Breakfast items		
Food Item/Brand	**Serving Size**	**Carbohydrate (g)**
Apples, Sliced	1/2 cup	12g
Bagel, Plain/ Sara-Lee	2.3 oz bagel	38g
Bagel, Plain/Lenders	2 oz bagel	30g
Bagel, Cinnamon Raisin/ Lenders	3 oz bagel	47g
Biscuit/ Mrs. Mary B	1 biscuit (2.2 oz)	22g
Biscuits w/ Gravy	1 biscuit w/ 2 oz gravy	26g
Breakfast on a Bun/	1.8 oz Bun, egg patty, cheese	28.5g
Breakfast Bowl	1/2 c grits, 1/8 c egg, 1 sausage pattie, 1 oz cheese	20g
Cereal, Froot Loops/ Kelloggs	1 bowlpak	16g
Cereal, Honey Nut Cheerios/ Gen. Mills	1 bowlpak	22g
Cereal, Lucky Charms/ Gen Mills	1 bowlpak	21g
Cereal, Cinnamon Toast Crunch/ Gen. Mills	1 bowlpak	22g
Cereal, Kix/ Gen. Mills	1 bowlpack	15g
Cereal, Total Raisin Bran/ Gen. Mills	1 bowlpak	23g
Cheese Toast	1 piece bread 2 oz cheese	16g
Chicken Biscuit	1 biscuit w/ 1.45oz patty	30g
Chicken Patty, Breakfast/ Tyson	1 pattie (1.45 oz)	6g
Cinnamon Roll	1 roll (2.25 oz dough)	31g
Cracker, Animal/ Mrs. Goodcookie	1 oz	22g
Egg Patty/ Pappetti's	1 oz	2g
Eggs, Scrambled w/ cheese/ Glenview	1/2 cup	2g
French Toast Stick/ Sunny Fresh	3 sticks	28g
Graham Crackers/ Keebler	2 packs (1 oz)	20g
Gravy, Sausage	1/4 cup	4g
Grits w/ cheese	1/2 cup	18g
Ham & Cheese Biscuit	1 biscuit w/ 1.5oz ham & 1oz chs	25g
Juice, Apple/ Ardmr	6 oz	20g
Juice, Apple/ Ardmore	4oz	14g
Juice, Grape/ Ardmore	4 oz	18g
Juice, Pineapple/ Ardmore	4oz	13g
Juice, Orange/ Ardmore	6oz	20g
Juice, Orange/ Ardmore	4oz	13g
Muffin, Banana Nut/ Otis Spunkmeyer	1 large muffin (4 oz)	58g
Muffins, Assorted Otis Spunkmeyer	Small muffin (2.25oz)	27-31g
Oatmeal, Plain	1/2 cup (cooked)	14g
Oatmeal, Fruited	1/2 cup (cooked)	27g
Pancake Minis/ Pillsbury	1 pack (3.17oz)	34g
Pancake on Stick/ Foster Farms	1 stick (2.85oz)	23g
Pancakes/ Aunt Jemima	1 pancake (1.2oz)	14g
Pizza Bagel/ Tony's	1 bagel (2.6oz)	19g
Pizza, Breakfast/ Tony's	1 pizza (3.2oz)	24g
Pop Tart, blueberry/ Kellogg's	1 pastry	37.5g
Pop Tart, cinnamon & b.sugar/ Kellogg's	1 pastry	35g
Pop Tart, strawberry/ Kellogg's	1 pastry	35g
Sausage Biscuit/ Pierre & Mary B	1 biscuit & 1.2 oz sausage	23g
Sausage Biscuit/ Pierre (pre-packaged)	1 biscuit (3.1oz)	24g
Sausage Link/ Pierre	1 link	.5g
Sausage Pattie/ USDA	1 pattie (1.2oz)	.4g
Toast (buttered or Cinnamon)	1 slice	13g
Ultimate Breakfast Round/ Rich's	2.5 oz round	45g
Yogurt/ Upstate Farms	4oz	19g
Yogurt & Graham Crackers	4 oz yogurt & .75oz Graham Crackers	22g/15g

LUNCH MAIN ENTRÉE		
Breakfast for Lunch- Elementary level	3 french toast sticks & 1 sausage patties	43g
Breakfast for Lunch- Secondary level	Biscuit, sausage pattie, egg, and cheese	32g
Burger, Hamburger	Bun and patty	28g
Burger, Cheeseburger	Bun, patty, and cheese	29g
Café Favorite- Bologna and Cheese	1 sandwich (4.1oz)	34g
Café Favorite- Cold Cut Combo	1 sandwich (4.7oz)	34g
Café Favorite- Ham and Cheese	1 sandwich (4.9oz)	33g
Café Favorite- Turkey and Cheese	1 sandwich (4.9oz)	34g
Café Favorites- Super Sub	1 sandwich (5.4oz)	34g
Cheeseburger Macaroni/ JTM	5oz	18g
Chicken Alfredo/ Goldkist	2 oz chicken & 1 cup Noodles	49g
Chicken, BBQ	3 oz	22g
Chicken, Popcorn/ Goldkist	14 pieces	13g
Chicken, Cajun w/ rice	2.85oz Chicken(15g) + 1/2 cup Rice (23g)	38g
Chicken Chunks/Goldkist	5 pieces	14g
Chicken tenders/ Goldkist	3 tenders	16g
Chicken Etouffee	4oz	4g
Chicken Fried Beef Pattie	1 pattie	13.5g
Chicken, Hot Wings	6 wings	8.5g
Chicken, breaded whole 8 piece	3 oz	10g
Chicken, oven roasted/Pilgrim's Pride	3 oz	3g
Chicken Parmesan/ Goldkist	3.4 oz pattie, 2 oz sauce, .5 oz cheese	21g
Chicken and Sausage Jambalaya	4oz	3g
Chicken, Spicy w/ rice	2.85oz Chicken(5g) + 1/2 cup Rice (23g)	28g
Chicken, Sweet and Sour	6 oz (2oz meat, 2oz sauce, 2 oz veg)	34g
Chili w/ beans/ JTM	6 oz serving	15g
Corndog/ Foster Farms	1 corndog (4oz)	27g
Enchiladas/ Recipe	4x6 piece	32g
Fish Nuggets/ Highliner	4 (1 oz each) nuggets	22g
Fish Sandwich/Highliner	breaded fish pattie on bun	42g
Frito Bake/ Recipe	6 oz chili (15g) & 1 oz chips (16g)	31g
Fruit & Yogurt Plate	4oz yog, 1oz cheese, 1/2 apple & orange, and graham crackers	78g
General Tso's Chicken w/ Noodles	2 oz chicken & 1 cup Noodles	65g
Grilled Cheese Sandwich	2 piece bread + 2oz cheese	30g
Hamburger	Bun + Patty	28g
Ham Slice/ Jennie-O	3.3 oz ham	1g
Hot Dog/ Foster Farms	1 hotdog on bun	20g
Italian Sub (Piccolo)/ Café Favorite	1 sub (4.1oz)	31g
Lasagna, roll up/ ESE	1 roll (4.15oz)	22g
Macaroni and Cheese/JTM	6oz	29g
Macaroni and Cheese w/ beef/JTM	5oz	18g
Nachos (chips, meat, cheese)	1 pkg chips, 2oz meat, 3 oz cheese	25.5g
Peanut Butter & Jelly Uncrustable/ Pierre	2.8oz sandwich	33g
Pizza, Cheese	1 slice (1/8th pizza)	42g
Pizza,Pepperoni	1 slice (1/8th pizza)	42g
Pizza, Meat Lover	1 slice (1/8th pizza)	43g
Pizza, Buffalo	1 slice (1/8th pizza)	41g
Pizza, Veggie	1 slice (1/8th pizza)	45g
Pizza, Taco	1 slice (1/8th pizza)	42g
Pizza, Cheeseburger	1 slice (1/8th pizza)	42g
Pizza, White	1 slice (1/8th pizza)	42g
Pizza, Double Stuff/ The Max(Elem.)	1 piece (3.74 oz)	28g
Pizza-Smart/ Tony's (Elem.)	1 pizza (4.65oz)	36g

Pizza- Flat bread/ Schwanns (Elem.)	1 pizza (5.95oz)	50g
Pork, Pulled Sandwich	4.6oz meat and bun	41g
Pork Chop	3.85oz piece	18.5g
Pork Rib Dipper- BBQ	4 Pieces (2.85oz)	7.5g
Pork Rib Dipper- Orange Sauce	4 pieces (2.85oz)	7.5g
Pork Rib Pattie- Honey BBQ	3.25oz pattie	6g
Pork Rib Pattie- Hot and Spicy	3.25oz pattie	9.5g
Red Beans w/ Sausage	4oz	15g
Ravioli/ Chef Boyardee (elementary)	1 cup	27g
Ravioli, Cheese/ Tasty Brand (High Schools)	3 pieces	28g
Salad, Chef	1 salad (w/ dressing, no crackers)	8g
Salad, Chicken Caesar	1 salad (w/ dressing, no crackers)	19g
Salad, Chicken BLT	1 salad (w/ dressing, no crackers)	17g
Salad, Cobb	1 salad (w/ dressing, no crackers)	9g
Salad, Asian	1 salad (w/ dressing, no crackers)	26g
Salad, Greek	1 salad (w/ dressing, no crackers)	11.5g
Salad, Tuna Salad	1 salad (no dressing, no crackers)	41g
Salad, Buffalo	1 salad (w/ dressing, no crackers)	24g
Sandwich, Ham and Cheese (Elementary)	2oz meat, 1oz chs, 2 pieces of sliced bread	28g
Sandwich, Turkey and Cheese (Elementary)	3.5oz meat, 1oz cheese, on 2 pieces of sliced bread	29g
Sandwich, PB&J uncrustable	2.8oz sandwich	33g
Sandwich, Italian (Secondary)	3oz meat,1oz chs on hoagie	51g
Sandwich, Chicken Salad (Secondary)	4oz meat on hoagie	39g
Sandwich, Turkey &Swiss (Secondary)	2oz meat, 1oz chs, on hoagie	51g
Sandwich, Veggie (Secondary)		
Sandwich, Ham &Swiss (Secondary)	2oz meat, 1oz chs, on hoagie	51g
Sandwich, Tuna Salad (Secondary)	4oz meat on hoagie	39g
Sandwich, Club (Secondary)	2.5oz meat, 1oz chs, on hoagie	52g
Sandwich, Breaded Chicken (elem & sec)	breaded chicken pattie on bun	38g
Sandwich, Grilled Chicken (Elem&Sec.)	Unbreaded pattie on bun	28g
Sandwich, Buffalo Chicken(Secondary)	Breaded pattie on bun w/ sauce	41g
Sandwich, Cordon Bleu(Secondary)	Breaded pattie on bun w/ ham and cheese	40g
Chicken Parmesan Sandwich (Elem&Sec)	breaded Pattie, bun w/ marinara and cheese	44g
Shrimp Poppers/ SeaPak	21 pieces	18.5g
Sloppy Joe	1 sandwich (bun+~3.6oz meat)	35g
Soup, Tomato	4 oz	17g
Spaghetti Sauce	1/2 cup	13g
Spaghetti Sauce w/ Meat sauce	1 cup (noodle, sauce, meat)	43g
Taco, Mini/ Tasty Brand	3 mini tacos	25g
Taco turkey w/ 3 Shells	3 oz meat and 2 shells	24g
Taco Shell/ Casa Fiesta	3 shells (32g)	21g
Taco, Chicken w/ Flour tortilla	2oz meat & 8inch tortilla	23g
Taco Salad in boat shell	taco meat, in boat shell	20g
Turkey, Slow Roasted	3.3oz	1g
Turkey, Sliced Roasted	2.5oz meat and 2 oz gravy	4g
Vegetarian Burger/ Pierre	burger pattie on Bun	31g
Wrap, Cuban Turkey/ Jennie-O	3.5oz turkey & 8 inch tortilla	21g
Quesadilla, Cheese- Conagra	1 piece (5oz)	41g
GRAINS/BREADS		
Bread, Loaf, White	1 slice	13g
Breadstick/ Pierre	1.5oz	20g
Cinnamon Roll/ Rich's	1 roll (2.25oz)	31g
Cornbread Dressing	1/2 cup	22g

Club Crackers/ Keebler	4 crackers	9g
Graham Crackers/ Keebler	2 packs (1oz)	20g
Crackers, Animal/ Mrs Goodcookie	1 pouch (1oz)	22g
Crackers, Saltines	2 crackers	8g
Dinner Roll/ Bridegeford	1.25 oz	17g
French Toast Sticks/ Sunny Fresh	3 stick	28g
Garlic Toast/ Pepperidge Farm	2.5" slice	24g
Hamburger Bun/ Sara Lee	1 bun (1.8 oz)	25g
Hoagie Roll/ Rich's	1 hoagie (4.8oz)	70g
Hot Dog Bun/ Colonial	1 bun (1.63 oz)	23g
Nacho chips	1 pack (7/8 oz)	19g
Macaroni & cheese/ JTM	6oz	29g
Muffin, Corn	2 oz muffin	28g
Rice	1/2 cup	23g
Spaghetti Noodle	1/2 cup	21g
Split Top Hoagie/ Earthgrains	1 hoagie (2.65 oz)	41g
Taco Shells/ Casa Fiesta	3 shells (32g)	21g
Texas Toast/ HillTop Hearth	1 slice	23g
Tortilla Shell (8")	8"	20g
FRUIT & VEGETABLES		
Apple, fresh	1/2 cup	17g
Apple Cobbler	5x5 piece	30g
Applesauce, plain sweetened	1/2 cup	23g
Applesauce, Strawberry/ Mott's Cups	4 oz cup	24g
Apricots	1/2 cup	20g
Beans, Black	1/2 cup	20g
Beans, Baked	1/2 cup	30g
Beans, Green	1/2 cup	5g
Broccoli w/ cheese sauce	1/2 cup	5g
Broccoli, fresh	1/2 cup	2.5g
California Blend (broc, cauli, carrots)	1/2 cup	5g
Cantaloupe	1/2 cup	7.5g
Carrots, Cooked	1/2 Cup	8g
Carrot Sticks, raw	1/2 cup	7.5g
Collards, Fresh	1/2 cup	6g
Corn ½ cup	1/2 cup	15g
Light Fruit cocktail	1/2 cup	16g
Fruit Juice Bar/ blue bell	1 bar (2.75 oz)	20g
Grapes, fresh	1/2 cup	14g
Juice Bar, Frozen (assorted flavors)/ Whole Fruit	3oz bar	14g
Juice, Apple/ Ardmore	4 oz	14g
Juice, Grape/ Ardmore	4 oz	18g
Juice, Orange/ Ardmore	4 oz	13g
Lettuce, shredded	1/2 cup	1g
Mandarin Oranges/ Canned	1/2 cup	19g
Mixed Fruit/ (Fruit cocktail)	4 oz cup	16g
Mixed Vegetables/ USDA	4oz (1/2cup)	11g
Orange, fresh	1/2 cup	11g
Oriental Vegetable Blend	1/2 cup	5.5g
Peach Cup/ USDA	1 peach cup (4.4 oz)	30g
Peaches,Diced Light Syrup/ Monarch	1/2 cup	20g
Pears, canned light syrup/ USDA	1/2 cup	19g
Peas	1/2 cup	11.5g

Peas and Carrots	1/2 cup	11g
Pineapple, tidbits/ Dole	1/2 cup	15g
Potato, Mashed- Idaho Real	1/2 cup	13g
Potato, Red Skin Oven Roasted/ Lamb Westo	1/2 cup	20g
Potato, oven fries/ USDA	10 fries	15g
Potato, Sweet Fries/ Lamb Weston	4oz	30g
Potato, Sweet (fresh)	1/2 cup	13g
Potato, Sweet (sticks) uncooked fresh	1/2 cup	12g
Potatoes, Sweet Fresh	1/2 cup	23g
Sherbet Cup/ Blue Bunny	1 cup (4 oz)	35g
Strawberries, Cupped (sweetened)	1/2 cup	33g
Strawberries, fresh	1/2 cup	7g
Tater Tots/ Lamb Weston	10 pieces (3 oz)	19g
Tomatoes, diced	1/2 cup	3g
MEAT/MEAT ALTERNATE		
Baked Beans	1/2 cup	27g
Cheese Sauce, (Nacho)/ Land O Lakes	3oz	4g
Cheese, sliced	1/2 oz	.25g
Shredded Cheese, cheddar/Land O' Lakes	1 oz	1g
String Cheese/ Land O' Lakes	1 oz	1g
MILK		
Milk, chocolate/ Dairy Fresh	1 container (8fl oz)	28g
Milk, Skim/ Dairy Fresh	1 container (8fl oz)	12g
Milk, Strawberry/ Dairy Fresh	1 container (8fl oz)	27g
Milk, White 1%/ Dairy Fresh	1 container (8fl oz)	13g
Desserts and A la Carte Items		
Brownies, Hospitality	28g (1/48 of pouch prepared)	21g
Chips, Baked Cheetos	1 pack (7/8 oz)	17g
Chips, Baked Tostitos Scoops	1 pack (7/8 oz)	22g
Chips, Baked BBQ	1 pack (1.125oz)	23g
Chips, Baked Original	1 pack (1oz)	23g
Chips, Baked Sour Cream & Onion	1 pack (1oz)	21g
Chips, Cheetos Fantastik	1 pack (1oz)	20g
Chips, Doritos Cool Ranch	1 pack (1 oz)	19g
Chips, Doritos Nacho Cheese	1 pack (1 oz)	19g
Chips, Doritos Spicy Sweet Chili	1 pack (1 oz)	20g
Chips, Fritos	1 pack (1oz)	16g
Chips, Quaker Snack Mix	1 pack (7/8 oz)	18g
Cookie, Oatmeal/ Otis Spunkmeyer	1 cookie (1oz)	18g
Cookie, Candy Pieces/ Otis Spunkmeyer	1 cookie (1oz)	19g
Cookie, Choc Chip/ Otis Spunkmeyer (Meal)	1 cookie (1oz)	17g
Cookie, Choc Chip/ Otis Spunkmeyer (alacarte)	1 cookie (1oz)	19g
Ice Cream, Halloween cup	3 oz cup	17g
Pudding	1/2 cup	25g
CONDIMENTS		
Barbeque Sauce	1.5oz	9g
Cocktail Sauce/ Monarch	1oz (1 portion cup)	7g
Dressing, Creamy Caesar/ Ken's	2 oz	.5g
Dressing, Ranch Lite	1.5 oz	2g
Dressing, Ranch (Bulk Dispenser)/ Heinz	1oz	1g
Dressing, Honey Mustard(Bulk Dispenser)/ Heinz	1 oz	8g

Gravy, brown		5g
Jelly	.5oz	9g
Ketchup (Bulk Dispenser)/ Heinz	1oz	6.5g
Mayonnaise (Bulk Dispenser)/ Heinz	1oz	0g
Mustard (Bulk Dispenser)/ Heinz	1oz	0g
Pickle Chips/ Valasic	3 chips	3g
Salsa/ Bay Valley	2 Tbsp	3g
Sour Cream/ Daisy	1 oz	1g
Syrup/ Monarch	1 oz	22g
Tarter Sauce/ Monarch	1oz (1 portion cup)	6g