

Lunch	
Food	Grams of Carbs per serving
Apple, Fresh	16.52
Apple Slices	8.26
Applesauce (1/2 cup)	22.52
Asian Bar	
--Brown Rice (1 cup)	42.35
--Chicken (1 3oz spoodle)	1.67
--Chicken Fajita Topping (4 oz)	2.7
--Diced Chicken Ham (3/4 cup)	4.12
--Diced Tofu (4 1/2 oz)	2.16
--Diced Turkey (3/4 cup)	0
--General Tso's Sauce (1 Tbsp)	4.37
--Honey Sriracha (1 Tbsp)	7.94
--LoMein Noodles (1 cup)	47.95
--Orange Sauce (1 Tbsp)	6.42
--Popcorn Chicken (3 1/4 oz)	15.23
--Scrambled Eggs (1-no 12 scoop)	1.29
--Soy Sauce (1 Tbsp)	1
--Stir-Fry Vegetable Mix (1/2 cup)	5.83
--Sweet & Sour Sauce (1 Tbsp)	3.49
--Teriyaki Sauce (1 Tbsp)	2.06
Bacon Swiss Burger (1 each)	27.16
--Bacon (1 slice)	0.16
--Beef Patty (1 patty)	0
--Hamburger Bun (1 whole bun)	27
--Swiss Cheese (1/2 oz weight)	0
Bagel, White (2 oz)	20
Baked Beans (1/2 cup)	29.16
Banana (1 whole)	17.68
BBQ Chicken Pizza (1/8 cut)	43.57
BBQ Chicken Sriracha Glazed Crust Pizza (1/8 cut)	40.99
Beef Taco Meat (1-no 24 scoop)	2.31
Bistro Sauce (1 Tbsp)	2.34
Black Charro Beans (1/2 cup)	22.28
Black Forest Deli Chicken Ham Slices (2 oz)	2
Blueberries (1/2 cup)	10
Breaded Buffalo Chicken Wrap (1 wrap)	49.01
Breadstick (1 each)	14
Broccoli, Fresh (1/2 cup)	2.12
Broccoli, Steamed (1/2 cup)	4.61
Broccoli & Cheese Baked Potato (1 each)	37.35
California Vegetables (1/2 cup)	4.6
Calzone, BBQ Chicken & Cheddar (1 each)	39.34
Calzone, Beef & Pepperoni (1 each)	34.36
Calzone, Buffalo Chicken (1 each)	33.3

Calzone, Ham & Carmelized Onion (1 each)	34.45
Campfire Chipotle Beans (1/2 cup)	34.22
Cantaloupe, Fresh (1/4 cup)	3.08
Carrots, Fresh Baby (1/2 cup)	5.84
Carrots, Orange Glazed (1/2 cup)	20.81
Carrots, Oven Roasted (1/2 cup)	10.96
Cauliflower, Fresh (1/8 cup)	0.62
Cauliflower, Roasted (1/2 cup)	2.66
Celery Sticks (1/2 cup)	1.84
Cheese, American (1 slice)	1.5
Cheese, Cheddar (1 slice)	1
Cheese, Cheddar Shreds (2 oz)	1
Cheese, Sauce (3 fluid oz)	4.5
Cheese, Swiss (1 slice)	0
Cheese Pizza 16 inch (Secondary)	30.88
Cheese Pizza 14 inch (Secondary)	28.18
Cheese Pizza Wedge (1 slice) (Elementary)	37
Cheeseburger	29.5
--American Cheese	0.5
--Beef Patty	2
--Hamburger Bun	27
Cherries (1/2 cup)	9.5
Chicken Burger (1 whole burger w/bun)	28
--Chicken Burger Patty	1
--Hamburger Bun	27
Chicken Caesar Salad	
--Lettuce, Romaine (2 3/4 oz weight)	2.67
--Cheese, Parmesan (1/2 oz weight)	0.5
--Chicken Meat, Diced (1 3/4 oz weight)	1.25
--Crouton (1 tsp)/(1 oz)	0.16/8.44
Chicken Club Artisan Pizza (1 each)	34.08
Chicken Drumstick, Oven Fried (1 drumstick)	5
Chicken Drumstick, Oven Roasted (1 drumstick)	2
Chicken Fried Steak (1 each)	18.97
Chicken Mac & Cheese Pizza (1/8 cut)	38.05
Chicken Mashed Potato Bowl (1 bowl)	42.95
--Cheddar Cheese Shreds (1/2 oz)	0.5
--Corn (1 1/2 oz)	7.9
--Mashed Potatoes (3/4 cup)	23.08
--Popcorn Chicken (2 1/2 oz)	11.47
Chicken Nuggets (5 nuggets)	12.5
Chicken Parmesan Sandwich	42.17
--Chicken Patty (1 patty)	12
--Hamburger Bun (1 whole bun)	27
--Marinara Sauce (2 Tbsp)	2.5
--Mozzarella Cheese Shreds (1/2 oz)	0.5
--Parmesan Cheese Shreds (1/8 oz)	0.17

Chicken Patty Sandwich	39
--Chicken Patty (1 each)	12
--Hamburger Bun (1 whole bun)	27
Chicken, Pasta & Vegetables w/Rosa Sauce	51.75
--Chicken Breast, Grilled (1 patty)	1
--Mixed Fresh Roasted Vegetables (1/4 cup)	2.74
--Oil, Salad (1/2 tsp)	0
--Pasta, Spaghetti (2 oz weight)	40.5
--Rosa Sauce (1/4 cup)	7.51
Chicken Salad (1-no 16 scoop)	1.9
Chicken Taco Meat (1-no 24 scoop)	0.89
Chicken Tenders (3 tenders)	13
Chili Lime & Beef Pizza (1/8 cut)	35.83
Chili Mac (12 oz)	52.84
Chipotle BBQ Black Beans (1/2 cup)	31.2
Cinnamon Tortilla Chips (1 whole tortilla)	38.32
Corn (1/2 cup)	15.8
Corn Dog	30
Corn Dog, Mini (6 each)	30
Corn Muffin (1 muffin)	31
Cottage Cheese (2 oz)	2.5
Country Chicken Nugget Bowl (1 bowl)	54.1
Country Gravy (1/4 cup)	5.86
Mashed Potato (1 cup)	29.85
Chicken Nuggets (4 each)	10
Corn (1 1/2 oz)	7.9
Cheddar Cheese Shreds (1/2 oz)	0.5
Crackers, Saltines (2-2packs)	9
Crackers, Goldfish (1 pkg)	14
Cranberries (1/4 cup)	25
Cucumbers, Fresh Sliced (1/2 cup)	2.62
Egg Chef Salad	
--Cheddar Cheese (1/4 oz weight)	0.25
--Egg, Hard Cooked (1 each)	1
--Lettuce, Romaine (2 3/4 oz weight)	2.67
Enchilada Sauce (1 Tbsp)	1.57
Fish Sticks (4)	18
French Fries (1/2 cup)	17.26
Garden Salad (1 cup)	3.56
General Tso's Chicken w/Broccoli (1-6 oz spoodle)	18.01
Grapes, Fresh (1/4 cup)	7.27
Gravy, Brown (1/4 cup)	5
Gravy, Country (1/4 cup)	5.86
Gravy, Poultry (1/4 cup)	5.96
Green Beans (1/2 cup)	4.5
Grilled Chix & Chz Sandwich	31.5
--American Cheese (1 slice)	2.5

--Grilled Chicken Filet	2
--Hamburger Bun	27
Grilled Chix Sandwich	29
--Grilled Chicken Filet	2
--Hamburger Bun	27
Grilled Chz Sandwich	32.5
Grilled Chz & Bacon Sandwich (1 sandwich)	32.73
Ham & Cheese Sub	32.5
--Cheese	1
--Ham	2
--Hot Dog Bun	29.5
Ham & Pineapple Pico de Gallo Artisan Pizza (1 each)	37.16
Ham Chef Salad	
--Cheddar Cheese (1/4 oz)	0.25
--Egg, Hard Cooked (1/4 each)	0.25
--Ham, Diced (2 oz)	1
--Lettuce, Romaine (2 3/4 oz)	2.67
--Mozzarella Cheese (1/4 oz)	0.25
Hamburger (1 each)	29
--Beef Patty (1 patty)	2
--Hamburger Bun (1 whole bun)	27
Hot Dog	31
--Hot Dog Bun	29
--Hot Dog Frank	2
Italian Meat Sauce (3/4 cup)	16
Jello, Cherry (1/4 cup)	8.69
Juice	
--Apple	14
--Cherry Apple	16
--Orange	12
Jalapenos, Sliced (1 Tbsp - garnish)	0.47
Kale, Fresh Steamed (1/2 cup)	4.42
Ketchup pkts	3
Lettuce, Romaine (1 leaf - garnish)	0.47
Lettuce, Romaine Shreds & Diced Tomato (1 oz total)	1.06
Macaroni & Cheese (6 oz spoodle)	32.6
Make Your Own Pizza Bagel	
--Bagel, White (2 oz)	20
--Mozzarella Cheese (2 oz weight)	2
--Pepperoni (1/8 oz weight)	0.19
--Pizza Sauce (1/4 cup)	5
Marinara Sauce (1/4 cup)	5
Mayonnaise, herbed (1 Tbsp)	1.13
Mayonnaise Mustard (1 Tbsp)	0.99
Mayonnaise pkts FF	3
Mustard pkts	1

Milk	
--1% White 8 ounce	12.23
--Skim 8 ounce	11
--Skim Chocolate 8 ounce	24
--Skim Strawberry 8 ounce	23
--Skim Vanilla 8 ounce	24
Mixed Fruit (1/4 cup)	6.5
Mixed Vegetables (1/2 cup)	9.63
Mozzarella Sticks, Breaded (5 Sticks)	35
Nachos	41.5
--Cheese Sauce RF (3 ounces)	4.5
--Corn Tortilla Chips (1.5 ounces)	33
--Taco Meat (3.17 ounces)	4
Onions, Diced (1/8 cup)	2.01
Onions, Sliced (1 slice - garnish)	0.66
Orange, Fresh (1 each)	11.74
Orange Popcorn Chicken w/Broccoli (8 oz)	38.17
--Broccoli (1 1/2 oz)	2.05
--Crushed Red Pepper (1 pinch)	0.05
--Garlic (1.18 gram)	0.39
--Green Peppers (1 1/4 oz)	2.3
--Orange Sauce (2 Tbsp, 2 tsp)	17.13
--Popcorn Chicken, Breaded (3 1/2 oz)	15.74
--Soy Sauce (1/4 tsp)	0.08
--Yellow Onions (1/8 oz)	0.43
Oriental Broccoli Salad (1/2 cup)	6.41
Pancakes (2 each)	27.89
Pasta Bar	
--Alfredo Sauce (1/2 cup)	4.43
--Banana Peppers Slices (1 Tbsp)	0.31
--Beef Taco Meat (1-no 24 scoop)	2.31
--Black Olives (1 Tbsp)	0.52
--Chicken (1 3oz spoodle)	1.67
--Chicken Sausage Bites (4 1/4 oz)	19.26
--Diced Chicken Ham (3/4 cup)	4.12
--Fresh Diced Tomatoes (1/4 cup)	2.04
--Green Peas (1/4 cup)	6.69
--Macaroni (1 cup)	40.5
--Marinara Sauce (1/2 cup)	10
--Meatball (5)	2
--Parm It Topping (1 Tbsp)	0.66
--Penne (1 cup)	40.5
--Pepperoni Slices (1/8 oz)	0.19
--Popcorn Chicken (3 1/4 oz)	15.23
--Roasted Mixed Vegetables (1/4 cup)	2.74
--Roasted Mushrooms (1/4 cup)	1.81
--Rosa Sauce (1/2 cup)	15.03

--Rotini (1 cup)	40.5
--Sauteed Green Peppers & Onions (1/4 cup)	4.1
--Spaghetti (1 cup)	40.5
--Spaghetti Sauce (1/2 cup)	12
--Steamed Broccoli (1/4 cup)	0.96
Pasta, Egg Noodles w/Parsley (1 cup)	40.93
Pasta, Rotini (1/2 cup)	20.25
PB&J	62.89
--Bread (2 slices)	30
--Jelly	25.91
--Peanut butter	6.98
Peaches, Diced (1/4 cup)	6.1
Peas	12
Pears, Diced (1/4 cup)	7.08
Pears, Diced (1/2 cup)	16
Pepperoni Pizza 16 inch (Secondary Schools)	30.88
Pepperoni Pizza 14 inch (Secondary Schools)	28.18
Pepperoni Pizza Wedge (1 slice) (Elementary Schools)	36
Philly Cheesesteak Pizza (1/8 cut)	32.43
Pickle, Dill Slice (2 slices)	0.24
Pineapple Tidbits (1/4 cup)	9.04
Pinto Beans, Kickin (1/2 cup)	25.05
Popcorn Chicken Salad	
--Cheddar Cheese (1/2 oz)	0.5
--Chicken, Popcorn Breaded (2 1/2 oz)	11.47
--Lettuce, Romaine (2 3/4 oz)	2.67
Potato Chips, Baked Lays (1 pkg)	19
Potato Wedges (1/2 cup)	18.05
Potato, Mashed (1/2 cup)	15.3
Pretzel, Mini Baked (1 each)	14
Pretzel, Soft Baked (1 each)	30
Pretzel, Yogurt & Cheese Pack	
--Soft Baked Pretzel (1 each)	30
--String Cheese (1 each)	1
--Yogurt, Danimal Vanilla (1 container)	16
--Yogurt, Trix Raspberry (1 container)	20
--Yogurt, Trix Strawberry (1 container)	20
Pudding, Chocolate (1/4 cup)	12.01
Pudding, Vanilla (1/4 cup)	12.52
Raisins (1/8 cup)	14.26
Red Peppers (1/2 cup)	3.03
Refried Beans (1/4 cup)	9.86
Refried Beans (1/2 cup)	20
Rice, Brown (1/2 cup)	21.18
Roll, Dinner (2.5 oz)	28
Salisbury Steak	4
Salsa, Thick & Chunky (1/8 cup)	2.05

Sausage (Chicken) Patty (2 patties)	2
Sliced Carrots (1/2 cup)	4
Sliced Peaches (1/2 cup)	14
Soup, Tomato (8 oz)	19.57
Sour Cream (1 Tbsp)	1
Spaghetti	56.47
--Meatballs (4)	5
--Pasta (1 cup)	41.47
--Sauce (1/2 cup)	10
Spicy Buffalo Blue Cheese Dressing (1 Tbsp)	0.49
Spicy Chicken Patty Sandwich (1 each)	39
--Hamburger Bun (1 whole bun)	27
--Spicy Chicken Patty (1 each)	12
Spice Sausage Pizza 16" (1/8 cut)	32.72
Squash, Acorn Roasted (1/2 cup)	8.6
Steamed Broccoli (1/2 cup)	5
Strawberries (1/2 cup)	22
Stromboli, Pepperoni & Banana Pepper (1 each)	32.46
Stromboli, Vegetarian (1 each)	35.31
Stuffing, Traditional (1/2 cup)	26.56
Sub Roll (5 inch) (1 each)	28
Sweet Potatoes (1/2 cup)	22
Sweet Potato Fries (1/2 cup)	23
Sweet Potato, Maple Mashed (1/2 cup)	38.7
Sweet Potato Tater Bites (1/2 cup)	26.52
Sun Chips Snack Mix Garden Veg (1 pkg)	15
Syrup, Maple (1 oz)	18.57
Tater Bite Chicken Nachos (1 each)	19.2
Tater Bites/Tots (1/2 cup)	16.14
Tomato, Slices (1/8 cup - garnish)	1.1
Tomato, Fresh Wedges (1/2 cup)	3.4
Tortilla Chips (1 1/2 oz)	32.08
Tortilla, Flour 6" (2 tortillas)	29
Tortilla, Flour 10" (1 tortilla)	34
Turkey Breast (2 oz)	2
Turkey, Roasted (4oz)	0
Tuna Salad (1-no 20 scoop)	0.94
Vegetable Pesto Pizza 16" (1/8 cut)	32
Vegetarian Hawaiian Pizza (1/8 cut)	36.14
Veggie Burger (1 whole burger w/bun)	33
--Hamburger Bun (1 whole bun)	27
--Vegetarian Patty	6
White Cheese, Sausage & Herb Artisan Pizza (1 each)	34.85
White Pizza (1/8 cut)	30.64
Winter Fruit & Cheese Plate (1 each)	9.3
Wing Bar	
--BBQ Sauce (1 Tbsp)	9

--Bleu Cheese Dressing (1 Tbsp)	0.5
--Boneless Chicken Wing (5 wings)	15.06
--Buffalo Wing Sauce (1 Tbsp)	0.46
--Hot Sauce (1 Tbsp)	0.45
--Popcorn Chicken (3 1/4 oz)	15.23
--Ranch Dressing (1 Tbsp)	1.5
--Sriracha Chili Sauce (1 Tbsp)	4.77
--Teriyaki Sauce (1 Tbsp)	2.06
Zucchini, Fresh (1/2 cup)	2.08
DELI	
Sub Roll (5 inch) (1 each)	28
Bagel, White (2 oz)	20
Turkey Breast (2 oz)	2
Black Forest Deli Chicken Ham Slices (2 oz)	2
Chicken Salad (1-no 16 scoop)	1.9
Tuna Salad (1-no 20 scoop)	0.94
Cheese, American (1 slice)	1.5
Cheese, Cheddar (1 slice)	1
Cheese, Swiss (1 slice)	0
Lettuce, Romaine (1 leaf - garnish)	0.47
Tomato, Slices (1/8 cup - garnish)	1.1
Onions, Sliced (1 slice - garnish)	0.66
Jalapenos, Sliced (1 Tbsp - garnish)	0.47
Pickle, Dill Slice (2 slices)	0.24
Mayonnaise, herbed (1 Tbsp)	1.13
Mayonnaise Mustard (1 Tbsp)	0.99
Bistro Sauce (1 Tbsp)	2.34
Spicy Buffalo Blue Cheese Dressing (1 Tbsp)	0.49
ESTA FIESTA	
Tortilla, Flour 6" (2 tortillas)	29
Tortilla, Flour 10" (1 tortilla)	34
Tortilla, Flour 10" (1 tortilla) 2/8/2018	29
Tortilla Chips (1 1/2 oz)	32.08
Beef Taco Meat (1-no 24 scoop)	2.31
Chicken Taco Meat (1-no 24 scoop)	0.89
Refried Beans (1/4 cup)	9.86
Cheese, Cheddar Shreds (2 oz)	1
Cheese, Sauce (3 fluid oz)	4.5
Lettuce, Romaine Shreds & Diced Tomato (1 oz total)	1.06
Onions, Diced (1/8 cup)	2.01
Jalapenos, Sliced (1 Tbsp - garnish)	0.47
Salsa, Thick & Chunky (1/8 cup)	2.05
Enchilada Sauce (1 Tbsp)	1.57

Sour Cream (1 Tbsp)	1
CONDIMENTS	
Margarine Pkt	0
Ketchup Pkt	3
Mayonnaise FF Pkt	3
Mustard Pkt	1
French Dressing Pkt	3
Italian Dressing FF Pkt	1
Ranch Dressing FF Pkt	2
5" PIZZAS & CALZONES (new December 2017)	
Calzone, Beef & Pepperoni	34.36
Calzone, Buffalo Chicken	33.3
Pizza, Buffalo Chicken Artisan	32.83
Pizza, Cheese Artisan	34.49
Pizza, Pepperoni Artisan	34.86
*Disclaimer: Products subject to change. List is intended to be a general guideline.	