

2015-2016 Carbohydrate Contribution List

November 4, 2015

| Breakfast | Carbohydrate |
|--|---------------------|
| French Toast Sticks, WG | 42 g |
| Mini Pancakes, WG | 34 g |
| Keebler Grahams | 17 g |
| Goldfish Graham Crackers | 19 g |
| WG Biscuit (23 g) & Sausage Patty (1.5 g) | 24.5 g |
| WG Biscuit (23 g) & Chicken Patty (5.5 g) | 28.5 g |
| Egg & Cheese Sandwich on WG Bun | 20 g |
| Breakfast Bar, Oatmeal Raisin | 48 g |
| Breakfast Bar, Oatmeal Chocolate Chip | 47 g |
| Peanut Butter & Grape Jelly Jamwich, Welch's | 32 g |
| Yogurt, Dannon, Strawberry/Banana | 16 g |
| WG Morning Sausage Roll, 2.5 oz. | 24 g |
| WG Breakfast Brownie | 34 g |
| WG Banana Muffin, 4 oz. (2oz 29 g) | 54 g |
| WG Blueberry Muffin, 4 oz. (2oz 29 g) | 60 g |
| WG Apple Cinnamon Muffin, 4 oz. | 61 g |
| WG Chocolate Chip Muffin, 4 oz. | 64 g |
| Breakfast Bar Apple Blueberry | 48 g |
| Breakfast Bar French Toast | 47 g |
| Pillsbury Mini Bagels Strawberry Filling | 41 g |
| PB & Jelly Grape Graham Wafers | 32 g |
| Pillsbury Mini Bagels Cinnamon Filling | 41 g |

| Lunch | Carbohydrate |
|---|---------------------|
| Fish Burger (14g) on WG Hamburger Bun (26g) | 40 g |
| Clux Delux Chicken Patty(17g) on WG Hamburger Bun (26g) | 43 g |
| Salisbury Steak | 4 g |
| WG Spaghetti w/Meat Balls | 45 g |
| Spicy Chicken Patty on WG Hamburger Bun | 43 g |
| Turkey Ham & Cheese Hoagie on WG Steak Bun (43g) | 45.3 g |
| Hamburger Beef Patty on WG Hamburger Bun (26g) | 26 g |
| Cheeseburger Beef Patty on WG Hamburger Bun | 27 g |
| WG Breaded Fish Nuggets with Cheese | 20 g |
| Chicken & Cheese Quesadilla - Elementary | 17.5 g |
| Chicken & Cheese Quesadilla - Secondary | 33.3 g |
| Cheese Enchiladas with Meat Sauce | 31.7 g |
| Diced Chicken w/Alfredo Sauce & WG Fettuccini Pasta | 44.3 g |
| Diced Chicken w/Alfredo Sauce & WG Rotini Pasta | 21 g |
| Grilled Chicken Patty w/Alfredo Sauce & WG Fettuccini Pasta | 46 g |
| Grilled Chicken Patty w/Alfredo Sauce & WG Rotini Pasta | 23 g |
| WG Mini Cheese & Pepperoni Bagels | 25 g |
| Big Daddy Primo Pizza | 34 g |
| WG Alpha Pepperoni Supreme Pizza | 40 g |
| Carne Guisada | 7.5 g |
| WG Spicy Chicken Tenders | 16 g |
| BBQ Chopped Beef on WG Hamburger Bun | 47 g |

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|---|---------------------|
| Turkey Sausage, Cheese, Gravy Toast | 18 g |
| Breakfast Easy Breaks w/Coco Puffs Cereal | 54 g |
| Breakfast Easy Breaks w/Honey Nut Cheerios Cereal | 54 g |
| Breakfast Easy Breaks w/Reduced Sugar Trix Cereal | 57 g |
| Breakfast Easy Break's w/Cinnamon Toast Cereal | 55 g |
| Potato & Chorizo Taquito on WG Tortilla (22 g) | 34.8 g |
| Chicken & Cheese Tamales, WG | 22.2 g |
| Oatmeal w/Diced Apples | 44 g |
| Danimals Strawberry Yogurt, 4 oz. | 16 g |
| Danimals, Strawberry-Banana Yogurt, 4 oz. | 16 g |
| Danimals, Vanilla Yogurt, 4 oz. | 16 g |
| Egg, Potato & Chorizo Taquito on WG Flour Tortilla (22 g) | 34.8 g |
| Apple Frudel | 36 g |
| | |
| MILK | |
| Chocolate, Fat-free, 8 oz. | 19 g |
| Strawberry, Fat-free, 8 oz. | 18 g |
| Skim, White, 8 oz. | 12 g |
| 1% White, 8 oz. | 12 g |
| Vegetable | Contribution |
| Broccoli Florets, Plain | 5 g |
| Carrot Coins, sliced | 3.7 g |
| Golden Corn | 17 g |
| Beans a la Charra, scratch | 41 g |
| Seasoned Green Beans | 5 g |
| Carrot Sticks, raw | 5.6 g |
| Baby Carrots, raw | 4.6 g |
| Buttered Broccoli Florets | 5 g |

| Lunch | Carbohydrate |
|---|---------------------|
| Teriyaki Chicken w/sauce | 14 g |
| General Tso's Chicken with Sauce, WG | 25.8 g |
| Tangerine Chicken with Sauce, WG | 25 g |
| Grilled Cheese Sandwich on WG Bread, IW | 30.8 g |
| Breaded Beef Patty/Steak, WG | 19 g |
| Cheese Lasagna Rollup w/Tomato Meat Sauce | 23.9 g |
| Tostitos Beef & Cheese Nachos w/breadstick or roll) | 22.5 g |
| WG Breaded Beef Steak Fingers | 19 g |
| WG Breaded Chicken Chunks, Clux Delux | 25 g |
| WG Breaded Chicken Burger | 38 g |
| WG Jumbo Cheese Ravioli | 40 g |
| Bean and Cheese Burrito | 43 g |
| Turkey Breast w cheese on WG Bread | 28 g |
| WG Turkey Corn Dog | 31 g |
| Turkey Chunks w/Gravy | 12 g |

| Fruit | Contribution |
|--|---------------------|
| Fruit Cocktail, canned | 32.6 g |
| Peaches, diced, canned | 32.6 g |
| Kiwi-Straw., frozen fruit slush | 20g |
| Blue Raspberry-Lemon, frozen fruit slush | 20 g |
| Blue Raspberry-Lemon, frozen fruit slush | 20 g |
| Strawberry-Mango, frozen fruit slush | 20 g |
| Applesauce cups, 4.5 oz. | 14 g |
| Raisels, Asst. Flavors, 1.5 oz. | 35 g |

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| Vegetable | Contribution |
|--|---------------------|
| Seasoned Pinto Beans | 28.5 g |
| Green Peas | 13.5 g |
| Cali. Blend Vegetables | 5.6 g |
| Romaine & Cherry Tomato Salad | 2.4 g |
| Mashed Potatoes | 15 g |
| Romaine Burger Salad | 2 g |
| Sweet Potato Bites | 20.4 g |
| Oven Baked Tator Tots | 18.7 g |
| Vegetable Egg Roll, WG | 22 g |
| Breaded Onion Rings | 28 g |
| Potato Smiles | 21 g |
| Black Bean & Corn Fiesta Salad | 21 g |
| Beans a la Charra, canned | 38 g |
| | |
| Corn w/Diced Jalapeno's | 18.6 g |
| Broccoli Florets w/Mushrooms | 14 g |
| Quick Baked Potato (1/2 potato) | 17 g |
| WG Stuffing Mix | 26 g |
| Refried Pinto Beans, 1/2 c. | 21.78 g |
| Grains | Contribution |
| Wheat Roll, Homemade, 2 oz. | 29.7g |
| WG Dinner Roll, 1 oz. frozen | 13.0 g |
| WG Mozzarella Cheese Filled Breadstick | 29.0 g |
| | |
| Mini Loaf, Corn Bread, WG | 25.0 g |
| Vegetable Fried Rice, WG | 33.0 g |
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| WG Spanish Rice, low sodium | 26.9 g |
| Vegetable Fried Rice, Not WG | 22.0 g |
| WG Macaroni & Cheese, reduced-fat | 26.8 g |
| WG Macaroni Salad | 19.6 g |
| WG Cornbread Stuffing | 26 g |
| Christmas Tree Cookie, WG | 18 g |

| Fruit | Contribution |
|---|---------------------|
| Mott's Sliced Apples, 2 oz. RTE bag | 7 g |
| Dole Fruit Bowls, diced pears | 18 g |
| Dole Fruit Bowls, tropical fruit | 15 g |
| Dole Fruit Bowls, pineapple tidbits | 15 g |
| Dole Fruit Bowls, mandarin oranges | 17 g |
| Dole Fruit Bowls, diced peaches | 19 g |
| Dole Fruit Bowls, mixed fruit | 17 g |
| Mandarin Oranges, canned | 17 g |
| Juice Box, Orange/Tangerine, 4 oz. | 13 g |
| Tropical Fruit Mix, canned | 21 g |
| Apricot Halves, canned | 19 g |
| V-8 Fusion Strawberry-Banana, 8 oz. | 28 g |
| V-8 Fusion Pomegranate-Blueberry, 8 oz. | 25 g |
| | |
| Craisins, dry, single-serve, asst. flavors, 1.16 oz. | 28 g |
| Assorted Fresh Fruit 1/2 c | ~24 g |
| Banana, 1 ea. | 23.1 g |
| | |
| | |
| Salads | Contribution |
| Chef Salad w/Spicy Chicken Tenders, Black Bean & Corn Fiesta Salad & Pretzels | 43.8 g |
| Chef Salad w/Chicken Chunks, Black Bean & Corn Fiesta Salad & Pretzels | 52.4 g |
| Chef Salad w/Chicken Fajitas, Black Bean & Corn Fiesta Salad, Macaroni Salad & Pretzels | 57 g |
| Chef Salad w/Diced Ham, Macaroni Salad & Pretzels | 46 g |
| Fiesta Salad, Macaroni Salad & Pretzels | 73.06 g |
| Chef Salad w/Tuna Salad, Black Bean & Corn Fiesta Salad, Macaroni Salad & Pretzels | 73.06 g |

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| Condiments/Sauces | Contribution |
|--|---------------------|
| Ranch Dipping Cup, 1 each | 5 g |
| BBQ Sauce Cup, 1 each | 10 g |
| Mayonnaise, 1 pkt. | 3 g |
| Ketchup, 1 pkt. | 6 g |
| Brown gravy, 1 oz. | 1.65 g |
| Country gravy, 1 oz. | 2.47 g |
| Jelly, Assorted, 1 ea. | 10 g |
| Hot Salsa, 1 pkt | 1 g |
| Sweet & Sour, 1 pkg. | 12 g |
| Tartar Sauce, 1 oz. | 4.51 g |
| Cheese Sauce, 1/8 c | 2.6 g |
| Shredded Cheese, 1/2 oz. | 0.8 g |
| Chicken Gravy, 1 oz. | 1.87 g |
| Mild Cheddar Cheese Cubes | 0.8 g |
| Fortune Cookie, not WG, 1 pkg. | 4.16 g |
| Chips | Contribution |
| Nacho Scoops w/Cheese Sauce, 1 oz. bag | 19.9 g |
| Baked Tostito Scoops | 19 g |
| Baked Crunchy Cheetos | 17 g |
| Mega Cheese Goldfish Puffs | 14 g |

This is a Carb list of the items used. This list should not be used to treat or diagnose a medical condition.

Menus are subject to change
due to product availability