

productName	totalCarbs
Cinnamon Raisin bagel	62
Bagels	35.86
Banana Bread Squares	25.56
Biscuits, Plain	13.75
Bread, Deli Roll	30.56
Breadstick, Garlic	10
Breadstick, Garlic Ms/Hs	20
Brown Rice Pilaf	30.36
Cherry Muffin	29.8
Chocolate Muffin/Cheese	21.12
Cornbread	18.05
Crackers, Graham	17.97
Crackers, Graham/Elem	17.97
Crackers, Saltines	8.92
Dinner Roll	14.57
Mini Muffin, String Cheese	15.77
Muffin Squares	16.87
Muffin Squares, Sweet Potato	22.58
Muffin Squares, With Dates	20.26
Muffin, Banana Walnut	43.42
Muffin, Blueberry	29.37
Muffin, Orange Cran/Fat Free	13
Muffin, Peanut Butter/Choc Chi	33.54
Oatmeal Muffin Squares	34.51
Sweet Potato- Plum Bread Squares	46.48
Taco Shells, Baked	8.34
Tortillas, Corn	11.61
Tortillas, Flour	14.52
Bagel With Cream Cheese	39.93
Bagel, Plain/Presliced Arnies	48.46
Battered French Toast Sticks	10.99
Biscuit & Sausage Gravy	32.59
Breakfast Burrito	24.58
Breakfast Burrito W/ Salsa	31.32
Breakfast Pizza, Sausage	22.7
Breakfast Quesadilla	15.72
Bran Flakes/Kellogg	44.79
Cereal Variety	27.9
Cereal, Toasted Oat'Amons	13.46
Cheese Omelet	3.05
Cutie Pie	50.1
Egg & Cheese Muffin	29.21
Egg And Cheese Biscuit	30.51
Egg And Ham Biscuit	28.84
Egg Patty, Whole, Scrambled	0.46
Egg, Ham & Cheese Muffin	27.9

Egg, Sausage & Cheese Muffin	27.96
French Toast Sticks	43.42
French Toast Sticks Ms/Hs	56.42
Granola	24.85
Ham & Cheese English Muffin	30.94
Kiwifruit, Fresh	11.14
Muffin Square, Applesauce	40.31
Muffin Square, String Cheese	17.95
Muffin	33.1
Oatmeal	37.85
Pancake And Sausage On A Stick	24
Pancakes And Syrup	48.72
Pop Tarts pastry	80.6
Pop Tarts pkg	73.6
Variety Muffins	34.03
Waffles, Smuckers	37
Yogurt & Graham Crackers	63.54
Yogurt Parfait	67.18
Yogurt, Fruit	43.2
50-50 Bar	14
Apple Crisp	31.75
Apple-Honey Crisp	30.48
Bagels, Cinnamon-Raisin	39.19
Bear Cookie	17.18
Barbecued Chicken	15.82
BBQ Chicken	13.38
BBQ Rib Sandwich	49.79
Bean & Chicken Tostada	30.26
Bean And Cheese Burrito	49
Bean And Cheese Tostada	23.45
Bean Burrito	59.93
Bean&Cheese Burrito	52
Beans, Refried/Canned	12.98
Beef Burrito	21.33
Beef Patty, Char-Broil 2.25oz	0.9
Beef Patty, Char-Broil 3oz	1.2
Beef Taco	20.35
Beefy Nachos	27.04
Burrito, Chicken & Bean	44
Burrito, Egg & Cheese	27
Cheese Pizza, Tony's	41.85
Cheese Quesadilla	40.57
Cheese Quesadilla Ms/Hs	36.3
Cheese, Schredded	0
Cheeseburger/Bun 2.25 Oz Patt	24.06
Chicken Fajitas	23.37
Chicken Nuggets, 15	15

Chicken Nuggets, 16	32.3
Chicken Patty Sandwich	33.06
Chicken Sandwich	50.32
Chicken Soft Taco W/Lett&Ch	38.1
Chicken Stir-Fry	11.12
Chicken Verde Burrito	46.81
Chili Beans	18.51
Chili Cheese Fries	31.27
Chili With Cornbread	52.66
Corn Dog, Foster Farms Turkey	27
Deli Sandwich	30.12
Egg, Hard-Boiled	0.56
Pizza, Pepperoni	24.77
Fruited Yogurt	42.31
Hamburger 2.5	21.96
Hamburger 3.0	27.7
Hot Dog, Chili & Cheese	25.12
Hot Dog, Elementary	22.63
Macaroni And Cheese	33.78
Morning Sausage Roll 2 Oz	14
Cheese Nachos Bear Valley	46.17
Cheese Nachos	64.76
Orange Chicken	20
Oven Fried Chicken	11.6
PBJ Bar	30.6
PBJ Uncrustable	54.44
Pizza Variety Hs	44.01
Pizza Beef Quesadilla	41
Pizza, 4X6 Cheese-Pepperoni	38.6
Pork Carnitas Soft Taco	45.12
Pork Sausage Patties	1
BBQ Rib Sandwich	44.94
BBQ Rib Sandwich MS/HS	63.31
Salad, Tuna	19.32
Sandwich Pb & Jelly	48.48
Ham & Cheese Sub HS	54.52
Ham & Cheese Sub MS	53.56
Turkey & Cheese Sub	55.47
Tuna Sub HS	59.64
Tuna Sub MS	58.68
Turkey Sandwich	31.26
Submarine Sandwich	33.7
Taco Salad	20.9
Tacos, Turkey Filling	31.93
Teriyaki Chicken	9.24
Teriyaki Meatballs Ms & Hs	19.48
Teriyaki Meatballs, Elementary	10.4

Toasted Cheese Sand Bv	32.33
Turkey Corn Dog	33
Turkey In Gravy With Roll	29.88
Wet Burrito	40.28
Apple Juice	27
Apples, Fresh	19.06
Applesauce	27.5
Apricots, Canned/Light Syrup	41.72
Banana Slices	34.26
Bananas	23.07
Blueberries,Fresh	21.45
Cherries,Fresh	23.21
Cranberry Sauce	107.75
Fruit Cocktail	36.13
Fruit, Variety	17.03
Fruit, Variety: 1/2 Cup	18.3
Fruit, Variety	25.04
Fruit, Fresh Assorted	17.11
Grapes, Fresh	15.78
Mixed Fruit	60.58
Nectarines, Fresh	14.35
Orange Juice:Swiss Adohr	27
Oranges	11.28
Peaches	18.26
Peaches, Frozen	27.19
Peaches, Canned	36.52
Peaches, Fresh	8.3
Pears, Canned	17.2
Pears, Fresh	25.66
Pineapple Chunks	42.37
Plums, Fresh	7.54
Raisins	114.81
Strawberries, Fresh	11.06
Tangerines, Fresh	11.21
Watermelon,Chunks	12.08
Tuna Salad Sandwich	28.79
Turkey Sandwich	26.85
Barbecue Sauce	12.48
Brown Gravy	1.97
Cheese Sauce	3.3
Chicken Gravy	1.99
Cucumber Sauce	2.19
Mustard, Packet	0.5
Tartar Sauce	7.94
Teriyaki Sauce	9.58
Baked Chip Variety	11
Trail Mix	46.07

Bean Soup	29.36
Beef Vegetable Soup	8.97
Chicken Noodle Soup	12.19
Corn Chowder	55.32
Asparagus, Fresh/Boiled	7.4
Baby Carrots	3.74
Baked Beans (Vegetarian)	35.98
Baked Potato	42.72
Baked Sweet Potatoes & Apples	16.56
Beets, Canned	12.26
Black-Eyed Peas	35.5
Broccoli, Fresh/Boiled	11.2
Broccoli, Raw/Fresh	6.04
Cabbage Saute	25.54
Carrot Sticks	16.84
Carrot Sticks Elementary	17.88
Carrots, Canned/Cooked	8.15
Carrots, Fresh/Boiled	12.82
Buttered Carrots	11.29
Cauliflower, Fresh/Boiled	1.27
Cauliflower, Frozen/Boiled	3.38
Cauliflower, Raw/Fresh	4.97
Celery Sticks	4.41
Corn On The Cob	14.07
Corn: Canned, Yellow	29.14
Corn: Frozen, Yellow	31.85
Cucumber,Raw	0.61
Oven Fries	31.46
French Fries: Oven Heat	20.89
Green Beans, Canned	6.08
Green Beans, Frozen	4.35
Hash Brown Potatoes	21.92
Instant Mashed Potatoes	16.76
Kidney Beans, Canned	37.12
Lettuce, Shredded With Cheese	1.47
Navy Beans	47.41
Pickles, Dill	1.68
Pinto Beans	44.84
Mashed Potatoes	12
Tater Tots	13.09
Refried Beans	36.32
Squash, Winter	21.54
Sweet Potato	42.24
Sweet Potatoes	23.86
Veggie Sticks	4.35
Zucchini Squash	6.46