

<b>Menu Item</b>	<b>Grams of Carbohydrate</b>
Apple, Fresh	14
Baby Carrot & Celery Veggie Dipper	5
Bagel, Whole Grain	25
Banana	27
BBQ Drumstick	7
BBQ Drumstick Mac & Cheese (1 scoop Mac)	30
Bean & Cheese Taco, each(1 served @ Breakfast, 2 served @ Lunch)	28
Bean and Cheese Burrito	44
Beef Chili	15
Biscuit	31
Bread, per slice	23
Breakfast Sausage Biscuit	32
Breakfast Taco: Bacon, Egg, & Cheese	20
Breakfast Taco: Potato, Egg, & Cheese	21
Breakfast Taco: Sausage Egg, & Cheese	20
Bun, hamburger	34
Bun, hot dog	37
Calzone w/Marinara	37
Cheesy Baked Potato	44
Chex, Blueberry or Cinnamon	23
Chia Oatmeal Bar Strawberry	39
Chia Oatmeal Bar Cinnamon Apple	37
Chicken Bites, 5 each (product changed 12/2022)	13
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, 3 each	14
Cinnamon Toast Crunch	22
Cocoa Puffs	25
Crispy Beef Tacos, 2	24
Crispy Black Bean & Veggie Tacos,2	51
Crispy Taco Shells, 2	18
Diced Peach Cups (Frozen)	21
Egg & Cheese Bagel Sandwich	27
Egg & Cheese Biscuit Sandwich	33
Enchilada, Beef	21
Enchilada, Cheese	16
Enchilada, Chicken	17
Fish Mac & Cheese (1 piece fish & 1 scoop Mac)	39
Fish, breaded, 1 piece	16
French Fries, Crispy Baked, ½ cup	15
French Toast Sticks, 3 pieces	37

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Grilled Cheese Sandwich	49
Hamburger, Grass Fed Beef	34
Homemade Cornbread	28
Hummus Plate	51
Korean Drumstick and Rice	46
Korean Drumstick	11
Lentil Chili Frito Pie	43
Mac & Cheese, 2 scoops	46
Mandarin Oranges, ½ Cup	29
Mango, ½ Cup	16
Meatloaf	17
Milk, 1%	12
Milk, Skim/Nonfat	13
Milk, Nonfat Chocolate	19
Mixed Berry Cup (frozen)	20
Muffin, Apple Cinnamon (New World Bakery)	46
Muffin, Banana (New World Bakery)	42
Muffin, Blueberry (New World Bakery)	53
Nachos, Bean	38
Nachos, Beef	23
Nachos, Chicken	19
Orange, Fresh	18
Pancake, 1	15
Pizza, Cheese	34
Pizza, Turkey Pepperoni	31
Pizza Dippers w/ Marinara	41
Potato Puff, 8 pieces	16
Potato Wedges, ½ cup	20
Roll, Whole Wheat	27
Sausage Kolache	15
Sausage Link, Vegetarian, 1 each	3
Sausage Patty, Turkey	1
Soft Beef Tacos, 2	42
Spaghetti with Meatballs	38
Spaghetti with Marinara & Cheese	40
Spanish Rice, ½ cup	26
Tamale(Bean & Cheese) & Rice	48
Tamale (Beef) & Rice	48
Tex Mex Pizza	38
Tortilla, Corn	10
Tortilla, 6" whole wheat	18
Turkey Hot Dog w/Bun	37
Veggie Burger	50
Wild Cherry Juice Cup (frozen)	19
Yogurt Cup, Trix, Reduced Sugar	15