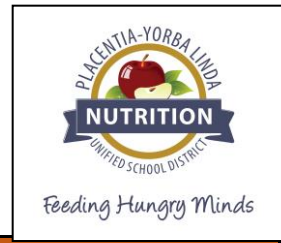


2018-2019
Total Carbohydrate Counts
ELEMENTARY



Breakfast Items	Grams of Carbohydrates
Apple Filled Breadstick	38
Bagel & Cream Cheese	33.5 + 1
Breakfast Bean & Cheese Burrito	18.12
Breakfast Stick- Egg,T.Bacon, Cheese	17
Breakfast Pizza Bagel	23.16
Chicken Chorizo / Egg wrap	16.18
Cinnamon Roll	54
Chocolate Muffin Top	32
Eggs, T.Bacon & Biscuit	1
French Toast Sticks	31.15
Egg & Bacon Breakfast Stick	17
Turkey Ham & Cheese Croissant	17
Mini Apple Breakfast Bites	39
Mini Blueberry Waffles	38
Pan Dulce	34
Pancake Wrapped Sausage on a stick	17
Pancake, mini – Banana	37
Pancake, mini – Choc Chip	41
Pancake, mini - Maple	32
String Cheese	1
Sunny Side Up Sandwich (turkey, egg, cheese)	30
Sunrise Sandwich (Sausage & Cheese)	15.1
Yogurt (4 oz) + Housemade Granola	16 + 39
Yogurt (4oz) + Goldfish Grahams	19+39
Poptart- Whole Grain	75
Cereal, Rice Chex	24
Cereal, Cinnamon Toast Crunch	22
Cereal, Cheerios (Regular, Fruity, Apple Cinnamon)	22

Lunch Items	Grams of Carbohydrates
Burrito (bean & cheese)	40.95
Bean & Cheese Chalupa	21.15
Cheese Burger	30.1
Cheese Bites	28
Cheesy Flatbread	33
Chicken & Waffle	13+38
Chicken Alfredo	38.5
Chicken Nuggets (5ea)	16
Chicken Patty W/ Bun	42
Cherry Blossom Chicken & Rice	35.6 +28
BBQ Chicken (strips)	12
Chicken Tenders	13
Chicken Tamale	26
Double Dogs	31.5
Grilled Cheese Sandwich	24.13
Mac N Cheese	36
Mini Corndogs	30
Orange Chicken / Rice	11+28
Pizza Bread Stick, Pepperoni	29
Pizza, Personal Round	31
Pizza, Wedge	32
Rotini and Meat Sauce	31.5
Roasted Turkey + Gravy	0 + 4
Salad, Chicken & Ranch (no Chips)	12
Salad, Chicken Caesar (w/croutons)	15.35
Sunbutter Sandwich	28
Teriyaki Chicken/Rice	15.5+28
Taco Meat & Chips	7.9 + 31
Waffle- (Breakfast for Lunch) & Syrup	28.27+31
French Toast Bites (Breakfast for Lunch)	19g
Vegetarian Chili	25.83



Fruits	Grams of Carbohydrates
Apple fresh	19.6
Apple Slices, pouch	8
Apple Sauce Cups	14
Apricot Cups	25
Strawberry Cups	22
Peach Cups	19
Banana	23
Canned Fruit	13.8
Kiwi	12.5
Mandarin Orange (barrel)	17
Orange	15.4
Pineapple (barrel)	18
Rosy Applesauce	22
Icee (Blue Rasp / Lemon)	22
Icee (Strawberry Kiwi)	22
Icee- Sour Cry Baby	25
Vegetables	Grams of Carbohydrates
Beans, Pinto (refried)	32
Broccoli	8
Carrot	7
Carrot & Celery Stick	3.3
Corn	15.25
Cheesy Scallop Potato	22
Cowboy Beans	
Garden Salad	1.5
Lettuce & Cheese Cup	2
Mashed Potato	14.89
Potato Wedges	19
Salsa Cup	2
Tater tots	17
Smiley Fries	20

Sides & Extras	Grams of Carbohydrates
Baked Cheetos	29
Chez IT	28
Brownie Cup	26.5
Doritos	16
Fortune Cookie	7
Garlic Toast	15
Holiday Cookie turkey	13.76
Happy Birthday Cookie	16.19
Ginger Graham	6.25
Mini Rice Krispy Treat	8.5
Ranch 1.5 oz	6
Scooby Grahams	21
Sun Chips	18
Tortilla Chips	31
Corn Star Muffin	25
Sweet Corn Bread Loaf	36
Elf Grahams	17
Dinner Roll	34
Chocolate Chip Cookie	24.3
Mini Biscuit	