

Item	Serving Size	Carbohydrates
1% Lowfat Milk	1 each	13 grams
American Cheese	0.5 oz	1 gram
Applesauce	0.5 cups	14 grams
Baby Carrots	0.5 cups	7 grams
Baked Beans	0.5 cups	26 grams
BBQ Pulled Pork Sandwich	1 sandwich	37 grams
BBQ Rib-B-Q Sandwich	1 sandwich	40 grams
BBQ Shredded Pork	4 oz meat	10 grams
Beef Gravy	0.25 cups	2 grams
Beef Nachos	1 serving	42 grams
Beefy Bean and Cheese Burrito	1 each	49 grams
Berry Parfait with Granola	1 serving	126 grams
Blueberry Parfait with Granola	1 serving	115 grams
Boston Baked Beans	0.5 cups	37 grams
Breaded Beef Fingers	4 each	19 grams
Breadstick	1 each	14 grams
Brown Sugar Glazed Ham	2.5 ozmeat	9 grams
Cauliflower	0.5 cups	4 grams
Cheese Pizza	1 slice	30 grams
Cheese Quesadilla	2 wedge	31 grams
Cheese Stuffed Breadsticks	2 each	34 grams
Cheesy Bean Burrito	1 serving	37 grams
Chicken & Cheese Crispito	4 each	80 grams
Chicken & Cheese Quesadilla	1 serving	26 grams
Chicken Nuggets	5 each	16 grams
Chicken Tenders	3 piece	16 grams
Chilled Peaches	0.5 cups	14 grams
Chilled Pears	0.5 cups	62 grams
Chilled Pineapple Chunks	0.5 cups	20 grams
Chilled Sliced Pears	0.5 cups	16 grams
Chocolate Skim Milk	1 each	22 grams
Cinnamon Applesauce	0.5 cups	14 grams
Classic American Cheeseburger	1 sandwich	32 grams
Classic Pepperoni Pizza	1 slice	35 grams
Confetti Coleslaw	0.5 cups	6 grams
Corn	0.5 cups	16 grams
Corn & Black Bean Salsa Salad	0.5 cups	16 grams
Corn & Pepper Salad	0.5 cups	12 grams
Corn Muffin	1 each	28 grams
Crackers, Saltine, 4 Ct	1 each	9 grams
Crispy Chicken Breast Tenders	3 each	15 grams

Item	Serving Size	Carbohydrates
Deli Turkey	3 ozportion	1 gram
Dinner Roll	1 each	13 grams
Dried Cranberries	0.25 cups	30 grams
Fajita Style Chicken	3.5 oz	2 grams
Fat Free Mayonnaise	1 each	2 grams
Fat Free Ranch Dressing	1 each	4 grams
Fresh Baked Whole Grain Biscuit	1 each	27 grams
Fresh Broccoli Florets	0.5 cups	2 grams
Fresh Carrot Sticks	0.5 cups	8 grams
Fresh Carrots	0.5 cups	7 grams
Fresh Celery Sticks	0.5 cups	2 grams
Fresh Chopped Onions	1 Tbsp	1 gram
Fresh Chopped Romaine	1 cups	2 grams
Fresh Spinach Leaves	1 cups	1 gram
Fresh Whole Fruit	1 each	21 grams
Fruit Cocktail	0.5 cups	15 grams
Green Bean Salad	0.5 cups	5 grams
Grilled Chicken Sandwich	1 sandwich	30 grams
Hard Taco Shells	2 each	28 grams
Herb Breadstick	1 each	15 grams
Ketchup Packet	1 each	2 grams
Lettuce & Tomato Side Salad	0.75 cups	2 grams
Lettuce, Tomato and Cheddar Garnish	1 each	3 grams
Marinara Sauce	0.5 cups	10 grams
Mashed Potato & Chicken Bowl	1 serving	39 grams
Mashed Potatoes	0.5 cups	16 grams
Mexicali Corn	0.5 cups	17 grams
Mexican Black Bean & Cilantro Salad	0.5 cups	13 grams
Mexican Pinto Bean & Cilantro Salad	0.5 cups	12 grams
Mexican Rice	0.5 cups	27 grams
Mexican Style Refried Beans	0.5 cups	17 grams
Mini Turkey Corn Dogs	6 each	24 grams
Mixed Fruit Cocktail	0.5 cups	14 grams
Mixed Greens Salad	0.5 cups	2 grams
Mixed Vegetable Medley	0.5 cups	10 grams
Mustard	1 each	0 grams
Orange Glazed Carrots	0.5 cups	28 grams
Oven Baked Fries	0.5 cups	13 grams
Peach Cup	1 each	19 grams
Peach Parfait with Granola	1 serving	95 grams
Peppered Biscuit Gravy	2 fl oz	4 grams

Item	Serving Size	Carbohydrates
Pineapple Parfait with Granola	1 serving	97 grams
Pineapple Tidbits	0.5 cups	15 grams
Popcorn Chicken	12 piece	16 grams
Pretzel Bun	1 serving	29 grams
Ranch Dressing	1 each	1 gram
Ranch Dressing,	1 each	1 gram
Roasted BBQ Chicken	2 oz meat	15 grams
Roasted Turkey with Gravy	2 oz meat	7 grams
Salsa	0.5 cups	8 grams
Sandwich, Grilled Cheese, Reduced Sodium, Whole Grain, IW	1 each	31 grams
Sauce, Taco, 9 gm	1 each	1 gram
Sauteed Bell Peppers and Onions	0.5 cups	5 grams
Savory Baked Stuffed Potato	1 each	52 grams
Savory Green Beans	0.5 cups	5 grams
Savory Salisbury Steak	1 each	4 grams
Seasoned Beef Taco Meat	0.333 cups	3 grams
Seasoned Black Beans	0.5 cups	20 grams
Seasoned Black Eyed Peas	0.5 cups	17 grams
Seasoned Broccoli	0.5 cups	5 grams
Seasoned Broccoli Florets	0.5 cups	5 grams
Seasoned Broccoli with Cheese	0.5 cups	7 grams
Seasoned Brussels Sprouts	0.5 cups	7 grams
Seasoned Cauliflower	0.5 cups	4 grams
Seasoned Corn	0.5 cups	16 grams
Seasoned Oriental Blend Vegetables	0.5 cups	8 grams
Seasoned Peas	0.5 cups	14 grams
Seasoned Pinto Beans	0.5 cups	18 grams
Seasoned Refried Beans	0.5 cups	17 grams
Seasoned Spinach	0.5 cups	8 grams
Shredded Cheddar	0.5 oz	1 gram
Shredded Romaine Lettuce	1 cups	2 grams
Skim Milk	1 each	11 grams
Sliced Carrots	0.5 cups	8 grams
Sliced Deli Ham	3 ozportion	1 gram
Sliced Tomatoes	3 each	2 grams
Sloppy Joe	1 sandwich	37 grams
Sloppy Joe Meat	0.333 cups	10 grams
Soft Flour Tortilla	1 serving	20 grams
Spaghetti with Italian Meat Sauce	1 serving	42 grams
Spicy Chicken Patty	1 each	17 grams

Item	Serving Size	Carbohydrates
Spicy Popcorn Chicken	12 piece	16 grams
Spinach & Romaine Salad	1 cups	2 grams
Strawberries	1 each	22 grams
Strawberry Parfait with Granola	1 serving	89 grams
Strawberry Skim Milk	1 each	20 grams
Sub Roll	1 each	46 grams
Tater Tots	0.5 cups	17 grams
Turkey Corn Dog	1 each	30 grams
Walking Taco	1 each	54 grams
Whole Grain Dinner Roll	2 each	29 grams
Whole Grain Hamburger Bun	1 each	29 grams
Yellow Squash	0.5 cups	6 grams