

Middle School Carb Counts SY 14-15

WEEK 1

BREAKFAST ENTREES

	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag	
Heart to Heart Kashi	22
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Chicken Biscuit Sandwich	32
Ultimate Breakfast Round	45
Frudel Pillsbury Cherry or Apple	36
Cheese Omelet Wrap	19
W.G. Sausage Gravy Breakfast Pizza	24
French Toast Sticks w/Saus. Patty	23
W.G. Snacken Waffle	35
Full size Benefit Bar 2.5 oz.	48
Nutrigrain Bar	28
Triple Berry Crunch Bar-Father's Table	42

FRUITS

Craisons-Ocean Spray	28
Fruit Cup Mixed 4 oz.	19
Peach Cup 4 oz.	17
Apple slices Peterson Farms 2 oz.	7
Fresh Grapes 1/2 cup	11
Fresh Oranges 1/2 cup	16
Applesauce Cup 1/2 cup	12
Banana 1 petite	25
Fruit & Yogurt Combo	33
<u>FRUIT JUICES</u>	
Orange 4 oz.	13
Apple 4 oz.	13
Fruitables 4 oz.	14

MILK

Lowfat 1% & Fat Free Skim White	12
Strawberry Skim	28
Chocolate Skim	26
Vanilla Skim	28

YOGURTS- 4 OZ ASSORTED

Assorted lite or regular	11 thru 19
--------------------------	------------

LUNCH ENTREES

	Carbohydrates (g)
Pizza Big Daddys cheese check size	34-43
Stuffed Crust Pizza (both kinds)	35
B4Lunch Eggs-Scrambled w/pancakes	36
Hamburger on Bun (cheese +2)	23
Fruit & Yogurt Combo	33
Turkey Swiss Sandwich 2 bread slices	26
Calzone w/Marinara	43
Hot N Spicy Tenders	16
Rotini Pasta w/Meatsauce Garlic Tst.	35
Chef Salad w/bread serving	15-20
Soft Shell Taco	35
Glazed Chicken Nuggets Garlic Tst.	13
W.G. Corndog	30
Taco Salad w/Nacho Chips	32
Turkey & Cheese Wrap	22
Turkey Sub	26
Chef Salad w/bread serving	26
Mandarin Orange Salad	45
Ham & Cheese on Pretzel Bun/Wrap	32/26
Orange Chicken/rice/egg roll mini	72
Grilled Cheese Sandwich WG	27
PBJ Jamwich single 2.8 oz.	35
Vegetarian Hogie	30
<u>Spicy Chicken Salad</u>	26

VEGETABLES

Mashed Potato	15
Tomato Soup Campbell's	20
Green Beans	6
Tator Tots/Baby Bakers	16
Stir Fry Blend	5
Cosmic Shapes Potatoes	16
Corn	7
Hash Brown Cubes	18
Spinach	10
Refried Beans	16
Capri Blend	4
Fresh Veggies in Cup w/ lowfat dip	3

FRUITS

Applesauce Cup 1/2 cup	12
Fruit Cocktail 1/2 cup	14
Peaches sliced in Juice 1/2 cup	17
Pineapple Tidbits in Juice 1/2 cup	10
Pear Diced in Juice 1/2 cup	14
Frozen Fruit cup Sidekicks 1/2 cup	20
Fresh Melon Chunks 1/2 cup	14
Mandarin Oranges w/Pineapple	15

Middle School Carb Counts 14-15

Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Pizza Big Daddys cheese check size	34-43
Cocoa Puffs 25% less Sugar	8	Stuffed Crust Pizza (both kinds)	35
Honey Grahams	16	Ravioli Mini/Garlic Toast	26
Juice	15	Chicken Nuggets w/Dinner Roll	32
Breakfast on the Go Meal Pack		Walking Taco Bowl (meat & Chips)	29
Frosted Flakes Reduced Sugar	9	Chicken Cheese Quesadilla	38
Honey Grahams	16	Calzone w/Marinara	43
Juice	15	Chicken Smackers w/biscuit	27
Breakfast on the Go Meal Pack		Baked Chicken Drumstick/Biscuit	32
Honey Nut Scooters	23	Hot Dog w Bun	24
Honey Grahams	16	Macaroni & Cheese w/Dinner Roll	43
Juice	15	Shrimp Poppers w/Cheesy Bread	36
Pork Sausage Biscuit	25	Turkey Burger w/Cheese/Bun	21
Frudel Cherry or Apple	37	Chef Salad w/bread serving	26
Ham, Egg, Cheese WG Biscuit	31	Turkey Sub	32
Breakfast Sausage Bagel	23	Taco Salad w/Nacho Chips	22
Mini Pancakes-Pillsbury W.G./Saus.	40	Turkey & Cheese Wrap	20
Turkey Sausage Egg & Cheese Sliders	22	Mandarin Orange Salad	45
Full size Benefit Bar 2.5 oz.	48	Ham & Cheese on Pretzel Bun/Wrap	32/26
Nutrigrain Bar	28	Fruit & Yogurt Combo	33
Triple Berry Crunch Bar-Father's Table	42	Turkey BLT Sandwich	44
		PBJ Jamwich single	35
		Vegetarian Hogie	30
		Spicy Chicken Salad	26
<u>FRUITS</u>		<u>VEGETABLES</u>	
Dried Cranberries-Ocean Spray	28	Flame Roasted Corn & Black Bean	24
Fruit Cup Mixed 4 oz.	19	Tator Tots/Baby Bakers	16
Peach Cup 4 oz.	17	Green Beans	6
Pear cup in Juice 1/2 cup	20	Mashed Potato	15
Applesauce Cup 1/2 cup	12	Broccoli Florets 1/2 cup	6
Banana 1 petite	25	Spanish Rice 1 cup	44
Apple slices Peterson Farms 2 oz.	7	California Blend	5
Fresh Grapes 1/2 cup	11	Stir Fry Blend	5
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
<u>FRUIT JUICES</u>		<u>FRUITS</u>	
Orange 4 oz.	13	Apple Crisp 1/2 Cup	32
Apple 4 oz.	13	Apple Cranberry Salad 1/2 cup	30
Fruitables 4 oz.	14	Kiwi 1 whole	10
Banana 1 petite	25	Fresh Fruit Cup 1/2 cup	16
<u>MILK</u>		Peaches sliced in Juice 1/2 cup	17
Low-fat 1% & Fat Free Skim White	12	Mand. Oranges w/Pineapple Tidbits	12
Strawberry Skim	28	Tropical Fruit Salad	15
Chocolate Skim	26		
Vanilla Skim	28		
<u>YOGURTS- 4 OZ ASSORTED</u>	Read label		
<u>Assorted lite or regular</u>	11 thru 19		

Middle School Carb Counts SY 14-15

WEEK 3

BREAKFAST ENTREES

	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bags	
Heart to Heart Kashi	22
Honey Grahams	16
Juice	15
Apple Jacks RS	18
Juice	15
Honey Grahams	16
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Hot Ham & Cheese Bun	35
Cinnamon Glazed Pancakes	35
Turkey Sausage Egg & Cheese Sliders	22
Maple Pancake Wrap	18
Nutrigrain Bar	28
Triple Berry Crunch Bar-Father's Table	42

FRUITS

Dried Cranberries-Ocean Spray	28
Fruit Cup Mixed 4 oz.	19
Peach Cup 4 oz.	17
Pear cup in Juice 1/2 cup	20
Applesauce Cup 1/2 cup	12
Banana 1 petite	25
Apple slices Peterson Farms 2 oz.	7
Fresh Grapes 1/2 cup	11

FRUIT JUICES

Orange 4 oz.	13
Apple 4 oz.	13
Fruitables 4 oz.	14
Banana 1 petite	25

MILK

Low-fat 1% & Fat Free Skim White	12
Strawberry Skim	28
Chocolate Skim	26
Vanilla Skim	28

YOGURTS- 4 OZ ASSORTED

Assorted lite or regular	11 thru 19
--------------------------	------------

LUNCH ENTREES

	Carbohydrates (g)
Meatball Sub	38
Pizza Big Daddys cheese check size	34-43
Stuffed Crust Pizza (both kinds)	35
Hot N Spicy Chicken Patty Bun	37
Baked Potato w/Taco Meat/Cheese	10
Chili Mac w/Scoops	34
Calzone w/Marinara	43
Chicken & Noodles /Dinner Roll	34
Pulled Pork on Bun	36
Hamburger on Bun (cheese +2)	15-20
Grilled Chicken/Cheese/Bun	21
Teriyaki Chicken/Rice/Egg Roll mini	69
Potato Crunch Fish/Bun	33
Spicy Chicken Salad	26
Chef Salad w/Bread serving	26
Turkey Sub	26
Taco Salad w/Nacho Chips	22
Turkey & Cheese Wrap	22
Mandarin Orange Salad	45
Ham & Cheese on Pretzel Bun/Wrap	32/26
Vegetarian Hogie	30
Fruit & Yogurt Combo	33

VEGETABLES

Sicilian Blend	6
Baked French Fries Sticks	15-27
Green Beans	6
Mashed Potato 1/2 cup	16
Sicilian Blend	6
Broccoli w/cheese	4
Brown Rice	42
Glazed Carrots	38
Potato Smiles	20
Stir-Fry Blend	5
Shredded Lettuce/Tomato/Cheese	7
Fresh Veggies in Cup w/ low-fat dip	3
Garden Romaine Salad Mix	10
Cole Slaw 1/2 cup	14

FRUITS

Peaches/Pears in Juice 1/2 cup	7
Pineapple Tidbits in Juice	10
Tropical Fruit Salad in Juice	15
Apple Cranberry Salad	20
Fruit Cocktail in Juice	14
Mandarin Oranges w/Pineapple	15

Middle School Carb Counts SY 14-15

WEEK 4

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	
Cocoa Puffs 25% less Sugar	8
Honey Grahams	16
Juice	15
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Honey Nut Scooters	23
Honey Grahams	16
Juice	15
Pork Sausage WG Biscuit	25
Triple Berry Crunch Bar-Father's Table	42
Breakfast Burrito Saus.Egg Cheese	25
Mini-Cinnis-Pillburys	40
Bacon Scramble Pizza	23

FRUITS

Dried Cranberries-Ocean Spray	28
Fruit Cup Mixed 4 oz.	19
Peach Cup 4 oz.	17
Pear cup in Juice 1/2 cup	20
Applesauce Cup 1/2 cup	12
Banana 1 petite	25
Apple slices Peterson Farms 2 oz.	7
Fresh Grapes 1/2 cup	11
Orange Wedges 1/2 cup	10
Apple Crisp	35

FRUIT JUICES

Orange 4 oz.	13
Apple 4 oz.	13
Fruitables Juice 4 oz.	14

MILK

Low-fat 1% & Fat Free Skim White	12
Strawberry Skim	28
Chocolate Skim	26
Vanilla Skim	28

YOGURTS- 4 OZ ASSORTED

Assorted lite or regular	11 thru 19
--------------------------	------------

LUNCH ENTREES

	Carbohydrates (g)
Pizza Big Daddys cheese check size	34-43
Stuffed Crust Pizza (both kinds)	35
Country Baked Steak/Gravy	19
Sloppy Joe/Bun	30
Bean & Cheese Burrito	44
Rib B Que on HB Bun	28
Calzone w/Marinara	43
Baked Ziti w/Garlic Toast	62
Chicken Nuggets w/Dinner Roll	32
Philly Steak Sub Bun	31
Hot N Spicy Chicken Patty Bun	37
Breaded Pork Patty/Bun	31
Macaroni & Cheese w/Broccoli	30
Chef Salad w/bread serving	
Turkey Sub	
Taco Salad w/Nacho Chips	34
Turkey & Cheese Wrap	39
Mandarin Orange Salad	45
Ham & Cheese on HB Bun	26
Breaded Pork Patty/Bun	31
Teriyaki Chix w/Rice/Egg Roll	69
Grilled Cheese Sandwich	42
Fruit & Yogurt Combo	33
Vegetarian Hogie	30
<u>VEGETABLES</u>	
Broccoli Florets w/cheese	6
Refried Beans	16
Flame Roasted Corn & Black Bean	24
Mashed Potato 1/2 cup	16
California Blend 1/2 cup	5
Sweet Potato Puffs	23
Spinach Parmesan	4
Tomato Soup 1/2 cup	20
Kyoto Blend	8
Shredded Lettuce/Tomato/Cheese	7
Fresh Veggies in Cup w/ low-fat dip	3
Garden Romaine Salad Mix	10
<u>FRUITS</u>	
Diced Pears in Juice 1/2 cup	14
Pineapple Tidbits in Juice	10
Tropical Fruit Salad in Juice	15
Apple Cranberry Salad	20
Fruit Cocktail in Juice	14
Fresh Oranges, Kiwi & Grapes	36