

## High School Carb Count

Lunch	g Carb	Lunch	g Carb
Beef & Cheese Taco Stick	31.9	Peanut Butter & Jelly Sandwich	52
Biscuit	28	Pizza Pepperoni French Bread	35
Breadbowl	28	Pizza Cheese	34
Breaded Chicken Sandwich	28	Pizza Hawaiian	38
Breaded Chicken Sandwich w/Fries	50	Pizza Pepperoni Slice	35
Burrito: Bean & Cheese	42	Ribs (2 each)	12.8
Burrito: Beef supreme	44.1	Ribs w/Macaroni & Cheese	56.3
Burrito: Chicken	31.7	Rotini /Meatsauce	52
Burrito: Chicken supreme	42.95	Rotini /Meatsauce & Texas Toast	74
Burrito: Combo	41.77	Salad: Caesar Salad	16.3
Cheese Pull Apart (29g) w/ Marinara Dipping Sauce (7g)	36	Salad: Chef Salad	17.4
Cheeseburger	29	Salad: Chipotle Chicken	16.22
Cheese Nachos	23	Salad: Popcorn Chicken Salad	15
Chicken & Gravy	2.73	Salad Green W/Garbonzo/Corn	20.34
Chicken & Gravy w/Mashed Potatoes & Breadbowl	47.73	Salad: Ranch Chicken Pasta Salad	3.53
Chicken Alfredo Rotini	20	Spicy Chicken Tenderloin (3 pcs)	9
Chicken Alfredo Rotini w/Texas Toast	42	Spicy Chicken Tenderloin (3 pcs) w/Onion Rings (5 pcs)	37
Chicken Drumstick	5	Spicy Sichuan Chicken w/Chow Mein	66
Chicken Drumstick (5g) w/ Texas Toast (22g)	27	Spicy Sichuan Chicken w/Fried Rice	48.33
Chicken Sandwich, Grilled w/ PepperJack cheese	30	Subway - Ham & Cheese	45.1
Chicken Tenderloins (3pcs - 16g) & Onion Rings (5pcs - 28g)	44	Subway - Turkey	48
Chicken Teriyaki w/Rice	61	Subway - Veg	48
Chicken Teriyaki w/Chow Mein	40	Sweet & Sour Chicken	18
Chicken Wings, honey siracha boneless (4)	15	Sweet and Sour Chicken (fried Rice)	73
Chicken Wings (5) w/ Texas Toast	27	Sweet & Sour Chicken w/Chow Mein	52
Chow Mein	34	Tamale w/Beans (tamale 56g, Beans 20g)	76
CornDog	31	Taco Salad	61
CornDog w/Fries	53	Tacos, Crunchy Shell (2) 18g Meat, 4g	22
Fish Sticks (4 sticks)	11	Teriyaki Beef Dippers with Fried Rice	31.4
French Fries (Baked)	8.2	Texas Toast	48.4
Fried Rice	55	Tortilla Chips	39
Garlic Cheese Toast	31	Turkey & Cheese Nachos	34.5
Hamburger	28	Western Burger	35.9
Macaroni & Cheese	43.5	Wrap: Chicken	51.75
Mashed Potatoes	17	Wrap: Veggie	41
Milk	16	Yogurt Parfait	91
Onion Rings (5 pcs)	28	Yogurt without crackers	41
Orange Mandarin Chicken	19	Yogurt (8oz) with Crackers (2)	69
Orange Mandarin Chicken w/Chow Mein	53		
Orange Mandarin Chicken W/Rice	74		

Breakfast	g Carb
Muffin, Apple Cinnamon	44
Muffin, Blueberry	46
Apple Mini Bun Bites	41
Banana Chocolate Breakfast Bar	48
Bagel (plain) w/ Cream Cheese	46.6
Bagel (blueberry) w/ Cream Cheese	48.6
Muffin, Apple Cinnamon	44
Muffin, Blueberry	46
Muffin, Chocolate Chip	49
Wheat Breakfast Bar	46
Cereal, Honey Scooters	46
Cereal, Cinnamon Toasters	44
Milk, lowfat plain	16
Milk, nonfat chocolate	22
Strawberry Bear Paw	40

Fruit/Vegetables	gCarb
Banana (medium, about 6-7" long)	23
Peach (Medium 2-2.6" Diameter 150 G. or 5.2 oz)	14.31
Apple Slices (1 package)	14
Kiwi	12.79
Baby Carrot (4 oz)	4.48
Orange (Medium 2 <sup>3/8</sup> inch diameter, 131 g or 4.6 oz)	9.2
Plum ( 2 1/8" in diameter (66 g)	7.5
Pear	