

Lunch		
Entrée	Component Carb g	TOTAL G CARB
Baked Fries		9
Bean & Cheese Burrito		42
Bean & Cheese Chiminada		43
Beef & Cheese Taco Stick		32
Beef, Bean, and cheese burrito		42
Beef Enchiladas Verdes		35
Breaded Chicken Patty on Bun	Bun 28g, Patty 12g	40
Cheese Bites		28
Cheese bites w/marinara		36
Cheese Pull Apart Bread w/Marinara Sauce	Bread (29g) Marinara (8g)	37
Cheeseburger on a bun	Bun 28g, Patty 2g	32
Cheeseburger on a bun w/ Fries	Bun 28g, Fries 9g, other 3 g	41
Cheeze its		14
Chicken Drummette		5
Chicken Drumstick w/cornbread	Cornbread 20	25
Chicken sliders (on Hoagie Roll)		49
Chicken Tenders Spicy	Biscuit 28 Tenders (3)9g	37
Chicken Tenderloin w/ Buttermilk Biscuit	Biscuit 28 Tenders (3), 16g	44
Chicken Tenderloin w/Texas Toast	Toast 22 g Tenders(3) 16g	38
Cookie, Turkey		16
Crunchy Taco (2)	Shell (2) 18g Meat 4g	22
French Bread Pizza		35
Garlic Breadstick (1)		25
Goldfish crackers (2packs)		28
Hot Dog w/bun	Bun 30g Hot Dog 1 g	31
Italian Combo Sub Sandwich		32
Macaroni & Cheese		34
Macaroni & Cheese w/ Texas Toast	Toast 22g	55
Mandarin Chicken w/Rice	Chicken (19.g) Rice (55g)	74

Pancake Bites (5) w/ Sausage Patties (2)	Pancake Bites 31	31
PBJ sandwich		52
Pesto Pasta	Pasta (70) Pesto (10g)	80
Pepperoni Pizza Slice		35
(Orange chicken)Popcorn Chicken w/Orange Sauce and Rice	Chicken(10 pieces)12g Rice 55g Sauce 10g	77
Popcorn Chicken Mashed Potato Bowl	Chicken 12g, Potato (1/2 cup) 17g	46
Ravioli (cheese)		42
Popcorn Chicken w/Texas Toast	Toast 22g	34
Sandwich - Italian Combo Sub		32
Sandwich - Turkey on French Roll		27
Tamale w/Beans	Tamale 56g Beans 20g	76
Teriyaki Beef dipper over Fried Rice	Fried Rice 55g Beef 6g	61
Turkey & Cheese Nachos w/ Tortilla chips	Chips 31g Cheese 2g, meat 2 g	36
Turkey Taco MiniNada		32
Turkey corndog		31
Turkey corndog w/ Fries	Corn Dog 31 Fries 9g	40
Turkey & Gravy		2
Turkey & Gravy w/Mashed Potatoes		19
Turkey & Gravy w/Mashed Potatoes, roll	Turkey 2g, Roll 17g, potato 17g, Turkey 2g	36
Yogurt (8oz, Lunch)		38
Yogurt w/WG goldfish		66

Breakfast

Entrée	g Carb	g Carb
Banana Chocolate Benefit Bar		48
Bagel, blueberry w/ cream cheese		48
Brkfst Sandwich - Beef Maple Sausage		26
Brkfst Sandwich - Beef Sausage on Hawaiian Bun		26
Brkfst Sandwich - Turkey Ham & Cheese		28
Wheat Breakfast Bar		46
Apple Mini Bites		41
Cinnamania, Cinnamon		37
Cereal, Cinnamon Toasters		44

Cereal, Honey Oat Scooters	46
Cereal, Mini Spooners	46
Cereal, Strawberry Mini Spooner	47
Strawberry Bear Paw	40

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 (Carroteenie 2 oz pkg)	15.4g
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
baby Carrots (4 oz)	9.2
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 (Peaches, Fruit cocktail, pears)	15
Canned Apple Slices	12g