

| Menu Item | Grams of Carbohydrate |
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| Apple, Fresh | 14 |
| Bagel, Blueberry | 33 |
| Bagel, Whole Grain | 25 |
| Banana | 27 |
| BBQ Drumstick | 7 |
| BBQ Drumstick Mac & Cheese (1 scoop Mac) | 35 |
| Bean & Cheese Taco, each(1 served @ Breakfast, 2 served @ Lunch) | 28 |
| Bean and Cheese Burrito | 44 |
| Beef Chili | 15 |
| Biscuit | 31 |
| Bread, per slice | 18 |
| Breakfast Sausage Biscuit | 32 |
| Breakfast Taco: Bacon, Egg, & Cheese | 20 |
| Breakfast Taco: Potato, Egg, & Cheese | 21 |
| Breakfast Taco: Sausage Egg, & Cheese | 20 |
| Bun, hamburger | 34 |
| Bun, hot dog | 37 |
| Calzone w/Marinara | 37 |
| Cheerios, Honey | 22 |
| Cheesy Baked Potato | 44 |
| Chex, Blueberry or Cinnamon | 23 |
| Chicken Bites, 5 each | 13 |
| Chicken Burger-Elementary | 50 |
| Chicken Burger-Secondary | 43 |
| Chicken Patty, Breakfast-All Levels | 7 |
| Chicken Patty, Lunch-Elementary | 16 |
| Chicken Patty, Lunch-Secondary | 9 |
| Chicken Tenders, 3 each | 14 |
| Cinnamon Toast Crunch | 22 |
| Cocoa Puffs | 25 |
| Crispy Beef Tacos, 2 | 24 |
| Crispy Black Bean & Veggie Tacos,2 | 51 |
| Crispy Chicken Tacos, 2 | 20 |
| Crispy Taco Shells, 2 | 18 |
| Croissant, Ham & Cheese | 27 |
| Diced Peach Cups (Frozen) | 21 |
| Egg & Cheese Bagel Sandwich | 27 |
| Egg & Cheese Biscuit Sandwich | 33 |
| Enchilada, Beef | 21 |
| Enchilada, Cheese | 16 |
| Enchilada, Chicken | 17 |
| French Toast Sticks, 3 pieces | 37 |

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| Fried Rice, ½ cup | 24 |
| Granola Bars, all flavors | 38 |
| Grilled Cheese Sandwich | 38 |
| Hamburger | 34 |
| Homemade Cornbread | 28 |
| Hot Dog | 38 |
| Hummus Plate | 51 |
| Korean Drumstick and Rice | 46 |
| Korean Drumstick | 11 |
| Lentil Chili Frito Pie | 43 |
| Mac & Cheese, 2 scoops | 57 |
| Mango, ½ Cup | 16 |
| Milk, 1% | 12 |
| Milk, Skim/Nonfat | 13 |
| Milk, Nonfat Chocolate | 19 |
| Mixed Berry Cup (frozen) | 20 |
| Muffin, Banana | 28 |
| Muffin, Blueberry | 26 |
| Nachos, Bean | 38 |
| Nachos, Beef | 23 |
| Nachos, Chicken | 19 |
| Orange, Fresh | 18 |
| Orange Chicken w/ Fried Rice | 66 |
| Orange Chicken w/ Lo Mein | 49 |
| Pancake, 1 | 15 |
| Penne with Chicken & Alfredo | 48 |
| Penne with Meatballs-Elementary & Middle | 31 |
| Penne with Meatballs-High School | 59 |
| Penne with Marinara & Cheese-Elementary & Middle | 29 |
| Penne with Marinara & Cheese-High School | 57 |
| Pizza, Cheese | 31 |
| Pizza, Beef Pepperoni | 31 |
| Pizza Dippers w/ Marinara (Elementary 2 each) | 41 |
| Pizza Dippers w/ Marinara (Secondary 3 each) | 58 |
| Potato Puff, 8 pieces | 16 |
| Potato Wedges, ½ cup | 20 |
| Potsticker (Chicken or Vegetarian), per piece | 5 |
| Pupusa, Bean & Cheese, 1 | 35 |
| Rebellyous Plant Based "Chicken" Burger | 48 |
| Rebellyous Plant Based "Chicken" Tenders, 3 | 13 |
| Rebllyous Tenders w/ Fried Rice | 60 |
| Roll, Whole Wheat | 27 |
| Sausage Kolache | 15 |
| Sausage Patty, Turkey | 1 |

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| Soft Beef Tacos, 2 | 42 |
| Spanish Rice, ½ cup | 26 |
| Sunbutter & Jelly Sandwich | 75 |
| Tamale(all varieties), 1 | 22 |
| Tex Mex Pizza | 38 |
| Tortilla, Corn | 10 |
| Tortilla, 6" flour | 18 |
| Turkey & Cheese Sandwich | 36 |
| Veggie Burger | 50 |
| Wild Cherry Juice Cup (frozen) | 19 |
| Waffles, all flavors | 37 |
| Yogurt Cup, Trix, Reduced Sugar | 15 |

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