

CARBOHYDRATE COUNT TABLE

DATE: 12/11/18

2018-19 MENU ITEM	FOOD CATEGORY	Total Carbohydrate (g)	MENU	GRADE LEVEL	SERVING SIZE	Calories (kcal)	Total Fat (g)
ALL AMERICAN BURGER	ENTRÉE	29.60	LUNCH/SUPPER	GR K-12	1 SERVING	275.10	8.67
ALL STAR TURKEY HOT DOG	ENTRÉE	28.00	LUNCH	GR K-12	1 SERVING	260.00	11.00
ALMOND MILK	MILK	16.00	MILK	SPECIAL DIET	8 OZ CARTON	90.00	2.50
ALOHA ROLL	GRAIN	28.00	LUNCH	GR 6-12	1 ROLL	150.00	3.00
APPLE JUICE 4 OZ.	FRUIT JUICE	14.50	BREAKFAST/LUNCH	ALL	EACH 4 OZ.	55.00	0.00
APPLE SLICES, FRESH	FRUIT	8.00	BREAKFAST/LUNCH	GR K-12/EEC	1 IND. PKG	34.00	0.00
APPLESAUCE CUP	FRUIT	14.00	BREAKFAST/LUNCH	ALL	1 EACH	60.00	0.00
ARTISAN ROLL 1 OZ.	GRAIN	15.00	LUNCH	EEC	1 EACH	80.00	1.00
ARTISAN ROLL 2 OZ.	GRAIN	34.00	LUNCH	GR K-12	1 EACH	160.00	2.00
ASIAN CHICKEN BITES	ENTRÉE	27.00	SUPPER	GR K-12	1 SERVING	310.00	13.00
ASIAN CUCUMBER SALAD	VEGETABLE	4.94	LUNCH	GR K-12	1 SERVING	24.72	0.00
AWESOME APPLE	FRUIT	20.48	BREAKFAST/LUNCH	GR K-12/EEC	1 EACH	87.04	0.00
BAGEL WITH CREAM CHEESE	GRAIN	32.00	BREAKFAST	ALL	1 EACH	210.00	6.50
BEAN & CHEESE BOWL	ENTRÉE	13.00	LUNCH	ALL	1 IND. TRAY	170.00	10.00
BEAN & CHEESE PUPUSA	ENTRÉE	35.00	LUNCH	GR K-12	1 SERVING	290.00	11.00
BEAN TAMALE	VEGAN	56.00	LUNCH	GR 9-12	1 SERVING	347.00	8.00
BEEF CHORIZO & CHEESE WRAP	ENTRÉE	16.84	BREAKFAST	ALL	1 EACH	168.83	7.44
BEEF TACO & CHEESE CHIMICHANGA	ENTRÉE	43.00	SUPPER	GR K-12	1 EACH	380.00	12.50
BEEF TACO STICK	ENTRÉE	31.87	LUNCH/SUPPER	GR K-12	1 SERVING	345.01	12.82
BEEFY BEAN BURRITO	ENTRÉE	38.80	LUNCH/SUPPER	GR K-12	1 EACH	278.76	8.06
BLUEBERRY MUFFIN	GRAIN	23.00	SNACK	ALL	1 EACH	130.00	3.50
BROCCOLI BUDS	VEGETABLE	4.45	LUNCH	ALL	EACH 1/2 CUP	27.79	0.00
BROCCOLI BUDS	VEGETABLE	8.89	LUNCH	MECH SOFT K-12	EACH 1 CUP	55.58	0.00
BUFFALO CALZONE	ENTRÉE	40.00	LUNCH/SUPPER	ALL	1 EACH	320.00	8.00
BUFFALO CHICKEN BITES	ENTRÉE	13.77	SUPPER	GR K-12	1 SERVING	249.92	13.99
CAFÉ LA BETTER WAY KIT (SUPPER KIT SHELF STABLE (NNC) #2 - Cheese Stick, Wheat Crackers, Vegetable Juice, Applesauce Cup)	SUPPER KIT	44.00	SUPPER	GR K-12	1 EACH KIT	400.00	18.50
CAFÉ LA BURGER	ENTRÉE	26.50	LUNCH	ALL	1 SERVING	242.00	8.10
CAFÉ LA CHEESEBURGER	ENTRÉE	26.50	LUNCH	GR K-12	1 SERVING	362.00	18.10
CAFÉ LA COFFEE CAKE	GRAIN	46.28	BREAKFAST	GR 6-12	1 SERVING	244.06	8.12
CAFÉ LA COFFEE CAKE	GRAIN	30.85	BREAKFAST	GR K-5/EEC	1 SERVING	162.71	5.41
CAFÉ LA COFFEE CAKE 2 OZ. IND. WRAPPED	GRAIN	23.00	BREAKFAST	GR K-5/EEC	1 IND. WRAPPED	140.00	5.00
CAFÉ LA COFFEE CAKE 2.9 OZ. IND. WRAPPED	GRAIN	33.00	BREAKFAST	GR 6-12	1 IND. WRAPPED	210.00	7.00
CALIFORNIA CHICKEN WRAP	ENTRÉE	41.15	LUNCH	GR K-12	EACH WRAP	439.50	21.14
CELERY STICKS	VEGETABLE	2.11	LUNCH	GR K-12	1 SERVING	11.34	0.12
CHEESE BURGER SLIDERS	ENTRÉE	31.00	SUPPER	GR K-12	1 SERVING	273.00	8.00
CHEESE ENCHILADA IND. TRAY	ENTRÉE	31.00	LUNCH	GR K-12/EEC	1 IND. TRAY	345.00	10.24
CHEESE KIT (NOTABLES)	ENTRÉE	49.00	SUPPER	GR K-12	1 KIT	415.00	19.00
CHEESE OMELET	ENTRÉE	1.00	LUNCH	ALL	1 EACH	120.00	9.00
CHEESY BREAD	LUNCH	30.00	LUNCH	GR K-12	1 EACH	240.00	8.00

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CHEESY PILLOWS	SUPPER	29.00	SUPPER	ALL	1 SERVING	290.00	14.00
CHEESY VEGGIE BURGER SLIDERS	ENTRÉE	44.80	LUNCH	ALL	1 SERVING	353.00	12.10
CHEEZ-IT CRACKERS	GRAIN	14.00	SNACK	ALL	1 IND. BAG	100.00	3.50
CHERRY LIMEADE SLUSH	FRUIT JUICE	15.00	LUNCH/SUPPER	ALL	1 EACH	60.00	0.00
CHICKEN & CHEESE BURRITO	ENTRÉE	32.00	SUPPER	GR K-12	1 EACH	290.00	9.00
CHICKEN CAESAR & CHEESY BREAD	ENTRÉE	40.48	LUNCH	GR K-12	1 SERVING	375.49	14.37
CHICKEN CAESAR SALAD	LUNCH	10.48	LUNCH	GR K-12	1 SERVING	135.49	6.37
CHICKEN TENDERS, HOMESTYLE	ENTRÉE	12.20	LUNCH	EEC/MECH SOFT MENU K-12	3 EACH TENDERS	233.74	12.20
CHILE CHEESE FLAUTAS	ENTRÉE	31.00	LUNCH/SUPPER	GR K-12	1 SERVING	338.00	10.50
CHILE CHEESE TAMALE (PREP)	ENTRÉE	47.50	LUNCH	ALL	1 SERVING	389.00	10.00
CHILE CHEESE TAMALE IND. TRAY (NNC)	ENTRÉE	51.60	LUNCH	ALL	1 SERVING	409.00	11.00
CHILLED PINEAPPLE (CANNED)	FRUIT	16.50	LUNCH	ALL	1/2 CUP SERVING	69.28	0.00
CHILLED PINEAPPLE (CANNED)	FRUIT	33.00	LUNCH	MECH SOFT GR 9-12	1 CUP SERVING	138.57	0.00
CHILLED TROPICAL FRUIT (1/2 C)	FRUIT	15.67	LUNCH	GR K-12	1 SERVING	65.93	0.03
CHINESE CHICKEN SALAD	ENTRÉE	6.52	LUNCH	GR 6-12	1 SERVING	147.39	5.41
CHOCOLATE CRESCENT	GRAIN	37.00	BREAKFAST	GR K-12	1 SERVING	230.00	8.00
CINNAMONY PANCAKES	GRAIN	35.00	BREAKFAST	ALL	1 SERVING	220.00	7.00
CLASSIC TUNA SANDWICH	ENTRÉE	31.40	LUNCH	GR K-12	1 SERVING	388.78	20.91
CONDIMENT - BBQ SAUCE	CONDIMENT	7.00	CONDIMENT	ALL	1 EACH	25.00	0.00
CONDIMENT - GRAPE JELLY	CONDIMENT	9.00	CONDIMENT	ALL	1 EACH	35.00	0.00
CONDIMENT - KETCHUP	CONDIMENT	2.00	CONDIMENT	ALL	1 EACH	10.00	0.00
CONDIMENT - MAYONNAISE, REDUCED CAL	CONDIMENT	1.00	CONDIMENT	ALL	1 EACH	25.00	2.50
CONDIMENT - MUSTARD	CONDIMENT	0.00	CONDIMENT	ALL	1 EACH	0.00	0.00
CONDIMENT - TACO SAUCE	CONDIMENT	0.00	CONDIMENT	ALL	1 EACH	5.00	0.00
CONDIMENT - TAPATIO HOT SAUCE	CONDIMENT	0.00	CONDIMENT	ALL	1 EACH	0.00	0.00
CONDIMENT-TABLE SYRUP	CONDIMENT	20.00	CONDIMENT	ALL	1 EACH	80.00	0.00
CONDIMENT-TAJIN	CONDIMENT	0.00	CONDIMENT	ALL	1 EACH	2.00	0.00
COOKED CARROTS	VEGETABLE	15.57	LUNCH	MECH SOFT K-12	EACH 1 CUP	66.15	0.25
COOKED CARROTS	VEGETABLE	7.95	LUNCH	EEC	EACH 1/2 CUP	33.78	0.13
CORN MUFFIN	GRAIN	33.00	LUNCH	ALL	1 EACH	190.00	6.00
CRACKERS, GOLD FISH CHEESE RAINBOW	GRAIN	14.00	SNACK	ALL	1 IND. BAG	100.00	3.50
CRACKERS, WHEAT WG	GRAIN	14.00	SNACK	ALL	0.8 OZ IND. BAG	90.00	2.50
CREAMY MASHED POTATOES (1 C)	VEGETABLE	37.05	LUNCH	MECH SOFT K-12	1 SERVING	178.69	1.75
CREAMY MASHED POTATOES (1/2 C)	VEGETABLE	18.53	LUNCH	ALL	1 SERVING	89.35	0.87
CRINKLE CUT POTATOES	VEGETABLE	16.64	LUNCH	ALL	1 SERVING	106.99	3.57
CRISPY CHICKEN FILET SANDWICH	ENTRÉE	45.00	SUPPER	GR K-12	1 SANDWICH	420.00	17.00
CRISPY WAFFLE	GRAIN	28.00	LUNCH	ALL	1 EACH	180.00	6.00
CRUNCHY CEREAL (CHEERIOS) WITH YOGURT	ENTRÉE	32.35	BREAKFAST	GR K-12	1 SERVING	161.73	2.00
CRUNCHY CEREAL (CINNAMON CHEX) WITH YOGURT	ENTRÉE	34.35	BREAKFAST	GR K-12	1 SERVING	181.73	2.50

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CRUNCHY CEREAL (CORN CHEX) WITH YOGURT	ENTRÉE	36.35	BREAKFAST	GR K-12	1 SERVING	161.73	0.50
CRUNCHY CEREAL (MULTI-CHEERIOS) WITH YOGURT	ENTRÉE	35.35	BREAKFAST	GR K-12	1 SERVING	161.73	1.00
CRUNCHY CEREAL (RICE CHEX) WITH YOGURT	ENTRÉE	36.35	BREAKFAST	GR K-12	1 SERVING	161.73	0.50
CRUNCHY CEREAL-CHEERIOS	GRAIN	20.00	BREAKFAST/SNACK	ALL	1 EACH	100.00	2.00
CRUNCHY CEREAL-CHEERIOS MULTI-GRAIN	GRAIN	23.00	BREAKFAST/SNACK	ALL	1 EACH	100.00	1.00
CRUNCHY CEREAL-CORN CHEX	GRAIN	24.00	BREAKFAST/SNACK	ALL	1 EACH	100.00	0.50
CRUNCHY CEREAL-RICE CHEX	GRAIN	24.00	BREAKFAST	ALL	1 EACH	100.00	0.50
CRUNCHY CEREAL-RICE CINNAMON CHEX	GRAIN	22.00	BREAKFAST/SNACK	ALL	1 EACH	120.00	2.50
CRUNCHY TORTILLA CHIPS	GRAIN	38.48	LUNCH/SUPPER	GR K-12	2 OZ IND. BAG	283.50	12.15
CUCUMBER COINS	VEGETABLE	3.09	LUNCH	GR K-12	1 SERVING	12.76	0.09
CURTIDO SLAW (FOR BEAN & CHEESE PUPUSA)	CONDIMENT	0.95	CONDIMENT	ALL	1 SERVING	4.17	0.03
DEEP DISH CHEESE FLATBREAD	ENTRÉE	29.00	LUNCH	GR K-12	1 SERVING	280.00	12.00
DELI CHEESE SANDWICH	ENTRÉE	26.00	LUNCH-DAILY OPTION/FIELD TRIP	ALL	1 SERVING	380.00	22.00
DELI TURKEY & CHEESE SANDWICH	ENTRÉE	29.00	LUNCH	GR K-12	1 SERVING	310.00	12.75
DRESSING - 1000 ISLAND	CONDIMENT	6.00	CONDIMENT	ALL	1 EACH	25.00	2.90
DRESSING - CAESAR	CONDIMENT	2.00	CONDIMENT	ALL	1 EACH	210.00	23.00
DRESSING - ITALIAN	CONDIMENT	3.00	CONDIMENT	ALL	1 EACH	15.00	0.00
DRESSING - RANCH (SCRATCH MADE)	CONDIMENT	0.80	CONDIMENT	ALL	1 SERVING	100.28	10.36
DRESSING - RANCH PC	CONDIMENT	4.00	CONDIMENT	ALL	1 EACH	21.00	0.60
DRESSING - SESAME GINGER	CONDIMENT	5.00	CONDIMENT	ALL	1 EACH	50.00	4.00
EGG & CHEESE SANDWICH	ENTRÉE	19.00	BREAKFAST	ALL	1 EACH	160.00	7.00
EGG & CHEESE WRAP	ENTRÉE	14.00	BREAKFAST	ALL	1 EACH	180.00	10.00
EGG & CHEESY TACO	ENTRÉE	15.00	BREAKFAST	ALL	1 SERVING	140.00	5.00
EGG, CHEESE & TURKEY SAUSAGE WRAP	ENTRÉE	14.00	BREAKFAST	ALL	1 EACH	180.00	9.00
ENERGIZER BOX KIT	SUPPER	69.00	SUPPER	GR K-12	1 EACH KIT	570.00	28.00
FALAFEL FLATBREAD	ENTRÉE	68.00	VEGAN	GR K-12	1 SERVING	406.25	8.75
FIESTA BEAN & CHEESE BURRITO	ENTRÉE	29.95	BREAKFAST	ALL	EACH 3.25 OZ.	214.02	6.40
FIESTA OMELET	ENTRÉE	1.00	LUNCH	ALL	EACH OMELET	120.00	9.00
FIESTA PINTO BEANS	VEGETABLE	27.94	LUNCH	GR K-12/EEC	EACH 1/2 CUP	159.25	0.02
FIESTA PINTO BEANS	VEGETABLE	55.88	LUNCH	MECH SOFT K-12	EACH 1 CUP	318.51	0.04
FIESTA SURPRISE KIT (SUPPER KIT SHELF STABLE (NNC) #1 (Cheese Spread, Sunflower Seeds, Tangy Salsa Cup, Cranberries, Crunchy Tortilla Chips)	SUPPER KIT	77.48	SUPPER	GR K-12	1 EACH KIT	658.50	32.15
FLUFFY MASHED POTATOES	VEGETABLE	18.69	LUNCH	GR K-12/EEC	EACH 1/2 CUP	114.24	3.63
FLUFFY MASHED POTATOES	VEGETABLE	37.83	LUNCH	MECH SOFT K-12	EACH 1 CUP	231.20	7.36
FRENCH TOAST TRIO	GRAIN	26.46	BREAKFAST	ALL	1 SERVING	213.24	8.78
FRESH GARDEN SALAD	VEGETABLE	1.41	LUNCH	GR K-12/EEC	EACH 1/2 CUP	7.27	0.13

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FROZEN JUICE BAR (VERY BERRY JUICE BAR)	FRUIT	9.00	SUPPER	ALL	2 FL OZ	40.00	0.00
FROZEN JUICE BAR (WILD CHERRY JUICE BAR)	FRUIT	9.00	SUPPER	ALL	2 FL OZ	40.00	0.00
FROZEN VEGETABLE JUICE (CHERRY SMOOTH CUP)	VEGETABLE	27.00	SUPPER	ALL	1 SERVING	110.00	0.00
GARLICKY CHEESE BREAD	ENTRÉE	29.00	LUNCH/SUPPER	ALL	1 SERVING	385.00	21.71
GO BANANAS	FRUIT	31.06	BREAKFAST/LUNCH	ALL	1 EACH	121.04	0.45
GOLD FISH PRETZEL CRACKERS	GRAIN	16.00	SNACK	ALL	1 IND. BAG	90.00	1.50
GOLDEN CHICKEN FILET SANDWICH	ENTRÉE	43.00	LUNCH/SUPPER	ALL	EACH SANDWICH	380.00	12.00
GOLDEN HASH BROWN PATTIES	VEGETABLE	31.00	LUNCH	GR 6-12	EACH 1/2 CUP	250.00	13.00
GRANOLA, CINNAMON	GRAIN	42.00	LUNCH	GR K-12	1 IND. BAG	240.00	5.00
GRANOLA, CRUNCHY	GRAIN	42.00	LUNCH	GR K-12	1 SERVING	240.00	5.00
GRANOLA, WHOLESOME	GRAIN	37.00	LUNCH	GR K-12	1 IND. BAG	240.00	9.00
GRAPE CRESCENT	GRAIN	35.00	BREAKFAST	ALL	1 EACH	210.00	6.00
GRAPES, FRESH	FRUIT	16.04	LUNCH	GR K-12	1 SERVING	62.78	0.00
GRAVY, CHICKEN	CONDIMENT	2.67	CONDIMENT	ALL	1 SERVING	16.69	0.33
ITALIAN CHEESE PACK	SUPPER	33.41	SUPPER	GR K-12	1 EACH KIT	307.78	11.21
ITALIAN SAUSAGE SUB	ENTRÉE	43.04	VEGAN	GR K-12	1 SANDWICH	274.45	4.81
KIWI STRAWBERRY SLUSH	FRUIT JUICE	15.00	SUPPER	GR K-12	1 SERVING	60.00	0.00
LEMON BERRY SWIRL CUP	FRUIT JUICE	19.00	LUNCH	GR K-12/EEC	1 EACH	70.00	0.00
LET US TOMATO	VEGETABLE	1.44	LUNCH	GR 6-12	1 SERVING	7.04	0.07
LOCAL FARM ORANGE	FRUIT	15.45	BREAKFAST/LUNCH	GR K-12/EEC	1 EACH	61.79	0.16
MAMA'S MEATBALL SUB	ENTRÉE	38.00	LUNCH	EEC & MECH SOFT	1 SERVING	293.40	8.40
MANDARIN ORANGE CUP	FRUIT	20.00	LUNCH	ALL	1 EACH	60.00	0.00
MARINARA SAUCE CUP	VEGETABLE	7.00	LUNCH	ALL	1 EACH	40.00	1.00
MESQUITE BBQ PORK SANDWICH	ENTRÉE	42.00	LUNCH	ALL	1 SERVING	320.00	8.00
MILK 1 % LOW FAT 1/2 PT	MILK	14.00	MILK	GR K-12	1 EACH (1/2 PINT)	120.00	2.50
MILK 1% WHITE (EEC)	MILK	10.50	MILK	EEC	1 SERVING (6 OZ)	90.00	1.88
MILK 100% LACTOSE FREE 1/2 PT	MILK	13.00	MILK	GR K-12	1 EACH (1/2 PINT)	90.00	0.00
MILK FAT FREE 1/2 PT	MILK	12.00	MILK	GR K-12	1 EACH (1/2 PINT)	90.00	0.00
MILK FAT FREE CHOCOLATE 1/2 PT	MILK	22.00	MILK	GR K-12	1 EACH (1/2 PINT)	120.00	0.00
MILK SOY 8 OZ	MILK	12.00	MILK	SPECIAL DIET	EACH 8 OZ	140.00	5.00
MINI DOUBLE DOGS	ENTRÉE	41.00	LUNCH/SUPPER	GR K-12	1 SERVING	323.00	11.00
MINI FRENCH TOAST BITES	ENTRÉE	37.00	BREAKFAST	ALL	1 SERVING	200.00	5.00
MINI POTATO TOTS	VEGETABLE	14.04	LUNCH	GR K-5/EEC	EACH 1/2 CUP	90.23	3.51
MINI POTATO TOTS	VEGETABLE	28.07	LUNCH	MECH SOFT K-12	EACH 1 CUP	180.45	7.02
MIXED BERRY CUP	FRUIT	20.00	LUNCH	GR K-12	1 SERVING	90.00	0.00
MORNING BEEF SAUSAGE SANDWICH	ENTRÉE	26.30	BREAKFAST	ALL	1 EACH	213.98	6.63
MOZZARELLA CHEDDAR CHEESE	ENTRÉE	1.00	FIELD TRIP	ALL	1 OZ. EACH	100.00	8.00
NNC SHELF-STABLE SUPPER KIT 1 (Cheese Spread, Sunflower Seeds, Tangy Salsa Cup, Cranberries, Crunchy Tortilla Chips)	SUPPER KIT	77.48	SUPPER	GR K-12	1 EACH KIT	658.50	32.15

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NNC SHELF-STABLE SUPPER KIT 2 (Cheese Plank, Wheat Crackers, Vegetable Juice, Applesauce Cup)	SUPPER KIT	44.00	SUPPER	GR K-12	1 EACH KIT	400.00	18.50
NNC SHELF-STABLE SUPPER KIT 3 (Wowbutter Soy, Sunflower Seeds, Wheat Crackers, Vegetable Juice, Pineapple Cup)	SUPPER KIT	59.00	SUPPER	GR K-12	1 EACH KIT	590.00	31.50
NNC SHELF-STABLE SUPPER KIT 4 (Hummus, Sunflower Seeds, Vegetable Juice, Cranberries, Crunchy Tortilla Chips)	SUPPER KIT	103.47	SUPPER	GR K-12	1 EACH KIT	723.50	28.15
NNC SHELF-STABLE SUPPER KIT 5 (Cheese Spread, Sunflower Seeds, Tangy Salsa Cup, Raisins, Crunchy Tortilla Chips)	SUPPER KIT	78.47	SUPPER	GR K-12	1 EACH KIT	667.65	32.42
NNC SHELF-STABLE SUPPER KIT 6 (Hummus, Sunflower Seeds, Vegetable Juice, Raisins, Crunchy Tortilla Chips)	SUPPER KIT	104.47	SUPPER	GR K-12	1 EACH KIT	732.65	28.42
ORANGE JUICE	FRUIT JUICE	14.00	BREAKFAST/LUNCH	ALL	EACH 4 OZ.	55.00	0.00
ORANGE MEDLEY JUICE	VEGETABLE	13.00	SUPPER	GR K-12	EACH 4.23 OZ	50.00	0.00
ORANGE SORBET JUICE COOLER	FRUIT JUICE	19.00	LUNCH	ALL	1 EACH	70.00	0.00
OVEN FRIED CHICKEN DRUMSTICK	ENTRÉE	7.48	LUNCH	GR K-12	1 EACH	254.49	14.97
OVEN ROASTED TURKEY BREAST SANDWICH	ENTRÉE	29.00	LUNCH	GR K-12	1 SANDWICH	230.00	3.50
PASTRAMI & CHEESE CROISSANT	ENTRÉE	31.00	LUNCH	GR 6-12	1 SERVING	400.00	22.00
PEACH APPLESAUCE CUP	FRUIT	14.00	LUNCH	ALL	1 EACH CUP	50.00	0.00
PEACHY PEACHES (CANNED)	FRUIT	16.89	LUNCH	ALL	EACH 1/2 CUP	69.56	0.00
PEACHY PEACHES (CANNED)	FRUIT	33.79	LUNCH	MECH SOFT 9-12	EACH 1 CUP	139.13	0.00
PEAR, FRESH	FRUIT	31.62	LUNCH	GR K-12/EEC	1 EACH	118.64	0.25
PEPPERONI WEDGE	ENTRÉE	31.00	LUNCH	ALL	1 SERVING	320.00	15.00
PEPPERONI WEDGE IND. WRAPPED (ARDELLA)	ENTRÉE	34.10	LUNCH	ALL	1 IND. WRAPPED	330.82	13.26
PERFECT PEARS (CANNED)	FRUIT	18.30	LUNCH	ALL	EACH 1/2 CUP	77.05	0.00
PERFECT PEARS (CANNED)	FRUIT	36.60	LUNCH	MECH SOFT 9-12	EACH 1 CUP	154.11	0.00
PETITE BABY CARROTS	VEGETABLE	5.84	LUNCH	GR K-12	EACH 1/2 CUP	24.81	0.09
PHILLY CHEESE STEAK SANDWICH	ENTRÉE	29.58	LUNCH	ALL	EACH SANDWICH	325.47	14.22
PHILLY STEAK & CHEESE PINWHEEL	ENTRÉE	33.00	LUNCH	GR K-12/EEC	1 EACH	320.00	12.00
PLUM, FRESH	FRUIT	11.51	BREAKFAST/LUNCH	GR K-12	1 EACH	46.36	0.28
PORK EGG ROLL	ENTRÉE	40.00	LUNCH	ALL	1 SERVING	340.00	14.00
POWER UP KIT	SUPPER	81.00	SUPPER	GR K-12	1 EACH KIT	690.00	37.00
PRETZEL ROLL IND. WRAPPED	GRAIN	30.00	LNCH	GR 6-12	1 IND. WRAPPED	140.00	0.50
RANGE FREE BURGER	VEGAN	31.00	LUNCH	GR K-12	1 SERVING	210.00	3.00
RICE MILK	MILK	23.00	MILK	SPECIAL DIET	8 OZ CARTON	120.00	2.50
RICE, BROWN	GRAIN	22.32	LUNCH	GR 6-12	1-DISHER #8	102.54	0.60
ROASTED POTATO WEDGES	VEGETABLE	20.25	LUNCH	GR K-12/EEC	EACH 1/2 CUP	121.53	4.05

CARBOHYDRATE COUNT TABLE

DATE: 12/11/18

2018-19 MENU ITEM	FOOD CATEGORY	Total Carbohydrate (g)	MENU	GRADE LEVEL	SERVING SIZE	Calories (kcal)	Total Fat (g)
ROASTED POTATO WEDGES	VEGETABLE	40.51	LUNCH	MECH SOFT K-12	EACH 1 CUP	243.06	8.10
SALISBURY STEAK & MASHED POTATOES	ENTRÉE	23.61	LUNCH	GR K-12/EEC	1 SERVING	244.38	9.84
SALISBURY STEAK WITH GRAVY (PREP)	ENTRÉE	4.92	LUNCH	MECH SOFT K-12	1 SERVING	130.14	6.21
SALISBURY STEAK WITH GRAY IND. TRAY (NNC)	ENTRÉE	4.67	LUNCH	GR K-12/EEC	1 IND. TRAY	128.83	6.44
SALTINE MINI CRACKERS WG	GRAIN	7.00	SNACK	ALL	1 PKG.	50.00	1.50
SAVORY SAUSAGE FLATBREAD (DISCONTINUED)	ENTRÉE	33.00	LUNCH	GR K-12	1 SERVING	290.00	10.00
SHANGHAI CHINESE CHICKEN SALAD	ENTRÉE	10.72	LUNCH	GR 6-12	1 SERVING	160.76	5.73
SLICED TURKEY & GRAVY	ENTRÉE	2.99	LUNCH	ALL	1 SERVING	94.89	1.51
SLICED TURKEY & GRAVY WITH STUFFING	ENTRÉE	19.67	LUNCH	ALL	1 SERVING	208.34	5.44
SMOKED TURKEY BREAST SANDWICH	ENTRÉE	29.00	LUNCH	ALL	1 SANDWICH	230.00	3.50
SMOKIN' BBQ RIB SANDWICH	ENTRÉE	37.00	LUNCH	ALL	1 SERVING	330.00	12.00
SOUR LEMON CUP	FRUIT JUICE	20.00	LUNCH	ALL	1 EACH	70.00	0.00
SOUR WATERMELON CUP	FRUIT JUICE	20.00	LUNCH	ALL	1 EACH	70.00	0.00
SOUTHERN BUTTERMILK BISCUIT	GRAIN	25.00	LUNCH	ALL	1 EACH	170.00	6.00
SOY MILK ENRICHED 8 OZ	MILK	12.00	MILK	SPECIAL DIET	EACH 8 OZ	140.00	5.00
SPINACH, COOKED	VEGETABLE	5.49	LUNCH	MECH SOFT K-12	EACH 1 CUP	34.78	0.59
STRING CHEESE	ENTRÉE	0.00	BREAKFAST	GR K-12	1 EACH	80.00	6.00
STUFFING	GRAIN	16.58	LUNCH	ALL	1 SERVING	112.96	3.93
SUNBUTTER KIT (NOTABLES)	ENTRÉE	62.00	SUPPER	GR K-12	1 KIT	605.00	34.50
SUNBUTTER SANDWICH	ENTRÉE	41.77	FIELD TRIP	ALL	1 SANDWICH	533.36	30.13
SUPPER KIT HUMMUS (SUPPER KIT SHELF STABLE (NNC) #4 (Hummus, Sunflower Seeds, Vegetable Juice, Cranberries, Crunchy Tortilla Chips)	SUPPER KIT	103.47	SUPPER	GR K-12	1 EACH KIT	723.50	28.15
SUPPER KIT SHELF STABLE (NNC) #3 (Wowbutter Soy, Sunflower Seeds, Wheat Crackers, Vegetable Juice, Pineapple Cup)	SUPPER KIT	59.00	SUPPER	GR K-12	1 EACH KIT	590.00	31.50
SWEET CORN	VEGETABLE	17.14	LUNCH	GR K-12	EACH 1/2 CUP	72.85	0.65
TACO BEAN DIP	ENTRÉE	19.87	LUNCH	ALL	1 SERVING	211.65	7.11
TANGERINE CHICKEN WITH FRIED RICE	ENTRÉE	84.07	LUNCH	GR K-12	1 SERVING	698.78	23.41
TANGERINE CHICKEN WITH RICE (EEC)	ENTRÉE	36.32	LUNCH	EEC	1 SERVING	395.31	15.88
TANGERINE CHICKEN WITH RICE (MECH SOFT K-12)	ENTRÉE	62.14	LUNCH	MECH SOFT K-12	1 SERVING	571.04	20.30
TANGY SALSA CUP	VEGETABLE	5.00	LUNCH	GR K-12	1 EACH	25.00	0.00
TERIYAKI BEEF DIPPER RICE BOWL	ENTRÉE	64.14	LUNCH	ALL	1 SERVING	399.57	7.87
TERIYAKI VEGGIE PATTY SANDWICH	VEGAN	41.00	LUNCH	GR K-12	1 SANDWICH	300.00	9.00
THREE BEAN VEGAN CHILI	ENTRÉE	33.00	LUNCH	ALL	1 SERVING	180.00	0.50
TOASTED CHEESE SANDWICH	ENTRÉE	31.24	LUNCH	ALL	EACH SANDWICH	305.58	14.21
TORTILLA CHIPS (1 G)	GRAIN	19.00	SUPPER	GR K-12	1 OZ. PKG	140.00	6.00

CARBOHYDRATE COUNT TABLE

DATE: 12/11/18

2018-19 MENU ITEM	FOOD CATEGORY	Total Carbohydrate (g)	MENU	GRADE LEVEL	SERVING SIZE	Calories (kcal)	Total Fat (g)
TROPICAL TWIST JUICE	VEGETABLE JUICE	14.00	SUPPPER	GR K-12	4.23 FL OZ.	60.00	0.00
TUNA SALAD PLATE	ENTRÉE	6.03	LUNCH	GR 6-12	1 SERVING	256.26	19.12
TURKEY BURGER	ENTRÉE	29.00	LUNCH	ALL	1 BURGER	310.00	11.50
TURKEY HAM SANDWICH ON KNOT ROLL	ENTRÉE	31.00	FIELD TRIP	ALL	1 SERVING	270.00	8.00
TURKEY STICK	ENTRÉE	0.00	SUPPER	GR K-12	1 EACH	40.00	1.00
VEGAN BURRITO	ENTRÉE	49.00	VEGAN	GR K-12	1 BURRITO	310.00	7.00
VEGAN CHILI	ENTRÉE	32.73	LUNCH	GR K-5/EEC	1 SERVING	206.18	7.27
VEGAN CHILI	ENTRÉE	40.00	LUNCH	GR 6-12	1 SERVING	252.00	8.89
VEGETABLE FRIED RICE	GRAIN	66.56	LUNCH	GR K-12	2-DISHERS #6	332.82	4.31
VEGETABLE JUICE (ORANGE MEDLEY)	VEGETABLE	13.00	SUPPER	GR K-12	EACH 4.23 OZ	50.00	0.00
VEGGIE MEDLEY	VEGETABLE	12.47	LUNCH	GR K-12/EEC	EACH 1/2 CUP	68.00	0.00
VEGGIE SALAD BOWL	ENTRÉE	22.30	VEGAN	GR K-12	1 SERVING	146.88	2.35
VERY BERRY JUICE BAR	FRUIT	9.00	SUPPER	ALL	2 FL OZ	40.00	0.00
WAFFLE FRIES	VEGETABLE	26.82	LUNCH	GR K-12/EEC	EACH 1/2 CUP	175.38	6.19
WATERMELON CRANBERRIES	FRUIT	28.00	SUPPER	GR K-12	1 IND. BAG	110.00	0.00
WHOLE GRAIN CHICKEN PEPPERONI PIZZA	ENTRÉE	33.00	LUNCH	GR K-12	1 SERVING	320.00	13.00
WHOLE GRAIN DEEP DISH CHEESE PIZZA	ENTRÉE	26.00	LUNCH	ALL	1 SERVING	280.00	12.00
WHOLE GRAIN RICH PEPPERONI PIZZA	ENTRÉE	31.00	LUNCH	GR K-12	1 SERVING	320.00	15.00
WHOLE GRAIN RICH PEPPERONI PIZZA (ARDELLA)	ENTRÉE	34.10	LUNCH	GR K-12	1 SERVING	330.82	13.26
WHOLE GRAIN RICH PEPPERONI PIZZA (BIG DADDY)	ENTRÉE	35.00	LUNCH	GR K-12	1 SERVING	360.00	16.00
WILD BERRY JUICE	FRUIT JUICE	15.00	BREAKFAST/LUNCH	ALL	EACH 4 OZ.	60.00	0.00
WILD CHERRY JUICE BAR	FRUIT JUICE	9.00	SUPPER	ALL	EACH JUICE BAR	40.00	0.00
YELLOW SUBMARINE SANDWICH #2 (TURKEY HAM)	ENTRÉE	27.67	LUNCH	GR K-12	1 SANDWICH	326.67	14.50
YELLOW SUBMARINE SANDWICH #3 (TURKEY SALAMI)	ENTRÉE	27.00	LUNCH	GR K-12	1 SANDWICH	326.67	14.50
YOGURT & GRANOLA	ENTRÉE	75.00	LUNCH-DAILY OPTION/FIELD TRIP	GR K-12	1 SERVING	420.00	9.00
YOGURT 4 OZ. (STRAWBERRY)	ENTRÉE	12.35	BREAKFAST/SNACK	GR K-12	EACH 4 OZ.	61.73	0.00
YOGURT 4 OZ. (STRAWBERRY/BANANA)	ENTRÉE	20.00	SNACK	ALL	EACH 4 OZ.	100.00	0.50
YOGURT 8 OZ. (STRAWBERRY)	ENTRÉE	38.00	LUNCH	GR K-12	EACH 8 OZ.	180.00	0.00
YOGURT PARFAIT	ENTRÉE	43.91	LUNCH	GR 6-12	1 SERVING	219.63	1.99
ZESTY BEEF CHALUPA	ENTRÉE	11.18	LUNCH	GR K-5	1 SERVING	244.50	13.94
ZESTY BEEF CHALUPA AND RICE	ENTRÉE	37.50	LUNCH	GR 6-12	1 SERVING	362.04	14.54