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| **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 |
| 100% Fruit Juice | 10 oz | 0 grams | 35 grams |
| 1% Milk, Chocolate | 1 cup | 0 grams | 20 grams |
| 1% Milk, Unflavored | 1 cup | 0 grams | 11 grams |
| Fat-Free, Chocolate Milk | 1 cup | 0 grams | 19 grams |
| Fat-Free, Strawberry Milk | 1 cup | 0 grams | 22 grams |
| Fat-Free, Unflavored Milk | 1 cup | 0 grams | 11 grams |
| Apple, Fresh | 1 small | 4 grams | 23 grams |
| Applesauce, Canned | 0.5 cup | 3 gram | 17 grams |
| Applesauce Cup | 1 each | 1 gram | 14 grams |
| Apple, Grins Slices | 1 pkt | 2 grams | 11 grams |
| Apple & Grape Snack Pack | 1 pkt | 1 gram | 12 grams |
| Assorted Chips, Cheetos Baked Crunchy | 1 pkt | 1 gram | 16 grams |
| Assorted Chips, Cheetos Baked Crunchy Hot | 1 pkt | 1 gram | 16 grams |
| Assorted Chips, Cheetos Baked Flamin Hot Limon | 1 pkt | 1 gram | 18 grams |
| Assorted Chips, Cheetos Fantastix Chili  Cheese | 1 pkt | 2 grams | 19 grams |
| Assorted Chips, Cheetos Fantastix  Ranch | 1 pkt | 1 gram | 18 grams |
| Assorted Chips, Cheetos Fantastix Hot | 1 pkt | 2 grams | 20 grams |
| Assorted Chips, Cheetos Reduced Fat Puffs | 1 pkt | <1 gram | 13 grams |
| Assorted Chips, Doritos Reduced Fat Cool Ranch | 1 pkt | 2 grams | 20 grams |
| Assorted Chips, Doritos Reduced Fat Flamas | 1 pkt | 2 grams | 20 grams |
| Assorted Chips, Doritos Reduced Fat Golden Siracha | 1 pkt | 2 grams | 19 grams |
| Assorted Chips, Doritos Reduced Fat Nacho Cheese | 1 pkt | 3 grams | 19 grams |
| Assorted Chips, Doritos Reduced Fat Spicy Sweet Chili | 1 pkt | 2 grams | 20 grams |
| Assorted Chips, Doritos Reduced Fat Wild White Nacho | 1 pkt | 2 grams | 20 grams |
| Assorted Chips, Funyuns Baked | 1 pkt | <1 gram | 14 grams |
| Assorted Chips, Lay's Baked BBQ | 1 pkt | 1 gram | 19 grams |
| Assorted Chips, Lay's Baked Original | 1 pkt | 1 gram | 18 grams |
| Assorted Chips, Lay's Baked Salt and Vinegar | 1 pkt | 1 gram | 18 grams |

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| **Carbohydrate Counts** | | | |
| **Menu Item** | **Serving Size** | **Fiber** | **Carbohydrates** |
| Assorted Chips, Pirate's Booty Aged White Cheddar | 1 pkt | 1 gram | 15 grams |
| Assorted Chips, Ruffles Baked Cheddar and Sour Cream | 1 pkt | 1 gram | 17 grams |
| Assorted Chips, Tostitos Baked Scoops | 1 pkt | 2 grams | 19 grams |
| Assorted Chips, Tostitos Reduced Fat Crispy Rounds | 1 pkt | 2 grams | 18 grams |
| Bagels, Mini Cream Cheese | 1 pkt | 2 grams | 42 grams |
| Baked Beans | 0.75 cup | 9 grams | 53 grams |
| Baked Beans, Pre-K | 0.5 cup | 7 grams | 40 grams |
| Banana, Fresh | 1 whole medium | 3 grams | 27 grams |
| BBQ Beef Meatballs | 4 bbq meatballs | 0 grams | 15 grams |
| BBQ Pork Sandwich | 1 sandwich | 4 grams | 43 grams |
| Beef Jerky Pieces, Original | 1 pkt | 0 grams | 5 grams |
| Beef Jerky Pieces, Teriyaki | 1 pkt | 0 grams | 5 grams |
| Biscuit | 1 each | 2 grams | 27 grams |
| Black Beans | 0.5 cup | 8 grams | 20 grams |
| Blueberries | 0.5 cup | 2 gram | 10 grams |
| Broccoli Florets, Raw | 0.5 cup | 1 gram | 3 grams |
| Breakfast Bread | 1 each | 2 grams | 44 grams |
| Calzones, Mini Cheese with Marinara | 1 entrée | 5 grams | 44 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 | 5 grams |
| Celery Sticks | 0.5 cup | 1 gram | 2 grams |
| Cereal, Apple Jacks (Kellogg's) | 1 pkt | 2 grams | 24 grams |
| Cereal, Blueberry Chex (General Mills) | 1 pkt | 1 gram | 23 grams |
| Cereal, Cheerios, Honey (General Mills) | 1 pkt | 2 grams | 22 grams |
| Cereal, Cheerios, Multigrain (General Mills) | 1 pkt | 2 grams | 23 grams |
| Cereal, Cheerios, Plain (General Mills) | 1 pkt | 3 grams | 21 grams |
| Cereal, Cinnamon Chex (General Mills) | 1 pkt | 1 gram | 23 grams |
| Cereal, Cinnamon Toast Crunch (General Mills) | 1 pkt | 4 grams | 22 grams |
| Cereal, Frosted Flakes (Kellogg's) | 1 pkt | 2 grams | 24 grams |
| Cereal, Frosted Flakes Cinnamon (Kellogg's) | 1 pkt | 2 grams | 24 grams |
| Cereal, Frosted Mini Wheats (Kellogg's) | 1 pkt | 3 grams | 24 grams |
| Cereal, Froot Loops (Kellogg's) | 1 pkt | 2 grams | 24 grams |

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| **Carbohydrate Counts** | | | |
| **Menu Item** | **Serving Size** | **Fiber** | **Carbohydrates** |
| Cereal, Raisin Bran (Kellogg's) | 1 pkt | 4 grams | 28 grams |
| Cereal, Rice Chex (General Mills) | 1 pkt | 1 gram | 24 grams |
| Cereal, Trix (General Mills) | 1 pkt | 2 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 | 3 grams | 73 grams |
| Cereal Yogurt Parfait, Peach | 1 entrée | 3 grams | 70 grams |
| Cereal Yogurt Parfait, Strawberry | 1 entrée | 3 grams | 62 grams |
| Cheese Cubes, Cheddar | 1 pkt | 0 grams | 0 grams |
| Cheese Cubes, Colby Jack | 1 pkt | 0 grams | 1 gram |
| Cheese Itz, Cheddar | 1 pkt | 1 gram | 14 grams |
| Cheese Stick, Cheddar | 1 each | 0 grams | 1 gram |
| Cheese Stick, Colby Jack | 1 each | 0 grams | 1 gram |
| Cheese Stick, Mozzarella | 1 each | 0 grams | 1 grams |
| Cheeseburger | 1 each | 3 grams | 33 grams |
| Cheesy Bread Bites with Marinara | 1 entrée | 3 grams | 33 grams |
| Cherry Tomatoes | 0.5 cup | 1 grams | 3 grams |
| Chex Mix, Cheddar | 1 pkt | 2 gram | 20 grams |
| Chex Mix, Chocolate Caramel | 1 pkt | 2 grams | 22 grams |
| Chex Mix, Strawberry Yogurt | 1 pkt | 2 grams | 23 grams |
| Chicken Alfredo | 1 bowl | 3 grams | 22 grams |
| Chicken Biscuit | 1 each | 3 grams | 35 grams |
| Chicken Carbonara | 1 bowl | 3 grams | 22 grams |
| Chicken Filet Sandwich | 1 each | 2 grams | 49 grams |
| Chicken Parmesan | 1 bowl | 8 grams | 53 grams |
| Chicken Potato Ranch Wrap | 1 wrap | 5 grams | 52 grams |
| Chicken Tenders | 2 tenders | 2 grams | 12 grams |
| Chicken Tender Salad | 1 each | 2.5 grams | 14.5 grams |
| Cinni Minis | 1 pkt | 3 grams | 41 grams |
| Cookie, Carnival | 1 each | 1 grams | 25 grams |
| Cookie, Chocolate Chip (Hershey's Chips) | 1 each | 1 grams | 27 grams |
| Cookie, Holiday Christmas | 1 each | 1 gram | 17 grams |
| Cookie, Shamrock Clover | 1 each | 4 grams | 19 grams |
| Cookie, Thanksgiving Harvest | 1 each | 1 gram | 18 grams |
| Cookie, Tulip | 1 each | 1 gram | 19 grams |
| Cookie, Valentines Day Heart | 1 each | 1 gram | 19 grams |
| Cookies, Grandma's Mini Chocolate Chip | 1 pkt | 2 grams | 25 grams |
| Corn | 0.5 cup | 2 grams | 19 grams |

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| **Carbohydrate Counts** | | | |
| **Menu Item** | **Serving Size** | **Fiber** | **Carbohydrates** |
| Corn Dog | 1 each | 2 grams | 30 grams |
| Croissant, Egg and Cheese | 1 croissant | 2 grams | 19 grams |
| Croutons | 1 pkt | 1 gram | 9 grams |
| Cucumber Slices | 0.5 cup | 0 grams | 2 grams |
| Deli Roaster Potatoes | 0.5 cup | 1 grams | 13 grams |
| Domino's Pizza, Cheese | 1 slice | 3 grams | 27 grams |
| Domino's Pizza, Pepperoni | 1 slice | 3 grams | 27 grams |
| Doughnut | 1 each | 2 grams | 40 grams |
| Dutch Waffle & Chicken | 1 entrée | 5 grams | 50 grams |
| Dutch Waffle & Chicken Pre-K | 1/2 waffle & 2 tenders | 3 grams | 31 grams |
| Fiesta Bowl | 1 entrée | 4 grams | 45 grams |
| Fish Sandwich | 1 sandwich | 3 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 | 2 grams | 32 grams |
| Frozen Fruit Slush (RIPS) | 1 each | 0 grams | 15 grams |
| Frudel, Apple | 1 pkt | 3 grams | 38 grams |
| Frudel, Cherry | 1 pkt | 2 grams | 38 grams |
| Fruit Roll Up, Blastin' Berry | 1 each | 2 grams | 11 grams |
| Fruit Roll Up, Crazy Colors | 1 each | 2 grams | 11 grams |
| Fruit Roll Up, Strawberry | 1 each | 2 grams | 11 grams |
| Fruit Smoothie (Froot Jooce), Black Cherry | 1 each | 0 grams | 22 grams |
| Fruit Smoothie (Froot Jooce), Fruit  Punch | 1 each | 0 grams | 22 grams |
| Fruit Smoothie (Froot Jooce), Mango | 1 each | 0 grams | 22 grams |
| Fruit Smoothie (Froot Jooce), Strawberry | 1 each | 0 grams | 22 grams |
| Fruit Smoothie (Hershey's Juice Rush) | 1 each | 0 grams | 12 grams |
| Garden Fresh Salad with Tomatoes and Cucumbers | 0.5 cup | 0.5 grams | 2.5 grams |
| Garlic Bread | 1 slice | 1 gram | 14 grams |
| Glazen Chicken Drumstick | 1 each | 0 grams | 2 grams |
| Goldfish Crackers, Cheddar | 1 pkt | 1 gram | 14 grams |
| Goldfish Crackers, Colors | 1 pkt | 1 gram | 14 grams |
| Goldfish Crackers, Pretzel | 1 pkt | 1 gram | 16 grams |

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| **Carbohydrate Counts** | | | |
| **Menu Item** | **Serving Size** | **Fiber** | **Carbohydrates** |
| Goldfish Crackers, Xtra Cheddar | 1 pkt | 1 gram | 14 grams |
| Graham Snacks, Honey Grahams | 1 pkt | 1 grams | 17 grams |
| Graham Snacks, Jungle Crackers | 1 pkt | 1 grams | 20 grams |
| Granola Yogurt Parfait, Banana | 1 entrée | 2 grams | 75 grams |
| Granola Yogurt Parfait, Peach | 1 entrée | 2 grams | 72 grams |
| Granola Yogurt Parfait, Strawberry | 1 entrée | 2 grams | 64 grams |
| Grapes | 0.5 cup | 0.5 grams | 14 grams |
| Grapefruit | 0.5 cup | 1 grams | 9 grams |
| Green Beans | 0.5 cup | 2 grams | 6 grams |
| Grilled Cheese Sandwich | 1 each | 4 grams | 32 grams |
| Grilled Chicken Club Sandwich | 1 sandwich | 2 grams | 31 grams |
| Grilled Chicken Sandwich | 1 sandwich | 2 grams | 31 grams |
| Grilled Chicken Salad | 1 salad | 0.5 grams | 4.5 grams |
| Grilled Ham and Cheese | 1 sandwich | 4 grams | 30 grams |
| Grilled Turkey and Cheese | 1 sandwich | 4 grams | 28 grams |
| Ham & Cheese Melt | 1 sandwich | 3 grams | 41 grams |
| Ham & Cheese Melt (with bread), Pre-K | 1 sandwich | 4 grams | 29 grams |
| Hamburger | 1 each | 3 grams | 32 grams |
| Holiday Dyed Eggs | 1 egg | 0 grams | 0.5 gram |
| Hot Dog | 1 each | 2 grams | 31 grams |
| Ice Cream Bar - Cotton Candy Twirl (Rich's) | 1 each | 0 grams | 14 grams |
| Ice Cream Bar - Savagely Sour Blue Raspberry (Rich's) | 1 each | 0 grams | 14 grams |
| Ice Cream Cone - Birthday Cake (Rich's) | 1 each | 1 gram | 29 grams |
| Ice Cream Cone - Cookies & Cream (Hershey's) | 1 each | 0 grams | 24 grams |
| Ice Cream Cone - Crazy Cone (Hershey's) | 1 each | 0 grams | 26 grams |
| Ice Cream Cone - Crumbled Cookie (Rich's) | 1 each | 1 gram | 29 grams |
| Ice Cream Creamsicle - Orange Cream Bar (Rich's) | 1 each | 0 grams | 21 grams |
| Ice Cream Crunch Bar - Chocolate (Rich's) | 1 each | <1 gram | 23 grams |
| Ice Cream Crunch Bar - Chocolate Scooter (Hershey's) | 1 each | 0 grams | 26 grams |
| Ice Cream Crunch Bar - Crumbled Cookie (Rich's) | 1 each | <1 gram | 23 grams |
| Ice Cream Crunch Bar - Strawberry Scooter (Hershey's) | 1 each | 0 grams | 25 grams |
| Ice Cream Crunch Bar - Strawberry Shortcake (Rich's) | 1 each | 0 grams | 23 grams |

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| **Carbohydrate Counts** | | | |
| **Menu Item** | **Serving Size** | **Fiber** | **Carbohydrates** |
| Ice Cream Cup - Vanilla (Hershey's) | 1 each | 0 grams | 14 grams |
| Ice Cream Cup - Strawberry Sundae (Hershey's) | 1 each | 0 grams | 17 grams |
| Ice Cream Cup - Chocolate Sundae (Hershey's) | 1 each | 0 grams | 16 grams |
| Ice Cream Fruit Bar - Mango (Hershey's) | 1 each | 1 gram | 27 grams |
| Ice Cream Fruit Bar - Strawberry (Hershey's) | 1 each | 1 gram | 28 grams |
| Ice Cream Fudge Frenzy Bar (Rich's) | 1 each | 1 gram | 25 grams |
| Ice Cream Push Pop - Cherry Polar Pole (Rich's) | 1 each | 0 grams | 16 grams |
| Ice Cream Sandwich - Cookies & Cream (Hershey's) | 1 each | 1 gram | 27 grams |
| Ice Cream Sandwich - Mighty Mini (Hershey's) | 1 each | 0 grams | 19 grams |
| Ice Cream Sandwich - Vanilla (Hershey's) | 1 each | 1 gram | 27 grams |
| Ice Cream Sandwich - Vanilla (Rich's) | 1 each | 1 gram | 28 grams |
| Ice Cream Silly Tube - Watermelon (Hershey's) | 1 each | 0 grams | 16 grams |
| Ice Cream Yogurt Twister Cup - Cotton Candy (Hershey's) | 1 each | 0 grams | 19 grams |
| Italian Combo Box | 1 entrée | 3 grams | 23 grams |
| Lima Beans | 0.5 cup | 5 grams | 21 grams |
| Mashed Potatoes | 0.5 cup | 1 grams | 16 grams |
| Macaroni & Cheese | 1 each | 2 grams | 28 grams |
| Mandarin Chicken with Rice | 1 entrée | 5 grams | 44 grams |
| Mandarin Oranges | 0.5 cup | 1 gram | 20 grams |
| Mandarin Oranges Cup | 1 each | 1 gram | 17 grams |
| Mexican Pizza | 1 each | 4 grams | 29 grams |
| Mighty Bites with Banana | 1 entrée | 5 grams | 73 grams |
| Mighty Bites with Strawberries | 1 entrée | 4 grams | 51 grams |
| Mighty Bites with Banana, Pre-K (Goldfish as Grain) | 1 entrée | 4 grams | 56 grams |
| Mighty Bites with Banana, Pre-K (Graham Snacks as Grain) | 1 entrée | 4 grams | 59 grams |
| Mighty Bites with Strawberries, Pre-K (Goldfish as Grain) | 1 entrée | 3 grams | 34 grams |
| Mighty Bites with Strawberries, Pre-K (Graham Snacks as Grain) | 1 entrée | 3 grams | 37 grams |
| Mini Pancakes, Confetti | 1 pkt | 6 grams | 36 grams |
| Mini Pancakes, Maple | 1 pkt | 4 grams | 35 grams |
| Mini Waffles | 1 pkt | 2 grams | 37 grams |
| Mixed Fruit, Canned | 0.5 cup | 1 gram | 15 grams |

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| **Carbohydrate Counts** | | | |
| **Menu Item** | **Serving Size** | **Fiber** | **Carbohydrates** |
| Mixed Fruit Cup | 1 each | 1 gram | 13 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 | 16 grams |
| Oven "Fried" Chicken | 1 piece | 1 gram | 7 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 | 12 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 | 13 grams |
| Pears, Canned | 0.5 cup | 2 grams | 14 grams |
| Peas, Green | 0.5 cup | 5 grams | 13 grams |
| Pineapple Tidbits | 0.5 cup | 0.75 grams | 15 grams |
| Pineapple Tidbits Cup | 1 each | <1 gram | 16 grams |
| Popcorn, Sweet and Salty | 1 pkt | 3 grams | 17 grams |
| Popcorn Chicken | 12 pieces | 3 grams | 15 grams |
| Popcorn Chicken Potato Bowl | 1 bowl | 4 grams | 41 grams |
| Popcorn Chicken Potato Bowl, Pre-K | 1 bowl | 3 grams | 33 grams |
| Popcorn Chicken Potato Bowl without Corn (Westgate) | 1 bowl | 3 grams | 32 grams |
| Popcorn Chicken Salad | 1 entrée | 3.5 grams | 17.5 grams |
| Poptart (1-ct), Blueberry | 1 pkt | 3 grams | 36 grams |
| Poptart (1-ct), Cinnamon | 1 pkt | 3 grams | 37 grams |
| Poptart (1-ct), Fudge | 1 pkt | 3 grams | 36 grams |
| Poptart (1-ct), Strawberry | 1 pkt | 3 grams | 36 grams |
| Poptart (2-ct), Blueberry | 1 pkt | 6 grams | 73 grams |
| Poptart (2-ct), Cinnamon | 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 | 19 grams |
| Potatoes, Sweet, Fresh | 1/2 potato | 3 grams | 20 grams |
| Powerade Zero, Fruit Punch | 20 fl oz | 0 grams | 0 grams |
| Powerade Zero, Grape | 20 fl oz | 0 grams | 0 grams |
| Powerade Zero, Mixed Berry | 20 fl oz | 0 grams | 0 grams |
| Protein Stick, Turkey | 1 stick | 0 grams | 0 grams |
| Quesadilla, Beef | 1 entrée | 5 grams | 37 grams |
| Raisins, Flavored | 1 pkt | 2 grams | 25 grams |
| Raisins, Unflavored | 1 pkt | 2 grams | 32 grams |
| Ranch Dip | 1 oz | 0 grams | 2 grams |
| Refried Beans | 0.5 cup | 9 grams | 24 grams |
| **Carbohydrate Counts** | | | |
| **Menu Item** | **Serving Size** | **Fiber** | **Carbohydrates** |
| Rice | 0.5 cup | 2 grams | 22 grams |
| Rice | 1 cup | 4 grams | 44 grams |
| Rice Krispy Treat | 1 each | <1 gram | 30 grams |
| Roasted Ranch Chickpeas | 0.5 cup | 4 grams | 22 grams |
| Roll | 1 each | 1 grams | 15 grams |
| Salsa | 1/4 cup | 2 grams | 4 grams |
| Sausage Patty | 1 patty | 0 grams | 0 grams |
| Sausage Biscuit | 1 each | 2 gram | 27 grams |
| Smart Mouth Pizza, Cheese | 1 each | 5 grams | 40 grams |
| Smart Mouth Pizza, Pepperoni | 1 each | 5 grams | 40 grams |
| Smart Mouth Stuffed BBQ Chicken | 1 each | 5 grams | 55 grams |
| Smart Mouth Stuffed Sandwich, Sausage | 1 each | 5 grams | 41 grams |
| Southwest Nachos with Beef | 1 entrée | 6 grams | 46 grams |
| Southwest Nachos with Black Beans | 1 entrée | 10 grams | 57 grams |
| Southwest Nachos, Pre-K | 1 entrée | 3.5 grams | 25 grams |
| Spaghetti with Beef Crumbles | 1 entrée | 6 grams | 38 grams |
| Spaghetti with Meatballs | 1 entrée | 6 grams | 35 grams |
| Spicy Chicken Sandwich | 1 each | 2 grams | 49 grams |
| Spicy Popcorn Chicken | 12 pieces | 2 grams | 16 grams |
| Strawberries | 0.5 cup sliced | 1.5 grams | 6 grams |
| Steamed Broccoli | 0.5 cup | 2 gram | 5 grams |
| Sweet & Sour Chicken with Rice | 1 bowl | 5 grams | 50 grams |
| Sweet Thai Chili Chicken with Rice | 1 bowl | 2 grams | 42 grams |
| Taco Soup | 1 cup | 5 grams | 23 grams |
| Taco Soup with Tortilla Chips | 1 entrée | 9 grams | 61 grams |
| Teriyaki Chicken with Rice | 1 bowl | 2 grams | 43 grams |
| Tortilla Chips | 2 oz | 4 grams | 38 grams |
| Turkey & Cheese Melt (with Bread), Pre-K | 1 entrée | 4 grams | 28 grams |
| Turkey & Cheese Melt | 1 sandwich | 3 grams | 39 grams |
| Turkey & Ham Cold Sub | 1 sandwich | 3 grams | 39 grams |
| Turnip Greens | 0.5 cup | 2 grams | 3 grams |
| VIP Turkey | 3 oz | 0 grams | 1 gram |
| Vitamin Water Zero, Rise Orange | 20 fl oz | 0 grams | 1 gram |
| Vitamin Water Zero, Squeezed  Lemonade | 20 fl oz | 0 grams | 1 gram |
| Watermelon Chunks | 0.5 cup | 0 grams | 5 grams |
| Welch's Fruit Snacks | 1 pkt | 3 grams | 32 grams |
| Yellow Roasted Potatoes | 0.5 cup | 1 gram | 17 grams |
| Yogurt & Protein Stick Power Plate | 1 each | 4 grams | 71 grams |
| Yogurt, Trix | 4 oz | 0 grams | 15 grams |

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

Updated 7/2025