

Food Item	Portion Size	Carb Count
BBQ Sandwich-Purchased-MEW	3 oz.	27 grams
BBQ Sandwich-Purchased-HS	4 oz.	28 grams
Bean & Cheese Burrito-HS	1 each	49 grams
Bean & Cheese Burrito-HS w/ Nacho Cheese Sauce	1 each	55 grams
Cheese Sticks	2 oz	
Cheese Sticks w/Sauce	1 serving	30 grams
Cheese Toast	1 serving	34.18 grams
Cheeseburger	1 each	15 grams
Chicken Bites-HS	1 each	30.37 grams
Chicken Bites-MEW	5.1 oz	19.22 grams
Chicken Enchilada	3.8 oz	14.32 grams
Chicken Fajita	1 each	19.42grams
Chicken Fajita w/Pepper&Onion	1 each	16.95 grams
Chicken 'n' Dumplings	1 each	19.08 grams
Chicken Noodle Soup	2 oz.	31.38 grams
Chicken Parmesan Sub	1/2 cup	7.98 grams
Chicken Parmesan w/Noodles	1 each	50.73 grams
Chicken Pot Pie	1 serving	30.75 grams
Chicken Quesadilla	2 oz serving	23.74 grams
Chicken & Rice	1 each	23 grams
Chicken Sand. Klux Deluxe	6 oz	24.48 grams
Chicken Sandwich-Daycares,BA	1 each	40 grams
Chicken Tenders	1 each	33 grams
Chicken, Roasted	4.25 oz	19.93 grams
Chili Cheese Nachos	2 oz	4 grams
Chili for Hot Dogs	4 oz.	26.8 grams
Chili w/Beans	1 oz	5 grams
Corn Dogs, mini	3/4 cup	18.95 grams
Fish Nuggets	6 nuggets	31 grams
Fish Sandwich	4 each	18 grams
Grilled Cheese Sandwich	1 each	40 grams
Ham & Cheese on Deli Rounds	1 each	30.05 grams
Ham & Cheese on Loaf Bread	1 each	21.53 grams
Ham Sandwich on Deli Rounds	1 each	27.53 grams
Ham Sandwich on Loaf Bread	1 each	20.86 grams
Ham w/Pineapple Glaze	1 each	26.86 grams
Ham w/Pineapple Glaze	1 oz	4.81 grams
Ham w/Mac & Cheese	2 oz	9.62 grams
Hamburger	1 oz	.4 grams
Hot Dog	1 each	29.37 grams
Hot Ham & Cheese Sandwich	1 each	30 grams
Hot Roast Turkey Sandwich	1 each	27.53 grams
Italian Chicken Sandwich/Hoagie	1 cup	15.65 grams
Lasagna	1 each	44.18 grams
Macaroni & Cheese	1 serving	33.48 grams
	1/2 cup	68.48 grams

Meatball Sub-HS/Hoagie	1 each	46.27 grams
PBJamwich	1 each	33 grams
Peanut Butter Sandwich 1oz	1 each	43.62 grams
Pizza, Cheese 4x6	1 each	35 grams
Pizza, Garlic Bread-HS	1 each	30 grams
Pizza, Pepperoni 4x6	1 each	35 grams
Pizza, Pepperoni Big Daddy-HS	slice	43.77 grams
Pizza, Pepperoni Big Daddy-MS	slice	35 grams
Popcorn Shrimp	serving(1 cup)	22 grams
Pork Chop, Breaded	1 each	18 grams
Pork Roast w/Gravy	2 oz	1.84 grams
Rib-B-Que Sandwich	1 each	47 grams
Salisbury Steak w/Gravy	1 each	7.76 grams
Spaghetti w/Meat Sauce	1/2 cup	18.15 grams
Spaghetti w/Meatballs	1 serving	26.83 grams
String Cheese-Mozz	1 each	1 gram
String Cheese-Cheddar	1 each	0 grams
Stuffing w/Turkey/Gravy	1/2 cup	28.74 grams
Sweet/Sour Chicken	1 serving	27.27 grams
Sweet/Sour Chicken over rice	1 serving	45.39 grams
Taco Salad-HS	1 serving	22.82 grams
Taco Salad-MEW	1 serving	21.83 grams
Taco-Soft	1 serving	19.26 grams
Turkey & Cheese on Deli Rounds	1 each	21 grams
Turkey & Cheese on Loaf Bread	1 each	27 grams
Turkey & Gravy	1 serving	2.64 grams
Turkey Sandwich on Loaf Bread	1 each	26 grams
Turkey Sandwich on Deli Round	1 each	20 grams
Yogurt-Raspberry	4 oz.	20 grams
Yogurt-Strawberry/Banana	4 oz.	20 grams
Yogurt-Cherry	4 oz.	17 grams