

Menu Item	Carb Grams
Apple Fresh	25
Apple Slices	9
Applesauce	15
Baby Carrot and Celery Veggie Dipper	5
Banana	27
BBQ Drumstick with Spanish Rice (ES and MS)	32
BBQ Drum Stick with Spanish Rice (HS)	57
Bean and Cheese Burrito	44
Bean and Cheese Enchilada	24
Breakfast Veggie Sausage Patty	4
Broccoli and Cherry Tomato Veggie Dipper	2
Cheese Pizza	34
Chia Oatmeal Bar Strawberry	39
Chicken and Biscuit	38
Chicken and Waffles	21
Chicken Burger	44
Chicken Nugget	22
Chicken Tenders	14
Cinnamon Toast Crunch	22
Cocoa Flakes	22
Cornbread Mini Loaf	29
Crispy Beef Tacos	24
Crispy Pinto Bean Tacos	40
Diced Pears	17
Fat Free Chocolate Milk	20
Fish Mac and Cheese	39
Garlic Toast	21
Grass Fed Hamburger	35
Grilled BBQ Chicken Sandwich	38
Hamburger	35

Homemade Cornbread	28
Hummus Plate	51
Macaroni and Cheese	46
Mandarin Oranges	29
Mango	16
Milk 1%	12
Orange Fresh	18
Pear	27
Pepperoni Pizza	31
Pizza Dipper	41
Potato Puff	16
Roasted Broccoli	5
Sausage Egg and Cheese on an English Muffin	26
Sausage Kolache	15
Sauteed Spinach	8
Seasoned Baby Carrots	11
Seasoned Corn	13
Seasoned Green Beans	8
Seasoned Pinto Beans	27
Seasoned Potato Wedges	17
Seasoned Roasted Zucchini	5
Skim Milk	12
Spaghetti and Marinara with Mozz	29
Spaghetti and Meatballs	29
Spanish Rice	26
Sun Buter Portion	6
Sun Butter and Jelly	71
Sweet Potato Fries	17
Toasted Cheese Sandwich	42
Turkey and Cheese Sandwich	43
Turkey Hot Dog with Bun	35

Turkey Sausage Patty	1
Veggie Burger	52
Veggie Sausage and Biscuit Sandwich	35
Watermelon	6
Whole Grain Bagel	15
Whole Grain Breaded Chicken Breast	7
Whole Wheat Dinner Roll	27
Whole wheat Pancake	15
Whole Wheat Toast	21