

Menu Item	Grams of Carbohydrate
Apple Fresh	25
Apple Slices	9
Applesauce	15
Baby Carrot and Celery Veggie Dipper	8
Banana	27
Banana Smoothie with Homeade Granola	46
BBQ Drumstick	7
Bean and Cheese Breakfast Taco	32.5
Bean and Cheese Burrito	44
Bean and Cheese Enchilada	24
Breakfast Sausage Biscuit	32
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
Cinnamon Toast Crunch	22
Cocoa Flakes	22
Cornbread Mini Loaf	29
Crispy Beef Tacos	24
Crispy Pinto Bean Tacos	40
Diced Pears	17
Egg and Cheese Sandwich on an English Muffin	25
Fat Free Chocolate Milk	20
Fish Mac and Cheese	39

French Toast Sticks	22
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
Meatloaf	15
Milk 1%	12
Orange Fresh	18
Peach Overnight Oats	85
Pear	27
Pepperoni Pizza	31
Pizza Dipper	41
Potato Puff	16
Rice Chex	24
Roasted Broccoli	5
Sausage Egg and Cheese on an English Muffin	26
Sausage Kolache	15
Sauteed Spinach	8
Seasoned Baby Carrots 3/4 Cup	11
Seasoned Corn	13
Seasoned Green Beans	8
Seasoned Pinto Beans 3/4 Cup	27
Seasoned Potato Wedges	17
Seasoned Roasted Zucchini	5
Skim Milk	12
Spaghetti and Marinara with Mozz	29

Spaghetti and Meatballs	29
Spanish Rice 1/2 Cup	26
Spanish Rice 1 Cup	52
Sprouted Oat Honey O's	23
Sun Butter and Jelly Sandwich	71
Sweet Potato Fries	17
Toasted Cheese Sandwich	42
Turkey and Cheese Sandwich	43
Turkey Hot Dog with Bun	35
Turkey Sausage Patty	1
Vegan Lentil Chili-Frito Pie	43
Veggie Burger	52
Veggie Sausage and Biscuit Sandwich	35
Waffle	14
Watermelon	6
Whole Grain Bagel	15
Whole Grain Banana Mini Muffin	20
Whole Grain Blueberry Mini Muffin	19.5
Whole Grain Breaded Chicken Breast	7
Whole Wheat Dinner Roll	27
Whole wheat Pancake	15
Whole Wheat Toast	21
Yuca Fries	25
Carnitas Tacos	21
Elote En vaso	20
Seasoned Pinto Beans 1/2 Cup	18
Ketchup	7
Ranch	2.5
Mustard	0
Salsa	2
Chocolate Chip Cookie	26

Beef Fajita	2
Seasoned Baby Carrot 1/2 Cup	7
Chocolate Fudge Good Pop	19
Beef with Broccoli	9
Crispy Chicken Taco	21
Asian Edamame	11
Ginger and Garlic Carrots	11
Fried Rice 1 Cup	47
Fried Rice 1/2 Cup	24
Orange Chicken	6