY DORITOS - (1 pkg.) Contains Milk.	20.00	
CHIP NACHO REDC FAT DORITOS - (1 ea.) Contains Milk.	20.00	
CHIP SPICY SWEET CHILI DORITOS - (1 pkg.) Contains Gluten, Soy, Wheat.	20.00	
CHOCOLATE OATMEAL BAR - (1 ea.) Contains Egg.	24.00	
FRUIT PUNCH MINUTE MAID - (1 ea.)	36.00	
FUN YUNS - (1 pkg.) Contains Milk.	14	
HOT FANTASTIX CHEETOS - (1 ea.) Contains Milk.	20.00	
OVEN BAKED RUFFLES CHEDDAR & SOUR CREAM - (1 pkg.) Contains Milk, Soy.	17.00	
POPCORN WHITE CHEDDAR - (1 ea.) Contains Milk.	9.00	
POPTARTS BLUEBERRY WHOLE GRAIN - A LA CARTE (1 ea.) Contains Gluten, Soy, Wheat.	37.92	
POPTARTS STRAWBERRY WHOLE GRAIN - A LA CARTE(1 ea.) Contains Gluten, Soy, Wheat.	37.92	

Carbohydrate Count
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POWERADE ZERO FRUIT PUNCH - (1 ea.)	1.00	
POWERADE ZERO GRAPE - (1 ea.)	1.00	
POWERADE ZERO MIXED BERRY -(1 ea.)	1.00	
PRETZEL GOLDFISH - (1 pkg.) Contains Gluten, Milk, Wheat.	16	
QUAKER SNACK MIX - (1 pkg.) Contains Gluten, Milk, Wheat.	17	
SNACK CHEESE BAKED HOT CHEETOS - (1 ea.) Contains Milk.	17.00	
SNACK CHEESE BAKED WGRAIN CHEETOS - TR1225 (1 Bag) Contains Milk.	17.00	
SUNFLOWER KERNELS - (1 ea.)	6.00	
TEA GOLD PEAK - (1 ea.)	0.00	
TREAT RICE KRISPIE MINI WGRAIN - (1 ea.) Contains Milk, Soy.	9.00	
TREAT RICE KRISPIE WG - (1 ea.) Contains Milk, Soy.	30.00	
TUMMIE YUMMIES - Apple - (1 ea.)	13.52	
TUMMIE YUMMIES Berry - (1 ea.)	13.00	
WATER - PLAIN - 12OZ - (1 ea.)	0.00	
WATER - PLAIN 20 OZ - (1 ea.)	0.00	

Carbohydrate Count
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WATER - STRAWBERRY 20 OZ - (1 ea.)	0.00	

Carbohydrate Count
SY 22-23

Item Name (Serving Size)	Carb (g)
COOKIES & CREAM CONE - (1 ea.) Contains Peanuts, Soy, Wheat.	25
COOKIES & CREAM SANDWICH - (1 ea.) Contains Milk, Soy, Wheat.	29
BIRTHDAY CAKE ICE CREAM CUP - (1 ea.) Contains Milk.	14
CHERRY BLUE RASPBERRY ICE CREAM - (1 ea.)	27
CHOCOLATE SCOOTER - (1 ea.) Contains Milk, Soy, Wheat.	26
COTTON CANDY YOGURT TWISTER CUPS - (1 ea.) Contains Milk.	15
CRAZY CONE - (1 ea.) Contains Milk, Soy, Wheat.	25
HERSHEYS VANILLA ICE CREAM CUP - (1 ea.) Contains Milk.	14.00
ITALIAN ICE, HAPPY BIRTHDAY, FROZEN - (1 ea.)	20.00
POLAR BLAST - (1 ea.)	16
SOUR APPLE ICE TWISTER CUP - TR1505 (1 ea.)	19
SOUR SWELL CHERRY - TR1243 (1 ea.) Contains Milk.	0
SPOOKY SUNDAE - (1 ea.) Contains Milk.	16