

Carbohydrate Counts			
Menu Item	Serving Size	Fiber	Carbohydrates
100% Fruit Juice	4 oz	0 grams	15 grams
100% Fruit Juice	6 oz	0 grams	24 grams
1% Milk, Unflavored	1 cup	0 grams	11 grams
Fat-Free, Unflavored Milk	1 cup	0 grams	11 grams
Strawberry Milk	1 cup	0 grams	22 grams
Chocolate Milk	1 cup	0 grams	24 grams
All American Cheeseburger	1 each	6 grams	33 grams
Apple, Fresh	1 small	3 grams	19 grams
Applesauce, canned	0.5 cup	1 grams	14 grams
Applesauce cup	1 each	1 grams	14 grams
Apple, Grins Slices	1 pkt	1.5 gram	5 grams
Apple & Grape Snack Pack	1 pkt	0.5 gram	14 grams
Bagels, Mini Cream Cheese	1 pkt	2 grams	42 grams
BBQ Pork Sandwich	1 sandwich	4 grams	43 grams
Biscuit	1 each	2 grams	27 grams
Black Beans	0.5 cup	8 grams	20 grams
Broccoli Florets, Raw	0.5 cup	1 gram	2 grams
Bread Stick	1 each	1 gram	14 grams
Breakfast Bread	1 each	2 grams	44 grams
Breakfast Croissant, Egg & Cheese	1 each	2 grams	19 grams
Cabbage, Cooked	0.5 cup	1 gram	4 grams
Calzones, Mini Cheese with Marinara	1 entrée	2 grams	43 grams
Cantaloupe Chunks	0.5 cup	1 gram	6 grams
Carrots, Baby Snack Pack	1 Pkt	2 grams	5 grams
Carrots, Cooked Coins	0.5 cup	2 grams	6 grams
Celery Sticks	0.5 cup	1 gram	2 grams
Cereal, Apple Cinnamon Cheerios (General Mills)	1 pkt	2 grams	23 grams
Cereal, Cinnamon Toast Crunch (General Mills)	1 pkt	4 grams	22 grams
Cereal, Corn Chex (General Mills)	1 pkt	1 gram	24 grams
Cereal, Frosted Flakes (General Mills)	1 pkt	1 gram	24 grams
Cereal, Frosted Flakes (Kellogg's)	1 pkt	2 grams	24 grams
Cereal, Frosted Mini Wheats (Kellogg's)	1 pkt	3 grams	24 grams
Cereal, Frosted Cinnamon Flakes (Kellogg's)	1 pkt	2 grams	24 grams
Cereal, Raisin Bran (Kellogg's)	1 pkt	4 grams	28 grams
Cereal, Regular Cheerios (General Mills)	1 pkt	3 grams	21 grams
Cereal, Rice Chex (General Mills)	1 pkt	1 gram	24 grams
Cereal, Trix (General Mills)	1 pkt	2 gram	23 grams

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Cereal Bar, Frozen (Oatmeal Raisin Flavor)	1 bar	3 grams	47 grams
Cereal Bar, Shelf Stable (Flavors: Apple, Blueberry, Strawberry)	1 bar	1 gram	23 grams
Cereal Bar with Cereal Pieces, Cinnamon Toast Crunch	1 bar	3 grams	30 grams
Cereal Bar with Cereal Pieces, Cocoa Puffs	1 bar	3 grams	29 grams
Cereal Bar with Cereal Pieces, Golden Grahams	1 bar	3 grams	30 grams
Cereal Bar with Cereal Pieces, Trix	1 bar	3 grams	29 grams
Cereal Yogurt Parfait, Banana	1 entrée	7 grams	71 grams
Cereal Yogurt Parfait, Peach	1 entrée	5 grams	56 grams
Cereal Yogurt Parfait, Strawberry	1 entrée	5 grams	49 grams
Cheese Cubes, Cheddar	1 pkt	0 grams	0 grams
Cheese Cubes, Colby Jack	1 pkt	0 grams	1 grams
Cheese Stick	1 each	0 grams	2 grams
Cheeseburger Slider, Pre-K	1 slider	2 grams	18 grams
Cheeseburger Sliders	2 sliders	3 grams	34 grams
Cheesy Bread Bites with Marinara	1 entrée	3 grams	33 grams
Pre-K Cheesy Bread Bites	1 entrée	2 grams	26 grams
Cherry Tomatoes	0.5 cup	1.5 grams	4 grams
Chex Mix, Cheddar	1 each	2 gram	20 grams
Chex Mix, Chocolate Caramel	1 each	2 grams	22 grams
Chex Mix, Strawberry Yogurt	1 each	2 grams	23 grams
Chicken Alfredo	1 bowl	3.5 grams	24 grams
Chicken Biscuit	1 each	2 grams	34 grams
Chicken Carbonara	1 bowl	4 grams	25 grams
Chicken Filet Sandwich	1 each	3 grams	47 grams
Chicken Parmesan	1 bowl	7 grams	43 grams
Chicken Potato Ranch Wrap	1 wrap	4 grams	49 grams
Chilled Pears	0.5 cup	2 grams	14 grams
Cinni Minis	1 pkt	3 grams	41 grams
Cookie, Holiday Themed	1 each	1 gram	17 grams
Cookie, Carnival	1 each	3 grams	34 grams
Cookie, Chocolate Chip	1 each	2.5 grams	24 grams
Corn, Frozen	0.5 cup	2 grams	17 grams
Corn Dog	1 each	2 grams	30 grams
Crispy Chicken Tender Salad	1 each	5 grams	18 grams
Crispy Chicken Tenders	2 tenders	2 grams	12 grams
Cucumber Slices	0.5 cup	0 grams	2 grams
Deli Roaster Potatoes	0.5 cup	1 grams	13 grams
Doughnut	1 each	2 grams	40 grams
Dutch Waffle & Chicken Pre-K	1/2 waffle & 2 tenders	3.5 grams	33 grams
Dutch Waffle & Chicken	1 entrée	5 grams	55 grams

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Fiesta Bowl	1 entrée	2 grams	48 grams
Fish Filet Sandwich	1 sandwich	5 grams	44 grams
Fish Sticks, Cornmeal Crust	3 each	1 gram	20 grams
French Toast Sticks	3 each	2 grams	42 grams
Breakfast French Toast Sticks & Sausage	3 sticks & 1 sausage patty	2 grams	42 grams
French Toast Sticks & Sausage Pre-K	2 sticks & 2 patties	1 grams	28 grams
French Toast Sticks & Sausage	3 sticks & 2 patties	2 grams	42 grams
Fresh Fruit	0.5 cup	2 grams	15 grams
Fresh Fruit Salad	0.5 cup	1 grams	15 grams
Fritos	2 oz	4 grams	40 grams
Frozen Fruit Slush (RIPS)	1 each	0 grams	15 grams
Frudel	1 pkt	2.5 grams	38 grams
Fruit Smoothie (Juice Rush)	1 each	0 grams	12 grams
Garden Fresh Salad with Tomatoes and Cucumbers	0.5 cup	1.5 gram	4 grams
Garlic & Herb Green Beans	0.5 cup	3 grams	5 grams
Garlic Bread	1 slice	1 gram	14 grams
Goldfish Crackers	1 pkt	1 gram	14 grams
Graham Snacks	1 pkt	1 grams	20 grams
Grapes	0.5 cup	0.5 grams	8 grams
Grapefruit	0.5 cup	1 grams	9 grams
Grilled Cheese Sandwich	1 each	3 grams	28 grams
Grilled Chicken Club Sandwich	1 sandwich	4 grams	30 grams
Grilled Chicken Sandwich	1 sandwich	4 grams	32 grams
Grilled Chicken Salad	1 salad	3 gram	8 grams
Grilled Ham and Cheese	1 sandwich	3 grams	26 grams
Ham & Cheese Melt	1 sandwich	2 grams	27 grams
Ham & Cheese Melt (with bread), Pre-K	1 sandwich	3 grams	26 grams
Ham & Cheese Toastie	0.5 sandwich	1.5 grams	13 grams
Hamburger	1 each	6 grams	32 grams
Holiday Dyed Eggs	1 egg	0 grams	0.5 gram
Hot Dog	1 each	4 grams	30 grams
Italian Combo Box	1 entrée	3 grams	23 grams
Italian Meatball Sub	1 sandwich	4 grams	35 grams
Lima Beans	0.5 cup	5 grams	21 grams
Mashed Potatoes	0.5 cup	1 grams	19 grams
Macaroni & Cheese	1 each	2 grams	28 grams
Mandarin Chicken with Rice	1 each	3 grams	46 grams
Mandarin Oranges	0.5 cup	1 gram	20 grams
Mandarin Oranges Cup	1 each	1 gram	17 grams
Mexican Pizza	1 each	3 grams	32 grams
Mighty Bites with Banana	1 entrée	6 grams	86 grams
Mighty Bites with Strawberries	1 entrée	3 grams	56 grams

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Mighty Bites with Banana, Pre-K (Goldfish as Grain)	1 entrée	5 grams	66 grams
Mighty Bites with Banana, Pre-K (Graham Snacks as Grain)	1 entrée	5 grams	72 grams
Mighty Bites with Strawberries, Pre-K (Goldfish as Grain)	1 entrée	2 grams	35 grams
Mighty Bites with Strawberries, Pre-K (Graham Snacks as Grain)	1 entrée	2 grams	42 grams
Mini Chef Salad	1 each	3 gram	8 grams
Mini Pancakes	1 pkt	4 grams	35 grams
Mini Waffles	1 pkt	2 grams	37 grams
Mixed Fruit	0.5 cup	1 gram	15 grams
Mixed Fruit Cup	1 each	1 gram	19 grams
Muffin	1 each	1 gram	27 grams
Oatmeal Bar, Double Chocolate	1 each	3 grams	24 grams
Oatmeal Round	1 each	4 grams	39 grams
Orange, Fresh	1 each	3 grams	17 grams
Oven "Fried" Chicken	1 piece	2 gram	14 grams
Oven Roasted Chicken	1 piece	0 grams	4 grams
Pancake Wrapped Frank	4 pieces	2 grams	17 grams
Personal Pizza	1 each	3 grams	30 grams
Peach Cup	1 each	1 gram	18 grams
Peaches, Canned, Diced	0.5 cup	1 gram	14 grams
Pear, Fresh	1 each	5.5 grams	27 grams
Pear Cup	1 each	1 gram	19 grams
Peas, Green	0.5 cup	5 grams	13 grams
Pineapple Tidbits	0.5 cup	0.75 gram	15 grams
Pineapple Tidbits Cup	1 each	0 gram	16 grams
Popcorn Chicken	12 pieces	3 grams	16 grams
Popcorn Chicken Potato Bowl	1 bowl	4 grams	25 grams
Popcorn Chicken Potato Bowl, Pre-K	1 bowl	2 grams	17 grams
Popcorn Chicken Potato Bowl without Corn (Westgate)	1 bowl	3 grams	16 grams
Popcorn Chicken Salad	1 entrée	6 grams	22 grams
Poptart (1-ct), Blueberry	1 pkt	3 grams	36 grams
Poptart (1-ct), Cinnamon	1 pkt	3 grams	37 grams
Poptart (1-ct), Strawberry	1 pkt	3 grams	36 grams
Poptart (2-ct), Blueberry	1 pkt	6 grams	73 grams
Poptart (2-ct), Fudge	1 pkt	6 grams	73 grams
Poptart (2-ct), Strawberry	1 pkt	6 grams	73 grams
Potato, Baked	1/2 potato	2 grams	26 grams
Potatoes, Sweet, Fresh	1/2 potato	5 grams	29 grams
Protein Stick, Turkey	1 stick	0 grams	0 grams
Quesadilla, Beef	1 entrée	6 grams	32 grams
Quesadilla, Cheese	1 entrée	4 grams	29 grams

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Raisins, Unflavored	1 pkt	2 grams	30 grams
Raisins, Flavored Orange	1 pkt	2 grams	25 grams
Raisins, Flavored, Strawberry	1 pkt	2 grams	25 grams
Raisins, Flavored, Sour Watermelon	1 pkt	2 grams	25 grams
Ranch Dip	1 oz	0 grams	2 grams
Refried Beans	0.5 cup	8 grams	23 grams
Rice	0.5 cup	0.5 grams	16 grams
Rice	1 cup	1 grams	32 grams
Roasted Ranch Chickpeas	0.5 cup	4 grams	23 grams
Roll	1 each	1 grams	15 grams
Sausage Patty	1 patty	0 grams	0 grams
Sausage Biscuit	1 each	2 gram	27 grams
Savory Baked Beans	0.75 cup	9 grams	53 grams
Savory Baked Beans, Pre-K	0.5 cup	7 grams	40 grams
Southwest Nachos with Beef	1 entrée	9 grams	52 grams
Southwest Nachos with Black Beans	1 entrée	9 grams	53 grams
Southwest Nachos, Pre-K	1 entrée	4 grams	27 grams
Spaghetti with Beef Crumbles	1 entree	7 grams	40 grams
Spicy Chicken Sandwich	1 each	2 grams	49 grams
Spicy Popcorn Chicken	12 pieces	3 grams	16 grams
Steamed Broccoli	0.5 cup	2 grams	5 grams
Sweet Corn	0.5 cup	2 grams	17 grams
Sweet & Sour Chicken with Rice	1 bowl	3.5 grams	50 grams
Sweet Thai Chili Chicken with Rice	1 bowl	1.5 grams	36 grams
Taco Soup	1 cup	9 grams	24 grams
Taco Soup with Tortilla Chips	1 entrée	13 grams	64 grams
Teriyaki Chicken with Rice	1 bowl	0.6 grams	38 grams
Tortilla Chips	2 oz	4 grams	38 grams
Turkey & Cheese Melt (with Bread), Pre-K	1 entrée	3 grams	24 grams
Turkey & Cheese Melt	1 sandwich	2 grams	25 grams
Turkey & Ham Cold Sub	1 sandwich	2 grams	25 grams
Turnip Greens	0.5 cup	3 grams	6 grams
VIP Turkey	3 oz	0 grams	1 gram
Watermelon Chunks	0.5 cup	0 grams	5 grams
Yellow Roasted Potatoes	0.5 cup	1 gram	17 grams
Yogurt & Cheese Power Plate	1 each	3 grams	50 grams
Yogurt & Protein Stick Power Plate	1 each	3 grams	80 grams
Yogurt, Trix	4 oz	0 grams	15 grams

Note: Snack pack fruits and vegetables are 1/2 cup servings

Updated 7/2024