**SY 22-23 Carbohydrate Count List**

Breakfast Items

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| Bagel (Lender's Individually Wrapped 2.0 oz) | 28 |
| Bagel Sandwich (Bacon, Egg, & Cheese) | 30 |
| Bagel Sandwich (Egg & Cheese) | 30 |
| Bagel Sandwich (Sausage, Egg, & Cheese) | 31 |
| Breakfast Round - Nature Valley (Oatmeal Apple Cinnamon) | 39 |
| Breakfast Round - Nature Valley (Oatmeal Banana Chocolate Chip) | 39 |
| Benefit Bar (Apple Blueberry) | 48 |
| Benefit Bar (Banana Chocolate) | 48 |
| Benefit Bar (French Toast) | 47 |
| Benefit Bar (Oatmeal Chocolate Chip) | 47 |
| Bug Bites Cinna Grahams | 21 |
| Cereal Bar (Cinnamon Toast) | 30 |
| Cereal Bar (CocoaPuff) | 30 |
| Cereal Bar (Trix) | 30 |
| Cereal Bowl (1 oz. Apple Cinnamon Cheerios) | 22 |
| Cereal Bowl (1 oz. Cheerios) | 21 |
| Cereal Bowl (1 oz. Chex) | 25 |
| Cereal Bowl (1 oz. Cinnamon Toast Crunch) | 22 |
| Cereal Bowl (1 oz. Cocoa Puffs - Reduced Sugar) | 25 |
| Cereal Bowl (1 oz. Frosted Flakes) | 24 |
| Cereal Bowl (1 oz. Golden Grahams) | 24 |
| Cereal Bowl (1 oz. Honeynut Cheerios) | 23 |
| Cereal Bowl (1 oz. Raisin Bran) | 28 |
| Cereal Bowl (1 oz. Trix) | 24 |
| Cinni Minis | 34 |
| Cinnamon Toast Crunch Soft Filled Bar | 33 |
| Crescent Roll (Chocolate Filled) | 32 |
| Donut Holes (6) Cinnamon Sugar | 37 |
| Donut Ring, Plain | 30 |
| Egg & Cheese English Muffin | 23 |
| French Toast (Berry) | 29 |
| French Toast (Cinnamon Rush) | 29 |
| French Toast Crunchmania | 38 |
| Frudel (Apple) | 30 |
| Granola (1/2 cup) | 26 |
| Mini Cinnamon Creamy Cheese Bagels | 34 |
| Mini Strawberry Creamy Cheese Bagels | 34 |
| Muffin (Apple Cinnamon) | 31 |
| Muffin (Banana) | 30 |
| Muffin (Blueberry) | 30 |
| Muffin (Chocolate Chip) | 33 |
| Muffin (Corn) | 31 |
| Nutrigrain Bar (Apple Cinnamon) | 30 |
| Nutrigrain Bar (Blueberry) | 30 |
| Nutrigrain Bar (Strawberry) | 30 |
| Orange Sherbet | 30 |
| Pancakes (Mini Confetti) | 36 |
| Parfait (Blueberry & Yogurt) | 29 |
| Parfait (Orange & Yogurt) | 25 |
| Parfait (Peach & Yogurt) | 32 |
| Parfait (Pineapple & Yogurt) | 29 |
| Parfait (Strawberry & Yogurt) | 27 |
| Poptart (Blueberry) | 36 |
| Poptart (Cinnamon) | 36 |
| Poptart (Fudge) | 36 |
| Poptart (Strawberry) | 36 |
| Pumpkin Breakfast Bread | 44 |
| Scooby Doo Cinna Grahams | 21 |
| Smoothie (Apple Cinnamon Yogurt) | 31 |
| Smoothie (Apple Orange Yogurt) | 30 |
| Smoothie (Berry Banana) | 37 |
| Smoothie (Chocolate Dipped Strawberry) | 30 |
| Smoothie (Strawberry Apple) | 29 |
| String Cheese | 2 |
| Turkey Pancake Wrap | 16 |
| Waffles (Maple Mini) | 33 |
| Waffles (Mini Blueberry) | 33 |
| Yogurt (Strawberry Banana Crush Cup) | 14 |

Lunch Items

|  |  |
| --- | --- |
| Baked Potato (Broccoli & Cheese) | 41 |
| Baked Potato (Vegetable Chili) | 51 |
| BBQ Chicken Mac and Cheese | 70 |
| BBQ Meatballs (5) | 14 |
| Beef Meatballs (4) | 2 |
| Beef Taco Totchos w/ Chips | 41 |
| Black Charro Beans (1/4 cup) | 13 |
| Bosco Sticks (Cheese Stuffed (2)) | 33 |
| Bread (2 Slices) | 30 |
| Breaded Chicken Drumstick | 9 |
| Breaded Chicken Parmesan (Elementary) | 16 |
| Breaded Chicken Parmesan (Intermediate & HS) | 12 |
| Breaded Fish Bites (6 - Elementary) | 17 |
| Breaded Fish Bites (8 - Intermediate) | 22 |
| Burger (Bacon Cheeseburger) | 30 |
| Burger (BBQ Onion Cheeseburger) | 41 |
| Burger (Cheeseburger) | 30 |
| Burger (Hamburger) | 29 |
| Burrito (Bean Burrito) | 62 |
| Burrito (Beef & Cheese) | 51 |
| Burrito (Chicken & Cheese) | 51 |
| Cheese Sauce (3 oz) | 5 |
| Cheez-It Crackers | 15 |
| Chicken & Cheese Penne Bake (High School) | 54 |
| Chicken Corn Dog | 26 |
| Chicken Nuggets (5) | 15 |
| Chicken Patty, Diced (3 oz) | 6 |
| Chicken Snack Wraps (2) | 42 |
| Chicken Tender (2) | 12 |
| Chili (Beef 6 oz) | 11 |
| Chili (Vegetable Bean 8 oz) | 35 |
| Chili Mac (6 oz - Elementary) | 26 |
| Cinnamon Churro | 22 |
| Country Popcorn Chicken Bowl | 41 |
| Cookie, Chocolate Chip (1 oz) | 18 |
| Croutons (4 oz) | 18 |
| Dinner Roll | 20 |
| Dutch Waffle | 38 |
| Fajita (Chicken) | 35 |
| Fish Sticks (3) | 18 |
| Fish Sticks (4) | 24 |
| Flatbread | 26 |
| French Toast Sticks (3) | 28 |
| French Toast Sticks (4) | 38 |
| General Tso Popcorn Chicken w/ Broccoli | 33 |
| Golden Crispy Boneless Chicken Wings (5) | 13 |
| Goldfish Crackers | 14 |
| Granola (1/2 Cup) | 26 |
| Gravy (1/4 c. - Poultry) | 6 |
| Ham and Cheese on a Pretzel Roll | 38 |
| Harvest Grain Bowl | 120 |
| Heartzels | 15 |
| Hot Dog on Bun | 29 |
| Ice Cream (LF Vanilla – 3 oz Cup) | 14 |
| Italian Popcorn Chicken w/ Red Sauce | 42 |
| Jumbo Cheese Ravioli (3) | 23 |
| Macaroni & Cheese (12 oz - High School) | 48 |
| Macaroni & Cheese (6 oz Elementary & Intermediate) | 26 |
| Macaroni & Cheese (BBQ Chicken) (12 oz - High School) | 69 |
| Macaroni & Cheese (Buffalo Chicken Meatball Mac & Cheese Bowl) | 34 |
| Macaroni & Cheese (Fiery Cheeto) (6 oz - Intermediate) | 28 |
| Max Pizza Sticks w/ Dipping Sauce (2) | 42 |
| Mexican Spiced Rice (1/2 cup - High School) | 22 |
| Mini Pierogies (6) | 24 |
| Muffin (Corn) | 31 |
| Nacho Cheese Walking Taco | 26 |
| Nachos (Beef & Kickin' Bean) | 37 |
| Nachos (Kickin' Bean) | 42 |
| Pancakes (2) | 27 |
| Pancakes (3) | 41 |
| Parfait (Blueberry & Yogurt) | 29 |
| Parfait (Orange & Yogurt) | 25 |
| Parfait (Peach & Yogurt) | 32 |
| Parfait (Pineapple & Yogurt) | 29 |
| Parfait (Strawberry & Yogurt) | 27 |
| Penne Chicken Alfredo (6 oz - Elementary) | 20 |
| Penne Chicken Alfredo (8 oz - Intermediate & High School) | 26 |
| Penne Pasta (1/2 c) | 20 |
| Pizza - BBQ Chicken (1/8 cut) | 43 |
| Pizza – Bruschetta (1/8 cut) | 29 |
| Pizza - Buffalo Chicken (1/8 cut) | 30 |
| Pizza - Cheese (1/8 cut) | 30 |
| Pizza - Cheese (7" Wedge Elementary) | 32 |
| Pizza – Chicken Parmesan (1/8 cut) | 30 |
| Pizza - Chicken Sausage (1/8 cut) | 30 |
| Pizza - Galaxy Cheese (Elementary) | 26 |
| Pizza - Honey Mustard Chicken & Bacon (1/8 cut) | 33 |
| Pizza – Meatball (1/8 cut) | 31 |
| Pizza - Meat Lover's (1/8 cut) | 30 |
| Pizza - Pepperoni (1/8 cut) | 30 |
| Pizza – Taco (1/8 cut) | 30 |
| Pizza - White (1/8 cut) | 29 |
| Popcorn Chicken & Orange Sauce | 52 |
| Popcorn Chicken (12 pieces) | 16 |
| Quesadilla (Beef & Cheese 6" - Elementary) | 31 |
| Quesadilla (Beef & Cheese on 10" Tortilla) Intermediate/High School | 31 |
| Quesadilla (Cheese 6") | 31 |
| Refried Beans (1/4 cup) | 11 |
| Rice (1/2 cup) | 21 |
| Rice (1 cup) | 42 |
| Rice (Mexican Spiced, 1/2 cup) | 22 |
| Rotini Pasta (1 cup) | 40 |
| Rotini Pasta (1/2 cup) | 20 |
| Salad (All-American Cobb) | 8 |
| Salad (Breaded Chicken Caesar) | 24 |
| Salad (Buffalo Ranch Popcorn Chicken) | 20 |
| Salad (Ham Chef) | 6 |
| Salad (Popcorn Chicken) | 15 |
| Salad (Turkey Chef) | 4 |
| Sandwich (BBQ Bacon Cheddar Grilled Chicken Sandwich) | 38 |
| Sandwich (BBQ Chicken Cheddar Melt) | 39 |
| Sandwich (BBQ Pork Riblet Sandwich w/ Slaw) | 55 |
| Sandwich (BBQ Pork Riblet Sandwich) | 53 |
| Sandwich (Breaded Chicken - Intermediate & HS) | 36 |
| Sandwich (Breaded Chicken Parm) | 40 |
| Sandwich (Breaded Honey Mustard Chicken Melt) | 44 |
| Sandwich (Breaded Honey Mustard Chicken Melt) Elementary | 47 |
| Sandwich (Buffalo Chicken) | 37 |
| Sandwich (Cheese Sandwich) | 34 |
| Sandwich (Chicken Cheesesteak) | 36 |
| Sandwich (Chicken Patty - Elementary) | 40 |
| Sandwich (Chicken Salad) | 33 |
| Sandwich (Grilled Cheese) | 34 |
| Sandwich (Grilled Chicken Sandwich) | 29 |
| Sandwich (Ham & Cheese on a Bagel) | 31 |
| Sandwich (Italian Meatball Sub on Hot Dog Bun) | 35 |
| Sandwich (Meatball Taco Sub on Hot Dog Bun) | 33 |
| Sandwich (Nashville Hot Chicken) | 40 |
| Sandwich (Peanut Butter & Jelly) | 72 |
| Sandwich (Sloppy Joe) | 33 |
| Sandwich (Tuna Salad Sub on Hot Dog Roll) | 29 |
| Sandwich (Tuna Salad Sub) | 32 |
| Sandwich (Turkey & Cheese) | 32 |
| Smoothie (Apple Cinnamon Yogurt) | 31 |
| Smoothie (Apple Orange Yogurt) | 30 |
| Smoothie (Berry Banana) | 37 |
| Smoothie (Chocolate Dipped Strawberry) | 30 |
| Smoothie (Strawberry Apple) | 29 |
| Spaghetti Sauce (1/2 c) | 11 |
| Spooky Sundae | 16 |
| String Cheese | 2 |
| Sub Roll | 29 |
| Tacos (Cheesy Egg & Tater Tot Breakfast Tacos (2)) | 41 |
| Tacos (Chicken Soft Tacos (2)) | 31 |
| Tacos (Fish tacos w/ creamy sriracha coleslaw (2)) | 57 |
| Teriyaki Popcorn Chicken w/ Broccoli | 27 |
| The Gobbler Bowl | 65 |
| Tomato Soup (1/2 c) | 11 |
| Tortilla (10" WG Flour Tortilla) | 29 |
| Tortilla Chips (Baked Scoops .875 oz bag) | 19 |
| Tortilla Chips (Rounds, 2-6 oz spoodles) | 32 |
| Wrap (Ham & Cheese) | 35 |
| Wrap (Honey Mustard Chicken) | 36 |
| Wrap (Ranch Chicken) | 33 |
| Wrap (Turkey Caesar) | 31 |

Fruits

|  |  |
| --- | --- |
| Apple | 17 |
| Apple Juice (4 oz) | 14 |
| Apple Slices (2 oz) | 7 |
| Applesauce (1/2 c) | 13 |
| Banana | 18 |
| Blueberries (1/2 c) | 6 |
| Diced Peaches w/ Juice (1/2 c) | 12 |
| Diced Pears w/ Juice (1/2 c) | 16 |
| Mandarin Oranges w/ Juice (1/2 c) | 12 |
| Mixed Fruit w/ Juice (1/2 c) | 16 |
| Orange | 12 |
| Orange Juice (4 oz) | 14 |
| Pear | 12 |
| Pineapple Tidbits w/ Juice (1/2 c) | 19 |
| Raisins (1 box) | 34 |

Vegetables

|  |  |
| --- | --- |
| Black Charro Beans (1/4 cup) | 13 |
| Campfire Beans (1/2 c) | 34 |
| Crinkle Cut French Fries (1/2 c) | 13 |
| Fresh Baby Carrots (1/2 c) | 6 |
| Fresh Broccoli (1/2 c) | 2 |
| Fresh Cauliflower (1/2 c) | 2 |
| Fresh Celery Sticks (1/2 c) | 2 |
| Fresh Cucumber Slices (1/2 c) | 3 |
| Fresh Garden Salad (1/2 c) | 4 |
| Fresh Green Pepper Strips (1/2 c) | 3 |
| Fresh Spinach Salad (1/2 c) | 2 |
| Fresh Tomato Wedges (1/2 c) | 3 |
| Grabanzo Beans (1/2 c) | 25 |
| Kickin' Pinto Beans (1/2 c) | 26 |
| Mashed Potatoes (1/2 c) | 14 |
| Refried Beans (1/4 cup) | 11 |
| Smile Fries (4) | 20 |
| Steamed Broccoli (1/2 c) | 5 |
| Steamed Carrots (1/2 c) | 7 |
| Steamed Corn (1/2 c) | 16 |
| Steamed Green Beans (1/2 c) | 4 |
| Steamed Green Beans w/ Carrots (1/2 c) | 6 |
| Steamed Green Peas (1/2 c) | 13 |
| Steamed Italian Blend Vegetables (1/2 c) | 7 |
| Steamed Spinach (1/2 c) | 7 |
| Sweet Potato Fries (1/2 c) | 25 |
| Tater Tots (1/2 c) | 14 |
| Vegetarian Baked Beans (1/2 c) | 43 |

Condiments

|  |  |
| --- | --- |
| BBQ Sauce (1 Packet) | 6 |
| BBQ Sauce (1 Tbsp) | 9 |
| Chili Garlic Orange Sauce (1/4 cup) | 20 |
| Creamy Caesar (1.5 oz packet) | 3 |
| Honey Mustard Dressing (12g PC container) | 4 |
| Honey Mustard Dressing (1 Tbsp) | 3 |
| Italian Dressing (1 Packet) | 1 |
| Jelly (1 each) | 9 |
| Ketchup (1 Packet) | 3 |
| Ketchup (1 Tbsp) | 5 |
| Mayonnaise | <1 |
| Mustard | <1 |
| Pancake Syrup (1 oz) | 19 |
| Ranch Dressing | <1 |
| Sweet & Sour Sauce (2 fl oz) | 13 |
| Teriyaki Sauce (2 Tbsp) | 4 |