

Lunch

Entrée	Component Carb g	g Carb Total
Aloha Roll		17
Breakfast Biscuit w/Egg	biscuit 28g Other 2g	30
Bean Cheese Burrito		42
Bean & Cheese Chiminada		43
Beef & Cheese Taco Stick		32
Breaded Chicken Sandwich (Crispy Chicken Sandwich)	Patty 12g, Bun 28g	40
Breakfast for lunch - waffle (2) w/sausage	Waffle(2) 14g Sausage	14
Cheese Nachos	Cheese 4g, Chips 31.39	36
Cheesy Pizza		29.48
Cheese Pull Apart Bread	Bread (28.97g) Marinara Cup (8g)	36.97
Chicken Drumstick w/cornbread	Drumstick 5g Cornbread 20g	25
Chicken Mini Tacos (3)	3 mini tacos	31
Chicken Nuggets (5)	Nuggets (12g)	12
Chicken Nuggets w(5)/ Aloha Roll	Nuggets (12) Roll (17)	29
Chicken Pot Pie, Deconstructed	Biscuit (31.8g) (chicken gravy 27g)	68
Chicken Nuggets w/ Biscuit	Nuggets (12g) Biscuit(28g)	40
Country Pot Roast w/Potato and Garlic Breadstick	Mashed Potato (17g) Breadstick(25g) Pot roast/Gravy(8g)	50
Country Pot Roast w/Potato and Roll	Mashed Potato (17g) Roll (17g) Pot roast/Gravy(8g)	42
Cookie, Holiday		12
Cornbread		20
Fried Rice (Chicken, no pineapple)		23.23
Garlic Breadstick		25
Garlic Cheese Toast		31
Hamburger on wheat bun	Patty 2g Bun 28 g	30
Korean BBQ Chicken w/Slaw and Flat Bread	BBW sauce 17.86 g Flatbread 13 g Slaw 15.8g	47
Korean BBQ Chicken w/Rice & Slaw		54
Macaroni & Cheese		24
Popcorn Chicken w/Orange sauce & brown rice (Orange Chicken)	Chicken 12g, Rice 21g, Sauce, 10g	43
Spaghetti w/Meat Sauce		43
Teriyaki Beef w/Rice (1/2 cup)	Rice 21g	34.73

Taco MiniNada (3)		32
Tortilla Chips (2 oz bag)		32
Turkey Corndog		31
Turkey & Gravy		2
Turkey & Gravy w/Mashed Potatoes	Turkey 2g Mashed Pot. 17g	19
Turkey & Gravy w/Mashed Potatoes & Garlic Breadstick	Turkey 2g Breadstick 25g	41
Turkey Taco Salad w/o Tortilla Chips (2 oz bag)		3.53
Turkey Taco Salad w/Tortilla Chips (2 oz bag)		40

Breakfast

Entrée	g Carb
Apple Cinnamon Oat Bar	
Apple Mini Bites	41
Banana Chocolate Benefit Bar	48
Breakfast Sandwich w/ Sausage	26.34
Bulk Granola (1/4 cup)	16
Cereal, Cinnamon Toasters	44
Cereal, Mini Spooners	46
Cereal, Honey Oat Scooters	46
Muffin, blueberry	46
Muffin, choc chip	49

Salad Bar Items Fruit and Vegetables

	g Carb
Banana (medium, about 6-7 inches long)	14.31g
Peach (Medium 2-2.6" Diameter 150 G. or 5.2 oz)	14g
Apple Slices (1 package)	12.79g
Kiwi (1 fruit 2" diameter)	10g
Baby Carrot (4 oz)	9.2g
Orange (Medium 2 ^{3/8} inch diameter, 131 g or 4.6 oz)	15.5g
Kidney Bean (1/2 Cup, 128 g 4.5 oz)	15g
Cucumber (1/2 cup sliced, 52g)	2g
Romaine (2 cups, 4 oz)	3.2g
Garbanzo Beans (1/2 cup 120 g)	14g
Grapes (1 cup)	16g
Whole Kernal Corn (1/2 cup 82 g)	15g
Strawberries (1/4 cup 2 medium berries)	1.84 G
Pear (1 small, 148g pear)	23g
Canned Fruit	14g
Canned Fruit (Peaches, Fruit cocktail, pears)	15
Canned Apple Slices	12g