

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 & Middle	47
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 Sauce-Elementary & Middle	28

Penne with Marinara & Cheese-High School	57
Pizza, Slice- Cheese or Pepperoni	31
Pizza, Personal-Cheese or Pepperoni	38
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, 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
Yogurt Cup, Trix, Reduced Sugar	15