

Carbohydrate List Guideline

<u>Entrees</u>	<u>CHO(g)</u>	<u>Sandwiches/Wraps</u>	<u>CHO(g)</u>	<u>Soups (Per Cup Serving)</u>
Baked Ziti w/Meat Sauce	52.56	Bologna & Cheese Sandwich	32.29	Beef Taco Soup
BBQ Chicken	7.5	Buffalo Chicken Wrap	43.96	Broccoli & Cheese Soup
BBQ Chicken w/Nachos	41.46	Chicken Ceasar Wrap	34.44	Cheeseburger Soup
Beef & Bean Burrito	51.17	Chicken Cheese Steak	31.76	Hearty Tuscany Soup
Beef & Cheese Nachos	29.23	Chicken Florentine Wrap	34.76	Minestrone Soup
Beef Shephards Pie	24	Chicken Gyro	29.97	Tomato Soup w/ Crackers
Beef Taco	28.87	Chicken Salad Sandwich	30.02	Tomato Soup (No Crackers)
Buffalo Crunchers (4)	40	Chicken Salad Wrap	35.86	Turkey & Noodles Soup
Calzone	88.76	Egg Salad Sandwich	34.25	
French Fry Burger (Fries on Burger)	34.23	Egg Salad Wrap	38.25	<u>Breakfast</u>
Cheeseburger/roll	27.5	Grilled Chicken on Bun	27	BagelLovers WG Bagel
Cheeseburger/DOUBLE/Roll		Grilled Chicken Wrap	37.72	Bagelwich, Ham & Cheese
with Tomato/Lettuce	31.31	Ham & Cheese Bagelwich	32.52	Bagel, Mini Strawberry or Cinnamon
Cheesy Scalloped Potatoes & Ham	19.59	Ham & Cheese Melt	33.75	Benefit Bar
Chicken & Biscuit	60.54	Ham & Cheese Panini	32.45	Breakfast Boat, Egg & Turkey Bacon
Chicken & Veg Penne	42.93	Ham & Cheese Sandwich	31.76	Breakfast Bun, Whole Grain
Chicken (Oven Roasted)	1.11	Ham & Cheese Wrap	37.4	BreadStick - Apple Filled
Chicken (Oven Roasted) w/Benefit Bar	25.11	Ham, Turkey & Cheese Sandwich	30.82	Brown Sugar Cinn Poptart
Chicken Alfredo	28.82	Ham, Turkey & Cheese Wrap	33.68	Cheerios
Chicken Fajita	26.03	Italian Turkey Panini	26.94	Cinnamon Roll
Chicken, Football Shaped (3 Pieces)	12	PB & Jelly Sandwich	63.34	Cinnamon Toast Crunch
Chicken Garlic Parm w/w/o roll	26/0	Toasted Cheese	30	Cocoa Puffs
Chicken Parm w/ bun	44.6	Tuna Salad Sandwich	33.23	Crescent, Chocolate (Pillsbury)
Chicken Patty (Spicy) w/ bun	42	Tuna Salad Wrap	37.22	Donut, Whole Grain - 2.3oz.
Chicken Patty w/ Bun (K-8)	39	Tuna Salad (Scoop)	4.83	Glaze Added to Donut
Chicken Patty w/Bun (9-12)	42	Turkey & Cheese Sandwich	29.01	Donut, Mini Chocolate (6-pack)
Chicken Patty ONLY (K-7) ES/MS	13	Turkey & Cheese Wrap	32.91	Donut Mini Powered (6-pack)
Chicken Patty ONLY (8-12) JHS/SHS	16	Turkey Florentine Wrap	34.91	French Toast Sticks (4)
Chicken Popcorn (10)	17	Turkey Salad Sandwich	34.77	French Toast, Triple Berry
Chicken Popcorn (10) w/BBQ Sauce	33	Turkey Salad Wrap	38.77	Frosted Mini-Wheats
Chicken Riggies	72.6	Turkey Sandwich	28.83	Fruit Loops

Chicken Rings (5)	11
Chicken Stir Fry w/Rice	35.39
Chicken, Tangerine Mandarin (No Rice)	25
Chicken, Tangerine Mandarin (w/Fried Rice)	61
Fortune Cookie	6
Chicken Tetrizzini	24.27
Chicken Teriyaki Rice Bowl	37.06
Chicken Tenders (3) (September)	17
Chicken Thai w & w/o Rice	69/15
Chicken Tso w & w/o Rice	78/24
Fortune Cookie	6
Chicken/Cheese Nachos & Cookie	47.74
Chicken/Cheese Nachos	30.42
Chicken/Cheese Quesadila	24.36
Chili Burger & w & w/o roll	39/13
Chili Dog w & w & w/o roll	33/7
Chili, Vegetarian (w/o Scoops or Bowl)	23.11
Tostito Scoops	22
Edibowl (4 1/2")	15
Chili, Vegetarian w/Squash & Bowl	38.11
Cowboy Chili & Cornbread	62.54
Cuban Panini	32.38
Panini Bread in above	30
Egg & Muffin Sandwich	27
Fish Nuggets Plain (4)	23
Fish Sandwich w/ bun	40
Fish Taco Baja w/Slaw & Sauce	70.94
Fish Stick (Hoagie)	14
Wrap for Taco	22
Slaw	24.66
Fish White Sauce (1 oz.)	10.27
Fish Burger on Ciabatta Roll	35.89
Fish	4

Turkey Wrap	32.69
Turkey Wrap w/ Chips	54.04
Turkey/Ham/Cheese Sandwich	29.96
Turkey & Gravy Sandwich	36.92
Turkey Sandwich Pretzel bun	41.75
Sub Boxes	CHO(g)
Turkey Sub on Hoagie Roll	29.69
Turkey & Cheese Sub on Hoagie Roll	29.91
Ham & Cheese Sub on Hoagie Roll	32.76
Tuna Salad Sub on Hoagie Roll	33.83
Ranch for Dipping (PC Packet)	5
Cheese, Slice	0.23
Lettuce (1/3 Cup)	0.54
Hoagie Sub Roll	29
Craisins (All Varieties)	28
Salad/Fruit Boxes *	CHO(g)
Cesar Salad Box	32.73
Cheese Fruit Box	48.62
Cheese Salad Box	48.64
Chef Salad Box	49.56
Chicken Patty Salad Box	50.02
Chicken Popcorn Salad Box	63.52
Garden Salad (SIDE) - No Dressing	7.76
Garden Salad (SIDE) w/Dressing	12.2
Italian Salad Box	48.61
Mexican Black Bean Salad Box	85.44
Peanut Butter Fruit Box	60.62
Spicy Chicken Salad Box	57.65
Tuna Salad Salad Box	47.91
Turkey Sliced Salad Box	47.56
Veggie Bean Salad Box	62.98
Veggie Salad w/Egg Box	55.69

Golden Grahams
Honey Nut Cheerios
Muffin (Chocolate Chip) (3.1oz.)
Muffin (Apple Cinnamon) (4oz.)
Muffin (Blueberry) (4 oz.)
Muffin (Orange Dream) (4oz.)
Muffin (Banana) (4oz.)
Oatmeal - Maple Brown Sugar*
Oatmeal - Raisin & Spice*
Oatmeal - Apple Cinnamon*
Oatmeal - Regular*
*All Oatmeals contain 1/2 TB Added Brown Sugar 1/2 TB Brown Sugar
Pancakes Mini w/ sausage
Pancake w/Sausage Wrap/Stick
Pancake, Stuffed (Cinnamon)
Pancake, Stuffed (Blueberry)
Pop Tarts WG (1 Pop Tarts)) Frosted Blueberry
Pop Tarts WG (1 Pop Tarts)) Frosted Fudge
Rice Chex
Sausage Link (2)
Strawberry Poptart
Trix
Ultimate Breakfast Cookie
Yogurt, Danimals - 1 Container
Zucchini Bread Slice, WG
Breads
Breadstick - Cheese Filled
Corn Bread Loaf
Corn Muffin
Dinner Roll (1 oz.)
Flatbread

Ciabatta Roll	30
Mayo	1.89
Fish White Sauce (1 oz.)	10.27
French Toast (4) & Sausage	70.26
Gordita (Chipolte Chicken)	35
Gordita (Turkey Cheese)	37
Gordita (Bean Cheese)	45
Ground Beef Stew	34.34
Ham & Cheese Melt	33.35
Ham & cheese melt w/ bun	29.49
Ham & Cheese Pretzel bun	31.45
Hamburger on WG bun	27
Hamburger Stroganoff w/Rice	24.51
Homemade meatballs (2 each)	7.07
Hot Dog on a roll/no roll	27/1
Hot Dog on a roll w/Kraut	29.4
Hummus Meal (Total)	50
Hummus, Roasted Red Pepper (3oz.)	18
Tostitos	19
String Cheese	0
Dinner Roll	13
Lasagna w/ ground beef	28.35
Mac & Beef/Cheese	26.5
Macaroni & Cheese	39.36
Macaroni Salad	8.34
Meatball Sub on Roll (K-8)	32.4
Meatball Sub on Roll (9-12)	34.47
Nachos w/ Salsa	25.91
Pancakes Mini (No Syrup)	40
Pancakes Mini w/Sausage	41
Panini, Cuban	32
Panini, Italian Tukey	26.95
Pasta w/Meatballs	58.24

***All Boxes include Roll & Dressing,
Except Mexican Black Bean Salad Box**

Pizza

Bagel Pizza, Cheese	31
BBQ Chicken Pan Pizza	34.38
Big Daddy Cheese Pizza	30.6
Breakfast (Bacon Scramble)	23
Breakfast (Turkey Sausage)	27
Buffalo Chicken (Nardone)	27
Buffalo Pizza (Homemade) (JR/SR)	40.09
Cheese Homemade (K-8) (Square)	32.22
Cheese Homemade (9-12) (Square)	40.27
Cheese (Nardone)	29
Chicken Ranch	41.3
Pizza Crunchers (4) w/Sauce	46.22
Pizza Dippers (2) w/ Sauce	35.22
French Bread (Nardone)	29
Garlic (ES/MS)	32.13
Garlic (JR/SR)	40.17
Garlic Bread Cheese Pizza	27
Pepperoni (Homemade) (ES/MS)	33.12
Pepperoni (Homemade) (JR/SR)	41.4
Personal Pan	31.87
Quesadilla Chicken Pizza (Slice)	37
Stuffed Crust	32
Spiedie Chicken Pizza	25.57
Taco Pizza	43.41
<u>Fruits</u>	<u>CHO(g)</u>
Apple slices, canned	9
Applesauce, unsweetened	14.42
Canned fruit, mixed	17.88
Mandarin Oranges, canned	20.11

Garlic Breadstick (1)
Hamburger Bun
Hot Dog Bun
Mini Dinner Roll (1 oz.)
Sandwich Bread (per slice)
Texas Toast
Whole Wheat Snack Crackers
<u>Beverages (Per Container)</u>
Milk (Fat Free)
Milk (1%)
Milk (Fat Free Chocolate)
Apple Juice
Orange Juice
Grape Juice
Juice 4 U (Variety) Dragon Juice
Fruitables - Strawberry Kiwi
Fruitables - Mixed Berry
SWITCH BEVERAGES
Switch Apple
Switch Black Cherry
Switch Grape
Switch Kiwi Berry
Switch Strawberry/Watermelon
<u>Condiments/Sauces</u>
1000 Island dressing
BBQ sauce (PC packet)
Boom Boom sauce (1 oz)
Cheese Cup, Ultimate Cheddar
Chili Dog Sauce (1/2 oz)
Cream cheese, light
Florentine Dressing
French dressing, light
Garlic Parmesan Sauce (1oz.)

Pasta w/ Meat Sauce	51.17
Patty Melt on Bun	28.8
Pizza Burger on Bun	31,58
Pizza Crunchers (4)	41
Pizza Crunchers (4) w/Sauce	46.22
Pizza Dippers (2) w/Sauce	35.22
Pizza Dippers (2) w/o Sauce	30
Popcorn Chicken Wrap	37.39
Pork Patty w/Gravy	21
Pretzel Bun Turkey Sandwich	41.75
Pulled Pork Sandwich	41
Quesadilla, Chicken & Cheese	25.45
Quesadilla, Cheesiest Con Queso (3)	31
Quesadilla, Totally Taco Bite (3)	30
Ravioli Cheese w/ Sauce	45.51
Rib-B-Q on Bun	36
Rotini & Meatballs (3)	47.59
Salisbury Steak w/Gravy	5.17
Shrimp Poppers (20)	22
Sloppy Joe on Bun	35.72
Sloppy Joe w/ Tostitos	44.72
Spaghetti w/ Meatballs (3)	57.75
Sweet & Sour Chicken	77
Taco Bite - Totally (3 Triangles)	30
Taco, Turkey w/ Shell	29.34
Teriyaki Chicken bowl w/Rice	57.87
Fried Rice	54
Teriyaki Sauce	3.87
Toasted Cheese	30
Turkey & Biscuit w/Mashed Potato	60.54
Turkey & Gravy w/ Mashed Potato	22.92
Turkey & Cheese Pretzel Melt	29.2
Taco Boat w/Beef	20.3

Peaches, canned	18.22
Pears, canned	18.99
Pineapple, canned	16.84
Raisins	30.09
Strawberries, frozen (1/4 Cup)	16.52
Banana, (medium)	26.95
Apple (medium)	25.13
Oranges (medium)	15.39
Smart Snack A-La Carte Items	CHO(g)
Cheetos - Fantastix Chili Cheese	19
Cheetos, Puffs - Reduced Fat	14
Cheetos, Flamin Hot Puffs - Reduced Fat	14
Cheetos - Fantastix! Flammin Hot Style	20
Cheetos - Oven Baked, Crunchy Cheese	17
Cheetos - Oven Baked, Flammin' Hot	17
Cheeze-It, Atomic Cheddar, Whole Grain	15
Cheeze-It, Original, Whole Grain	14
CHEX	
Simply Chex, Chocolate Caramel	22
Simply Chex, Hot & Spicy	19
DORITOS	
Doritos - Cool Ranch, Reduced Fat	20
Doritos - Flamas, Reduced Fat	20
Doritos - Nacho Cheese, Reduced Fat	20
Doritos - Spicy Sweet Chili, Reduced Fat	20
FRUIT SNACKS	
Mott's Medley's Variety	38
FUNYUNS	
Funyuns Snack	14
GOLDFISH	
Goldfish Crackers, Cheddar, Whole Grain	14
Graham Crackers, Bug Bites, Keebler, WG	21

Italian Dressing, DC, PC Packet	
Ketchup packet	
Mayo, light (pc packet)	
Mayo, Spicy (1 ounce)	
Meat Spaghetti Sauce (1/2 Cup)	
Mustard (PC packet)	
Ranch Dressing, DC, PC Packet	
Salsa (1oz.)	
Sauce (Marinara for Dipping)*	
*Dip Breadstick, Calzone, Dippers	
Spaghetti Tomato Sauce (1/2 cup)	
Syrup (PC packet)	
<u>Sides (1/2 Cup) unless indicated</u>	
Baby carrots w/ Ranch	
Baked Beans	
Bean, Three Beans Salad	
Bean Dip, Cheesy (1/2 Cup)	
Beans, Garbonzo, canned	
Black Bean & Corn Salsa	
Black Bean & Corn Salsa w/Scoops	
Broccoli, florets (steamed)	
California Mixed Vegetables	
Carrots, Brown Sugar (3/4 cup)	
Carrots, canned (3/4 Cup)	
Carrots, Orange Glazed (3/4 cup)	
Carrot Sticks, Hummus Dip	
Carrot Sticks, Ranch Dip (PC)	
Celery Sticks w/ Dip	
Cheesy Bean Dip (1/2 Cup)	
Coleslaw	
Corn, canned, no added salt	
Cowboy Caviar	

Yogurt Meal w/ Pretzel	46.65
Pretzel in Yogurt Meal	30
Yogurt meal w/ Bug Bites & Granola	59.91
Bug Bites - 1 oz. Bag	21.26
Granola in Yogurt Meal (1oz.)	22
Granola in Yogurt Meal (1oz.)	44
Yogurt Meal w/2oz. Granola	60.65
Danimals Yogurt - 1 Container	15.65
Sunflower Kernals (Original) - 1.1oz.	5
Sunflower Kernals (Honey) - 1.1oz.	6
Desserts	CHO(g)
Apple Cake	78.4
Applesauce Cake	29.59
Apricot Cake	28.44
Banana Cake	24.86
Banana Muffin Squares	29.16
Blueberry Crisp	44.75
Blueberry Muffin Squares	29.16
Brownie Bites	33
Cake (white from mix)	24.03
Cake Poke	34.94
Carrot Cake	33.02
Celebration Cake	73.95
Cherry Cake	29.35
Cherry Cobbler	42.73
Cherry Crisp	89.81
Choc Cake NO icing (JR/SR)	30.04
Choc Cake No icing (MS/ES)	22.53
Choc Cake w/ Icing (Jr/SR)	42.63
Choc Cake w/ Icing (MS/ES)	31.97
Chocolate Chip cookies	41.89
Cinnamon Crisps	23.26
Cookie (Davids)	17.32

PITA CHIPS	
Pita Chips, Kangaroo, 51% Whole	24
POPPED CRISPS/CORN	
Smartfood Delight Sea Salt Caramel	10
Smartfood Delight White Cheddar Popcorn	9
POTATO CHIPS	
Oven Baked Lays - Original	20
Oven Baked Lays - Sour Cream & Onion	18
Oven Baked Lays - BBQ	19
PRETZELS	
Pretzels, Hartzels, Rold Gold, WG	15
Whole Grain Soft Pretzel (2.2oz.)	30
QUAKER SNACK MIX	
Quaker Snack Mix, Kids Mix	17
TORTILLA CHIPS	
Tostitos, Baked Scoops (0.875oz.)	19
Tostitos, Crispy Round Chips (0.87oz.)	18
COOKIES	
GRAHAM CRACKERS	
Keebler, Elf Grahams, Chocolate	20
Graham Crax Stix, Scooby Doo, Cinnamon, WG	21
Graham Cracker Stix, Scooby Doo, HONEY WG	23
DOTS - WG, Graham Crackers, Vanilla	20
Skeeter Nut Free, Cinnamon Grahams	21
Skeeter Nut Free, Chocolate Chip Mini	19
CHORTLES	
Chortles, Graham Crax w/Choc Chip, WG	19
Chortles, Choc Graham Crax, WG	19
Chortles, Cinnamon, Graham Crax WG	20
Mini-Mini Chortles, Choco Chip (0.5oz.)	9
DAVID'S COOKIES	
David's, WG, Chocolate Brownie, Reduced Fat	17
David's, WG, Chocolate Chip, Reduced Fat	17

Crisp Veggie w/ Dip	
Eggroll, Vegetable	
French Fries - (5 to 9 Fries)	
Fried Rice, 6oz. w/Vegetables	
Green Beans	
Jello, fruited/top (Orange)	
Lettuce/tomato/cheese cup	
Macaroni Salad	
Mashed potatoes	
Mashed potatoes, cheesy	
Pasta Salad	
Peas	
Peas & Carrots	
Potato Gems - (10 pieces)	
Potato Wedges- (3 to 4 wedges)	
Refried Beans	
Rice, Brown	
Rotini, whole grain	
Salsa, low-sodium canned	
Squash, Butternut (3/4 cup)	
Smile Fries - (4 Smiles)	
Spinach, Creamed	
Star Potatos (9 Stars)	
Sweet Potato Fries (9 to 12 Fries)	
Sweet Potato Gems (15 to 17 Gems)	
Sweet potatoes, canned	
Three Bean Salad	
Hershey's Ice Cream Novelties	
Banana Cream Tropi- Kool Fruit Bar	
Birthday Cake Yogurt Dessert Cup, NF	
Birthday Cake Yogurt Twister Cup, NF	
Brownie Batter Ice Cream Sandwich	

Cookie (Football) (Leaf)	19	David's, WG, Oatmeal Raisin, Reduced Fat	18	Candy Cane Ice Cream, Low-Fat Season
Cookie (Harvest Pumpkin)	19.24	David's, WG, Sugar, Reduced Fat	18	Cherry/ Blue Raspberry Juice Rush
Cookie (Holiday)	19	David's, WG, Rainbow, Reduced Fat	15	Cherry Vanilla Swirl Ice Cream Cup, LF -
Cookie (Shamrock)	19	GRANDMA'S		Chocolate Ice Cream Dessert Cup - Low
Fortune Cookie	13	Grandmas Mini Chocolate Chip (WG)	25	Chocolate Mint Ice Cream Dessert Cup,
Frosting (Vanilla Cream)	18	GRANOLA BARS		Chocolate Scooter Crunch Bar
Frozen Juice Cup	19	Quaker Chewy Granola Bar, Chocolate Chip	17	Chocolate Sundae Dessert Cup, LF
Icing Cake (ES/MS)	9.44	Quaker, Chewy, Pnut-Butter, Chocolate Chip	17	Chocolate Vanilla Twist Cone, LF
Icing Cake (Jr/Sr)	12.59	Kelloggs, Nutri-Grain Cereal Bar - Strawberry	30	Cookies N' Cream Cone, LF
Jello, Orange w/Pineapple & Topping	20.3	Kelloggs, Nutri-Grain Cereal Bar - Blueberry	30	Cookies N' Cream Sandwich, LF
Lemon Crisps	11.02	Kelloggs, Nutri-Grain Cereal Bar - Apple Cinn	30	Cotton Candy Ice Cream Dessert Cup, L
Oatmeal Cookies	28.17	Kelloggs, Cocoa Krispies, Chewy Granola - Choc	27	Cotton Candy Yogurt Twister Cup, NF
Peanut Butter Brownies	28.18	Kelloggs, Cocoa Krispies, Chewy Granola - Apple Cinn	27	Crazy Cone, LF
Peanut Butter Cookies	16.27	Kelloggs, Cocoa Krispies, Chewy Granola - Berry	27	Fudge-O-Bar
Pineapple Upside Down Cake	37.07			Lemon Orange Juice Rush
Pudding (Butterscotch)	26	Harvest Recipes		Lemon Sherbet Cup
Pudding (Chocolate)	28	Chili, Vegetarian w/Squash & Bowl	38.11	Mango Tropi-Kool Fruit Bar
Pudding (Vanilla)	26	Crunchy Pear Salad - (1/2 Cup)	23.16	Minty Mint Ice Cream Sandwich - Redu
Pumpkin Bars	51.49	Ginger Slaw (1/2 Cup)	2.65	Orange Blossom Bar - Low Fat
Pumpkin Cake	29.7	Magneta Root Salad (1/2 Cup)	18.85	Orange Sherbet Cup
Pumpkin crunch	15.53	Parsnip & Potato Mash (1/2 Cup)	18.27	Polar Blast - Fruit Punch Bar
Royal Brownies	25.48	Blueberry Chicken Wrap*	32.58	Pumpkin Spice Dessert Cup, LF Season:
Sorbet (Blue Raspberry)	19	*Wrap in Above Recipe	29	Raspberry Sherbet Cup
Spice Cake w/ Icing	46.43			Raspberry Yogurt Dessert Cup, NF
Spice Cake w/o Icing	36.91			Salted Caramel Brownie Crunch Bar, RF
Spice Icing	9.4			Sour Apple Twister Cup, NF
Spiced Apple Topping	21.7			Sour Blue Raspberry Twister Cup, NF
Sugar Cookie	26.83			Spooky Sundae Dessert Cup, LF - Seaso
Whipped Topping	3.9			Spring Party Dessert Cup, LF - Seasonal
Yellow Cake Iced w/ Sprinkles	52.08			Strawberry Mango Juice Rush
Yellow Cake w/ Icing (ES/MS)	41.08			Strawberry Scooter Crunch Bar
Yellow Cake w/ Icing (JR/SR)	44.23			Strawberry Sundae Dessert Cup - Low f
Yellow Cake w/o Icing	31.64			Strawberry Tropi-Kool Fruit Bar

Yellow Poke Cake w/ Jello
Yellow Poke Cake w/ Whipped Cream

41.15
47.35

Vanilla Ice Cream Dessert Cup - Low Fa
Vanilla Ice Cream Sandwich, RF
Vanilla Mighty Mini Ice Cream Sandwic
Vanilla Yogurt Dessert Cup, NF

CHO(g)

10.2

14.69

32.9

26.56

16.78

24

16

17.06

CHO(g)

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32.6

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CHO(g)

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