Carbohydrate Counts in Parenthesis (lunch = white background and Breakfast = gray background)

Hamburger (27g+1g) Fruit cup (15g)	Bean Burrito (47g) Sliced Cucumber	General Tso Chix (23g) Rice (34g) Broccoli and Carrots	Chicken Sando (bun-29g + patty-15g) 3 Bean Salad (23g)	Turkey Sando (27g+1g+2g) Fruit Cup (15g)
Pizza Slice (cheese- 36g) pepperoni 35g)	Soft Tacos (g)		Hamburger (bun-29g + K-5 -1.1g and 8-12 -.8g)	Chicken Tenders (per tender 8 g)
Uncrustable (2.6oz 32g and 5.3 oz 64g)	Taco Pocket (31g) Refried Beans (25g)	Galaxy Pizza (29g)	Chicken Nuggets (16g)	Turkey Wrap (26+1+1) Fruit Cup (15g)
Beef Rotini (15g+10g+2g)	Hot Dog Turkey (26g+1g)	4 x 6 Pizza (35g)	Mac n Cheese (18g + 6g)	Pizza Bake/ Calzone (30g)
Pizza Pack (34.3g)	Taco Truck Burrito (48g) Refried Beans (25g)	Corn Dog (27g)	BBQ Rib Sando (27+13g)	Popcorn Chicken (14g) Mashed Potatoes(17g) Corn (8g)
Sausage Biscuit Sando (27g+1g)	Yogurt w/cracker (16g+21g)	Cereal Bar (30g)	Bagel w/CC (45g+2)	Omlett (1g) Sausage Link (0g)
Cereal (1 oz -20-23g and 2oz- 46g)	Muffin (39g) Juice (14g)	Benefit Bar (47g) Fruit Cup 4oz (14g /15g)	Buttermilk Bar (46g)	Breakfast Pizza (26g)
Eggstravaganza (0g)	Waffles (30g)	Pancakes (43g)	French Toast (38g)	Pancake and Pork Sausage (22g)
Sweet Potato Fries 3oz.(17g), Tri Tater(1) 2.25oz.(15g), Tater Tots 3.15oz.(19g), Crinkle Cut 3oz. (21g), Curly Fries 3oz. (22g), Wedges 3oz.(19g)				