| Menu Item | Grams of Carbohydrate |
|--|-----------------------|
| Apple, Slices (½ cup serving) | 8 |
| Apple, Whole, Green | 30 |
| Apple, Whole, Red | 20 |
| Applesauce Cup | 14 |
| Bagel, Whole Grain | 25 |
| Banana | 27 |
| BBQ Drumstick | 7 |
| Bean & Cheese Taco, each(1 served @ Breakfast, 2 served @ Lunch) | 28 |
| Bean and Cheese Burrito | 44 |
| Beans, BBQ Baked | 38 |
| Beans, Black | 24 |
| Beans, Pinto | 21 |
| Beans, Refried | 20 |
| Beef Chili | 15 |
| Biscuit | 31 |
| Bread, per slice | 18 |
| Breakfast Sausage Biscuit | 32 |
| Breakfast Taco: Bacon, Egg, & Cheese | 20 |
| Breakfast Taco: Potato, Egg, & Cheese | 21 |
| Breakfast Taco: Sausage Egg, & Cheese | 20 |
| Broccoli | 4 |
| Bun, hamburger | 34 |
| Bun, hot dog | 37 |
| Cheesy Baked Potato | 44 |
| Chex, Blueberry or Cinnamon | 23 |
| Chicken Biscuit | 37 |
| Chicken Bites, 5 each | 13 |
| Chicken Bites w/Mac & Cheese | 35 |
| Chicken Burger-Elementary | 50 |
| Chicken Burger-Secondary | 43 |
| Chicken Patty, Breakfast-All Levels | 7 |
| Chicken Patty, Lunch-Elementary | 16 |
| Chicken Patty, Lunch-Secondary | 9 |
| Chicken Tenders-Secondary, 3 each | 14 |
| Chicken Tenders-Elementary, 3 each | 13 |
| Cinnamon Toast Crunch | 22 |
| Cocoa Puffs | 25 |
| Cornmeal Star | 37 |
| Crispy Beef Tacos, 2 | 24 |
| Crispy Black Bean & Veggie Tacos,2 | 51 |
| Crispy Taco Shells, 2 | 18 |
| Croissant, Bacon & Cheese | 30 |

| Croissant, Ham & Cheese | 27 |
|---|----|
| Croissant, Sausage & Cheese | 31 |
| Curly Fries | 17 |
| Diced Peach Cups (Frozen) | 21 |
| Egg & Cheese Bagel Sandwich | 27 |
| Egg & Cheese Biscuit Sandwich | 33 |
| Eggo Mini Pancakes | 35 |
| Enchilada, Beef | 21 |
| Enchilada, Cheese | 16 |
| Enchilada, Chicken | 17 |
| Fish Sticks, 4 | 23 |
| French Toast Sticks, 3 pieces | 37 |
| Fried Rice, ½ cup | 24 |
| Grilled Cheese Sandwich | 38 |
| Hamburger | 34 |
| Homemade Cornbread | 28 |
| Hot Dog | 38 |
| Juice, Apple | 15 |
| Juice, Orange | 17 |
| Ketchup, 1 oz | 7 |
| Korean Drumstick | 11 |
| Lentil Chili Frito Pie | 43 |
| Mac & Cheese, 2 scoops | 55 |
| Mango, ½ Cup | 16 |
| Milk, 1% | 12 |
| Milk, Skim/Nonfat | 13 |
| Milk, Nonfat Chocolate | 19 |
| Mixed Berry Cup (frozen) | 20 |
| Muffin, Banana | 28 |
| Muffin, Blueberry | 26 |
| Nachos, Bean | 38 |
| Nachos, Beef | 23 |
| Nachos, Chicken | 19 |
| Orange, Fresh | 13 |
| Orange Chicken w/ Fried Rice-Elementary & | 47 |
| Middle | |
| Orange Chicken w/ Fried Rice-High School | 73 |
| Pancake, 1 | 15 |
| Parfait, Blueberry OR Peach | 61 |
| Parfait, Mango | 53 |
| Parfait, Strawberry | 56 |
| Penne Alfredo-Elementary & Middle | 32 |
| Penne Alfredo-High School | 50 |
| Penne with Marinara & Cheese or Meat | 28 |
| Sauce-Elementary & Middle | |

| Penne with Marinara & Cheese-High School 57 Pizza, Slice- Cheese or Pepperoni 31 Pizza Dippers w/ Marinara (Elementary 2 each) 41 Pizza Dippers w/ Marinara (Secondary 3 each) 58 Potato Puff, 8 pieces 16 Potato Wedges, ½ cup (being discontinued) 20 Potsticker (Chicken or Vegetarian), per piece 5 Pupusa, Bean & Cheese, 1 35 Ranch Dressing, 1 oz 3 Rebellyous Plant Based "Chicken" Burger 48 Rebellyous Plant Based "Chicken" Tenders, 3 13 Roll, Whole Wheat 27 Sausage Kolache 15 Sausage Patty, Turkey 1 Smoothie, Mango 64 Smoothie, Strawberry 57 Spanish Rice, ½ cup 26 Sunbutter & Jelly Sandwich 75 Sweet Potato, Fresh Baked 22 Tex Mex Pizza 38 Tortilla, Corn 10 Tortilla, 6" flour 18 Trix, Reduced Sugar 23 Veggie Burger 50 Widfles, all flavors 45 Watermelon 88 Yogurt Cup, Trix, Reduced Sugar 15 | | T |
|--|---|----|
| Pizza, Personal-Cheese or Pepperoni38Pizza Dippers W/ Marinara (Elementary 2 each)41Pizza Dippers W/ Marinara (Secondary 3 each)58Potato Puff, 8 pieces16Potato Wedges, ½ cup (being discontinued)20Potsticker (Chicken or Vegetarian), per piece5Pupusa, Bean & Cheese, 135Ranch Dressing, 1 oz3Rebellyous Plant Based "Chicken" Burger48Rebellyous Plant Based "Chicken" Tenders, 313Roll, Whole Wheat27Sausage Kolache15Sausage Patty, Turkey1Smoothie, Mango64Smoothie, Peach56Smoothie, Strawberry57Spanish Rice, ½ cup26Sunbutter & Jelly Sandwich75Sweet Potato, Fresh Baked22Sweet Potato Fries17Syrup, Pancake18Tamale(all varieties), 122Tex Mex Pizza38Tortilla, Corn10Tortilla, 6" flour18Trix, Reduced Sugar23Veggie Burger50Wild Cherry Juice Cup (frozen)19Waffles, all flavors37Watermelon8 | Penne with Marinara & Cheese-High School | 57 |
| Pizza Dippers w/ Marinara (Elementary 2 each) Pizza Dippers w/ Marinara (Secondary 3 each) Potato Puff, 8 pieces Potato Wedges, ½ cup (being discontinued) Potsticker (Chicken or Vegetarian), per piece Pupusa, Bean & Cheese, 1 Ranch Dressing, 1 oz Rebellyous Plant Based "Chicken" Burger Rebellyous Plant Based "Chicken" Tenders, 3 Roll, Whole Wheat Passage Rolache Sausage Rolache Sausage Patty, Turkey Pamothie, Mango Famothie, Peach Smoothie, Peach Somothie, Strawberry Spanish Rice, ½ cup Sunbutter & Jelly Sandwich Sweet Potato, Fresh Baked Party, Pancake Tamale(all varieties), 1 Passage Raty, Turkey Pancake Pamale (all varieties), 1 Park Mex Pizza Prix, Reduced Sugar Pegie Burger Suld Cherry Juice Cup (frozen) Passage Raty Jurker Putar Raty Party Park Park Margo Potator Fries Park Pitza Sall flavors Passage Patty Park Park Park Pitza Sall flavors Passage Park Park Park Pitza Sall flavors Passage Park | • | |
| Pizza Dippers w/ Marinara (Secondary 3 each) Potato Puff, 8 pieces Potato Wedges, ½ cup (being discontinued) Potsticker (Chicken or Vegetarian), per piece Pupusa, Bean & Cheese, 1 Ranch Dressing, 1 oz Rebellyous Plant Based "Chicken" Burger Rebellyous Plant Based "Chicken" Tenders, 3 Roll, Whole Wheat Passage Rolache Sausage Rotlache Sausage Patty, Turkey 1 Smoothie, Peach Smoothie, Peach Smoothie, Strawberry Spanish Rice, ½ cup Sunbutter & Jelly Sandwich Sweet Potato, Fresh Baked Sweet Potato, Fresh Baked Syrup, Pancake Tamale(all varieties), 1 Sex Mex Pizza Sausage Rolger Weggie Burger Wild Cherry Juice Cup (frozen) Watffles, all flavors Sausage Rolache Sausag | | |
| Potato Puff, 8 pieces Potato Wedges, ½ cup (being discontinued) Potsticker (Chicken or Vegetarian), per piece Pupusa, Bean & Cheese, 1 Ranch Dressing, 1 oz Rebellyous Plant Based "Chicken" Burger Rebellyous Plant Based "Chicken" Tenders, 3 Roll, Whole Wheat Passuage Kolache Sausage Kolache Sausage Patty, Turkey Smoothie, Mango Amoothie, Peach Sounbutier, Strawberry Spanish Rice, ½ cup Sunbutter & Jelly Sandwich Sweet Potato, Fresh Baked Potato, Fresh Baked Potato, Fresh Baked Potato Fries Tortilla, Corn Tortilla, Gorn Tortilla, Gorn Tortilla, Gorn Sunder Cup (frozen) Waffles, all flavors Potato Fries Sunder Potato Sugar Veggie Burger Sunder Sund | Pizza Dippers w/ Marinara (Elementary 2 each) | 41 |
| Potato Wedges, ½ cup (being discontinued) Potsticker (Chicken or Vegetarian), per piece 5 Pupusa, Bean & Cheese, 1 Ranch Dressing, 1 oz Rebellyous Plant Based "Chicken" Burger Rebellyous Plant Based "Chicken" Tenders, 3 Roll, Whole Wheat 27 Sausage Kolache 15 Sausage Patty, Turkey 1 Smoothie, Mango 64 Smoothie, Peach 56 Smoothie, Strawberry 57 Spanish Rice, ½ cup 26 Sunbutter & Jelly Sandwich 75 Sweet Potato, Fresh Baked 22 Sweet Potato Fries 17 Syrup, Pancake 18 Tamale(all varieties), 1 22 Tex Mex Pizza 38 Tortilla, Corn 10 Tortilla, 6" flour Trix, Reduced Sugar Veggie Burger 50 Wild Cherry Juice Cup (frozen) Watermelon 8 | Pizza Dippers w/ Marinara (Secondary 3 each) | 58 |
| Potsticker (Chicken or Vegetarian), per piece Pupusa, Bean & Cheese, 1 35 Ranch Dressing, 1 oz Rebellyous Plant Based "Chicken" Burger Rebellyous Plant Based "Chicken" Tenders, 3 Roll, Whole Wheat 27 Sausage Kolache 15 Sausage Patty, Turkey 1 Smoothie, Mango 64 Smoothie, Peach 56 Smoothie, Strawberry 57 Spanish Rice, ½ cup 26 Sunbutter & Jelly Sandwich 75 Sweet Potato, Fresh Baked 22 Sweet Potato Fries 17 Syrup, Pancake 18 Tamale(all varieties), 1 22 Tex Mex Pizza 38 Tortilla, Corn 10 Tortilla, 6" flour 18 Trix, Reduced Sugar Veggie Burger Wild Cherry Juice Cup (frozen) Waffles, all flavors 37 Watermelon | Potato Puff, 8 pieces | 16 |
| Pupusa, Bean & Cheese, 1 35 Ranch Dressing, 1 oz 3 Rebellyous Plant Based "Chicken" Burger 48 Rebellyous Plant Based "Chicken" Tenders, 3 13 Roll, Whole Wheat 27 Sausage Kolache 15 Sausage Patty, Turkey 1 Smoothie, Mango 64 Smoothie, Peach 56 Smoothie, Strawberry 57 Spanish Rice, ½ cup 26 Sunbutter & Jelly Sandwich 75 Sweet Potato, Fresh Baked 22 Sweet Potato Fries 17 Syrup, Pancake 18 Tamale(all varieties), 1 22 Tex Mex Pizza 38 Tortilla, Corn 10 Tortilla, 6" flour 18 Trix, Reduced Sugar 23 Veggie Burger 50 Wild Cherry Juice Cup (frozen) 19 Waffles, all flavors 37 Watermelon 8 | Potato Wedges, ½ cup (being discontinued) | 20 |
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| Rebellyous Plant Based "Chicken" Burger Rebellyous Plant Based "Chicken" Tenders, 3 Roll, Whole Wheat 27 Sausage Kolache 15 Sausage Patty, Turkey 1 Smoothie, Mango 64 Smoothie, Peach 56 Smoothie, Strawberry 57 Spanish Rice, ½ cup 26 Sunbutter & Jelly Sandwich 75 Sweet Potato, Fresh Baked 22 Sweet Potato Fries 17 Syrup, Pancake 18 Tamale(all varieties), 1 22 Tex Mex Pizza 38 Tortilla, Corn 10 Tortilla, 6" flour Trix, Reduced Sugar Veggie Burger 50 Wild Cherry Juice Cup (frozen) Waffles, all flavors 37 Watermelon 8 | Pupusa, Bean & Cheese, 1 | 35 |
| Rebellyous Plant Based "Chicken" Tenders, 3 Roll, Whole Wheat 27 Sausage Kolache 15 Sausage Patty, Turkey 1 Smoothie, Mango 64 Smoothie, Peach 56 Smoothie, Strawberry 57 Spanish Rice, ½ cup 26 Sunbutter & Jelly Sandwich 75 Sweet Potato, Fresh Baked 22 Sweet Potato Fries 17 Syrup, Pancake 18 Tamale(all varieties), 1 22 Tex Mex Pizza 38 Tortilla, Corn 10 Tortilla, 6" flour 18 Trix, Reduced Sugar Veggie Burger 50 Wild Cherry Juice Cup (frozen) 19 Waffles, all flavors 37 Watermelon 8 | Ranch Dressing, 1 oz | 3 |
| Roll, Whole Wheat 27 Sausage Kolache 15 Sausage Patty, Turkey 1 Smoothie, Mango 64 Smoothie, Peach 56 Smoothie, Strawberry 57 Spanish Rice, ½ cup 26 Sunbutter & Jelly Sandwich 75 Sweet Potato, Fresh Baked 22 Sweet Potato Fries 17 Syrup, Pancake 18 Tamale(all varieties), 1 22 Tex Mex Pizza 38 Tortilla, Corn 10 Tortilla, Go'' flour 18 Trix, Reduced Sugar 23 Veggie Burger 50 Wild Cherry Juice Cup (frozen) 19 Waffles, all flavors 37 Watermelon 8 | Rebellyous Plant Based "Chicken" Burger | 48 |
| Sausage Kolache 15 Sausage Patty, Turkey 1 Smoothie, Mango 64 Smoothie, Peach 56 Smoothie, Strawberry 57 Spanish Rice, ½ cup 26 Sunbutter & Jelly Sandwich 75 Sweet Potato, Fresh Baked 22 Sweet Potato Fries 17 Syrup, Pancake 18 Tamale(all varieties), 1 22 Tex Mex Pizza 38 Tortilla, Corn 10 Tortilla, 6" flour 18 Trix, Reduced Sugar 23 Veggie Burger 50 Wild Cherry Juice Cup (frozen) 19 Waffles, all flavors 37 Watermelon 8 | Rebellyous Plant Based "Chicken" Tenders, 3 | 13 |
| Sausage Patty, Turkey Smoothie, Mango 64 Smoothie, Peach 56 Smoothie, Strawberry 57 Spanish Rice, ½ cup 26 Sunbutter & Jelly Sandwich 75 Sweet Potato, Fresh Baked 22 Sweet Potato Fries 17 Syrup, Pancake 18 Tamale(all varieties), 1 22 Tex Mex Pizza 38 Tortilla, Corn 10 Tortilla, 6" flour Trix, Reduced Sugar Veggie Burger 50 Wild Cherry Juice Cup (frozen) Waffles, all flavors 37 Watermelon | Roll, Whole Wheat | 27 |
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| Smoothie, Peach Smoothie, Strawberry 57 Spanish Rice, ½ cup 26 Sunbutter & Jelly Sandwich 75 Sweet Potato, Fresh Baked 22 Sweet Potato Fries 17 Syrup, Pancake 18 Tamale(all varieties), 1 22 Tex Mex Pizza 38 Tortilla, Corn 10 Tortilla, 6" flour 18 Trix, Reduced Sugar Veggie Burger Wild Cherry Juice Cup (frozen) Waffles, all flavors 75 57 57 57 57 58 58 50 Watermelon 50 Watermelon 50 Smoothie, Strawberry 50 50 Watermelon 50 Smoothie, Strawberry 50 50 Watermelon 50 Watermelon 50 Smoothie, Strawberry 50 Smoothie, Strawberry 50 50 Smoothie, Strawberry 50 Smoothie, Stra | Sausage Patty, Turkey | 1 |
| Smoothie, Strawberry57Spanish Rice, ½ cup26Sunbutter & Jelly Sandwich75Sweet Potato, Fresh Baked22Sweet Potato Fries17Syrup, Pancake18Tamale(all varieties), 122Tex Mex Pizza38Tortilla, Corn10Tortilla, 6" flour18Trix, Reduced Sugar23Veggie Burger50Wild Cherry Juice Cup (frozen)19Waffles, all flavors37Watermelon8 | Smoothie, Mango | 64 |
| Spanish Rice, ½ cup Sunbutter & Jelly Sandwich 75 Sweet Potato, Fresh Baked 22 Sweet Potato Fries 17 Syrup, Pancake 18 Tamale(all varieties), 1 22 Tex Mex Pizza 38 Tortilla, Corn 10 Tortilla, 6" flour Trix, Reduced Sugar Veggie Burger Wild Cherry Juice Cup (frozen) Waffles, all flavors 8 | Smoothie, Peach | 56 |
| Sunbutter & Jelly Sandwich75Sweet Potato, Fresh Baked22Sweet Potato Fries17Syrup, Pancake18Tamale(all varieties), 122Tex Mex Pizza38Tortilla, Corn10Tortilla, 6" flour18Trix, Reduced Sugar23Veggie Burger50Wild Cherry Juice Cup (frozen)19Waffles, all flavors37Watermelon8 | Smoothie, Strawberry | 57 |
| Sweet Potato, Fresh Baked22Sweet Potato Fries17Syrup, Pancake18Tamale(all varieties), 122Tex Mex Pizza38Tortilla, Corn10Tortilla, 6" flour18Trix, Reduced Sugar23Veggie Burger50Wild Cherry Juice Cup (frozen)19Waffles, all flavors37Watermelon8 | Spanish Rice, ½ cup | 26 |
| Sweet Potato Fries17Syrup, Pancake18Tamale(all varieties), 122Tex Mex Pizza38Tortilla, Corn10Tortilla, 6" flour18Trix, Reduced Sugar23Veggie Burger50Wild Cherry Juice Cup (frozen)19Waffles, all flavors37Watermelon8 | Sunbutter & Jelly Sandwich | 75 |
| Syrup, Pancake18Tamale(all varieties), 122Tex Mex Pizza38Tortilla, Corn10Tortilla, 6" flour18Trix, Reduced Sugar23Veggie Burger50Wild Cherry Juice Cup (frozen)19Waffles, all flavors37Watermelon8 | Sweet Potato, Fresh Baked | 22 |
| Tamale(all varieties), 1 Tex Mex Pizza Tortilla, Corn Tortilla, 6" flour Tix, Reduced Sugar Veggie Burger Wild Cherry Juice Cup (frozen) Waffles, all flavors Watermelon 22 23 23 Veggie Burger 50 Watermelon 8 | Sweet Potato Fries | 17 |
| Tex Mex Pizza 38 Tortilla, Corn 10 Tortilla, 6" flour 18 Trix, Reduced Sugar 23 Veggie Burger 50 Wild Cherry Juice Cup (frozen) 19 Waffles, all flavors 37 Watermelon 8 | Syrup, Pancake | 18 |
| Tortilla, Corn 10 Tortilla, 6" flour 18 Trix, Reduced Sugar 23 Veggie Burger 50 Wild Cherry Juice Cup (frozen) 19 Waffles, all flavors 37 Watermelon 8 | Tamale(all varieties), 1 | 22 |
| Tortilla, 6" flour 18 Trix, Reduced Sugar 23 Veggie Burger 50 Wild Cherry Juice Cup (frozen) 19 Waffles, all flavors 37 Watermelon 8 | Tex Mex Pizza | 38 |
| Trix, Reduced Sugar 23 Veggie Burger 50 Wild Cherry Juice Cup (frozen) 19 Waffles, all flavors 37 Watermelon 8 | Tortilla, Corn | 10 |
| Veggie Burger50Wild Cherry Juice Cup (frozen)19Waffles, all flavors37Watermelon8 | Tortilla, 6" flour | 18 |
| Wild Cherry Juice Cup (frozen) Waffles, all flavors Watermelon 19 8 | Trix, Reduced Sugar | 23 |
| Waffles, all flavors 37 Watermelon 8 | Veggie Burger | 50 |
| Watermelon 8 | Wild Cherry Juice Cup (frozen) | 19 |
| | Waffles, all flavors | 37 |
| Yogurt Cup, Trix, Reduced Sugar 15 | Watermelon | 8 |
| | Yogurt Cup, Trix, Reduced Sugar | 15 |