

Lunch Carb Counts for Central Fulton

Apple BBQ Pulled Pork Sandwich – (k-8) 44	(9-12) 50g
Bavarian Salad – 43g	
BBQ Ham Sandwich - (k-8) 37g	(9-12) 43g
BBQ Pulled Pork Sandwich – (k-8) 35g	(9-12)41g
BBQ Rib Patty Sandwich – (k-8)42g	(9-12)48g
Breadstick – 20g	
Bologna & Cheese Sandwich- (k-8) 26g	(9-12)32g
Breaded Chicken Salad- (k-5)45g	(6-8)51g (9-12)63g
Buffalo Chicken Wrap (6-12) 32g (Diced Chicken)	
	48g (Breaded Chicken)
Cheese Pizza (k-5) 37g	(6-12) 48g
Cheeseburger on a Bun (k-8) 25g	(9-12) 31g
Cheese Stick Dippers – 48g	Sauce – 6g
Cheesesteak on a Bun – (k-5) 24g	
Cheesesteak Hoagie – (6-12) 33g	
Chef Salad w/ Dinner Roll - (6-8) 36g	(9-12) 41g
Chicken Caesar Salad w/ Pretzel Rod - (k-5) 36g	
	w/ Dinner Roll (6-8) 29g (9-12) 41g
Chicken Fajita Salad in Tortilla Bowl – 43g	
Chicken Mashed Potato Bowl (All Components) (k-8) 66g	(9-12) 80g

Chicken Nuggets WG (6 nuggets) – 14g	(5 nuggets) – 12g
W/ Dinner Roll (k-5) 22g	(6-8) 30g (9-12) 42g
Chicken Parmesan on Bun – (k-8) 41g	(9-12) 51g
Chicken Patty Sandwich – (k-8) 39g	(9-12) 45g
Chicken Patty (Hot & Spicy) Sandwich – (k-8) 40g	(9-12) 46g
Chicken Alfredo over Penne – 53g	
Chicken Fritters over Brown Rice (k-5) 66g	
Chicken (Popcorn) 16g	
Chicken Quesadilla –(k-5) 25g	(6-12) 26g
Corn dogs(Turkey) – 32g	
Corn dog (minis) 6 pieces – 16g	
Craveables: Nacho – 55g	
Turkey & Cheddar – 68g	
Pizza Flatbread – 50g	
Yogurt & Cheese – 58g	
Dinner Rolls – (k-5) 10g	(6-8) 16g (9-12) 28g
Egg Salad Wrap – 30g	
Fish Nuggets w/ Dinner Roll – 45g	
Fish Sandwich (k-8) 39g	(9-12) 45g
Gen. Tso Chicken w/ Rice – 78g	
Grilled Cheese Sandwich (k-12) 32g	
Grilled Chicken Salad w/ Roll – (k-8) 29g	(9-12) 41g

Grilled Chicken w/ Pretzel Rod – 29g

Grilled Chicken Wrap – 30g

Ham & Cheese on a Bagel – 31g

Ham & Cheese on a Pretzel Roll – 32g

Ham & Cheese Roll up w/ sauce – 43g

Ham & Cheese Sandwich – (k-8) 23g (9-12) 29g

Ham & Cheese Wrap – (k-5) 24g (6-12) 32g

Hamburger on a Bun – (k-8) 24g (9-12) 30g

HotDog on a Bun(Turkey) – (k-12) 25g

Hot Turkey Sandwich w/o Gravy – 28g
w/Gravy – 32g

Italian Dunkers –(k-5) 29g W/sauce(6-12) 36g

Italian Sandwich (k-5) 26g

Italian Flatbread (6-12) 30g

Italian Hoagie (HOT) (6-12) – 33g

Italian Meatball on Hoagie Roll –(6-12) 37g

Italian Meatball on Hotdog Roll – (k-5) 31g

Loaded Pierogies – 66g

Macaroni & Cheese – 56g

Nacho Grande – 42g

Pepperoni Pizza (1 slice) – (k-5)37g (6-12) 48g

Pepperoni Pizza Bagel – (k-12) 39g

Pepperoni Roll up w/sauce – 52g

Roast Beef Sandwich w/ Gravy – 32g w/o Gravy – 29g

Rolls – Hamburger (k-8) 28g

 Hoagie (6-12) 29g

 Hotdog (k-12) 23g

 Kaiser (9-12) 29g

Spaghetti & Meatballs – 50g

Steak Salad w/ Dinner Roll- (6-8) 28g (9-12) 34g

Taco Bar – 43g

Taco Salad – 44g

Tuna Salad Wrap – 28g

Turkey & Cheese Salad w/ Dinner Roll – (k-5)30g (6-8)36g (9-12)48g

Turkey & Cheese Sandwich –(k-8)24g (9-12)30g

Turkey & Cheese Wrap - (k-5) 27g (6-12) 30g

Turkey & Cheddar on a Pretzel Roll – 30g

Vanilla Yogurt w/ Granola (6-12) 81g

Walking Taco – 27g

Vegetables:

Cheddar Cheese Sauce – 2 ounces -6g Stewed Tomatoes – 8g

Salsa – 1 ounce (2 TBSP) – 2g Tomato Soup –20g

Refried beans – ½ c. – 19g
Corn – ½ c. – 13g
Baby carrots – ½ c. – 7g
Cucumbers – ½ c. – 2g
Celery – ½ c. – 2g
Cauliflower – ½ c. – 5g
Chopped Romaine – ½ c. – 3g
Peas – ½ c. 13 g
Crinkle Cut French Fries – 19 g
Cherry Tomatoes – ½ c. – 3g
Potato triangles – 14g

Steamed Broccoli – 5g
Broccoli Salad – 21g
Tomato & Onion Salad –5g
Tater Tots (30Z) – 19g
Mashed Sweet Potatoes-23g
Mashed Potatoes-15.75g
Green Beans -6g
Baked Beans -37g
Spinach Salad -3.6g
Caesar Salad –5g
Coleslaw -1/2 c – 11g

Fruits ½ c servings-

Flavored Applesauce – 17g
Unsweetened Applesauce – 12g
Pineapple Tidbits – 14g
Peaches – 14g
Mandarin Oranges – 13g
Mixed Fruit – 12g
Cantaloupe – 8g
Honeydew – 9g
Watermelon – 7g

Pears – 13g
Banana Pudding – 58g
Fruited Gelatin w/ topping- 39g
FRESH Apples – 34g
Oranges – 12g
Bananas – 23g
Grapes – 8g

Snacks:

Lay's Kettle Cooked Sea Salt & Vinegar Chips – 27g

Lay's Kettle Cooked Applewood Smoked BBQ Chips – 27g

Lay's Kettle Cooked Original Chips – 27g

Baked Sour Cream & Cheddar Chips – 17g

Lay's Baked Original Chips – 19g

Lay's Baked BBQ Chips – 24g

Funyuns – 14g

Sun Chips Snack Mix Harvest Cheddar – 15g

Doritos – Cool Ranch – 20g

Nacho Cheese – 20g

Spicy Sweet Chili – 20g

Grandmas Mini Choc Chip Cookies – 24g

Cinnamon Belly Bears – 21g

Rice Krispy Treat – 30g

Fresh Baked Cookies:

M & M – 33.51g

Chocolate Chip – 33.51g

Dbl. Chocolate Chip – 33.21g

Sugar – 34.23g

Condiments:

BBQ Sauce – Heinz – 2 TBSP – 9g

Catalina Dressing –Kraft - 2 TBSP – 9g

Creamy Caesar Dressing – Ken’s – 2 TBSP – 1g

Croutons - .5oz pkt – 9g

Ketchup – (Low Sodium) Heinz – 1 TBSP – 3g

Honey Mustard – Heinz – 2 TBSP – 6 g

Hot Sauce – 1 tsp. – 0g

Italian Dressing – Cains – 2 tsp. -2g

Margarine – 1 each – 0g

Mustard –Heinz - 1oz – 0g

Mayo –(light) Heinz 1 TBSP -4g

Pizza Sauce – 2 oz -6g

Ranch Dressing – Heinz – 2 TBSP – 1 g

Sour Cream – 2 TBSP – 2g

Syrup – 2 oz – 51g