

Bryan County Schools School Nutrition Program Menu Carbohydrate Counts

ALL TOTALS ARE APPROXIMATE, PER SERVING, UNLESS OTHERWISE NOTED

Menu Item	M=Main Entrée S= Side C= Condiment	Carb Count (Grams)	Food Group	BREAKFAST
Apple, with peel, small	S	14	F	
Applesauce, unsweetened, 1/2 cup	S	14	F	
Asparagus, 1/2 cup	S	2	V	
Banana, small	S	16	F	
Beans, Baked	S	29	V	
Beans, Beanie Weenies	S	30	V	
Beans, Black	S	20	V	
Beans, Green	S	4	V	
Beans, Lima 1/2 cup	S	14	V	
Beans, Pinto 1/2 cup	S	22	V	
Beans, refried	S	25	V	
Beans, Vegetarian	S	27	V	
Beef, Charbroiled Beef Patty	M	1	M/MA	
Biscuit	S	24	G	
Boom Boom Sauce	C	3	C	
Bosco Sticks (Cheezy Breadsticks) per stick	M	28	M/MA, G	
Broccoli, (Cream of) Soup	S	15	V	
Broccoli, 1/2 cup cooked	S	5	V	
Broccoli, 1/2 cup raw	S	3	V	
Broccoli/Lite Cheese Sauce	S	5	V	
Burrito	M	40	M/MA, G	
Cabbage, 1/2 cup	S	4	V	
Cantaloupe, 1/2 cup	S	7	F	
Carrots, baby, raw	S	4	V	
Carrots, cooked	S	8	V	
Cauliflower, raw	S	3	V	
Celery, raw	S	2	V	
Cereal, Frosted Flakes	M	24	G	*
Cereal, Honey Nut Cheerios	M	23	G	*
Cereal, Lucky Charms	M	23	G	*
Cereal, Variety	M	22-27	G	*
Cereals, Cinnamon Toast Crunch	M	22	G	*
Cheeseburger	M	39	M/MA, G	
Cheezy Stick per stick	M	28	M/MA, G	
Chicken and Rice	M	40	M/MA, G	
Chicken Caesar Wrap	M	45	M/MA, G	
Chicken Fingers, Middle and High	M	18	M/MA, G	
Chicken Fingers, Primary and Elementary	M	12	M/MA, G	
Chicken Patty	M	17	M/MA, G	
Chicken Pot Pie	M	47	M/MA, V	
Chicken, Alfredo	M	57	M/MA	

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Chicken, Drumstick	M	6	M/MA	
Chicken, Nuggets	M	20	M/MA, G	
Chicken, Sandwich Clux Deluxe	M	40	M/MA, G	
Chili/Beans/Cheese	M	20	M/MA	
Chips, BBQ	SNACK	14	*	
Chips, Chex Mix	SNACK	20	G	
Chips, Chex Mix, flavored	SNACK	36	G	
Chips, Corn	S	18	G	
Chips, Potato	SNACK	15	V	
Chips, Potato baked	S	23	V	
Chips, Sour Cream and Onion	SNACK	14	*	
Chips, Tortilla	SNACK	17	G	
Chips, Tortilla baked	SNACK	22	G	
Chips, Tortilla Ranch	SNACK	18	G	
Chips, Tortilla RESTAURANT STYLE (served w/nachos)	S	18	G	
Chips, Tortilla, light baked	SNACK	20	G	
Chips, Tortilla, Nacho (2 oz.)	SNACK	36	G	
Clementines, each	S	9	F	
Cole Slaw (1/2 cup)	S	7	V	
Cookie, Chocolate Chip Cookies	S	27	G	
Cookie, School Baked	S	27	G	
Corn Dog	M	30	M/MA, G	
Corn, 1/2 cup	S	15	V	
Corn, creamed	S	23	V	
Cornbread Dressing	S	11	G	
Crackers, animal 8 (ea)	S	15	G	*
Crackers, Graham 3 (ea)	S	18	G	*
Craisins	S	28	F	
Croissant	S	26	G	
Cucumber, 1/2 cup	S	2	V	
Dipping Sauce & Chips (Salsa & Tortilla Chips)	S	25	V/G	
Donut, yeast, each	M	30	G	*
Dressing, Cornbread	S	11	G	
Dressing, Honey Mustard	C	9	*	
Dressing, Salad- Caesar 2 TBSP	C	0	C	
Dressing, Salad- Ranch 1 TBSP	C	1	C	
Eggs, Scrambled	M	3	M/MA	*
Franks, Turkey	M	1	M/MA	
Fruit cocktail (juice pack), 1/2 cup	S	14	F	
Grapes, seedless 1/2 cup	S	7	F	
Gravy, Low Sodium Brown Gravy Mix	C	4	**	

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Gravy, Low Sodium Roasted Chicken	C	3	**	
Grilled Cheese Sandwich	M	27	M/MA, G	
Grits, 1 cup	M	35	G	*
Ham, sliced	M	1	M/MA	
Hamburger w/Bun	M	27	M/MA, G	
Holiday Cake (Chocolate Cake)	S	32	*	
Hot Dog w/ Bun	M	30	M/MA, G	
Jell-O (1/2 cup)	S	17	**	
Kale, cooked	S	3	V	
Ketchup, 1 packet	C	2	C	
Kiwi, 1 med	S	11	F	
Lettuce, tomato, pickle	S	2	V	
Macaroni and cheese	S	39	M/MA, G	
Margarine	C	1	C	
Mayonnaise, reg 1 TBSP	C	4	C	
Mayonnaise, sugar-free, light	C	1	C	
Melon, Honey Dew	S	8	F	
Milk, 1% 1 cup	BEVERAGE	13	D	
Milk, Chocolate FF	BEVERAGE	20	D	
Mozzarella Cheese Sticks	M	35	M, MA	
Muffin, Blueberry	S	26	G	
Mustard, yellow 1 packet	C	1	C	
Nachos, Beefy Cheese	M	42	M/MA, G	
Nachos, Cheesy	M	36	M/MA, G	
Orange, med.	S	15	F	
Oranges, Mandarin, juice pack 1/2 cup	S	12	F	
Pancake on a Stick	M	20	G	
Pancake Syrup	C	31	C	*
Pancakes, Maple Flavored Mini	M	35	G	*
Pasta Salad	S	15	V,G	
Pasta, Spaghetti, cooked 1/2 cup	M	18	G	
Peaches, juice pack, 1/2 cup	S	14	F	
Peanut Butter & Jelly Sandwich, Uncrustables	M	32	M/MA, G	
Pear, Large	S	16	F	
Pears, Juice pack, 1/2 cup	S	16	F	
Peas and Carrots (mixed, cooked)	S	11	V	
Peas, Black-eyed 1/2 cup	S	17	V	
Peas, Garden	S	11	V	
Pepper, Green Bell raw 1/2 cup	S	2	V	
Philly Steak, meat only	M	3	M/MA	
Pineapple, chunks 1/2 cup	S	11	F	

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Pineapple, juice pack, 1/2 cup	S	10	F	
Pizza, French Bread	M	29	M/MA, G	
Pizza, Pepperoni	M	28	M/MA, G	
Pizza, Stuffed Crust Pepperoni	M	35	M/MA, G	
Pizza, Whole Grain Breakfast Turkey Sausage	M	26	M/MA, G	*
Poptarts, Variety	M	75-78	G	*
Poptarts, Whole Grain Frosted Cinnamon	M	76	G	*
Poptarts, Whole Grain Frosted Strawberry	M	76	G	*
Potato, baked with skin	S	30	V	
Potato, Twice Baked	S	27	V	
Potatoes, Long Branch (FRIES)	S	23	V	
Potatoes, Mashed	S	17	V	
Potatoes, Mashed with Gravy	S	20	V	
Potatoes, Shoe String (FRIES)	S	22	V	
Potatoes, Tater Tots	S	19	V	
Potatoes, Waffle (Skincredibles)	S	21	V	
Raisins, unsweetened, 1.33 oz. box (1/4 cup eq.)	S	29	F	
Rice Krispy Treats, Whole Grain	S	9	G	
Rice, white, long-grain, cooked 1/2 cup	S	25	G	
Rice, white, long-grain, cooked 1/2 cup w/ gravy	S	28	G	
Roll, Cinnamon	S	38	G	
Roll, Wheat Rolls Made w/ WG	S	30	G	
Salad, Caesar	S	15	V	
Salad, Garden Side	S	8	V	
Salisbury Steak	M	5	M/MA	
Salsa (Dipping Sauce)	S	2	V	
Sandwich, BBQ Pork	M	50	M/MA	
Sandwich, Chicken Caesar Wrap	M	45	M/MA, G	
Sandwich, Chicken Salad on Croissant	M	33	M/MA, G	
Sandwich, Chicken Sandwich (Clux Delux)	M	39	M/MA, G	
Sandwich, Fish	M	41	M/MA, G	
Sandwich, Grilled Cheese	M	28	M/MA, G	
Sandwich, Grilled Chicken	M	34	M/MA, G	
Sandwich, Ham and Cheese	M	28	M/MA, G	
Sandwich, Hot Ham & Cheese Sliders	M	28	M/MA, G	
Sandwich, PB & J Jamwich	M	33	M/MA, G	
Sandwich, Philly Steak w/ cheese	M	65	M/MA, G	
Sandwich, Tuna Salad on Croissant (w/ pickle relish)	M	36	M/MA, G	
Sauce, Boom Boom	C	3	C	
Sauce, Marinara	C	6	V	
Sauce, Marinara 2.5 oz Dipping Cup	C	8	V	

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Sauce, Taco 1 packet	C	1	C	
Sausage Patty, Pork	M	1	M/MA	*
Soup, Chicken Noodle (Oodles of Noodles)	M	16	M/MA, G	
Soup, Cream of Broccoli	S	15	V	
Soup, Potato (Loaded)	S	17	V	
Soup, Vegetable	S	19	v	
Sour Cream	C	1	C	
Spaghetti w/ meat sauce (3/4 cup noodles)	M	33	M/MA, G	
Squash, summer, fresh cooked 1/2 cup	S	4	V	
Steak Nuggets	M	6	M/MA	
Steak, Beef Fingers	M	18	M/MA	
Steak, Country Style	M	14	M/MA	
Steak, Salisbury	M	3	M/MA	
Strawberries, Diced, Cups, Frozen	S	21	F	
Syrup, pancake, 1.5 oz.	C	31	C	
Taco Filling	M	5	M/MA	
Taco, Hard Shell Beef	M	33	M/MA, G, V	
Taco, Soft Beef	M	24	M/MA, G, V	
Taco, Walking	M	33	M/MA, G, V	
Tomatoes and Rice	S	28	V, G	
Tomatoes, 1/2 cup cooked	S	6	V	
Tomatoes, 1/2 cup raw	S	4	V	
Tomatoes, Cherry (each)	S	2	V	
Turkey, Deli sliced	M	2	M/MA	
Turkey, Roasted	M	0.1	M/MA	
Vegetables, Raw with Ranch	S	9	V	
Vegetables, Sauteed Fresh	S	4	V	
Waffles, Dutch each	S	43	G	
Watermelon, diced 1/2 cup	S	6	F	
Wing Dings (3 wings)	M	4	M/MA	
Yams	S	17	V	
Zucchini, fresh, cooked 1/2 cup	S	4	V	