

Category	Item	Carbs
Bread	Bagel, Elementary	48
Bread	Bagel, Secondary	71
Bread	Breadstick: Whole Grain	17
Bread	Croissant, WG	26
Bread	Dinner Roll	15
Bread	Saltines (2)	8
Bread	Tortilla, WG	24.4
Bread	White WG Bread, per slice	13
Breakfast	Bagel - Half w/Cream Cheese-Elem	17
Breakfast	Bagel - Half w/Jelly	24
Breakfast	Bagel - Whole w/ 1 TBSP Cream Cheese:Elem	31
Breakfast	Bagel - Whole w/1 TBSP Cream Cheese: Sec	73
Breakfast	Bagel- Whole with Jelly: Elem	38
Breakfast	Bagel - Whole w/Jelly: Sec	80
Breakfast	Breakfast Bread: Banana or Cinnamon	44
Breakfast	Breakfast Bread: Zucchini or Berry	43
Breakfast	Breakfast Burrito	17
Breakfast	Breakfast Doughnut Ring	29
Breakfast	Breakfast Pizza	27
Breakfast	Cereal Bar, any	30
Breakfast	Cinnamon Roll, Super Bakery	37
Breakfast	French Toast Sticks (listed with lunch entrees)	43
Breakfast	Frudel, Apple	37
Breakfast	Frudel, Cherry	36
Breakfast	Fruit Pocket, Horizon, Apple	47
Breakfast	Fruit Pocket, Horizon, Cherry	50
Breakfast	Funnel Cake w/ Powdered Sugar	51
Breakfast	Goldfish Crackers, Cheddar or Racing Ranch	14
Breakfast	Goldfish Crackers, Chocolate or Cinnamon	28
Breakfast	Grilled Cheese Sandwich (listed with lunch entrees)	27
Breakfast	Ham/Egg/Cheese Bagel: Elem	51.7
Breakfast	Ham/ Egg/Cheese Bagel: Sec	74.7
Breakfast	Ham, Egg and Cheese Sandwich	27.7
Breakfast	Mini Cinnis	51
Breakfast	Muffins-Otis-Apple Cinnam, Reduced Fat	28
Breakfast	Muffins-Otis-Banana Nut, Reduced Fat	29
Breakfast	Muffins-Otis-Blueberry, Reduced Fat	29
Breakfast	Muffins-Otis-Chocolate, Reduced Fat	30
Breakfast	Pancake/Sausage on Stick	22
Breakfast	Pancakes, Mini: ind packaged:Eggo	35
Breakfast	Poptarts, Strawberry or cinnamon	75
Breakfast	Sausage Biscuit	29
Breakfast	Sausage Sandwich	28
Breakfast	Scrambled Eggs/Toast (2 slices)	27
Breakfast	String Cheese	1
Breakfast	Sunrise Flatbread	21

Breakfast	Syrup (pkt)	31
Breakfast	Waffles: 2 jumbo	32
Breakfast	Waffles, Mini, Ind packaged, Kelloggs	38
Breakfast	Yogurt, 4 oz, any flavor	17
Cereal	Berry Kix	21
Cereal	Cheerios	20
Cereal	Cheerios, Multigrain or Apple Cinnamon	22
Cereal	Cinnamon Toast Crunch, Reduced Sugar	22
Cereal	Coco Puffs, Reduced Sugar	25
Cereal	Frosted Corn Flakes	24
Cereal	Golden Grahams	24
Cereal	Honey Nut Cheerios	22
Cereal	Kix	14
Cereal	Lucky Charms	23
Cereal	Reese Puffs	21
Cereal	Trix, Reduced Sugar	21
Condiments	BBQ Sauce, 2 TBSP	1
Condiments	Catsup, 1 TBSP	5
Condiments	Cheese Sauce, 1/4 cup	9
Condiments	Cream Cheese, pc	2
Condiments	Grape Jelly, 1 TBSP	13
Condiments	Hot Sauce	0
Condiments	Italian Dressing, lite, 2 tbs	1
Condiments	Jelly, pc	9
Condiments	Marinara Sauce, 1/4 cup	4.5
Condiments	Mayonnaise, 1 TBSP	1
Condiments	Mustard	0
Condiments	Parmesan Cheese, 1 TBSP	1
Condiments	Pickles	0
Condiments	Pizza Sauce, 2 oz	6
Condiments	Ranch dressing, lite, 2 tbs	5
Condiments	Salsa, 2 TBSP	2
Condiments	Spaghetti Sauce, 2 oz	6
Condiments	Syrup, cup	31
Deli	Cheese, American, 1/2 oz	0.2
Deli	Swiss	0
Deli	Provolone	0
Deli	Hot Pepper	0
Deli	Bread, Whole wheat (2 slices)	24
Deli	White, whole grain (2 slices)	26
Deli	Hamburger Roll	24
Deli	Tortilla	24.4
Deli	Pretzel Bun	38
Deli	Whole Grain Bagel	71
Deli	Roast Beef	1
Deli	Honey Ham	0
Deli	Turkey	1

Deli	Lebanon Bologna (sewwt)	0.2
Deli	Bacon (1 slice)	0
Deli	Tex Mex, 1 (turkey, tortilla, cheddar cheese, bacon)	25.4
Deli	Chicken Ranch Wrap with ranch dressing	44
Deli	Tuna Salad (1/2 cup)	5.1
Deli	Chicken Salad (1/2 cup)	6.2
Deli	Egg Salad (1/2 cup)	9.8
Entrees - ELEM	BBQ Rib Sandwich	33.4
Entrees - ELEM	Beef Ravioli, 1 cup	36
Entrees - ELEM	Bologna/Cheese Sandwich	39
Entrees - ELEM	Chef's Salad	17
Entrees - ELEM	Cheeseburger/Bun	25
Entrees - ELEM	Cheese Stuffed Bread Sticks (2)	34
Entrees - ELEM	Chicken Fajita with Fixins	31.2
Entrees - ELEM	Chicken Fries (8)	16
Entrees - ELEM	Chicken Nuggets (5), regular	16
Entrees - ELEM	Chicken Nuggets, Football or Heart Shaped (3)	13
Entrees - ELEM	Chicken Nuggets, Shamrock, Zoo Shaped (3)	17
Entrees - ELEM	Chicken Nuggets, Hoops (5)	16
Entrees - ELEM	Chicken Quesadilla	38
Entrees - ELEM	Chicken Ranch Wrap with ranch dressing	44
Entrees - ELEM	Chicken Sandwich	40
Entrees - ELEM	Corndog	31
Entrees - ELEM	Fish Nuggets (4)	22
Entrees - ELEM	Fish Sandwich	40
Entrees - ELEM	French Toast Sticks w/ syrup	74
Entrees - ELEM	Grilled Cheese Sandwich	27
Entrees - ELEM	Ham/Cheese on Pretzel Bun	41
Entrees - ELEM	Ham/Cheese on Wheat Roll	27
Entrees - ELEM	Hamburger/Bun	24
Entrees - ELEM	Hoagie, Deli, w/Lettuce/Tomato	24.5
Entrees - ELEM	Hoagie, Meatball	28.4
Entrees - ELEM	Hoagie, Steak/Cheese	21.5
Entrees - ELEM	Hot Turkey Sandwich	33.7
Entrees - ELEM	Hotdog/Bun	22
Entrees - ELEM	Mini Corndogs (6)	33
Entrees - ELEM	Pizza, Cheese, 4x6	36
Entrees - ELEM	Pizza Crunchers (3)	30
Entrees - ELEM	Pizza, French Bread	29
Entrees - ELEM	Pizza, Personal Round	40
Entrees - ELEM	Pizza, Stuffed Crust	31
Entrees - ELEM	Popcorn Chicken (8)	10
Entrees - ELEM	Popcorn Chicken (12)	15
Entrees - ELEM	Popcorn Shrimp	22
Entrees - ELEM	Sausage Links (3)	1.5
Entrees - ELEM	Spaghetti w/Meatballs (4)	51.2
Entrees - ELEM	Spaghetti wMeat Sauce	29.5

Entrees - ELEM	SunButter and Jelly Sandwich	47.7
Entrees - ELEM	Turkey/Cheese Sandwich on wheat roll	26.3
Entrees - ELEM	Walking Taco (Doritos, meat and fixins)	20.2
Entrees - HS	Baked Ziti	38.1
Entrees - HS	BBQ Rib Sandwich	42.1
Entrees - HS	Beef Ravioli, 1 cup	36
Entrees - HS	Beefy Nachos	24.8
Entrees - HS	Cheeseburger/Bun	25
Entrees - HS	Cheese Stuffed Breadsticks (3)	51
Entrees - HS	Chicken Fajita	31.2
Entrees - HS	Chicken Fries (10)	17.5
Entrees - HS	Chicken Nuggets (5)	16
Entrees - HS	Chicken Nuggets, Heart Shaped or Football (3)	13
Entrees - HS	Shamrock or Zoo Shaped (3)	17
Entrees - HS	Hoops (5)	16
Entrees - HS	Chicken Parmesan	17.8
Entrees - HS	Chicken Quesadilla	38
Entrees - HS	Chicken Ranch Wrap w, ranch dressing	44
Entrees - HS	Chicken Sandwich	40
Entrees - HS	Double Dogs	44
Entrees - HS	Fish Nuggets (4)	22
Entrees - HS	Fish Sandwich	40
Entrees - HS	French Toast Sticks (4)	43
Entrees - HS	French Toast Sticks (4) with 3 sausage links and syrup	74
Entrees - HS	Grilled Cheese Sandwich	27
Entrees - HS	Ham/Cheese Bagel	74.5
Entrees - HS	Ham/Cheese Croissant	29
Entrees - HS	Ham/Cheese on Pretzel Bun	41
Entrees - HS	Ham/Cheese on Wheat	28.4
Entrees - HS	Hamburger	22
Entrees - HS	Hoagie, Deli, w/Lettuce/Tomato	35.5
Entrees - HS	Hoagie, Meatball	41.6
Entrees - HS	Hoagie, Steak/Cheese	33.1
Entrees - HS	Hot Turkey Sandwich	33.7
Entrees - HS	Peanut Butter and Jelly Sandwich	78.2
Entrees - HS	Pizza, Buffalo Chicken	22
Entrees - HS	Crunchers (3)	40
Entrees - HS	Big Daddy's	34
Entrees - HS	Popcorn Chicken (12)	16
Entrees - HS	Popcorn Shrimp	22
Entrees - HS	Red Raider Whopper	29.7
Entrees - HS	Spaghetti w/Meat Sauce	34.2
Entrees - HS	Spicy Chicken Sandwich	41
Entrees - HS	Steak and Cheese Sandwich from the Grille	25
Entrees - HS	Tangerine Chicken	25
Entrees - HS	Turkey/Cheese Bagel	74.7
Entrees - HS	Turkey/Cheese Croissant	29.9

Entrees - HS	Turkey/Cheese Sandwich	27.4
Entrees - HS	Walking Taco (doritos, meat, fixins)	20.2
Entrees - MS	BBQ Rib Sandwich	42.1
Entrees - MS	Beef Ravioli, 1 cup	36
Entrees - MS	Cheeseburger/Bun	25
Entrees - MS	Cheese Stuffed Bread Sticks (3)	51
Entrees - MS	Chicken Fajita	31.2
Entrees - MS	Chicken Fries (8)	14
Entrees - MS	Chicken Nuggets (5)	16
Entrees - MS	Chicken Nuggets, Football or Heart Shaped (3)	13
Entrees - MS	Chicken Nuggets, Shamrock, Zoo Shaped (3)	17
Entrees - MS	Chickem Nuggets, Hoops (5)	16
Entrees - MS	Chicken Parmesan	17.8
Entrees - MS	Chicken Quesadilla	38
Entrees - MS	Chicken Ranch Wrap (with ranch)	44
Entrees - MS	Chicken Sandwich	40
Entrees- MS	Double Dogs	44
Entrees- MS	Fish Nuggets (4)	22
Entrees - MS	Fish Sandwich	40
Entrees - MS	French Toast Sticks (4)	43
Entrées-MS	French Toast Sticks with 3 sausage links and 1 syrup	74
Entrees - MS	Grilled Cheese Sandwich	27
Entrees - MS	Ham/Cheese on Whole Grain Bagel	74.5
Entrees - MS	Ham/Cheese Croissant	29
Entrees - MS	Ham/Cheese on Pretzel Bun	41
Entrees - MS	Ham/ Cheese on Wheat Roll	27
Entrees - MS	Hamburger/Bun	22
Entrees - MS	Hoagie, Deli, w/Lettuce/Tomato	35.5
Entrees - MS	Hoagie, Meatball	41.6
Entrees - MS	Hoagie, Steak/Cheese	33.1
Entrees - MS	Hot Turkey Sandwich	33.7
Entrees- MS	Mini Corndogs (6)	33
Entrees- MS	Pizza, Buffalo Chicken	22
Entrees - MS	Pizza, Cheese, 4x6	36
Entrees- MS	Pizza Crunchers (3)	30
Entrees - MS	Pizza, French Bread	29
Entrees - MS	Pizza, Fresh Baked, Big Daddys	27
Entrees - MS	Popcorn Chicken (12)	16
Entrees - MS	Popcorn Shrimp	22
Entrees - MS	Spaghetti wMeat Sauce	34.2
Entrées - MS	Spicy Chicken Sandwich	41
Entrees - MS	Tangerine Chicken	25
Entrees - MS	Turkey/Cheese Bagel	74.4
Entrees - MS	Turkey/Cheese Croissant	29.9
Entrees - MS	Turkey/Cheese Sandwich	26.3
Entrees - MS	Walking Taco (Doritos, meat and fixins)	20.2

Fruit	Apple, Fresh (1/2)	13
Fruit	Apple Slices, bag	7
Fruit	Applesauce Cup, 1/2 cup	23
Fruit	Applesauce, 1/2 cup	20
Fruit	Banana, Fresh (1/2)	13
Fruit	Fruit, Mixed, 1/4 cup	15
Fruit	Orange, Fresh 1/2 cup	9
Fruit	Oranges, Mandarin 1/2 cup	25
Fruit	Peaches, 1/2 cup	14
Fruit	Pears, 1/2 cup	20
Fruit	Pineapple, 1/2 cup	22
Fruit	Watermelon	20
Ice Cream	Chocolate Crunch Bar	22
Ice Cream	Orange Cream Bar	14
Ice Cream	Fudgsicle	19
Ice Cream	Strawberry Crunch Bar	23
Ice Cream	Ice Cream Sandwich	25
Ice Cream	Shape-Up, Orange, Blue Raspberry or Cherry	10
Ice Cream	Sour Cherry Bar	12
Ice Cream	Cotton Candy	15
Juice	Apple, 4 oz	14
Juice	Grape, 4 oz	19
Juice	Orange, 4 oz	15
Milk	Chocolate, 1%	24
Milk	Skim	13
Milk	Strawberry, 1%	30
Milk	Vanilla	14
Milk	White 1%	13
Other	Animal Crackers, Iced	20
Other	Chips. Baked Lays	18
Other	Chicps, Baked BBQ	19
Other	Chips, Baked Cheetos	31.6
Other	Chicps, Reduced Fat Doritos	20
Other	Chips, Reduced Fat Cool Ranch	19
Other	Chips, Sunchips, Salsa or Cheddar Snack Mix	15
Other	Cookie, Otis Spunkmeyer, Chcolate chip-Middle School only	26
Other	Cookie, J & J, Chocolate Chip	24.1
Other	Cookie, J & J Sugar	24.3
Other	Cookie, J & J M&M	33.5
Other	Fruit Roll-Up	11
Other	Jello, Green, without Topping	17
Other	Jello w/Topping	17.1
Other	Pudding w/Topping	27.3
Other	Scooby Crackers	21

Pasta Bar	Cheese Sauce,1/2 cup	18
Pasta Bar	Marinara Sauce,1/2 cup	9
Pasta Bar	Meat Sauce, 1/2 cup	9
Pasta Bar	Rotini, 1 cup	43
Pasta Bar	Grilled Chicken	0
Salad: MS/HS	Cheese only	5.3
Salad: MS/HS	Popcorn Chicken	5.3
Salad: MS/HS	Popcorn Chicken and Cheese	23.6
Salad: MS/HS	Grilled Chicken and Cheese	4.8
Salad: MS/HS	Ham	3.7
Salad: MS/HS	Ham and Cheese	4.7
Salad: MS/HS	Pasta Salad with Ham and Cheese	88
Salad / Dressings	French, packet	13
Salad / Dressings	French, Lite, packet	14
Salad / Dressings	Ranch , packet	2
Salad / Dressings	Ranch, Lite, packet	8
Salad / Dressings	Italian, packet	4
Salad / Dressings	Italian, Fat Free, packet	5
Side Items	Baked Beans, 1/2 cup	48.6
Side Items	Broccoli, 1/2 cup, cooked	5.3
Side Items	Broccoli, fresh, 1/2 cup	3
Side Items	Carrots, Steamed, 1/2 cup	14
Side Items	Carrots, Fresh, 1/2 cup	5.5
Side Items	Cole Slaw, 1/2 cup	18
Side Items	Corn, Buttered, 1/2 cup	21
Side Items	Cucumbers, sliced, 1/2 cup	1.9
Side Items	Fries, Oven, 1/2 Cup	22
Side Items	Fries, Spiral/Curly 1/2 cup	20
Side Items	Green Beans, 1/4 cup	6
Side Items	Lettuce/Tomato, 1/2 Cup	1.3
Side Items	Macaroni/Cheese, 1/2Cup	35
Side Items	Mixed Vegetables, 1/4 cup	11
Side Items	Nachos/Cheese, 1/2 Cup	24
Side Items	Pasta, Buttered, 1/2 Cup	16
Side Items	Pasta, Marinara, 1/2 cup	28
Side Items	Potato, Baked with margarine	42.8
Side Items	Potatoes, Mashed/Gravy, 1/2 cup	13.4
Side Items	Potato Rounds, (Tater Tots) 8 each	15
Side Items	Potato Rounds, (Tater Tots) 12 each	23
Side Items	Refried Beans, 1/2 cup	22.9
Side Items	Rice, Steamed, 1/2 Cup	20.2
Side Items	Salad, Tossed, 1/2 Cup	1.3
Side Items	Sauerkraut, 1/4 Cup	1.5
Side Items	Snow Peas, 1/2 cup	2.6
Side Items	Soup, Chicken Noodle, 8 oz, Secondary	23

Side Items	Soup, Chicken Noodle, 6 oz, Elementary	17
Side Items	Soup, Tomato, 8 oz, Secondary	20
Side Items	Soup, Tomato, 6 oz, Elementary	15
Side Items	Spinach and Romaine Salad, 1/2 cup	1.1
Side Items	Stewed tomatoes, 1/4 cup	8
Side Items	Tomatoes, grape, 1/2 cup	2
Side Items	Veggies, Fresh (Carrots/Celery)	4