

Elementary Carb Counts SY 15-16

WEEK 1

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag		Chicken Nuggets	39
Heart to Heart Kashi	22	Hot Ham & Cheese W.G. Bun	35
Honey Grahams	16	Fruit & Yogurt Combo	33
Juice	15	Turkey Swiss Sandwich 2 bread slices	26
Jumpstarts Cereal Breakfast Bag		PBJ Jamwich single	35
		Popcorn Chicken	17
Apple Jacks RS	18	Rotini Pasta w/Meatsauce JTM 1 cup	24
Honey Grahams	16	Hamburger on Bun (cheese +2)	23
Juice	15	Chef Salad w/bread serving	15-20
Jumpstarts Cereal Breakfast Bag		Baked Chicken Drumstick/Biscuit	32
Frosted Flakes RS	24	Chicken Cheese Quesadilla	38
Honey Grahams	16	W.G. Corndog	30
Juice	15	Taco Salad w/Nacho Chips	32
		Turkey & Cheese Wrap	22
Frudel Pillsbury Cherry or Apple	36	Turkey Sub	26
		Ravioli Mini/Garlic Toast	26
W.G. Breakfast Pizza	24	Rib B Que on HB Bun	28
		Pizza Big Daddy's Wedge 1 slice	36
Cinnamon Glazed Pancake	35	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
Benefit Bar Mini 1.25 oz.	24	Breaded Pork Patty/Bun	31
Full size Benefit Bar 2.5 oz.	48	Shrimp Poppers w/Cheesy Bread	36
		Soft Shell Taco	35
<u>FRUITS</u>		Chili Mac w/Garlic Toast	33
Craisins-Ocean Spray/Raisons	28/31	Breaded Chicken Patty /Bun	36
Fruit Cup Mixed 4 oz.	19		
Peach Cup 4 oz.	17	<u>VEGETABLES</u>	
Apple slices Peterson Farms 2 oz.	7	Mashed Potato	15
Fresh Grapes 1/2 cup	11	Sweet Potatoes Puffs	25
Applesauce Cup 1/2 cup	12	Green Beans	6
Banana 1 petite	25	Tator Tots/Baby Bakers	16
Fruit & Yogurt Combo	33	Sicilian Blend	6
		Cosmic Shapes Potatoes	16
<u>FRUIT JUICES</u>		Flame Rst.Corn w/Bl.Beans/Plain Corn	25/21
Orange 4 oz.	13	Hash Brown Cubes	18
Apple 4 oz.	13	Spinach	10
Fruitables 4 oz.	14	Refried Beans	16
		Normandy Blend	5
<u>MILK</u>		Fresh Veggies in Cup w/ lowfat dip	3
Lowfat 1% & Fat Free Skim White	13		
Chocolate Non Fat Tru Moo	20	<u>FRUITS</u>	
Strawberry Fat Free Tru Moo	19	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 Sidekicks all flavors	20
Frozen Fruit in Bag			
RIPS Blueberry 28 Dragon 29	28/29		

Elementary Carb Counts 15-16

Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Sloppy Joe/Bun	35
Cocoa Puffs 25% less Sugar	8	Sloppy Joe/Scoops	29
Honey Grahams	16	Chili Cheese Wrap	35
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Frosted Flakes Reduced Sugar	9	PBJ Jamwich single	35
Honey Grahams	16	Country Baked Steak	18
Juice	15	Glazed Chicken Nuggets 5 pieces	21
Breakfast on the Go Meal Pack		Hamburger on Bun (cheese +2)	15-20
Honey Nut Scooters	23	Chef Salad w/bread serving	26
Honey Grahams	16	Turkey Sub	0
Juice	15	Pizza Pocket (PepperoniCalzone)	35
Triple Berry Crunch Bar	43	W.G. Corndog	32
Pork Sausage Biscuit	25	Taco Salad w/Nacho Chips	22
Ultimate Breakfast Round UBR		Turkey & Cheese Wrap	20
Cinnamon	43	Pulled Pork	36
Sunberry- 44 Blueberry- 47		Macaroni & Cheese	29
Turkey Sausage Egg & Cheese Sliders	22	W.G. Corndog	32
Mini-Cinnis	40	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
		Orange Chix w/Rice/Egg Roll	77
		Walking Taco Bowl (meat & Chips)	29
		Fruit & Yogurt Combo	33
		Turkey BLT Sandwich	44
		<u>VEGETABLES</u>	
		Flame Roasted Corn & Black Bean	24
		Sweet Potato Puffs 3 oz.	23
		Green Beans	6
		Mashed Potato 1/2 cup	16
		Broccoli Florets 1/2 cup	6
		Corn	7
		California Blend	5
		Stir Fry Blend	5
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		<u>FRUITS</u>	
		Apple Slices 1/2 cup	7
		Kiwi 1 whole	10
		Fresh Fruit Cup 1/2 cup	16
		Peaches sliced in Juice 1/2 cup	17
		Mand. Oranges w/Pineapple Tidbits	12
		Tropical Fruit Salad	15
		RIPS Blueberry 28 Dragon 29	28/29

Elementary Carb Counts SY 15-16

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Ham & Cheese Stuffer new	33
Frosted Flakes Reduced Sugar	9	Honey Rib B Que/Bun	32
Honey Grahams	16	Penne Pasta w/Garlic Toast	41
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Honey Nut Scooters	23	PBJ Jamwich single	35
Honey Grahams	16	Popcorn Chicken Smackers	17
Juice		B4Lunch Eggs-Scrambled w/muffin	31
	15	Calzone w/Marinara Sauce 2.5 oz.	40
Jumpstarts Ceral Breakfast Bag		Chef Salad w/bread serving	26
Frosted Flakes RS	24	Turkey Sub	0
Honey Grahams	16	Hamburger on Bun (cheese +2)	15-20
Juice	15	Baked Chicken Drumstick w/Biscuit	32
		Taco Salad w/Nacho Chips	22
Breakfast Chicken Biscuit	38	Turkey & Cheese Wrap	
		Breaded Pork Patty /Bun	31
Bacon Scramble Pizza	24	Turkey & Gravy Bowl (rice)	40
		Quesadilla	39
Nutrigrain Bar	28	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
Cinnamon Glazed Pancakes	35	Ravioli w/Garlic Toast	30
		Stuffed Crust Pizza (both kinds)	35
		Seafood Shapes w/ cheese breadstick	33
		Fruit & Yogurt Combo	33
		Turkey/Cheese Sandwich	44
		<u>VEGETABLES</u>	
<u>FRUITS</u>		Sicilian Blend	6
Dried Cranberries-Ocean Spray	28	Hash Brown Cubes	6
Fruit Cup Mixed 4 oz.	19	Green Beans	6
Peach Cup 4 oz.	17	Mashed Potato 1/2 cup	16
Pear cup in Juice 1/2 cup	20	Zucchini 1/2 cup	16
Applesauce Cup 1/2 cup	12	Corn	2
Banana 1 petite	25	Brown Rice	42
Apple slices Peterson Farms 2 oz.	7	Glazed Carrots	38
Fresh Grapes 1/2 cup	11	Baby Bakers	15
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		<u>FRUITS</u>	
<u>FRUIT JUICES</u>		Peaches/Pears in Juice 1/2 cup	7
Orange 4 oz.	13	Pineapple Tidbits in Juice	10
Apple 4 oz.	13	Tropical Fruit Salad in Juice	15
Fruitables 4 oz.	14	Apple Cranberry Salad	20
Banana 1 petite	25	Fruit Cocktail in Juice	14
		Fresh Oranges, Kiwi & Grapes	36
<u>MILK</u>			
Lowfat 1% & Fat Free Skim White	13		
Chocolate Non Fat Tru Moo	20		
Strawberry Fat Free Tru Moo	19		
Frozen Fruit in Bag			
RIPS Blueberry 28 Dragon 29	28/29		

Elementary Carb Counts SY 15-16**WEEK 4**

<u>BREAKFAST ENTREES</u>		Carbohydrates (g)	<u>LUNCH ENTREES</u>		Carbohydrates (g)
Breakfast on the Go Meal Pack			Macaroni & Cheese		29
Cocoa Puffs 25% less Sugar		8	Walking Taco Bowl-Meat/Chips		23
Honey Grahams		16	B4Lunch Eggs-Scrambled w/muffin		31
Juice		15	Fruit & Yogurt Combo		33
Breakfast on the Go Meal Pack			Turkey Swiss Sandwich 2 bread slices		26
Frosted Flakes Reduced Sugar		9	PBJ Jamwich single		35
Honey Grahams		16	Chicken Cheese Quesadilla		38
Juice		15	Turkey Hot Dog/Bun		24
Breakfast on the Go Meal Pack			Hamburger on Bun (cheese +2)		15-20
Honey Nut Scooters		23	Chef Salad w/bread serving		26
Honey Grahams		16	Turkey Sub		0
Juice		15	Chili Mac w/Garlic Toast		41
Mini-Cinnis-Pillburys		40	Chicken Patty/Bun		36
Triple Berry Crunch Bar-Father's Table		42	Taco Salad w/Nacho Chips		22
Sausage Bagel		23	Turkey & Cheese Wrap		
French Toast Sticks		26	Pizza Lunch Around 5 "		40
			Chicken & Noodles /Dinner Roll		34
			Quesadilla		39
			Mandarin Orange Salad		45
			Ham & Cheese on HB Bun		26
			Teriyaki Chix w/Rice/Egg Roll		69
			Grilled Cheese Sandwich		42
			Fruit & Yogurt Combo		33
			Turkey/Cheese Sandwich		44
<u>FRUITS</u>			<u>VEGETABLES</u>		
Dried Cranberries-Ocean Spray		28	Broccoli Florets w/cheese		6
Fruit Cup Mixed 4 oz.		19	Potato Smiles		20
Peach Cup 4 oz.		17	Baked Beans		29
Pear cup in Juice 1/2 cup		20	Mashed Potato 1/2 cup		16
Applesauce Cup 1/2 cup		12	California Blend 1/2 cup		5
Banana 1 petite		25	Green Beans		6
Apple slices Peterson Farms 2 oz.		7	Brown Rice		42
Fresh Grapes 1/2 cup		11	Tomato Soup 1/2 cup		20
Orange Wedges 1/2 cup		10	Kyoto Blend		8
Apple Crisp		35	Shredded Lettuce/Tomato/Cheese		7
<u>FRUIT JUICES</u>			Fresh Veggies in Cup w/ low-fat dip		3
Orange 4 oz.		13	Garden Romaine Salad Mix		10
Apple 4 oz.		13			
Fruitables Juice 4 oz.		14	<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
<u>MILK</u>			Fresh Oranges, Kiwi & Grapes		36
Lowfat 1% & Fat Free Skim White		13			
Chocolate Non Fat Tru Moo		20			
Strawberry Fat Free Tru Moo		19			
Frozen Fruit in Bag					
RIPS Blueberry 28 Dragon 29		28/29			

CONDIMENTS SY 15-16

Carbohydrates (g)

RED GOLD LABEL

Ketchup Low sodium 9 gm. Pc	0
Ketchup 1 TBSP. pump from jug	5
BBQ Sauce Cup 1 oz.	9
Marinara Sauce 2.5 oz. cup	8
Salsa Cup 3 oz. cup	2

PEANUT BUTTER (Advance Pierre)

Peanut Butter Cup 1 oz. cup	8
PBJ Graham Cracker 2.2 oz.	32

CHEESE (LAND O LAKES)

Cheese Mozzarella String 1 oz.	1
Jalapeno Cheese Sauce Cup 3 oz.	15
Cream Cheese Cup 1 oz.	4

CONDIMENTS

Caramel Dip L/F cup 1 oz.	19
Grape Jelly .5 oz.	9
Taco Sauce Pkt. 9 gm.	1
Honey Mustard Dip Cup 1oz.	6
Mustard Pkt. 5.5 gm	0
Mayonnaise lt. 12 gm.	2
Tartar Sauce 12 gm.	3
Sweet & Sour Duck Sauce 9 gm.	7

DRESSINGS

Ranch Cup 1 oz	1
FF Ranch 12 gm.	2
Ranch Buttermilk Lite 1.5 oz.	9

Elementary Carb Counts SY 15-16

WEEK 1

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag		Chicken Nuggets	39
Heart to Heart Kashi	22	Hot Ham & Cheese W.G. Bun	35
Honey Grahams	16	Fruit & Yogurt Combo	33
Juice	15	Turkey Swiss Sandwich 2 bread slices	26
Jumpstarts Cereal Breakfast Bag		PBJ Jamwich single	35
Apple Jacks RS	18	Popcorn Chicken	17
Honey Grahams	16	Rotini Pasta w/Meatsauce JTM 1 cup	24
Juice	15	Hamburger on Bun (cheese +2)	23
Jumpstarts Cereal Breakfast Bag		Chef Salad w/bread serving	15-20
Frosted Flakes RS	24	Baked Chicken Drumstick/Biscuit	32
Honey Grahams	16	Chicken Cheese Quesadilla	38
Juice	15	W.G. Corndog	30
Frudel Pillsbury Cherry or Apple	36	Taco Salad w/Nacho Chips	32
W.G. Breakfast Pizza	24	Turkey & Cheese Wrap	22
Cinnamon Glazed Pancake	35	Turkey Sub	26
Benefit Bar Mini 1.25 oz.	24	Ravioli Mini/Garlic Toast	26
Full size Benefit Bar 2.5 oz.	48	Rib B Que on HB Bun	28
<u>FRUITS</u>		Pizza Big Daddy's Wedge 1 slice	36
Craisins-Ocean Spray/Raisons	28/31	Mandarin Orange Salad	45
Fruit Cup Mixed 4 oz.	19	Ham & Cheese on HB Bun	26
Peach Cup 4 oz.	17	Breaded Pork Patty/Bun	31
Apple slices Peterson Farms 2 oz.	7	Shrimp Poppers w/Cheesy Bread	36
Fresh Grapes 1/2 cup	11	Soft Shell Taco	35
Applesauce Cup 1/2 cup	12	Chili Mac w/Garlic Toast	33
Banana 1 petite	25	Breaded Chicken Patty /Bun	36
Fruit & Yogurt Combo	33	<u>VEGETABLES</u>	
<u>FRUIT JUICES</u>		Mashed Potato	15
Orange 4 oz.	13	Sweet Potatoes Puffs	25
Apple 4 oz.	13	Green Beans	6
Fruitables 4 oz.	14	Tator Tots/Baby Bakers	16
<u>MILK</u>		Sicilian Blend	6
Lowfat 1% & Fat Free Skim White	13	Cosmic Shapes Potatoes	16
Chocolate Non Fat Tru Moo	20	Flame Rst.Corn w/Bl.Beans/Plain Corn	25/21
Strawberry Fat Free Tru Moo	19	Hash Brown Cubes	18
Frozen Fruit in Bag		Spinach	10
RIPS Blueberry 28 Dragon 29	28/29	Refried Beans	16
		Normandy Blend	5
		Fresh Veggies in Cup w/ lowfat dip	3
		<u>FRUITS</u>	
		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 Sidekicks all flavors	20

Elementary Carb Counts 15-16

Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Sloppy Joe/Bun	35
Cocoa Puffs 25% less Sugar	8	Sloppy Joe/Scoops	29
Honey Grahams	16	Chili Cheese Wrap	35
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Frosted Flakes Reduced Sugar	9	PBJ Jamwich single	35
Honey Grahams	16	Country Baked Steak	18
Juice	15	Glazed Chicken Nuggets 5 pieces	21
Breakfast on the Go Meal Pack		Hamburger on Bun (cheese +2)	15-20
Honey Nut Scooters	23	Chef Salad w/bread serving	26
Honey Grahams	16	Turkey Sub	0
Juice	15	Pizza Pocket (PepperoniCalzone)	35
Triple Berry Crunch Bar	43	W.G. Corndog	32
Pork Sausage Biscuit	25	Taco Salad w/Nacho Chips	22
Ultimate Breakfast Round UBR		Turkey & Cheese Wrap	20
Cinnamon	43	Pulled Pork	36
Sunberry- 44 Blueberry- 47		Macaroni & Cheese	29
Turkey Sausage Egg & Cheese Sliders	22	W.G. Corndog	32
Mini-Cinnis	40	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
		Orange Chix w/Rice/Egg Roll	77
		Walking Taco Bowl (meat & Chips)	29
		Fruit & Yogurt Combo	33
		Turkey BLT Sandwich	44
		<u>VEGETABLES</u>	
		Flame Roasted Corn & Black Bean	24
		Sweet Potato Puffs 3 oz.	23
		Green Beans	6
		Mashed Potato 1/2 cup	16
		Broccoli Florets 1/2 cup	6
		Corn	7
		California Blend	5
		Stir Fry Blend	5
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		<u>FRUITS</u>	
		Apple Slices 1/2 cup	7
		Kiwi 1 whole	10
		Fresh Fruit Cup 1/2 cup	16
		Peaches sliced in Juice 1/2 cup	17
		Mand. Oranges w/Pineapple Tidbits	12
		Tropical Fruit Salad	15
		RIPS Blueberry 28 Dragon 29	28/29

Elementary Carb Counts SY 15-16

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Ham & Cheese Stuffer new	33
Frosted Flakes Reduced Sugar	9	Honey Rib B Que/Bun	32
Honey Grahams	16	Penne Pasta w/Garlic Toast	41
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Honey Nut Scooters	23	PBJ Jamwich single	35
Honey Grahams	16	Popcorn Chicken Smackers	17
Juice		B4Lunch Eggs-Scrambled w/muffin	31
	15	Calzone w/Marinara Sauce 2.5 oz.	40
Jumpstarts Cereal Breakfast Bag		Chef Salad w/bread serving	26
Frosted Flakes RS	24	Turkey Sub	0
Honey Grahams	16	Hamburger on Bun (cheese +2)	15-20
Juice	15	Baked Chicken Drumstick w/Biscuit	32
		Taco Salad w/Nacho Chips	22
Breakfast Chicken Biscuit	38	Turkey & Cheese Wrap	
		Breaded Pork Patty /Bun	31
Bacon Scramble Pizza	24	Turkey & Gravy Bowl (rice)	40
		Quesadilla	39
Nutrigrain Bar	28	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
Cinnamon Glazed Pancakes	35	Ravioli w/Garlic Toast	30
		Stuffed Crust Pizza (both kinds)	35
		Seafood Shapes w/ cheese breadstick	33
		Fruit & Yogurt Combo	33
		Turkey/Cheese Sandwich	44
		<u>VEGETABLES</u>	
		Sicilian Blend	6
		Hash Brown Cubes	6
		Green Beans	6
		Mashed Potato 1/2 cup	16
		Zucchini 1/2 cup	16
		Corn	2
		Brown Rice	42
		Glazed Carrots	38
		Baby Bakers	15
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		<u>FRUITS</u>	
		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
		Fresh Oranges, Kiwi & Grapes	36

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

Lowfat 1% & Fat Free Skim White	13
Chocolate Non Fat Tru Moo	20
Strawberry Fat Free Tru Moo	19

Frozen Fruit in Bag

RIPS Blueberry 28 Dragon 29	28/29
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Elementary Carb Counts SY 15-16

WEEK 4

BREAKFAST ENTREES

Breakfast on the Go Meal Pack	
Cocoa Puffs 25% less Sugar	8
Honey Grahams	16
Juice	15
Breakfast on the Go Meal Pack	
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Breakfast on the Go Meal Pack	
Honey Nut Scooters	23
Honey Grahams	16
Juice	15
Mini-Cinnis-Pillburys	40
Triple Berry Crunch Bar-Father's Table	42
Sausage Bagel	23
French Toast Sticks	26

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

Lowfat 1% & Fat Free Skim White	13
Chocolate Non Fat Tru Moo	20
Strawberry Fat Free Tru Moo	19

Frozen Fruit in Bag

RIPS Blueberry 28 Dragon 29	28/29
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LUNCH ENTREES

Macaroni & Cheese	29
Walking Taco Bowl-Meat/Chips	23
B4Lunch Eggs-Scrambled w/muffin	31
Fruit & Yogurt Combo	33
Turkey Swiss Sandwich 2 bread slices	26
PBJ Jamwich single	35
Chicken Cheese Quesadilla	38
Turkey Hot Dog/Bun	24
Hamburger on Bun (cheese +2)	15-20
Chef Salad w/bread serving	26
Turkey Sub	0
Chili Mac w/Garlic Toast	41
Chicken Patty/Bun	36
Taco Salad w/Nacho Chips	22
Turkey & Cheese Wrap	
Pizza Lunch Around 5 "	40
Chicken & Noodles /Dinner Roll	34
Quesadilla	39
Mandarin Orange Salad	45
Ham & Cheese on HB Bun	26
Teriyaki Chix w/Rice/Egg Roll	69
Grilled Cheese Sandwich	42
Fruit & Yogurt Combo	33
Turkey/Cheese Sandwich	44

VEGETABLES

Broccoli Florets w/cheese	6
Potato Smiles	20
Baked Beans	29
Mashed Potato 1/2 cup	16
California Blend 1/2 cup	5
Green Beans	6
Brown Rice	42
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

FRUITS

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

CONDIMENTS SY 15-16

Carbohydrates (g)

RED GOLD LABEL

Ketchup Low sodium 9 gm. Pc	0
Ketchup 1 TBSP. pump from jug	5
BBQ Sauce Cup 1 oz.	9
Marinara Sauce 2.5 oz. cup	8
Salsa Cup 3 oz. cup	2

PEANUT BUTTER (Advance Pierre)

Peanut Butter Cup 1 oz. cup	8
PBJ Graham Cracker 2.2 oz.	32

CHEESE (LAND O LAKES)

Cheese Mozzarella String 1 oz.	1
Jalapeno Cheese Sauce Cup 3 oz.	15
Cream Cheese Cup 1 oz.	4

CONDIMENTS

Caramel Dip L/F cup 1 oz.	19
Grape Jelly .5 oz.	9
Taco Sauce Pkt. 9 gm.	1
Honey Mustard Dip Cup 1oz.	6
Mustard Pkt. 5.5 gm	0
Mayonnaise lt. 12 gm.	2
Tartar Sauce 12 gm.	3
Sweet & Sour Duck Sauce 9 gm.	7

DRESSINGS

Ranch Cup 1 oz	1
FF Ranch 12 gm.	2
Ranch Buttermilk Lite 1.5 oz.	9

Elementary Carb Counts SY 15-16

WEEK 1

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag		Chicken Nuggets	39
Heart to Heart Kashi	22	Hot Ham & Cheese W.G. Bun	35
Honey Grahams	16	Fruit & Yogurt Combo	33
Juice	15	Turkey Swiss Sandwich 2 bread slices	26
Jumpstarts Cereal Breakfast Bag		PBJ Jamwich single	35
		Popcorn Chicken	17
Apple Jacks RS	18	Rotini Pasta w/Meatsauce JTM 1 cup	24
Honey Grahams	16	Hamburger on Bun (cheese +2)	23
Juice	15	Chef Salad w/bread serving	15-20
Jumpstarts Cereal Breakfast Bag		Baked Chicken Drumstick/Biscuit	32
Frosted Flakes RS	24	Chicken Cheese Quesadilla	38
Honey Grahams	16	W.G. Corndog	30
Juice	15	Taco Salad w/Nacho Chips	32
		Turkey & Cheese Wrap	22
Frudel Pillsbury Cherry or Apple	36	Turkey Sub	26
		Ravioli Mini/Garlic Toast	26
W.G. Breakfast Pizza	24	Rib B Que on HB Bun	28
		Pizza Big Daddy's Wedge 1 slice	36
Cinnamon Glazed Pancake	35	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
Benefit Bar Mini 1.25 oz.	24	Breaded Pork Patty/Bun	31
Full size Benefit Bar 2.5 oz.	48	Shrimp Poppers w/Cheesy Bread	36
		Soft Shell Taco	35
<u>FRUITS</u>		Chili Mac w/Garlic Toast	33
Craisons-Ocean Spray/Raisons	28/31	Breaded Chicken Patty /Bun	36
Fruit Cup Mixed 4 oz.	19		
Peach Cup 4 oz.	17	<u>VEGETABLES</u>	
Apple slices Peterson Farms 2 oz.	7	Mashed Potato	15
Fresh Grapes 1/2 cup	11	Sweet Potatoes Puffs	25
Applesauce Cup 1/2 cup	12	Green Beans	6
Banana 1 petite	25	Tator Tots/Baby Bakers	16
Fruit & Yogurt Combo	33	Sicilian Blend	6
<u>FRUIT JUICES</u>		Cosmic Shapes Potatoes	16
Orange 4 oz.	13	Flame Rst.Corn w/Bl.Beans/Plain Corn	25/21
Apple 4 oz.	13	Hash Brown Cubes	18
Fruitables 4 oz.	14	Spinach	10
		Refried Beans	16
<u>MILK</u>		Normandy Blend	5
Lowfat 1% & Fat Free Skim White	13	Fresh Veggies in Cup w/ lowfat dip	3
Chocolate Non Fat Tru Moo	20		
Strawberry Fat Free Tru Moo	19	<u>FRUITS</u>	
		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 Sidekicks all flavors	20
Frozen Fruit in Bag			
RIPS Blueberry 28 Dragon 29	28/29		

Elementary Carb Counts 15-16

Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Sloppy Joe/Bun	35
Cocoa Puffs 25% less Sugar	8	Sloppy Joe/Scoops	29
Honey Grahams	16	Chili Cheese Wrap	35
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Frosted Flakes Reduced Sugar	9	PBJ Jamwich single	35
Honey Grahams	16	Country Baked Steak	18
Juice	15	Glazed Chicken Nuggets 5 pieces	21
Breakfast on the Go Meal Pack		Hamburger on Bun (cheese +2)	15-20
Honey Nut Scooters	23	Chef Salad w/bread serving	26
Honey Grahams	16	Turkey Sub	0
Juice	15	Pizza Pocket (PepperoniCalzone)	35
Triple Berry Crunch Bar	43	W.G. Corndog	32
Pork Sausage Biscuit	25	Taco Salad w/Nacho Chips	22
Ultimate Breakfast Round UBR		Turkey & Cheese Wrap	20
Cinnamon	43	Pulled Pork	36
Sunberry- 44 Blueberry- 47		Macaroni & Cheese	29
Turkey Sausage Egg & Cheese Sliders	22	W.G. Corndog	32
Mini-Cinnis	40	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
		Orange Chix w/Rice/Egg Roll	77
		Walking Taco Bowl (meat & Chips)	29
		Fruit & Yogurt Combo	33
		Turkey BLT Sandwich	44
		<u>VEGETABLES</u>	
		Flame Roasted Corn & Black Bean	24
		Sweet Potato Puffs 3 oz.	23
		Green Beans	6
		Mashed Potato 1/2 cup	16
		Broccoli Florets 1/2 cup	6
		Corn	7
		California Blend	5
		Stir Fry Blend	5
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		<u>FRUITS</u>	
		Apple Slices 1/2 cup	7
		Kiwi 1 whole	10
		Fresh Fruit Cup 1/2 cup	16
		Peaches sliced in Juice 1/2 cup	17
		Mand. Oranges w/Pineapple Tidbits	12
		Tropical Fruit Salad	15
		RIPS Blueberry 28 Dragon 29	28/29

Elementary Carb Counts SY 15-16

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Ham & Cheese Stuffer new	33
Frosted Flakes Reduced Sugar	9	Honey Rib B Que/Bun	32
Honey Grahams	16	Penne Pasta w/Garlic Toast	41
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Honey Nut Scooters	23	PBJ Jamwich single	35
Honey Grahams	16	Popcorn Chicken Smackers	17
Juice		B4Lunch Eggs-Scrambled w/muffin	31
	15	Calzone w/Marinara Sauce 2.5 oz.	40
Jumpstarts Cereal Breakfast Bag		Chef Salad w/bread serving	26
Frosted Flakes RS	24	Turkey Sub	0
Honey Grahams	16	Hamburger on Bun (cheese +2)	15-20
Juice	15	Baked Chicken Drumstick w/Biscuit	32
		Taco Salad w/Nacho Chips	22
Breakfast Chicken Biscuit	38	Turkey & Cheese Wrap	
		Breaded Pork Patty /Bun	31
Bacon Scramble Pizza	24	Turkey & Gravy Bowl (rice)	40
		Quesadilla	39
Nutrigrain Bar	28	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
Cinnamon Glazed Pancakes	35	Ravioli w/Garlic Toast	30
		Stuffed Crust Pizza (both kinds)	35
		Seafood Shapes w/ cheese breadstick	33
<u>FRUITS</u>		Fruit & Yogurt Combo	33
Dried Cranberries-Ocean Spray	28	Turkey/Cheese Sandwich	44
Fruit Cup Mixed 4 oz.	19		
Peach Cup 4 oz.	17	<u>VEGETABLES</u>	
Pear cup in Juice 1/2 cup	20	Sicilian Blend	6
Applesauce Cup 1/2 cup	12	Hash Brown Cubes	6
Banana 1 petite	25	Green Beans	6
Apple slices Peterson Farms 2 oz.	7	Mashed Potato 1/2 cup	16
Fresh Grapes 1/2 cup	11	Zucchini 1/2 cup	16
		Corn	2
		Brown Rice	42
<u>FRUIT JUICES</u>		Glazed Carrots	38
Orange 4 oz.	13	Baby Bakers	15
Apple 4 oz.	13	Shredded Lettuce/Tomato/Cheese	7
Fruitables 4 oz.	14	Fresh Veggies in Cup w/ low-fat dip	3
Banana 1 petite	25	Garden Romaine Salad Mix	10
		<u>FRUITS</u>	
<u>MILK</u>		Peaches/Pears in Juice 1/2 cup	7
Lowfat 1% & Fat Free Skim White	13	Pineapple Tidbits in Juice	10
Chocolate Non Fat Tru Moo	20	Tropical Fruit Salad in Juice	15
Strawberry Fat Free Tru Moo	19	Apple Cranberry Salad	20
Frozen Fruit in Bag		Fruit Cocktail in Juice	14
RIPS Blueberry 28 Dragon 29	28/29	Fresh Oranges, Kiwi & Grapes	36

Elementary Carb Counts SY 15-16

WEEK 4

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Macaroni & Cheese	29
Cocoa Puffs 25% less Sugar	8	Walking Taco Bowl-Meat/Chips	23
Honey Grahams	16	B4Lunch Eggs-Scrambled w/muffin	31
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Frosted Flakes Reduced Sugar	9	PBJ Jamwich single	35
Honey Grahams	16	Chicken Cheese Quesadilla	38
Juice	15	Turkey Hot Dog/Bun	24
Breakfast on the Go Meal Pack		Hamburger on Bun (cheese +2)	15-20
Honey Nut Scooters	23	Chef Salad w/bread serving	26
Honey Grahams	16	Turkey Sub	0
Juice	15	Chili Mac w/Garlic Toast	41
Mini-Cinnis-Pillburys	40	Chicken Patty/Bun	36
Triple Berry Crunch Bar-Father's Table	42	Taco Salad w/Nacho Chips	22
Sausage Bagel	23	Turkey & Cheese Wrap	
French Toast Sticks	26	Pizza Lunch Around 5 "	40
		Chicken & Noodles /Dinner Roll	34
		Quesadilla	39
		Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
		Teriyaki Chix w/Rice/Egg Roll	69
		Grilled Cheese Sandwich	42
		Fruit & Yogurt Combo	33
		Turkey/Cheese Sandwich	44
		VEGETABLES	
		Broccoli Florets w/cheese	6
		Potato Smiles	20
		Baked Beans	29
		Mashed Potato 1/2 cup	16
		California Blend 1/2 cup	5
		Green Beans	6
		Brown Rice	42
		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
		FRUITS	
		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
<u>FRUITS</u>			
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		
<u>FRUIT JUICES</u>			
Orange 4 oz.	13		
Apple 4 oz.	13		
Fruitables Juice 4 oz.	14		
<u>MILK</u>			
Lowfat 1% & Fat Free Skim White	13		
Chocolate Non Fat Tru Moo	20		
Strawberry Fat Free Tru Moo	19		
Frozen Fruit in Bag			
RIPS Blueberry 28 Dragon 29	28/29		

CONDIMENTS SY 15-16

Carbohydrates (g)

RED GOLD LABEL

Ketchup Low sodium 9 gm. Pc	0
Ketchup 1 TBSP. pump from jug	5
BBQ Sauce Cup 1 oz.	9
Marinara Sauce 2.5 oz. cup	8
Salsa Cup 3 oz. cup	2

PEANUT BUTTER (Advance Pierre)

Peanut Butter Cup 1 oz. cup	8
PBJ Graham Cracker 2.2 oz.	32

CHEESE (LAND O LAKES)

Cheese Mozzarella String 1 oz.	1
Jalapeno Cheese Sauce Cup 3 oz.	15
Cream Cheese Cup 1 oz.	4

CONDIMENTS

Caramel Dip L/F cup 1 oz.	19
Grape Jelly .5 oz.	9
Taco Sauce Pkt. 9 gm.	1
Honey Mustard Dip Cup 1oz.	6
Mustard Pkt. 5.5 gm	0
Mayonnaise lt. 12 gm.	2
Tartar Sauce 12 gm.	3
Sweet & Sour Duck Sauce 9 gm.	7

DRESSINGS

Ranch Cup 1 oz	1
FF Ranch 12 gm.	2
Ranch Buttermilk Lite 1.5 oz.	9

Elementary Carb Counts SY 15-16

WEEK 1

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Ceral Breakfast Bag		Chicken Nuggets	39
Heart to Heart Kashi	22	Hot Ham & Cheese W.G. Bun	35
Honey Grahams	16	Fruit & Yogurt Combo	33
Juice	15	Turkey Swiss Sandwich 2 bread slices	26
Jumpstarts Ceral Breakfast Bag		PBJ Jamwich single	35
Apple Jacks RS	18	Popcorn Chicken	17
Honey Grahams	16	Rotini Pasta w/Meatsauce JTM 1 cup	24
Juice	15	Hamburger on Bun (cheese +2)	23
Jumpstarts Ceral Breakfast Bag		Chef Salad w/bread serving	15-20
Frosted Flakes RS	24	Baked Chicken Drumstick/Biscuit	32
Honey Grahams	16	Chicken Cheese Quesadilla	38
Juice	15	W.G. Corndog	30
Frudel Pillsbury Cherry or Apple	36	Taco Salad w/Nacho Chips	32
W.G. Breakfast Pizza	24	Turkey & Cheese Wrap	22
Cinnamon Glazed Pancake	35	Turkey Sub	26
Benefit Bar Mini 1.25 oz.	24	Ravioli Mini/Garlic Toast	26
Full size Benefit Bar 2.5 oz.	48	Rib B Que on HB Bun	28
<u>FRUITS</u>		Pizza Big Daddy's Wedge 1 slice	36
Craisons-Ocean Spray/Raisons	28/31	Mandarin Orange Salad	45
Fruit Cup Mixed 4 oz.	19	Ham & Cheese on HB Bun	26
Peach Cup 4 oz.	17	Breaded Pork Patty/Bun	31
Apple slices Peterson Farms 2 oz.	7	Shrimp Poppers w/Cheesy Bread	36
Fresh Grapes 1/2 cup	11	Soft Shell Taco	35
Applesauce Cup 1/2 cup	12	Chili Mac w/Garlic Toast	33
Banana 1 petite	25	Breaded Chicken Patty /Bun	36
Fruit & Yogurt Combo	33	<u>VEGETABLES</u>	
<u>FRUIT JUICES</u>		Mashed Potato	15
Orange 4 oz.	13	Sweet Potatoes Puffs	25
Apple 4 oz.	13	Green Beans	6
Fruitables 4 oz.	14	Tator Tots/Baby Bakers	16
<u>MILK</u>		Sicilian Blend	6
Lowfat 1% & Fat Free Skim White	13	Cosmic Shapes Potatoes	16
Chocolate Non Fat Tru Moo	20	Flame Rst.Corn w/Bl.Beans/Plain Corn	25/21
Strawberry Fat Free Tru Moo	19	Hash Brown Cubes	18
Frozen Fruit in Bag		Spinach	10
RIPS Blueberry 28 Dragon 29	28/29	Refried Beans	16
		Normandy Blend	5
		Fresh Veggies in Cup w/ lowfat dip	3
		<u>FRUITS</u>	
		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 Sidekicks all flavors	20

Elementary Carb Counts 15-16

Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Sloppy Joe/Bun	35
Cocoa Puffs 25% less Sugar	8	Sloppy Joe/Scoops	29
Honey Grahams	16	Chili Cheese Wrap	35
Juice	15	Fruit & Yogurt Combo	33
		Turkey Swiss Sandwich 2 bread slices	26
Breakfast on the Go Meal Pack		PBJ Jamwich single	35
Frosted Flakes Reduced Sugar	9	Country Baked Steak	18
Honey Grahams	16	Glazed Chicken Nuggets 5 pieces	21
Juice	15	Hamburger on Bun (cheese +2)	15-20
Breakfast on the Go Meal Pack		Chef Salad w/bread serving	26
Honey Nut Scooters	23	Turkey Sub	0
Honey Grahams	16	Pizza Pocket (PepperoniCalzone)	35
Juice	15	W.G. Corndog	32
Triple Berry Crunch Bar	43	Taco Salad w/Nacho Chips	22
Pork Sausage Biscuit	25	Turkey & Cheese Wrap	20
Ultimate Breakfast Round UBR		Pulled Pork	36
Cinnamon	43	Macaroni & Cheese	29
Sunberry- 44 Blueberry- 47		W.G. Corndog	32
Turkey Sausage Egg & Cheese Sliders	22	Mandarin Orange Salad	45
Mini-Cinnis	40	Ham & Cheese on HB Bun	26
		Orange Chix w/Rice/Egg Roll	77
		Walking Taco Bowl (meat & Chips)	29
		Fruit & Yogurt Combo	33
		Turkey BLT Sandwich	44
		<u>VEGETABLES</u>	
		Flame Roasted Corn & Black Bean	24
		Sweet Potato Puffs 3 oz.	23
		Green Beans	6
		Mashed Potato 1/2 cup	16
		Broccoli Florets 1/2 cup	6
		Corn	7
		California Blend	5
		Stir Fry Blend	5
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		<u>FRUITS</u>	
		Apple Slices 1/2 cup	7
		Kiwi 1 whole	10
		Fresh Fruit Cup 1/2 cup	16
		Peaches sliced in Juice 1/2 cup	17
		Mand. Oranges w/Pineapple Tidbits	12
		Tropical Fruit Salad	15
		RIPS Blueberry 28 Dragon 29	28/29

Elementary Carb Counts SY 15-16

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Ham & Cheese Stuffer new	33
Frosted Flakes Reduced Sugar	9	Honey Rib B Que/Bun	32
Honey Grahams	16	Penne Pasta w/Garlic Toast	41
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Honey Nut Scooters	23	PBJ Jamwich single	35
Honey Grahams	16	Popcorn Chicken Smackers	17
Juice		B4Lunch Eggs-Scrambled w/muffin	31
	15	Calzone w/Marinara Sauce 2.5 oz.	40
Jumpstarts Ceral Breakfast Bag		Chef Salad w/bread serving	26
Frosted Flakes RS	24	Turkey Sub	0
Honey Grahams	16	Hamburger on Bun (cheese +2)	15-20
Juice	15	Baked Chicken Drumstick w/Biscuit	32
		Taco Salad w/Nacho Chips	22
Breakfast Chicken Biscuit	38	Turkey & Cheese Wrap	
		Breaded Pork Patty /Bun	31
Bacon Scramble Pizza	24	Turkey & Gravy Bowl (rice)	40
		Quesadilla	39
Nutrigrain Bar	28	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
Cinnamon Glazed Pancakes	35	Ravioli w/Garlic Toast	30
		Stuffed Crust Pizza (both kinds)	35
		Seafood Shapes w/ cheese breadstick	33
		Fruit & Yogurt Combo	33
		Turkey/Cheese Sandwich	44
		<u>VEGETABLES</u>	
<u>FRUITS</u>		Sicilian Blend	6
Dried Cranberries-Ocean Spray	28	Hash Brown Cubes	6
Fruit Cup Mixed 4 oz.	19	Green Beans	6
Peach Cup 4 oz.	17	Mashed Potato 1/2 cup	16
Pear cup in Juice 1/2 cup	20	Zucchini 1/2 cup	16
Applesauce Cup 1/2 cup	12	Corn	2
Banana 1 petite	25	Brown Rice	42
Apple slices Peterson Farms 2 oz.	7	Glazed Carrots	38
Fresh Grapes 1/2 cup	11	Baby Bakers	15
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		<u>FRUITS</u>	
		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
		Fresh Oranges, Kiwi & Grapes	36
<u>FRUIT JUICES</u>			
Orange 4 oz.	13		
Apple 4 oz.	13		
Fruitables 4 oz.	14		
Banana 1 petite	25		
<u>MILK</u>			
Lowfat 1% & Fat Free Skim White	13		
Chocolate Non Fat Tru Moo	20		
Strawberry Fat Free Tru Moo	19		
Frozen Fruit in Bag			
RIPS Blueberry 28 Dragon 29	28/29		

Elementary Carb Counts SY 15-16

WEEK 4

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	
Cocoa Puffs 25% less Sugar	8
Honey Grahams	16
Juice	15
 Breakfast on the Go Meal Pack	
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
 Breakfast on the Go Meal Pack	
Honey Nut Scooters	23
Honey Grahams	16
Juice	15
 Mini-Cinnis-Pillburys	40
 Triple Berry Crunch Bar-Father's Table	42
 Sausage Bagel	23
 French Toast Sticks	26

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

Lowfat 1% & Fat Free Skim White	13
Chocolate Non Fat Tru Moo	20
Strawberry Fat Free Tru Moo	19
 Frozen Fruit in Bag	
RIPS Blueberry 28 Dragon 29	28/29

LUNCH ENTREES

	Carbohydrates (g)
Macaroni & Cheese	29
Walking Taco Bowl-Meat/Chips	23
B4Lunch Eggs-Scrambled w/muffin	31
Fruit & Yogurt Combo	33
Turkey Swiss Sandwich 2 bread slices	26
PBJ Jamwich single	35
Chicken Cheese Quesadilla	38
Turkey Hot Dog/Bun	24
Hamburger on Bun (cheese +2)	15-20
Chef Salad w/bread serving	26
Turkey Sub	0
Chili Mac w/Garlic Toast	41
Chicken Patty/Bun	36
Taco Salad w/Nacho Chips	22
Turkey & Cheese Wrap	
Pizza Lunch Around 5 "	40
Chicken & Noodles /Dinner Roll	34
Quesadilla	39
Mandarin Orange Salad	45
Ham & Cheese on HB Bun	26
 Teriyaki Chix w/Rice/Egg Roll	69
Grilled Cheese Sandwich	42
Fruit & Yogurt Combo	33
Turkey/Cheese Sandwich	44
<u>VEGETABLES</u>	
Broccoli Florets w/cheese	6
Potato Smiles	20
Baked Beans	29
Mashed Potato 1/2 cup	16
California Blend 1/2 cup	5
Green Beans	6
Brown Rice	42
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

CONDIMENTS SY 15-16

Carbohydrates (g)

RED GOLD LABEL

Ketchup Low sodium 9 gm. Pc	0
Ketchup 1 TBSP. pump from jug	5
BBQ Sauce Cup 1 oz.	9
Marinara Sauce 2.5 oz. cup	8
Salsa Cup 3 oz. cup	2

PEANUT BUTTER (Advance Pierre)

Peanut Butter Cup 1 oz. cup	8
PBJ Graham Cracker 2.2 oz.	32

CHEESE (LAND O LAKES)

Cheese Mozzarella String 1 oz.	1
Jalapeno Cheese Sauce Cup 3 oz.	15
Cream Cheese Cup 1 oz.	4

CONDIMENTS

Caramel Dip L/F cup 1 oz.	19
Grape Jelly .5 oz.	9
Taco Sauce Pkt. 9 gm.	1
Honey Mustard Dip Cup 1oz.	6
Mustard Pkt. 5.5 gm	0
Mayonnaise lt. 12 gm.	2
Tartar Sauce 12 gm.	3
Sweet & Sour Duck Sauce 9 gm.	7

DRESSINGS

Ranch Cup 1 oz	1
FF Ranch 12 gm.	2
Ranch Buttermilk Lite 1.5 oz.	9

Elementary Carb Counts SY 15-16

WEEK 1

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Ceral Breakfast Bag		Chicken Nuggets	39
Heart to Heart Kashi	22	Hot Ham & Cheese W.G. Bun	35
Honey Grahams	16	Fruit & Yogurt Combo	33
Juice	15	Turkey Swiss Sandwich 2 bread slices	26
Jumpstarts Ceral Breakfast Bag		PBJ Jamwich single	35
Apple Jacks RS	18	Popcorn Chicken	17
Honey Grahams	16	Rotini Pasta w/Meatsauce JTM 1 cup	24
Juice	15	Hamburger on Bun (cheese +2)	23
Jumpstarts Ceral Breakfast Bag		Chef Salad w/bread serving	15-20
Frosted Flakes RS	24	Baked Chicken Drumstick/Biscuit	32
Honey Grahams	16	Chicken Cheese Quesadilla	38
Juice	15	W.G. Corndog	30
Frudel Pillsbury Cherry or Apple	36	Taco Salad w/Nacho Chips	32
W.G. Breakfast Pizza	24	Turkey & Cheese Wrap	22
Cinnamon Glazed Pancake	35	Turkey Sub	26
Benefit Bar Mini 1.25 oz.	24	Ravioli Mini/Garlic Toast	26
Full size Benefit Bar 2.5 oz.	48	Rib B Que on HB Bun	28
<u>FRUITS</u>		Pizza Big Daddy's Wedge 1 slice	36
Craisons-Ocean Spray/Raisons	28/31	Mandarin Orange Salad	45
Fruit Cup Mixed 4 oz.	19	Ham & Cheese on HB Bun	26
Peach Cup 4 oz.	17	Breaded Pork Patty/Bun	31
Apple slices Peterson Farms 2 oz.	7	Shrimp Poppers w/Cheesy Bread	36
Fresh Grapes 1/2 cup	11	Soft Shell Taco	35
Applesauce Cup 1/2 cup	12	Chili Mac w/Garlic Toast	33
Banana 1 petite	25	Breaded Chicken Patty /Bun	36
Fruit & Yogurt Combo	33	<u>VEGETABLES</u>	
<u>FRUIT JUICES</u>		Mashed Potato	15
Orange 4 oz.	13	Sweet Potatoes Puffs	25
Apple 4 oz.	13	Green Beans	6
Fruitables 4 oz.	14	Tator Tots/Baby Bakers	16
<u>MILK</u>		Sicilian Blend	6
Lowfat 1% & Fat Free Skim White	13	Cosmic Shapes Potatoes	16
Chocolate Non Fat Tru Moo	20	Flame Rst.Corn w/Bl.Beans/Plain Corn	25/21
Strawberry Fat Free Tru Moo	19	Hash Brown Cubes	18
Frozen Fruit in Bag		Spinach	10
RIPS Blueberry 28 Dragon 29	28/29	Refried Beans	16
		Normandy Blend	5
		Fresh Veggies in Cup w/ lowfat dip	3
		<u>FRUITS</u>	
		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 Sidekicks all flavors	20

Elementary Carb Counts 15-16

Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Sloppy Joe/Bun	35
Cocoa Puffs 25% less Sugar	8	Sloppy Joe/Scoops	29
Honey Grahams	16	Chili Cheese Wrap	35
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Frosted Flakes Reduced Sugar	9	PBJ Jamwich single	35
Honey Grahams	16	Country Baked Steak	18
Juice	15	Glazed Chicken Nuggets 5 pieces	21
Breakfast on the Go Meal Pack		Hamburger on Bun (cheese +2)	15-20
Honey Nut Scooters	23	Chef Salad w/bread serving	26
Honey Grahams	16	Turkey Sub	0
Juice	15	Pizza Pocket (PepperoniCalzone)	35
Triple Berry Crunch Bar	43	W.G. Corndog	32
Pork Sausage Biscuit	25	Taco Salad w/Nacho Chips	22
Ultimate Breakfast Round UBR		Turkey & Cheese Wrap	20
Cinnamon	43	Pulled Pork	36
Sunberry- 44 Blueberry- 47		Macaroni & Cheese	29
Turkey Sausage Egg & Cheese Sliders	22	W.G. Corndog	32
Mini-Cinnis	40	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
		Orange Chix w/Rice/Egg Roll	77
		Walking Taco Bowl (meat & Chips)	29
		Fruit & Yogurt Combo	33
		Turkey BLT Sandwich	44
		<u>VEGETABLES</u>	
		Flame Roasted Corn & Black Bean	24
		Sweet Potato Puffs 3 oz.	23
		Green Beans	6
		Mashed Potato 1/2 cup	16
		Broccoli Florets 1/2 cup	6
		Corn	7
		California Blend	5
		Stir Fry Blend	5
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		<u>FRUITS</u>	
		Apple Slices 1/2 cup	7
		Kiwi 1 whole	10
		Fresh Fruit Cup 1/2 cup	16
		Peaches sliced in Juice 1/2 cup	17
		Mand. Oranges w/Pineapple Tidbits	12
		Tropical Fruit Salad	15
		RIPS Blueberry 28 Dragon 29	28/29

Elementary Carb Counts SY 15-16

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Ham & Cheese Stuffer new	33
Frosted Flakes Reduced Sugar	9	Honey Rib B Que/Bun	32
Honey Grahams	16	Penne Pasta w/Garlic Toast	41
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Honey Nut Scooters	23	PBJ Jamwich single	35
Honey Grahams	16	Popcorn Chicken Smackers	17
Juice	15	B4Lunch Eggs-Scrambled w/muffin	31
		Calzone w/Marinara Sauce 2.5 oz.	40
Jumpstarts Cereal Breakfast Bag		Chef Salad w/bread serving	26
Frosted Flakes RS	24	Turkey Sub	0
Honey Grahams	16	Hamburger on Bun (cheese +2)	15-20
Juice	15	Baked Chicken Drumstick w/Biscuit	32
		Taco Salad w/Nacho Chips	22
Breakfast Chicken Biscuit	38	Turkey & Cheese Wrap	
		Breaded Pork Patty /Bun	31
Bacon Scramble Pizza	24	Turkey & Gravy Bowl (rice)	40
		Quesadilla	39
Nutrigrain Bar	28	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
Cinnamon Glazed Pancakes	35	Ravioli w/Garlic Toast	30
		Stuffed Crust Pizza (both kinds)	35
		Seafood Shapes w/ cheese breadstick	33
		Fruit & Yogurt Combo	33
		Turkey/Cheese Sandwich	44
		<u>VEGETABLES</u>	
		Sicilian Blend	6
		Hash Brown Cubes	6
		Green Beans	6
		Mashed Potato 1/2 cup	16
		Zucchini 1/2 cup	16
		Corn	2
		Brown Rice	42
		Glazed Carrots	38
		Baby Bakers	15
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		<u>FRUITS</u>	
		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
		Fresh Oranges, Kiwi & Grapes	36

BREAKFAST ENTREES

LUNCH ENTREES

Carbohydrates (g)

FRUITS

FRUIT JUICES

MILK

Frozen Fruit in Bag

Elementary Carb Counts SY 15-16

WEEK 4

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	
Cocoa Puffs 25% less Sugar	8
Honey Grahams	16
Juice	15
Breakfast on the Go Meal Pack	
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Breakfast on the Go Meal Pack	
Honey Nut Scooters	23
Honey Grahams	16
Juice	15
Mini-Cinnis-Pillburys	40
Triple Berry Crunch Bar-Father's Table	42
Sausage Bagel	23
French Toast Sticks	26

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

Lowfat 1% & Fat Free Skim White	13
Chocolate Non Fat Tru Moo	20
Strawberry Fat Free Tru Moo	19
Frozen Fruit in Bag	
RIPS Blueberry 28 Dragon 29	28/29

LUNCH ENTREES

	Carbohydrates (g)
Macaroni & Cheese	29
Walking Taco Bowl-Meat/Chips	23
B4Lunch Eggs-Scrambled w/muffin	31
Fruit & Yogurt Combo	33
Turkey Swiss Sandwich 2 bread slices	26
PBJ Jamwich single	35
Chicken Cheese Quesadilla	38
Turkey Hot Dog/Bun	24
Hamburger on Bun (cheese +2)	15-20
Chef Salad w/bread serving	26
Turkey Sub	0
Chili Mac w/Garlic Toast	41
Chicken Patty/Bun	36
Taco Salad w/Nacho Chips	22
Turkey & Cheese Wrap	
Pizza Lunch Around 5 "	40
Chicken & Noodles /Dinner Roll	34
Quesadilla	39
Mandarin Orange Salad	45
Ham & Cheese on HB Bun	26
Teriyaki Chix w/Rice/Egg Roll	69
Grilled Cheese Sandwich	42
Fruit & Yogurt Combo	33
Turkey/Cheese Sandwich	44
<u>VEGETABLES</u>	
Broccoli Florets w/cheese	6
Potato Smiles	20
Baked Beans	29
Mashed Potato 1/2 cup	16
California Blend 1/2 cup	5
Green Beans	6
Brown Rice	42
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

CONDIMENTS SY 15-16

Carbohydrates (g)

RED GOLD LABEL

Ketchup Low sodium 9 gm. Pc	0
Ketchup 1 TBSP. pump from jug	5
BBQ Sauce Cup 1 oz.	9
Marinara Sauce 2.5 oz. cup	8
Salsa Cup 3 oz. cup	2

PEANUT BUTTER (Advance Pierre)

Peanut Butter Cup 1 oz. cup	8
PBJ Graham Cracker 2.2 oz.	32

CHEESE (LAND O LAKES)

Cheese Mozzarella String 1 oz.	1
Jalapeno Cheese Sauce Cup 3 oz.	15
Cream Cheese Cup 1 oz.	4

CONDIMENTS

Caramel Dip L/F cup 1 oz.	19
Grape Jelly .5 oz.	9
Taco Sauce Pkt. 9 gm.	1
Honey Mustard Dip Cup 1oz.	6
Mustard Pkt. 5.5 gm	0
Mayonnaise lt. 12 gm.	2
Tartar Sauce 12 gm.	3
Sweet & Sour Duck Sauce 9 gm.	7

DRESSINGS

Ranch Cup 1 oz	1
FF Ranch 12 gm.	2
Ranch Buttermilk Lite 1.5 oz.	9

Elementary Carb Counts SY 15-16

WEEK 1

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag		Chicken Nuggets	39
Heart to Heart Kashi	22	Hot Ham & Cheese W.G. Bun	35
Honey Grahams	16	Fruit & Yogurt Combo	33
Juice	15	Turkey Swiss Sandwich 2 bread slices	26
Jumpstarts Cereal Breakfast Bag		PBJ Jamwich single	35
		Popcorn Chicken	17
Apple Jacks RS	18	Rotini Pasta w/Meatsauce JTM 1 cup	24
Honey Grahams	16	Hamburger on Bun (cheese +2)	23
Juice	15	Chef Salad w/bread serving	15-20
Jumpstarts Cereal Breakfast Bag		Baked Chicken Drumstick/Biscuit	32
Frosted Flakes RS	24	Chicken Cheese Quesadilla	38
Honey Grahams	16	W.G. Corndog	30
Juice	15	Taco Salad w/Nacho Chips	32
		Turkey & Cheese Wrap	22
Frudel Pillsbury Cherry or Apple	36	Turkey Sub	26
		Ravioli Mini/Garlic Toast	26
W.G. Breakfast Pizza	24	Rib B Que on HB Bun	28
		Pizza Big Daddy's Wedge 1 slice	36
Cinnamon Glazed Pancake	35	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
Benefit Bar Mini 1.25 oz.	24	Breaded Pork Patty/Bun	31
Full size Benefit Bar 2.5 oz.	48	Shrimp Poppers w/Cheesy Bread	36
		Soft Shell Taco	35
		Chili Mac w/Garlic Toast	33
		Breaded Chicken Patty /Bun	36
		<u>VEGETABLES</u>	
		Mashed Potato	15
		Sweet Potatoes Puffs	25
		Green Beans	6
		Tator Tots/Baby Bakers	16
		Sicilian Blend	6
		Cosmic Shapes Potatoes	16
		Flame Rst.Corn w/Bl.Beans/Plain Corn	25/21
		Hash Brown Cubes	18
		Spinach	10
		Refried Beans	16
		Normandy Blend	5
		Fresh Veggies in Cup w/ lowfat dip	3
		<u>FRUITS</u>	
		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 Sidekicks all flavors	20

Frozen Fruit in Bag

RIPS Blueberry 28 Dragon 29 28/29

Elementary Carb Counts 15-16

Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Sloppy Joe/Bun	35
Cocoa Puffs 25% less Sugar	8	Sloppy Joe/Scoops	29
Honey Grahams	16	Chili Cheese Wrap	35
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Frosted Flakes Reduced Sugar	9	PBJ Jamwich single	35
Honey Grahams	16	Country Baked Steak	18
Juice	15	Glazed Chicken Nuggets 5 pieces	21
Breakfast on the Go Meal Pack		Hamburger on Bun (cheese +2)	15-20
Honey Nut Scooters	23	Chef Salad w/bread serving	26
Honey Grahams	16	Turkey Sub	0
Juice	15	Pizza Pocket (PepperoniCalzone)	35
Triple Berry Crunch Bar	43	W.G. Corndog	32
Pork Sausage Biscuit	25	Taco Salad w/Nacho Chips	22
Ultimate Breakfast Round UBR		Turkey & Cheese Wrap	20
Cinnamon	43	Pulled Pork	36
Sunberry- 44 Blueberry- 47		Macaroni & Cheese	29
Turkey Sausage Egg & Cheese Sliders	22	W.G. Corndog	32
Mini-Cinnis	40	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
		Orange Chix w/Rice/Egg Roll	77
		Walking Taco Bowl (meat & Chips)	29
		Fruit & Yogurt Combo	33
		Turkey BLT Sandwich	44
		VEGETABLES	
		Flame Roasted Corn & Black Bean	24
		Sweet Potato Puffs 3 oz.	23
		Green Beans	6
		Mashed Potato 1/2 cup	16
		Broccoli Florets 1/2 cup	6
		Corn	7
		California Blend	5
		Stir Fry Blend	5
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		FRUITS	
		Apple Slices 1/2 cup	7
		Kiwi 1 whole	10
		Fresh Fruit Cup 1/2 cup	16
		Peaches sliced in Juice 1/2 cup	17
		Mand. Oranges w/Pineapple Tidbits	12
		Tropical Fruit Salad	15
		RIPS Blueberry 28 Dragon 29	28/29

BREAKFAST ENTREES

LUNCH ENTREES

FRUITS

VEGETABLES

FRUIT JUICES

MILK

Elementary Carb Counts SY 15-16

WEEK 3

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Breakfast on the Go Meal Pack	
Honey Nut Scooters	23
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Breakfast Chicken Biscuit	38
Bacon Scramble Pizza	24
Nutrigrain Bar	28
Cinnamon Glazed Pancakes	35

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

Lowfat 1% & Fat Free Skim White	13
Chocolate Non Fat Tru Moo	20
Strawberry Fat Free Tru Moo	19

Frozen Fruit in Bag

RIPS Blueberry 28 Dragon 29	28/29
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LUNCH ENTREES

	Carbohydrates (g)
Ham & Cheese Stuffer new	33
Honey Rib B Que/Bun	32
Penne Pasta w/Garlic Toast	41
Fruit & Yogurt Combo	33
Turkey Swiss Sandwich 2 bread slices	26
PBJ Jamwich single	35
Popcorn Chicken Smackers	17
B4Lunch Eggs-Scrambled w/muffin	31
Calzone w/Marinara Sauce 2.5 oz.	40
Chef Salad w/bread serving	26
Turkey Sub	0
Hamburger on Bun (cheese +2)	15-20
Baked Chicken Drumstick w/Biscuit	32
Taco Salad w/Nacho Chips	22
Turkey & Cheese Wrap	
Breaded Pork Patty /Bun	31
Turkey & Gravy Bowl (rice)	40
Quesadilla	39
Mandarin Orange Salad	45
Ham & Cheese on HB Bun	26
Ravioli w/Garlic Toast	30
Stuffed Crust Pizza (both kinds)	35
Seafood Shapes w/ cheese breadstick	33
Fruit & Yogurt Combo	33
Turkey/Cheese Sandwich	44

VEGETABLES

Sicilian Blend	6
Hash Brown Cubes	6
Green Beans	6
Mashed Potato 1/2 cup	16
Zucchini 1/2 cup	16
Corn	2
Brown Rice	42
Glazed Carrots	38
Baby Bakers	15
Shredded Lettuce/Tomato/Cheese	7
Fresh Veggies in Cup w/ low-fat dip	3
Garden Romaine Salad Mix	10

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
Fresh Oranges, Kiwi & Grapes	36

Elementary Carb Counts SY 15-16**WEEK 4****BREAKFAST ENTREES**

	Carbohydrates (g)
Breakfast on the Go Meal Pack	
Cocoa Puffs 25% less Sugar	8
Honey Grahams	16
Juice	15
Breakfast on the Go Meal Pack	
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Breakfast on the Go Meal Pack	
Honey Nut Scooters	23
Honey Grahams	16
Juice	15
Mini-Cinnis-Pillburys	40
Triple Berry Crunch Bar-Father's Table	42
Sausage Bagel	23
French Toast Sticks	26

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

Lowfat 1% & Fat Free Skim White	13
Chocolate Non Fat Tru Moo	20
Strawberry Fat Free Tru Moo	19
Frozen Fruit in Bag	
RIPS Blueberry 28 Dragon 29	28/29

LUNCH ENTREES

	Carbohydrates (g)
Macaroni & Cheese	29
Walking Taco Bowl-Meat/Chips	23
B4Lunch Eggs-Scrambled w/muffin	31
Fruit & Yogurt Combo	33
Turkey Swiss Sandwich 2 bread slices	26
PBJ Jamwich single	35
Chicken Cheese Quesadilla	38
Turkey Hot Dog/Bun	24
Hamburger on Bun (cheese +2)	15-20
Chef Salad w/bread serving	26
Turkey Sub	0
Chili Mac w/Garlic Toast	41
Chicken Patty/Bun	36
Taco Salad w/Nacho Chips	22
Turkey & Cheese Wrap	
Pizza Lunch Around 5 "	40
Chicken & Noodles /Dinner Roll	34
Quesadilla	39
Mandarin Orange Salad	45
Ham & Cheese on HB Bun	26
Teriyaki Chix w/Rice/Egg Roll	69
Grilled Cheese Sandwich	42
Fruit & Yogurt Combo	33
Turkey/Cheese Sandwich	44
<u>VEGETABLES</u>	
Broccoli Florets w/cheese	6
Potato Smiles	20
Baked Beans	29
Mashed Potato 1/2 cup	16
California Blend 1/2 cup	5
Green Beans	6
Brown Rice	42
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

CONDIMENTS SY 15-16

Carbohydrates (g)

RED GOLD LABEL

Ketchup Low sodium 9 gm. Pc	0
Ketchup 1 TBSP. pump from jug	5
BBQ Sauce Cup 1 oz.	9
Marinara Sauce 2.5 oz. cup	8
Salsa Cup 3 oz. cup	2

PEANUT BUTTER (Advance Pierre)

Peanut Butter Cup 1 oz. cup	8
PBJ Graham Cracker 2.2 oz.	32

CHEESE (LAND O LAKES)

Cheese Mozzarella String 1 oz.	1
Jalapeno Cheese Sauce Cup 3 oz.	15
Cream Cheese Cup 1 oz.	4

CONDIMENTS

Caramel Dip L/F cup 1 oz.	19
Grape Jelly .5 oz.	9
Taco Sauce Pkt. 9 gm.	1
Honey Mustard Dip Cup 1oz.	6
Mustard Pkt. 5.5 gm	0
Mayonnaise lt. 12 gm.	2
Tartar Sauce 12 gm.	3
Sweet & Sour Duck Sauce 9 gm.	7

DRESSINGS

Ranch Cup 1 oz	1
FF Ranch 12 gm.	2
Ranch Buttermilk Lite 1.5 oz.	9

Elementary Carb Counts SY 15-16

WEEK 1

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag		Chicken Nuggets	39
Heart to Heart Kashi	22	Hot Ham & Cheese W.G. Bun	35
Honey Grahams	16	Fruit & Yogurt Combo	33
Juice	15	Turkey Swiss Sandwich 2 bread slices	26
Jumpstarts Cereal Breakfast Bag		PBJ Jamwich single	35
Apple Jacks RS	18	Popcorn Chicken	17
Honey Grahams	16	Rotini Pasta w/Meatsauce JTM 1 cup	24
Juice	15	Hamburger on Bun (cheese +2)	23
Jumpstarts Cereal Breakfast Bag		Chef Salad w/bread serving	15-20
Frosted Flakes RS	24	Baked Chicken Drumstick/Biscuit	32
Honey Grahams	16	Chicken Cheese Quesadilla	38
Juice	15	W.G. Corndog	30
Frudel Pillsbury Cherry or Apple	36	Taco Salad w/Nacho Chips	32
W.G. Breakfast Pizza	24	Turkey & Cheese Wrap	22
Cinnamon Glazed Pancake	35	Turkey Sub	26
Benefit Bar Mini 1.25 oz.	24	Ravioli Mini/Garlic Toast	26
Full size Benefit Bar 2.5 oz.	48	Rib B Que on HB Bun	28
<u>FRUITS</u>		Pizza Big Daddy's Wedge 1 slice	36
Craisins-Ocean Spray/Raisons	28/31	Mandarin Orange Salad	45
Fruit Cup Mixed 4 oz.	19	Ham & Cheese on HB Bun	26
Peach Cup 4 oz.	17	Breaded Pork Patty/Bun	31
Apple slices Peterson Farms 2 oz.	7	Shrimp Poppers w/Cheesy Bread	36
Fresh Grapes 1/2 cup	11	Soft Shell Taco	35
Applesauce Cup 1/2 cup	12	Chili Mac w/Garlic Toast	33
Banana 1 petite	25	Breaded Chicken Patty /Bun	36
Fruit & Yogurt Combo	33	<u>VEGETABLES</u>	
<u>FRUIT JUICES</u>		Mashed Potato	15
Orange 4 oz.	13	Sweet Potatoes Puffs	25
Apple 4 oz.	13	Green Beans	6
Fruitables 4 oz.	14	Tator Tots/Baby Bakers	16
<u>MILK</u>		Sicilian Blend	6
Lowfat 1% & Fat Free Skim White	13	Cosmic Shapes Potatoes	16
Chocolate Non Fat Tru Moo	20	Flame Rst.Corn w/Bl.Beans/Plain Corn	25/21
Strawberry Fat Free Tru Moo	19	Hash Brown Cubes	18
Frozen Fruit in Bag		Spinach	10
RIPS Blueberry 28 Dragon 29	28/29	Refried Beans	16
		Normandy Blend	5
		Fresh Veggies in Cup w/ lowfat dip	3
		<u>FRUITS</u>	
		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 Sidekicks all flavors	20

Elementary Carb Counts 15-16

Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Sloppy Joe/Bun	35
Cocoa Puffs 25% less Sugar	8	Sloppy Joe/Scoops	29
Honey Grahams	16	Chili Cheese Wrap	35
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Frosted Flakes Reduced Sugar	9	PBJ Jamwich single	35
Honey Grahams	16	Country Baked Steak	18
Juice	15	Glazed Chicken Nuggets 5 pieces	21
Breakfast on the Go Meal Pack		Hamburger on Bun (cheese +2)	15-20
Honey Nut Scooters	23	Chef Salad w/bread serving	26
Honey Grahams	16	Turkey Sub	0
Juice	15	Pizza Pocket (PepperoniCalzone)	35
Triple Berry Crunch Bar	43	W.G. Corndog	32
Pork Sausage Biscuit	25	Taco Salad w/Nacho Chips	22
Ultimate Breakfast Round UBR		Turkey & Cheese Wrap	20
Cinnamon	43	Pulled Pork	36
Sunberry- 44 Blueberry- 47		Macaroni & Cheese	29
Turkey Sausage Egg & Cheese Sliders	22	W.G. Corndog	32
Mini-Cinnis	40	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
		Orange Chix w/Rice/Egg Roll	77
		Walking Taco Bowl (meat & Chips)	29
		Fruit & Yogurt Combo	33
		Turkey BLT Sandwich	44
		<u>VEGETABLES</u>	
		Flame Roasted Corn & Black Bean	24
		Sweet Potato Puffs 3 oz.	23
		Green Beans	6
		Mashed Potato 1/2 cup	16
		Broccoli Florets 1/2 cup	6
		Corn	7
		California Blend	5
		Stir Fry Blend	5
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		<u>FRUITS</u>	
		Apple Slices 1/2 cup	7
		Kiwi 1 whole	10
		Fresh Fruit Cup 1/2 cup	16
		Peaches sliced in Juice 1/2 cup	17
		Mand. Oranges w/Pineapple Tidbits	12
		Tropical Fruit Salad	15
		RIPS Blueberry 28 Dragon 29	28/29

Elementary Carb Counts SY 15-16

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Ham & Cheese Stuffer new	33
Frosted Flakes Reduced Sugar	9	Honey Rib B Que/Bun	32
Honey Grahams	16	Penne Pasta w/Garlic Toast	41
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Honey Nut Scooters	23	PBJ Jamwich single	35
Honey Grahams	16	Popcorn Chicken Smackers	17
Juice		B4Lunch Eggs-Scrambled w/muffin	31
	15	Calzone w/Marinara Sauce 2.5 oz.	40
Jumpstarts Cereal Breakfast Bag		Chef Salad w/bread serving	26
Frosted Flakes RS	24	Turkey Sub	0
Honey Grahams	16	Hamburger on Bun (cheese +2)	15-20
Juice	15	Baked Chicken Drumstick w/Biscuit	32
		Taco Salad w/Nacho Chips	22
Breakfast Chicken Biscuit	38	Turkey & Cheese Wrap	
		Breaded Pork Patty /Bun	31
Bacon Scramble Pizza	24	Turkey & Gravy Bowl (rice)	40
		Quesadilla	39
Nutrigrain Bar	28	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
Cinnamon Glazed Pancakes	35	Ravioli w/Garlic Toast	30
		Stuffed Crust Pizza (both kinds)	35
		Seafood Shapes w/ cheese breadstick	33
		Fruit & Yogurt Combo	33
		Turkey/Cheese Sandwich	44
		<u>VEGETABLES</u>	
		Sicilian Blend	6
		Hash Brown Cubes	6
		Green Beans	6
		Mashed Potato 1/2 cup	16
		Zucchini 1/2 cup	16
		Corn	2
		Brown Rice	42
		Glazed Carrots	38
		Baby Bakers	15
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		<u>FRUITS</u>	
		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
		Fresh Oranges, Kiwi & Grapes	36

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

Lowfat 1% & Fat Free Skim White	13
Chocolate Non Fat Tru Moo	20
Strawberry Fat Free Tru Moo	19

Frozen Fruit in Bag

RIPS Blueberry 28 Dragon 29	28/29
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Elementary Carb Counts SY 15-16**WEEK 4****BREAKFAST ENTREES**

	Carbohydrates (g)
Breakfast on the Go Meal Pack	
Cocoa Puffs 25% less Sugar	8
Honey Grahams	16
Juice	15
Breakfast on the Go Meal Pack	
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Breakfast on the Go Meal Pack	
Honey Nut Scooters	23
Honey Grahams	16
Juice	15
Mini-Cinnis-Pillburys	40
Triple Berry Crunch Bar-Father's Table	42
Sausage Bagel	23
French Toast Sticks	26

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

Lowfat 1% & Fat Free Skim White	13
Chocolate Non Fat Tru Moo	20
Strawberry Fat Free Tru Moo	19
Frozen Fruit in Bag	
RIPS Blueberry 28 Dragon 29	28/29

LUNCH ENTREES

	Carbohydrates (g)
Macaroni & Cheese	29
Walking Taco Bowl-Meat/Chips	23
B4Lunch Eggs-Scrambled w/muffin	31
Fruit & Yogurt Combo	33
Turkey Swiss Sandwich 2 bread slices	26
PBJ Jamwich single	35
Chicken Cheese Quesadilla	38
Turkey Hot Dog/Bun	24
Hamburger on Bun (cheese +2)	15-20
Chef Salad w/bread serving	26
Turkey Sub	0
Chili Mac w/Garlic Toast	41
Chicken Patty/Bun	36
Taco Salad w/Nacho Chips	22
Turkey & Cheese Wrap	
Pizza Lunch Around 5 "	40
Chicken & Noodles /Dinner Roll	34
Quesadilla	39
Mandarin Orange Salad	45
Ham & Cheese on HB Bun	26
Teriyaki Chix w/Rice/Egg Roll	69
Grilled Cheese Sandwich	42
Fruit & Yogurt Combo	33
Turkey/Cheese Sandwich	44
<u>VEGETABLES</u>	
Broccoli Florets w/cheese	6
Potato Smiles	20
Baked Beans	29
Mashed Potato 1/2 cup	16
California Blend 1/2 cup	5
Green Beans	6
Brown Rice	42
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

CONDIMENTS SY 15-16

Carbohydrates (g)

RED GOLD LABEL

Ketchup Low sodium 9 gm. Pc	0
Ketchup 1 TBSP. pump from jug	5
BBQ Sauce Cup 1 oz.	9
Marinara Sauce 2.5 oz. cup	8
Salsa Cup 3 oz. cup	2

PEANUT BUTTER (Advance Pierre)

Peanut Butter Cup 1 oz. cup	8
PBJ Graham Cracker 2.2 oz.	32

CHEESE (LAND O LAKES)

Cheese Mozzarella String 1 oz.	1
Jalapeno Cheese Sauce Cup 3 oz.	15
Cream Cheese Cup 1 oz.	4

CONDIMENTS

Caramel Dip L/F cup 1 oz.	19
Grape Jelly .5 oz.	9
Taco Sauce Pkt. 9 gm.	1
Honey Mustard Dip Cup 1oz.	6
Mustard Pkt. 5.5 gm	0
Mayonnaise lt. 12 gm.	2
Tartar Sauce 12 gm.	3
Sweet & Sour Duck Sauce 9 gm.	7

DRESSINGS

Ranch Cup 1 oz	1
FF Ranch 12 gm.	2
Ranch Buttermilk Lite 1.5 oz.	9

Elementary Carb Counts SY 15-16

WEEK 1

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag		Chicken Nuggets	39
Heart to Heart Kashi	22	Hot Ham & Cheese W.G. Bun	35
Honey Grahams	16	Fruit & Yogurt Combo	33
Juice	15	Turkey Swiss Sandwich 2 bread slices	26
Jumpstarts Cereal Breakfast Bag		PBJ Jamwich single	35
Apple Jacks RS	18	Popcorn Chicken	17
Honey Grahams	16	Rotini Pasta w/Meatsauce JTM 1 cup	24
Juice	15	Hamburger on Bun (cheese +2)	23
Jumpstarts Cereal Breakfast Bag		Chef Salad w/bread serving	15-20
Frosted Flakes RS	24	Baked Chicken Drumstick/Biscuit	32
Honey Grahams	16	Chicken Cheese Quesadilla	38
Juice	15	W.G. Corndog	30
Frudel Pillsbury Cherry or Apple	36	Taco Salad w/Nacho Chips	32
W.G. Breakfast Pizza	24	Turkey & Cheese Wrap	22
Cinnamon Glazed Pancake	35	Turkey Sub	26
Benefit Bar Mini 1.25 oz.	24	Ravioli Mini/Garlic Toast	26
Full size Benefit Bar 2.5 oz.	48	Rib B Que on HB Bun	28
<u>FRUITS</u>		Pizza Big Daddy's Wedge 1 slice	36
Craisins-Ocean Spray/Raisons	28/31	Mandarin Orange Salad	45
Fruit Cup Mixed 4 oz.	19	Ham & Cheese on HB Bun	26
Peach Cup 4 oz.	17	Breaded Pork Patty/Bun	31
Apple slices Peterson Farms 2 oz.	7	Shrimp Poppers w/Cheesy Bread	36
Fresh Grapes 1/2 cup	11	Soft Shell Taco	35
Applesauce Cup 1/2 cup	12	Chili Mac w/Garlic Toast	33
Banana 1 petite	25	Breaded Chicken Patty /Bun	36
Fruit & Yogurt Combo	33	<u>VEGETABLES</u>	
<u>FRUIT JUICES</u>		Mashed Potato	15
Orange 4 oz.	13	Sweet Potatoes Puffs	25
Apple 4 oz.	13	Green Beans	6
Fruitables 4 oz.	14	Tator Tots/Baby Bakers	16
<u>MILK</u>		Sicilian Blend	6
Lowfat 1% & Fat Free Skim White	13	Cosmic Shapes Potatoes	16
Chocolate Non Fat Tru Moo	20	Flame Rst.Corn w/Bl.Beans/Plain Corn	25/21
Strawberry Fat Free Tru Moo	19	Hash Brown Cubes	18
Frozen Fruit in Bag		Spinach	10
RIPS Blueberry 28 Dragon 29	28/29	Refried Beans	16
		Normandy Blend	5
		Fresh Veggies in Cup w/ lowfat dip	3
		<u>FRUITS</u>	
		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 Sidekicks all flavors	20

Elementary Carb Counts 15-16

Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Sloppy Joe/Bun	35
Cocoa Puffs 25% less Sugar	8	Sloppy Joe/Scoops	29
Honey Grahams	16	Chili Cheese Wrap	35
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Frosted Flakes Reduced Sugar	9	PBJ Jamwich single	35
Honey Grahams	16	Country Baked Steak	18
Juice	15	Glazed Chicken Nuggets 5 pieces	21
Breakfast on the Go Meal Pack		Hamburger on Bun (cheese +2)	15-20
Honey Nut Scooters	23	Chef Salad w/bread serving	26
Honey Grahams	16	Turkey Sub	0
Juice	15	Pizza Pocket (PepperoniCalzone)	35
Triple Berry Crunch Bar	43	W.G. Corndog	32
Pork Sausage Biscuit	25	Taco Salad w/Nacho Chips	22
Ultimate Breakfast Round UBR		Turkey & Cheese Wrap	20
Cinnamon	43	Pulled Pork	36
Sunberry- 44 Blueberry- 47		Macaroni & Cheese	29
Turkey Sausage Egg & Cheese Sliders	22	W.G. Corndog	32
Mini-Cinnis	40	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
		Orange Chix w/Rice/Egg Roll	77
		Walking Taco Bowl (meat & Chips)	29
		Fruit & Yogurt Combo	33
		Turkey BLT Sandwich	44
		VEGETABLES	
		Flame Roasted Corn & Black Bean	24
		Sweet Potato Puffs 3 oz.	23
		Green Beans	6
		Mashed Potato 1/2 cup	16
		Broccoli Florets 1/2 cup	6
		Corn	7
		California Blend	5
		Stir Fry Blend	5
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		FRUITS	
		Apple Slices 1/2 cup	7
		Kiwi 1 whole	10
		Fresh Fruit Cup 1/2 cup	16
		Peaches sliced in Juice 1/2 cup	17
		Mand. Oranges w/Pineapple Tidbits	12
		Tropical Fruit Salad	15
		RIPS Blueberry 28 Dragon 29	28/29

BREAKFAST ENTREES

LUNCH ENTREES

FRUITS

VEGETABLES

FRUIT JUICES

MILK

Elementary Carb Counts SY 15-16

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Ham & Cheese Stuffer new	33
Frosted Flakes Reduced Sugar	9	Honey Rib B Que/Bun	32
Honey Grahams	16	Penne Pasta w/Garlic Toast	41
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Honey Nut Scooters	23	PBJ Jamwich single	35
Honey Grahams	16	Popcorn Chicken Smackers	17
Juice		B4Lunch Eggs-Scrambled w/muffin	31
	15	Calzone w/Marinara Sauce 2.5 oz.	40
Jumpstarts Cereal Breakfast Bag		Chef Salad w/bread serving	26
Frosted Flakes RS	24	Turkey Sub	0
Honey Grahams	16	Hamburger on Bun (cheese +2)	15-20
Juice	15	Baked Chicken Drumstick w/Biscuit	32
		Taco Salad w/Nacho Chips	22
Breakfast Chicken Biscuit	38	Turkey & Cheese Wrap	
		Breaded Pork Patty /Bun	31
Bacon Scramble Pizza	24	Turkey & Gravy Bowl (rice)	40
		Quesadilla	39
Nutrigrain Bar	28	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
Cinnamon Glazed Pancakes	35	Ravioli w/Garlic Toast	30
		Stuffed Crust Pizza (both kinds)	35
		Seafood Shapes w/ cheese breadstick	33
		Fruit & Yogurt Combo	33
		Turkey/Cheese Sandwich	44
		<u>VEGETABLES</u>	
		Sicilian Blend	6
		Hash Brown Cubes	6
		Green Beans	6
		Mashed Potato 1/2 cup	16
		Zucchini 1/2 cup	16
		Corn	2
		Brown Rice	42
		Glazed Carrots	38
		Baby Bakers	15
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		<u>FRUITS</u>	
		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
		Fresh Oranges, Kiwi & Grapes	36

BREAKFAST ENTREES

LUNCH ENTREES

FRUITS

FRUIT JUICES

MILK

Frozen Fruit in Bag

Elementary Carb Counts SY 15-16

WEEK 4

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Macaroni & Cheese	29
Cocoa Puffs 25% less Sugar	8	Walking Taco Bowl-Meat/Chips	23
Honey Grahams	16	B4Lunch Eggs-Scrambled w/muffin	31
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Frosted Flakes Reduced Sugar	9	PBJ Jamwich single	35
Honey Grahams	16	Chicken Cheese Quesadilla	38
Juice	15	Turkey Hot Dog/Bun	24
Breakfast on the Go Meal Pack		Hamburger on Bun (cheese +2)	15-20
Honey Nut Scooters	23	Chef Salad w/bread serving	26
Honey Grahams	16	Turkey Sub	0
Juice	15	Chili Mac w/Garlic Toast	41
Mini-Cinnis-Pillburys	40	Chicken Patty/Bun	36
Triple Berry Crunch Bar-Father's Table	42	Taco Salad w/Nacho Chips	22
Sausage Bagel	23	Turkey & Cheese Wrap	
French Toast Sticks	26	Pizza Lunch Around 5 "	40
		Chicken & Noodles /Dinner Roll	34
		Quesadilla	39
		Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
		Teriyaki Chix w/Rice/Egg Roll	69
		Grilled Cheese Sandwich	42
		Fruit & Yogurt Combo	33
		Turkey/Cheese Sandwich	44
		VEGETABLES	
		Broccoli Florets w/cheese	6
		Potato Smiles	20
		Baked Beans	29
		Mashed Potato 1/2 cup	16
		California Blend 1/2 cup	5
		Green Beans	6
		Brown Rice	42
		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
		FRUITS	
		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

BREAKFAST ENTREES

LUNCH ENTREES

FRUITS

FRUIT JUICES

MILK

Frozen Fruit in Bag

RIPS Blueberry 28 Dragon 29 28/29

CONDIMENTS SY 15-16

Carbohydrates (g)

RED GOLD LABEL

Ketchup Low sodium 9 gm. Pc	0
Ketchup 1 TBSP. pump from jug	5
BBQ Sauce Cup 1 oz.	9
Marinara Sauce 2.5 oz. cup	8
Salsa Cup 3 oz. cup	2

PEANUT BUTTER (Advance Pierre)

Peanut Butter Cup 1 oz. cup	8
PBJ Graham Cracker 2.2 oz.	32

CHEESE (LAND O LAKES)

Cheese Mozzarella String 1 oz.	1
Jalapeno Cheese Sauce Cup 3 oz.	15
Cream Cheese Cup 1 oz.	4

CONDIMENTS

Caramel Dip L/F cup 1 oz.	19
Grape Jelly .5 oz.	9
Taco Sauce Pkt. 9 gm.	1
Honey Mustard Dip Cup 1oz.	6
Mustard Pkt. 5.5 gm	0
Mayonnaise lt. 12 gm.	2
Tartar Sauce 12 gm.	3
Sweet & Sour Duck Sauce 9 gm.	7

DRESSINGS

Ranch Cup 1 oz	1
FF Ranch 12 gm.	2
Ranch Buttermilk Lite 1.5 oz.	9

Elementary Carb Counts SY 15-16

WEEK 1

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag		Chicken Nuggets	39
Heart to Heart Kashi	22	Hot Ham & Cheese W.G. Bun	35
Honey Grahams	16	Fruit & Yogurt Combo	33
Juice	15	Turkey Swiss Sandwich 2 bread slices	26
Jumpstarts Cereal Breakfast Bag		PBJ Jamwich single	35
		Popcorn Chicken	17
Apple Jacks RS	18	Rotini Pasta w/Meatsauce JTM 1 cup	24
Honey Grahams	16	Hamburger on Bun (cheese +2)	23
Juice	15	Chef Salad w/bread serving	15-20
Jumpstarts Cereal Breakfast Bag		Baked Chicken Drumstick/Biscuit	32
Frosted Flakes RS	24	Chicken Cheese Quesadilla	38
Honey Grahams	16	W.G. Corndog	30
Juice	15	Taco Salad w/Nacho Chips	32
		Turkey & Cheese Wrap	22
Frudel Pillsbury Cherry or Apple	36	Turkey Sub	26
		Ravioli Mini/Garlic Toast	26
W.G. Breakfast Pizza	24	Rib B Que on HB Bun	28
		Pizza Big Daddy's Wedge 1 slice	36
Cinnamon Glazed Pancake	35	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
Benefit Bar Mini 1.25 oz.	24	Breaded Pork Patty/Bun	31
Full size Benefit Bar 2.5 oz.	48	Shrimp Poppers w/Cheesy Bread	36
		Soft Shell Taco	35
<u>FRUITS</u>		Chili Mac w/Garlic Toast	33
Craisins-Ocean Spray/Raisons	28/31	Breaded Chicken Patty /Bun	36
Fruit Cup Mixed 4 oz.	19		
Peach Cup 4 oz.	17	<u>VEGETABLES</u>	
Apple slices Peterson Farms 2 oz.	7	Mashed Potato	15
Fresh Grapes 1/2 cup	11	Sweet Potatoes Puffs	25
Applesauce Cup 1/2 cup	12	Green Beans	6
Banana 1 petite	25	Tator Tots/Baby Bakers	16
Fruit & Yogurt Combo	33	Sicilian Blend	6
		Cosmic Shapes Potatoes	16
<u>FRUIT JUICES</u>		Flame Rst.Corn w/Bl.Beans/Plain Corn	25/21
Orange 4 oz.	13	Hash Brown Cubes	18
Apple 4 oz.	13	Spinach	10
Fruitables 4 oz.	14	Refried Beans	16
		Normandy Blend	5
<u>MILK</u>		Fresh Veggies in Cup w/ lowfat dip	3
Lowfat 1% & Fat Free Skim White	13		
Chocolate Non Fat Tru Moo	20	<u>FRUITS</u>	
Strawberry Fat Free Tru Moo	19	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 Sidekicks all flavors	20
Frozen Fruit in Bag			
RIPS Blueberry 28 Dragon 29	28/29		

Elementary Carb Counts 15-16

Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Sloppy Joe/Bun	35
Cocoa Puffs 25% less Sugar	8	Sloppy Joe/Scoops	29
Honey Grahams	16	Chili Cheese Wrap	35
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Frosted Flakes Reduced Sugar	9	PBJ Jamwich single	35
Honey Grahams	16	Country Baked Steak	18
Juice	15	Glazed Chicken Nuggets 5 pieces	21
Breakfast on the Go Meal Pack		Hamburger on Bun (cheese +2)	15-20
Honey Nut Scooters	23	Chef Salad w/bread serving	26
Honey Grahams	16	Turkey Sub	0
Juice	15	Pizza Pocket (PepperoniCalzone)	35
Triple Berry Crunch Bar	43	W.G. Corndog	32
Pork Sausage Biscuit	25	Taco Salad w/Nacho Chips	22
Ultimate Breakfast Round UBR		Turkey & Cheese Wrap	20
Cinnamon	43	Pulled Pork	36
Sunberry- 44 Blueberry- 47		Macaroni & Cheese	29
Turkey Sausage Egg & Cheese Sliders	22	W.G. Corndog	32
Mini-Cinnis	40	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
		Orange Chix w/Rice/Egg Roll	77
		Walking Taco Bowl (meat & Chips)	29
		Fruit & Yogurt Combo	33
		Turkey BLT Sandwich	44
		<u>VEGETABLES</u>	
		Flame Roasted Corn & Black Bean	24
		Sweet Potato Puffs 3 oz.	23
		Green Beans	6
		Mashed Potato 1/2 cup	16
		Broccoli Florets 1/2 cup	6
		Corn	7
		California Blend	5
		Stir Fry Blend	5
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		<u>FRUITS</u>	
		Apple Slices 1/2 cup	7
		Kiwi 1 whole	10
		Fresh Fruit Cup 1/2 cup	16
		Peaches sliced in Juice 1/2 cup	17
		Mand. Oranges w/Pineapple Tidbits	12
		Tropical Fruit Salad	15
		RIPS Blueberry 28 Dragon 29	28/29

Elementary Carb Counts SY 15-16

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Ham & Cheese Stuffer new	33
Frosted Flakes Reduced Sugar	9	Honey Rib B Que/Bun	32
Honey Grahams	16	Penne Pasta w/Garlic Toast	41
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Honey Nut Scooters	23	PBJ Jamwich single	35
Honey Grahams	16	Popcorn Chicken Smackers	17
Juice		B4Lunch Eggs-Scrambled w/muffin	31
	15	Calzone w/Marinara Sauce 2.5 oz.	40
Jumpstarts Ceral Breakfast Bag		Chef Salad w/bread serving	26
Frosted Flakes RS	24	Turkey Sub	0
Honey Grahams	16	Hamburger on Bun (cheese +2)	15-20
Juice	15	Baked Chicken Drumstick w/Biscuit	32
		Taco Salad w/Nacho Chips	22
Breakfast Chicken Biscuit	38	Turkey & Cheese Wrap	
		Breaded Pork Patty /Bun	31
Bacon Scramble Pizza	24	Turkey & Gravy Bowl (rice)	40
		Quesadilla	39
Nutrigrain Bar	28	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
Cinnamon Glazed Pancakes	35	Ravioli w/Garlic Toast	30
		Stuffed Crust Pizza (both kinds)	35
		Seafood Shapes w/ cheese breadstick	33
		Fruit & Yogurt Combo	33
		Turkey/Cheese Sandwich	44
		VEGETABLES	
<u>FRUITS</u>		Sicilian Blend	6
Dried Cranberries-Ocean Spray	28	Hash Brown Cubes	6
Fruit Cup Mixed 4 oz.	19	Green Beans	6
Peach Cup 4 oz.	17	Mashed Potato 1/2 cup	16
Pear cup in Juice 1/2 cup	20	Zucchini 1/2 cup	16
Applesauce Cup 1/2 cup	12	Corn	2
Banana 1 petite	25	Brown Rice	42
Apple slices Peterson Farms 2 oz.	7	Glazed Carrots	38
Fresh Grapes 1/2 cup	11	Baby Bakers	15
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		FRUITS	
<u>FRUIT JUICES</u>		Peaches/Pears in Juice 1/2 cup	7
Orange 4 oz.	13	Pineapple Tidbits in Juice	10
Apple 4 oz.	13	Tropical Fruit Salad in Juice	15
Fruitables 4 oz.	14	Apple Cranberry Salad	20
Banana 1 petite	25	Fruit Cocktail in Juice	14
		Fresh Oranges, Kiwi & Grapes	36
<u>MILK</u>			
Lowfat 1% & Fat Free Skim White	13		
Chocolate Non Fat Tru Moo	20		
Strawberry Fat Free Tru Moo	19		
Frozen Fruit in Bag			
RIPS Blueberry 28 Dragon 29	28/29		

Elementary Carb Counts SY 15-16

WEEK 4

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Macaroni & Cheese	29
Cocoa Puffs 25% less Sugar	8	Walking Taco Bowl-Meat/Chips	23
Honey Grahams	16	B4Lunch Eggs-Scrambled w/muffin	31
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Frosted Flakes Reduced Sugar	9	PBJ Jamwich single	35
Honey Grahams	16	Chicken Cheese Quesadilla	38
Juice	15	Turkey Hot Dog/Bun	24
Breakfast on the Go Meal Pack		Hamburger on Bun (cheese +2)	15-20
Honey Nut Scooters	23	Chef Salad w/bread serving	26
Honey Grahams	16	Turkey Sub	0
Juice	15	Chili Mac w/Garlic Toast	41
Mini-Cinnis-Pillburys	40	Chicken Patty/Bun	36
Triple Berry Crunch Bar-Father's Table	42	Taco Salad w/Nacho Chips	22
Sausage Bagel	23	Turkey & Cheese Wrap	
French Toast Sticks	26	Pizza Lunch Around 5 "	40
		Chicken & Noodles /Dinner Roll	34
		Quesadilla	39
		Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
		Teriyaki Chix w/Rice/Egg Roll	69
		Grilled Cheese Sandwich	42
		Fruit & Yogurt Combo	33
		Turkey/Cheese Sandwich	44
		VEGETABLES	
		Broccoli Florets w/cheese	6
		Potato Smiles	20
		Baked Beans	29
		Mashed Potato 1/2 cup	16
		California Blend 1/2 cup	5
		Green Beans	6
		Brown Rice	42
		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
		FRUITS	
		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

BREAKFAST ENTREES

LUNCH ENTREES

FRUITS

VEGETABLES

FRUIT JUICES

MILK

FRUITS

Frozen Fruit in Bag

RIPS Blueberry 28 Dragon 29 28/29

CONDIMENTS SY 15-16

Carbohydrates (g)

RED GOLD LABEL

Ketchup Low sodium 9 gm. Pc	0
Ketchup 1 TBSP. pump from jug	5
BBQ Sauce Cup 1 oz.	9
Marinara Sauce 2.5 oz. cup	8
Salsa Cup 3 oz. cup	2

PEANUT BUTTER (Advance Pierre)

Peanut Butter Cup 1 oz. cup	8
PBJ Graham Cracker 2.2 oz.	32

CHEESE (LAND O LAKES)

Cheese Mozzarella String 1 oz.	1
Jalapeno Cheese Sauce Cup 3 oz.	15
Cream Cheese Cup 1 oz.	4

CONDIMENTS

Caramel Dip L/F cup 1 oz.	19
Grape Jelly .5 oz.	9
Taco Sauce Pkt. 9 gm.	1
Honey Mustard Dip Cup 1oz.	6
Mustard Pkt. 5.5 gm	0
Mayonnaise lt. 12 gm.	2
Tartar Sauce 12 gm.	3
Sweet & Sour Duck Sauce 9 gm.	7

DRESSINGS

Ranch Cup 1 oz	1
FF Ranch 12 gm.	2
Ranch Buttermilk Lite 1.5 oz.	9

Elementary Carb Counts SY 15-16

WEEK 1

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag		Chicken Nuggets	39
Heart to Heart Kashi	22	Hot Ham & Cheese W.G. Bun	35
Honey Grahams	16	Fruit & Yogurt Combo	33
Juice	15	Turkey Swiss Sandwich 2 bread slices	26
Jumpstarts Cereal Breakfast Bag		PBJ Jamwich single	35
Apple Jacks RS	18	Popcorn Chicken	17
Honey Grahams	16	Rotini Pasta w/Meatsauce JTM 1 cup	24
Juice	15	Hamburger on Bun (cheese +2)	23
Jumpstarts Cereal Breakfast Bag		Chef Salad w/bread serving	15-20
Frosted Flakes RS	24	Baked Chicken Drumstick/Biscuit	32
Honey Grahams	16	Chicken Cheese Quesadilla	38
Juice	15	W.G. Corndog	30
Frudel Pillsbury Cherry or Apple	36	Taco Salad w/Nacho Chips	32
W.G. Breakfast Pizza	24	Turkey & Cheese Wrap	22
Cinnamon Glazed Pancake	35	Turkey Sub	26
Benefit Bar Mini 1.25 oz.	24	Ravioli Mini/Garlic Toast	26
Full size Benefit Bar 2.5 oz.	48	Rib B Que on HB Bun	28
<u>FRUITS</u>		Pizza Big Daddy's Wedge 1 slice	36
Craisons-Ocean Spray/Raisons	28/31	Mandarin Orange Salad	45
Fruit Cup Mixed 4 oz.	19	Ham & Cheese on HB Bun	26
Peach Cup 4 oz.	17	Breaded Pork Patty/Bun	31
Apple slices Peterson Farms 2 oz.	7	Shrimp Poppers w/Cheesy Bread	36
Fresh Grapes 1/2 cup	11	Soft Shell Taco	35
Applesauce Cup 1/2 cup	12	Chili Mac w/Garlic Toast	33
Banana 1 petite	25	Breaded Chicken Patty /Bun	36
Fruit & Yogurt Combo	33	<u>VEGETABLES</u>	
<u>FRUIT JUICES</u>		Mashed Potato	15
Orange 4 oz.	13	Sweet Potatoes Puffs	25
Apple 4 oz.	13	Green Beans	6
Fruitables 4 oz.	14	Tator Tots/Baby Bakers	16
<u>MILK</u>		Sicilian Blend	6
Lowfat 1% & Fat Free Skim White	13	Cosmic Shapes Potatoes	16
Chocolate Non Fat Tru Moo	20	Flame Rst.Corn w/Bl.Beans/Plain Corn	25/21
Strawberry Fat Free Tru Moo	19	Hash Brown Cubes	18
Frozen Fruit in Bag		Spinach	10
RIPS Blueberry 28 Dragon 29	28/29	Refried Beans	16
		Normandy Blend	5
		Fresh Veggies in Cup w/ lowfat dip	3
		<u>FRUITS</u>	
		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 Sidekicks all flavors	20

Elementary Carb Counts 15-16

Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Sloppy Joe/Bun	35
Cocoa Puffs 25% less Sugar	8	Sloppy Joe/Scoops	29
Honey Grahams	16	Chili Cheese Wrap	35
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Frosted Flakes Reduced Sugar	9	PBJ Jamwich single	35
Honey Grahams	16	Country Baked Steak	18
Juice	15	Glazed Chicken Nuggets 5 pieces	21
Breakfast on the Go Meal Pack		Hamburger on Bun (cheese +2)	15-20
Honey Nut Scooters	23	Chef Salad w/bread serving	26
Honey Grahams	16	Turkey Sub	0
Juice	15	Pizza Pocket (PepperoniCalzone)	35
Triple Berry Crunch Bar	43	W.G. Corndog	32
Pork Sausage Biscuit	25	Taco Salad w/Nacho Chips	22
Ultimate Breakfast Round UBR		Turkey & Cheese Wrap	20
Cinnamon	43	Pulled Pork	36
Sunberry- 44 Blueberry- 47		Macaroni & Cheese	29
Turkey Sausage Egg & Cheese Sliders	22	W.G. Corndog	32
Mini-Cinnis	40	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
		Orange Chix w/Rice/Egg Roll	77
		Walking Taco Bowl (meat & Chips)	29
		Fruit & Yogurt Combo	33
		Turkey BLT Sandwich	44
		VEGETABLES	
		Flame Roasted Corn & Black Bean	24
		Sweet Potato Puffs 3 oz.	23
		Green Beans	6
		Mashed Potato 1/2 cup	16
		Broccoli Florets 1/2 cup	6
		Corn	7
		California Blend	5
		Stir Fry Blend	5
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		FRUITS	
		Apple Slices 1/2 cup	7
		Kiwi 1 whole	10
		Fresh Fruit Cup 1/2 cup	16
		Peaches sliced in Juice 1/2 cup	17
		Mand. Oranges w/Pineapple Tidbits	12
		Tropical Fruit Salad	15
		RIPS Blueberry 28 Dragon 29	28/29

BREAKFAST ENTREES

LUNCH ENTREES

FRUITS

VEGETABLES

FRUIT JUICES

MILK

Elementary Carb Counts SY 15-16

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Ham & Cheese Stuffer new	33
Frosted Flakes Reduced Sugar	9	Honey Rib B Que/Bun	32
Honey Grahams	16	Penne Pasta w/Garlic Toast	41
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Honey Nut Scooters	23	PBJ Jamwich single	35
Honey Grahams	16	Popcorn Chicken Smackers	17
Juice		B4Lunch Eggs-Scrambled w/muffin	31
	15	Calzone w/Marinara Sauce 2.5 oz.	40
Jumpstarts Cereal Breakfast Bag		Chef Salad w/bread serving	26
Frosted Flakes RS	24	Turkey Sub	0
Honey Grahams	16	Hamburger on Bun (cheese +2)	15-20
Juice	15	Baked Chicken Drumstick w/Biscuit	32
		Taco Salad w/Nacho Chips	22
Breakfast Chicken Biscuit	38	Turkey & Cheese Wrap	
		Breaded Pork Patty /Bun	31
Bacon Scramble Pizza	24	Turkey & Gravy Bowl (rice)	40
		Quesadilla	39
Nutrigrain Bar	28	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
Cinnamon Glazed Pancakes	35	Ravioli w/Garlic Toast	30
		Stuffed Crust Pizza (both kinds)	35
		Seafood Shapes w/ cheese breadstick	33
		Fruit & Yogurt Combo	33
		Turkey/Cheese Sandwich	44
		<u>VEGETABLES</u>	
		Sicilian Blend	6
		Hash Brown Cubes	6
		Green Beans	6
		Mashed Potato 1/2 cup	16
		Zucchini 1/2 cup	16
		Corn	2
		Brown Rice	42
		Glazed Carrots	38
		Baby Bakers	15
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		<u>FRUITS</u>	
		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
		Fresh Oranges, Kiwi & Grapes	36

BREAKFAST ENTREES

LUNCH ENTREES

FRUITS

FRUIT JUICES

MILK

Frozen Fruit in Bag

Elementary Carb Counts SY 15-16

WEEK 4

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Macaroni & Cheese	29
Cocoa Puffs 25% less Sugar	8	Walking Taco Bowl-Meat/Chips	23
Honey Grahams	16	B4Lunch Eggs-Scrambled w/muffin	31
Juice	15	Fruit & Yogurt Combo	33
		Turkey Swiss Sandwich 2 bread slices	26
Breakfast on the Go Meal Pack		PBJ Jamwich single	35
Frosted Flakes Reduced Sugar	9	Chicken Cheese Quesadilla	38
Honey Grahams	16	Turkey Hot Dog/Bun	24
Juice	15	Hamburger on Bun (cheese +2)	15-20
Breakfast on the Go Meal Pack		Chef Salad w/bread serving	26
Honey Nut Scooters	23	Turkey Sub	0
Honey Grahams	16	Chili Mac w/Garlic Toast	41
Juice	15	Chicken Patty/Bun	36
		Taco Salad w/Nacho Chips	22
Mini-Cinnis-Pillburys	40	Turkey & Cheese Wrap	
		Pizza Lunch Around 5 "	40
Triple Berry Crunch Bar-Father's Table	42	Chicken & Noodles /Dinner Roll	34
		Quesadilla	39
Sausage Bagel	23	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
French Toast Sticks	26		
		Teriyaki Chix w/Rice/Egg Roll	69
		Grilled Cheese Sandwich	42
		Fruit & Yogurt Combo	33
		Turkey/Cheese Sandwich	44
		<u>VEGETABLES</u>	
		Broccoli Florets w/cheese	6
		Potato Smiles	20
		Baked Beans	29
		Mashed Potato 1/2 cup	16
		California Blend 1/2 cup	5
		Green Beans	6
		Brown Rice	42
		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
<u>FRUITS</u>			
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		
<u>FRUIT JUICES</u>			
Orange 4 oz.	13		
Apple 4 oz.	13		
Fruitables Juice 4 oz.	14		
<u>MILK</u>			
Lowfat 1% & Fat Free Skim White	13		
Chocolate Non Fat Tru Moo	20		
Strawberry Fat Free Tru Moo	19		
<u>Frozen Fruit in Bag</u>			
RIPS Blueberry 28 Dragon 29	28/29		

CONDIMENTS SY 15-16

Carbohydrates (g)

RED GOLD LABEL

Ketchup Low sodium 9 gm. Pc	0
Ketchup 1 TBSP. pump from jug	5
BBQ Sauce Cup 1 oz.	9
Marinara Sauce 2.5 oz. cup	8
Salsa Cup 3 oz. cup	2

PEANUT BUTTER (Advance Pierre)

Peanut Butter Cup 1 oz. cup	8
PBJ Graham Cracker 2.2 oz.	32

CHEESE (LAND O LAKES)

Cheese Mozzarella String 1 oz.	1
Jalapeno Cheese Sauce Cup 3 oz.	15
Cream Cheese Cup 1 oz.	4

CONDIMENTS

Caramel Dip L/F cup 1 oz.	19
Grape Jelly .5 oz.	9
Taco Sauce Pkt. 9 gm.	1
Honey Mustard Dip Cup 1oz.	6
Mustard Pkt. 5.5 gm	0
Mayonnaise lt. 12 gm.	2
Tartar Sauce 12 gm.	3
Sweet & Sour Duck Sauce 9 gm.	7

DRESSINGS

Ranch Cup 1 oz	1
FF Ranch 12 gm.	2
Ranch Buttermilk Lite 1.5 oz.	9

Elementary Carb Counts SY 15-16

WEEK 1

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag		Chicken Nuggets	39
Heart to Heart Kashi	22	Hot Ham & Cheese W.G. Bun	35
Honey Grahams	16	Fruit & Yogurt Combo	33
Juice	15	Turkey Swiss Sandwich 2 bread slices	26
Jumpstarts Cereal Breakfast Bag		PBJ Jamwich single	35
		Popcorn Chicken	17
Apple Jacks RS	18	Rotini Pasta w/Meatsauce JTM 1 cup	24
Honey Grahams	16	Hamburger on Bun (cheese +2)	23
Juice	15	Chef Salad w/bread serving	15-20
Jumpstarts Cereal Breakfast Bag		Baked Chicken Drumstick/Biscuit	32
Frosted Flakes RS	24	Chicken Cheese Quesadilla	38
Honey Grahams	16	W.G. Corndog	30
Juice	15	Taco Salad w/Nacho Chips	32
		Turkey & Cheese Wrap	22
Frudel Pillsbury Cherry or Apple	36	Turkey Sub	26
		Ravioli Mini/Garlic Toast	26
W.G. Breakfast Pizza	24	Rib B Que on HB Bun	28
		Pizza Big Daddy's Wedge 1 slice	36
Cinnamon Glazed Pancake	35	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
Benefit Bar Mini 1.25 oz.	24	Breaded Pork Patty/Bun	31
Full size Benefit Bar 2.5 oz.	48	Shrimp Poppers w/Cheesy Bread	36
		Soft Shell Taco	35
<u>FRUITS</u>		Chili Mac w/Garlic Toast	33
Craisins-Ocean Spray/Raisons	28/31	Breaded Chicken Patty /Bun	36
Fruit Cup Mixed 4 oz.	19	<u>VEGETABLES</u>	
Peach Cup 4 oz.	17	Mashed Potato	15
Apple slices Peterson Farms 2 oz.	7	Sweet Potatoes Puffs	25
Fresh Grapes 1/2 cup	11	Green Beans	6
Applesauce Cup 1/2 cup	12	Tator Tots/Baby Bakers	16
Banana 1 petite	25	Sicilian Blend	6
Fruit & Yogurt Combo	33	Cosmic Shapes Potatoes	16
<u>FRUIT JUICES</u>		Flame Rst.Corn w/Bl.Beans/Plain Corn	25/21
Orange 4 oz.	13	Hash Brown Cubes	18
Apple 4 oz.	13	Spinach	10
Fruitables 4 oz.	14	Refried Beans	16
		Normandy Blend	5
<u>MILK</u>		Fresh Veggies in Cup w/ lowfat dip	3
Lowfat 1% & Fat Free Skim White	13	<u>FRUITS</u>	
Chocolate Non Fat Tru Moo	20	Applesauce Cup 1/2 cup	12
Strawberry Fat Free Tru Moo	19	Fruit Cocktail 1/2 cup	14
		Peaches sliced in Juice 1/2 cup	17
Frozen Fruit in Bag		Pineapple Tidbits in Juice 1/2 cup	10
RIPS Blueberry 28 Dragon 29	28/29	Pear Diced in Juice 1/2 cup	14
		Frozen Sidekicks all flavors	20

Elementary Carb Counts 15-16

Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Sloppy Joe/Bun	35
Cocoa Puffs 25% less Sugar	8	Sloppy Joe/Scoops	29
Honey Grahams	16	Chili Cheese Wrap	35
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Frosted Flakes Reduced Sugar	9	PBJ Jamwich single	35
Honey Grahams	16	Country Baked Steak	18
Juice	15	Glazed Chicken Nuggets 5 pieces	21
Breakfast on the Go Meal Pack		Hamburger on Bun (cheese +2)	15-20
Honey Nut Scooters	23	Chef Salad w/bread serving	26
Honey Grahams	16	Turkey Sub	0
Juice	15	Pizza Pocket (PepperoniCalzone)	35
Triple Berry Crunch Bar	43	W.G. Corndog	32
Pork Sausage Biscuit	25	Taco Salad w/Nacho Chips	22
Ultimate Breakfast Round UBR		Turkey & Cheese Wrap	20
Cinnamon	43	Pulled Pork	36
Sunberry- 44 Blueberry- 47		Macaroni & Cheese	29
Turkey Sausage Egg & Cheese Sliders	22	W.G. Corndog	32
Mini-Cinnis	40	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
		Orange Chix w/Rice/Egg Roll	77
		Walking Taco Bowl (meat & Chips)	29
		Fruit & Yogurt Combo	33
		Turkey BLT Sandwich	44
		VEGETABLES	
		Flame Roasted Corn & Black Bean	24
		Sweet Potato Puffs 3 oz.	23
		Green Beans	6
		Mashed Potato 1/2 cup	16
		Broccoli Florets 1/2 cup	6
		Corn	7
		California Blend	5
		Stir Fry Blend	5
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		FRUITS	
		Apple Slices 1/2 cup	7
		Kiwi 1 whole	10
		Fresh Fruit Cup 1/2 cup	16
		Peaches sliced in Juice 1/2 cup	17
		Mand. Oranges w/Pineapple Tidbits	12
		Tropical Fruit Salad	15
		RIPS Blueberry 28 Dragon 29	28/29

BREAKFAST ENTREES

LUNCH ENTREES

FRUITS

VEGETABLES

FRUIT JUICES

MILK

Elementary Carb Counts SY 15-16

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Ham & Cheese Stuffer new	33
Frosted Flakes Reduced Sugar	9	Honey Rib B Que/Bun	32
Honey Grahams	16	Penne Pasta w/Garlic Toast	41
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Honey Nut Scooters	23	PBJ Jamwich single	35
Honey Grahams	16	Popcorn Chicken Smackers	17
Juice		B4Lunch Eggs-Scrambled w/muffin	31
	15	Calzone w/Marinara Sauce 2.5 oz.	40
Jumpstarts Ceral Breakfast Bag		Chef Salad w/bread serving	26
Frosted Flakes RS	24	Turkey Sub	0
Honey Grahams	16	Hamburger on Bun (cheese +2)	15-20
Juice	15	Baked Chicken Drumstick w/Biscuit	32
		Taco Salad w/Nacho Chips	22
Breakfast Chicken Biscuit	38	Turkey & Cheese Wrap	
		Breaded Pork Patty /Bun	31
Bacon Scramble Pizza	24	Turkey & Gravy Bowl (rice)	40
		Quesadilla	39
Nutrigrain Bar	28	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
Cinnamon Glazed Pancakes	35	Ravioli w/Garlic Toast	30
		Stuffed Crust Pizza (both kinds)	35
		Seafood Shapes w/ cheese breadstick	33
		Fruit & Yogurt Combo	33
		Turkey/Cheese Sandwich	44
		<u>VEGETABLES</u>	
<u>FRUITS</u>		Sicilian Blend	6
Dried Cranberries-Ocean Spray	28	Hash Brown Cubes	6
Fruit Cup Mixed 4 oz.	19	Green Beans	6
Peach Cup 4 oz.	17	Mashed Potato 1/2 cup	16
Pear cup in Juice 1/2 cup	20	Zucchini 1/2 cup	16
Applesauce Cup 1/2 cup	12	Corn	2
Banana 1 petite	25	Brown Rice	42
Apple slices Peterson Farms 2 oz.	7	Glazed Carrots	38
Fresh Grapes 1/2 cup	11	Baby Bakers	15
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		<u>FRUITS</u>	
<u>FRUIT JUICES</u>		Peaches/Pears in Juice 1/2 cup	7
Orange 4 oz.	13	Pineapple Tidbits in Juice	10
Apple 4 oz.	13	Tropical Fruit Salad in Juice	15
Fruitables 4 oz.	14	Apple Cranberry Salad	20
Banana 1 petite	25	Fruit Cocktail in Juice	14
		Fresh Oranges, Kiwi & Grapes	36
<u>MILK</u>			
Lowfat 1% & Fat Free Skim White	13		
Chocolate Non Fat Tru Moo	20		
Strawberry Fat Free Tru Moo	19		
Frozen Fruit in Bag			
RIPS Blueberry 28 Dragon 29	28/29		

Elementary Carb Counts SY 15-16

WEEK 4

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	
Cocoa Puffs 25% less Sugar	8
Honey Grahams	16
Juice	15
Breakfast on the Go Meal Pack	
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Breakfast on the Go Meal Pack	
Honey Nut Scooters	23
Honey Grahams	16
Juice	15
Mini-Cinnis-Pillburys	40
Triple Berry Crunch Bar-Father's Table	42
Sausage Bagel	23
French Toast Sticks	26

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

Lowfat 1% & Fat Free Skim White	13
Chocolate Non Fat Tru Moo	20
Strawberry Fat Free Tru Moo	19

Frozen Fruit in Bag

RIPS Blueberry 28 Dragon 29	28/29
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LUNCH ENTREES

	Carbohydrates (g)
Macaroni & Cheese	29
Walking Taco Bowl-Meat/Chips	23
B4Lunch Eggs-Scrambled w/muffin	31
Fruit & Yogurt Combo	33
Turkey Swiss Sandwich 2 bread slices	26
PBJ Jamwich single	35
Chicken Cheese Quesadilla	38
Turkey Hot Dog/Bun	24
Hamburger on Bun (cheese +2)	15-20
Chef Salad w/bread serving	26
Turkey Sub	0
Chili Mac w/Garlic Toast	41
Chicken Patty/Bun	36
Taco Salad w/Nacho Chips	22
Turkey & Cheese Wrap	
Pizza Lunch Around 5 "	40
Chicken & Noodles /Dinner Roll	34
Quesadilla	39
Mandarin Orange Salad	45
Ham & Cheese on HB Bun	26

Teriyaki Chix w/Rice/Egg Roll	69
Grilled Cheese Sandwich	42
Fruit & Yogurt Combo	33
Turkey/Cheese Sandwich	44

VEGETABLES

Broccoli Florets w/cheese	6
Potato Smiles	20
Baked Beans	29
Mashed Potato 1/2 cup	16
California Blend 1/2 cup	5
Green Beans	6
Brown Rice	42
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

FRUITS

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

CONDIMENTS SY 15-16

Carbohydrates (g)

RED GOLD LABEL

Ketchup Low sodium 9 gm. Pc	0
Ketchup 1 TBSP. pump from jug	5
BBQ Sauce Cup 1 oz.	9
Marinara Sauce 2.5 oz. cup	8
Salsa Cup 3 oz. cup	2

PEANUT BUTTER (Advance Pierre)

Peanut Butter Cup 1 oz. cup	8
PBJ Graham Cracker 2.2 oz.	32

CHEESE (LAND O LAKES)

Cheese Mozzarella String 1 oz.	1
Jalapeno Cheese Sauce Cup 3 oz.	15
Cream Cheese Cup 1 oz.	4

CONDIMENTS

Caramel Dip L/F cup 1 oz.	19
Grape Jelly .5 oz.	9
Taco Sauce Pkt. 9 gm.	1
Honey Mustard Dip Cup 1oz.	6
Mustard Pkt. 5.5 gm	0
Mayonnaise lt. 12 gm.	2
Tartar Sauce 12 gm.	3
Sweet & Sour Duck Sauce 9 gm.	7

DRESSINGS

Ranch Cup 1 oz	1
FF Ranch 12 gm.	2
Ranch Buttermilk Lite 1.5 oz.	9

Elementary Carb Counts SY 15-16

WEEK 1

BREAKFAST ENTREES

Jumpstarts Ceral Breakfast Bag	
Heart to Heart Kashi	22
Honey Grahams	16
Juice	15
Jumpstarts Ceral Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Jumpstarts Ceral Breakfast Bag	
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Frudel Pillsbury Cherry or Apple	36
W.G. Breakfast Pizza	24
Cinnamon Glazed Pancake	35
Benefit Bar Mini 1.25 oz.	24
Full size Benefit Bar 2.5 oz.	48

FRUITS

Craisons-Ocean Spray/Raisons	28/31
Fruit Cup Mixed 4 oz.	19
Peach Cup 4 oz.	17
Apple slices Peterson Farms 2 oz.	7
Fresh Grapes 1/2 cup	11
Applesauce Cup 1/2 cup	12
Banana 1 petite	25

Fruit & Yogurt Combo

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Non Fat Tru Moo	20
Strawberry Fat Free Tru Moo	19

Frozen Fruit in Bag

RIPS Blueberry 28 Dragon 29	28/29
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LUNCH ENTREES

Chicken Nuggets	39
Hot Ham & Cheese W.G. Bun	35
Fruit & Yogurt Combo	33
Turkey Swiss Sandwich 2 bread slices	26
PBJ Jamwich single	35
Popcorn Chicken	17
RotiniPasta w/Meatsauce JTM 1 cup	24
Hamburger on Bun (cheese +2)	23
Chef Salad w/bread serving	15-20
Baked Chicken Drumstick/Biscuit	32
Chicken Cheese Quesadilla	38
W.G. Corndog	30
Taco Salad w/Nacho Chips	32
Turkey & Cheese Wrap	22
Turkey Sub	26
Ravioli Mini/Garlic Toast	26
Rib B Que on HB Bun	28
Pizza Big Daddy's Wedge 1 slice	36
Mandarin Orange Salad	45
Ham & Cheese on HB Bun	26
Breaded Pork Patty/Bun	31
Shrimp Poppers w/Cheesy Bread	36
Soft Shell Taco	35
Chili Mac w/Garlic Toast	33
Breaded Chicken Patty /Bun	36

VEGETABLES

Mashed Potato	15
Sweet Potatoes Puffs	25
Green Beans	6
Tator Tots/Baby Bakers	16
Sicilian Blend	6
Cosmic Shapes Potatoes	16
Flame Rst.Corn w/Bl.Beans/Plain Corn	25/21
Hash Brown Cubes	18
Spinach	10
Refried Beans	16
Normandy Blend	5
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 Sidekicks all flavors	20

Elementary Carb Counts 15-16

Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Sloppy Joe/Bun	35
Cocoa Puffs 25% less Sugar	8	Sloppy Joe/Scoops	29
Honey Grahams	16	Chili Cheese Wrap	35
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Frosted Flakes Reduced Sugar	9	PBJ Jamwich single	35
Honey Grahams	16	Country Baked Steak	18
Juice	15	Glazed Chicken Nuggets 5 pieces	21
Breakfast on the Go Meal Pack		Hamburger on Bun (cheese +2)	15-20
Honey Nut Scooters	23	Chef Salad w/bread serving	26
Honey Grahams	16	Turkey Sub	0
Juice	15	Pizza Pocket (PepperoniCalzone)	35
Triple Berry Crunch Bar	43	W.G. Corndog	32
Pork Sausage Biscuit	25	Taco Salad w/Nacho Chips	22
Ultimate Breakfast Round UBR		Turkey & Cheese Wrap	20
Cinnamon	43	Pulled Pork	36
Sunberry- 44 Blueberry- 47		Macaroni & Cheese	29
Turkey Sausage Egg & Cheese Sliders	22	W.G. Corndog	32
Mini-Cinnis	40	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
		Orange Chix w/Rice/Egg Roll	77
		Walking Taco Bowl (meat & Chips)	29
		Fruit & Yogurt Combo	33
		Turkey BLT Sandwich	44
		<u>VEGETABLES</u>	
		Flame Roasted Corn & Black Bean	24
		Sweet Potato Puffs 3 oz.	23
		Green Beans	6
		Mashed Potato 1/2 cup	16
		Broccoli Florets 1/2 cup	6
		Corn	7
		California Blend	5
		Stir Fry Blend	5
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		<u>FRUITS</u>	
		Apple Slices 1/2 cup	7
		Kiwi 1 whole	10
		Fresh Fruit Cup 1/2 cup	16
		Peaches sliced in Juice 1/2 cup	17
		Mand. Oranges w/Pineapple Tidbits	12
		Tropical Fruit Salad	15
		RIPS Blueberry 28 Dragon 29	28/29

Elementary Carb Counts SY 15-16

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Ham & Cheese Stuffer new	33
Frosted Flakes Reduced Sugar	9	Honey Rib B Que/Bun	32
Honey Grahams	16	Penne Pasta w/Garlic Toast	41
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Honey Nut Scooters	23	PBJ Jamwich single	35
Honey Grahams	16	Popcorn Chicken Smackers	17
Juice		B4Lunch Eggs-Scrambled w/muffin	31
	15	Calzone w/Marinara Sauce 2.5 oz.	40
Jumpstarts Ceral Breakfast Bag		Chef Salad w/bread serving	26
Frosted Flakes RS	24	Turkey Sub	0
Honey Grahams	16	Hamburger on Bun (cheese +2)	15-20
Juice	15	Baked Chicken Drumstick w/Biscuit	32
		Taco Salad w/Nacho Chips	22
Breakfast Chicken Biscuit	38	Turkey & Cheese Wrap	
		Breaded Pork Patty /Bun	31
Bacon Scramble Pizza	24	Turkey & Gravy Bowl (rice)	40
		Quesadilla	39
Nutrigrain Bar	28	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
Cinnamon Glazed Pancakes	35	Ravioli w/Garlic Toast	30
		Stuffed Crust Pizza (both kinds)	35
		Seafood Shapes w/ cheese breadstick	33
		Fruit & Yogurt Combo	33
		Turkey/Cheese Sandwich	44
<u>FRUITS</u>		<u>VEGETABLES</u>	
Dried Cranberries-Ocean Spray	28	Sicilian Blend	6
Fruit Cup Mixed 4 oz.	19	Hash Brown Cubes	6
Peach Cup 4 oz.	17	Green Beans	6
Pear cup in Juice 1/2 cup	20	Mashed Potato 1/2 cup	16
Applesauce Cup 1/2 cup	12	Zucchini 1/2 cup	16
Banana 1 petite	25	Corn	2
Apple slices Peterson Farms 2 oz.	7	Brown Rice	42
Fresh Grapes 1/2 cup	11	Glazed Carrots	38
		Baby Bakers	15
		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	Peaches/Pears in Juice 1/2 cup	7
Apple 4 oz.	13	Pineapple Tidbits in Juice	10
Fruitables 4 oz.	14	Tropical Fruit Salad in Juice	15
Banana 1 petite	25	Apple Cranberry Salad	20
		Fruit Cocktail in Juice	14
		Fresh Oranges, Kiwi & Grapes	36
<u>MILK</u>			
Lowfat 1% & Fat Free Skim White	13		
Chocolate Non Fat Tru Moo	20		
Strawberry Fat Free Tru Moo	19		
<u>Frozen Fruit in Bag</u>			
RIPS Blueberry 28 Dragon 29	28/29		

Elementary Carb Counts SY 15-16

WEEK 4

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	
Cocoa Puffs 25% less Sugar	8
Honey Grahams	16
Juice	15
Breakfast on the Go Meal Pack	
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Breakfast on the Go Meal Pack	
Honey Nut Scooters	23
Honey Grahams	16
Juice	15
Mini-Cinnis-Pillburys	40
Triple Berry Crunch Bar-Father's Table	42
Sausage Bagel	23
French Toast Sticks	26

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

Lowfat 1% & Fat Free Skim White	13
Chocolate Non Fat Tru Moo	20
Strawberry Fat Free Tru Moo	19
Frozen Fruit in Bag	
RIPS Blueberry 28 Dragon 29	28/29

LUNCH ENTREES

	Carbohydrates (g)
Macaroni & Cheese	29
Walking Taco Bowl-Meat/Chips	23
B4Lunch Eggs-Scrambled w/muffin	31
Fruit & Yogurt Combo	33
Turkey Swiss Sandwich 2 bread slices	26
PBJ Jamwich single	35
Chicken Cheese Quesadilla	38
Turkey Hot Dog/Bun	24
Hamburger on Bun (cheese +2)	15-20
Chef Salad w/bread serving	26
Turkey Sub	0
Chili Mac w/Garlic Toast	41
Chicken Patty/Bun	36
Taco Salad w/Nacho Chips	22
Turkey & Cheese Wrap	
Pizza Lunch Around 5 "	40
Chicken & Noodles /Dinner Roll	34
Quesadilla	39
Mandarin Orange Salad	45
Ham & Cheese on HB Bun	26
Teriyaki Chix w/Rice/Egg Roll	69
Grilled Cheese Sandwich	42
Fruit & Yogurt Combo	33
Turkey/Cheese Sandwich	44
VEGETABLES	
Broccoli Florets w/cheese	6
Potato Smiles	20
Baked Beans	29
Mashed Potato 1/2 cup	16
California Blend 1/2 cup	5
Green Beans	6
Brown Rice	42
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
FRUITS	
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

CONDIMENTS SY 15-16

Carbohydrates (g)

RED GOLD LABEL

Ketchup Low sodium 9 gm. Pc	0
Ketchup 1 TBSP. pump from jug	5
BBQ Sauce Cup 1 oz.	9
Marinara Sauce 2.5 oz. cup	8
Salsa Cup 3 oz. cup	2

PEANUT BUTTER (Advance Pierre)

Peanut Butter Cup 1 oz. cup	8
PBJ Graham Cracker 2.2 oz.	32

CHEESE (LAND O LAKES)

Cheese Mozzarella String 1 oz.	1
Jalapeno Cheese Sauce Cup 3 oz.	15
Cream Cheese Cup 1 oz.	4

CONDIMENTS

Caramel Dip L/F cup 1 oz.	19
Grape Jelly .5 oz.	9
Taco Sauce Pkt. 9 gm.	1
Honey Mustard Dip Cup 1oz.	6
Mustard Pkt. 5.5 gm	0
Mayonnaise lt. 12 gm.	2
Tartar Sauce 12 gm.	3
Sweet & Sour Duck Sauce 9 gm.	7

DRESSINGS

Ranch Cup 1 oz	1
FF Ranch 12 gm.	2
Ranch Buttermilk Lite 1.5 oz.	9

Elementary Carb Counts SY 15-16

WEEK 1

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Ceral Breakfast Bag		Chicken Nuggets	39
Heart to Heart Kashi	22	Hot Ham & Cheese W.G. Bun	35
Honey Grahams	16	Fruit & Yogurt Combo	33
Juice	15	Turkey Swiss Sandwich 2 bread slices	26
Jumpstarts Ceral Breakfast Bag		PBJ Jamwich single	35
Apple Jacks RS	18	Popcorn Chicken	17
Honey Grahams	16	Rotini Pasta w/Meatsauce JTM 1 cup	24
Juice	15	Hamburger on Bun (cheese +2)	23
Jumpstarts Ceral Breakfast Bag		Chef Salad w/bread serving	15-20
Frosted Flakes RS	24	Baked Chicken Drumstick/Biscuit	32
Honey Grahams	16	Chicken Cheese Quesadilla	38
Juice	15	W.G. Corndog	30
Frudel Pillsbury Cherry or Apple	36	Taco Salad w/Nacho Chips	32
W.G. Breakfast Pizza	24	Turkey & Cheese Wrap	22
Cinnamon Glazed Pancake	35	Turkey Sub	26
Benefit Bar Mini 1.25 oz.	24	Ravioli Mini/Garlic Toast	26
Full size Benefit Bar 2.5 oz.	48	Rib B Que on HB Bun	28
<u>FRUITS</u>		Pizza Big Daddy's Wedge 1 slice	36
Craisons-Ocean Spray/Raisons	28/31	Mandarin Orange Salad	45
Fruit Cup Mixed 4 oz.	19	Ham & Cheese on HB Bun	26
Peach Cup 4 oz.	17	Breaded Pork Patty/Bun	31
Apple slices Peterson Farms 2 oz.	7	Shrimp Poppers w/Cheesy Bread	36
Fresh Grapes 1/2 cup	11	Soft Shell Taco	35
Applesauce Cup 1/2 cup	12	Chili Mac w/Garlic Toast	33
Banana 1 petite	25	Breaded Chicken Patty /Bun	36
Fruit & Yogurt Combo	33	<u>VEGETABLES</u>	
<u>FRUIT JUICES</u>		Mashed Potato	15
Orange 4 oz.	13	Sweet Potatoes Puffs	25
Apple 4 oz.	13	Green Beans	6
Fruitables 4 oz.	14	Tator Tots/Baby Bakers	16
<u>MILK</u>		Sicilian Blend	6
Lowfat 1% & Fat Free Skim White	13	Cosmic Shapes Potatoes	16
Chocolate Non Fat Tru Moo	20	Flame Rst.Corn w/Bl.Beans/Plain Corn	25/21
Strawberry Fat Free Tru Moo	19	Hash Brown Cubes	18
Frozen Fruit in Bag		Spinach	10
RIPS Blueberry 28 Dragon 29	28/29	Refried Beans	16
		Normandy Blend	5
		Fresh Veggies in Cup w/ lowfat dip	3
		<u>FRUITS</u>	
		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 Sidekicks all flavors	20

Elementary Carb Counts 15-16

Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Sloppy Joe/Bun	35
Cocoa Puffs 25% less Sugar	8	Sloppy Joe/Scoops	29
Honey Grahams	16	Chili Cheese Wrap	35
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Frosted Flakes Reduced Sugar	9	PBJ Jamwich single	35
Honey Grahams	16	Country Baked Steak	18
Juice	15	Glazed Chicken Nuggets 5 pieces	21
Breakfast on the Go Meal Pack		Hamburger on Bun (cheese +2)	15-20
Honey Nut Scooters	23	Chef Salad w/bread serving	26
Honey Grahams	16	Turkey Sub	0
Juice	15	Pizza Pocket (PepperoniCalzone)	35
Triple Berry Crunch Bar	43	W.G. Corndog	32
Pork Sausage Biscuit	25	Taco Salad w/Nacho Chips	22
Ultimate Breakfast Round UBR		Turkey & Cheese Wrap	20
Cinnamon	43	Pulled Pork	36
Sunberry- 44 Blueberry- 47		Macaroni & Cheese	29
Turkey Sausage Egg & Cheese Sliders	22	W.G. Corndog	32
Mini-Cinnis	40	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
		Orange Chix w/Rice/Egg Roll	77
		Walking Taco Bowl (meat & Chips)	29
		Fruit & Yogurt Combo	33
		Turkey BLT Sandwich	44
		VEGETABLES	
		Flame Roasted Corn & Black Bean	24
		Sweet Potato Puffs 3 oz.	23
		Green Beans	6
		Mashed Potato 1/2 cup	16
		Broccoli Florets 1/2 cup	6
		Corn	7
		California Blend	5
		Stir Fry Blend	5
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		FRUITS	
		Apple Slices 1/2 cup	7
		Kiwi 1 whole	10
		Fresh Fruit Cup 1/2 cup	16
		Peaches sliced in Juice 1/2 cup	17
		Mand. Oranges w/Pineapple Tidbits	12
		Tropical Fruit Salad	15
		RIPS Blueberry 28 Dragon 29	28/29

BREAKFAST ENTREES

LUNCH ENTREES

FRUITS

VEGETABLES

FRUIT JUICES

MILK

Elementary Carb Counts SY 15-16

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Ham & Cheese Stuffer new	33
Frosted Flakes Reduced Sugar	9	Honey Rib B Que/Bun	32
Honey Grahams	16	Penne Pasta w/Garlic Toast	41
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Honey Nut Scooters	23	PBJ Jamwich single	35
Honey Grahams	16	Popcorn Chicken Smackers	17
Juice		B4Lunch Eggs-Scrambled w/muffin	31
	15	Calzone w/Marinara Sauce 2.5 oz.	40
Jumpstarts Cereal Breakfast Bag		Chef Salad w/bread serving	26
Frosted Flakes RS	24	Turkey Sub	0
Honey Grahams	16	Hamburger on Bun (cheese +2)	15-20
Juice	15	Baked Chicken Drumstick w/Biscuit	32
		Taco Salad w/Nacho Chips	22
Breakfast Chicken Biscuit	38	Turkey & Cheese Wrap	
		Breaded Pork Patty /Bun	31
Bacon Scramble Pizza	24	Turkey & Gravy Bowl (rice)	40
		Quesadilla	39
Nutrigrain Bar	28	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
Cinnamon Glazed Pancakes	35	Ravioli w/Garlic Toast	30
		Stuffed Crust Pizza (both kinds)	35
		Seafood Shapes w/ cheese breadstick	33
		Fruit & Yogurt Combo	33
		Turkey/Cheese Sandwich	44
		VEGETABLES	
		Sicilian Blend	6
		Hash Brown Cubes	6
		Green Beans	6
		Mashed Potato 1/2 cup	16
		Zucchini 1/2 cup	16
		Corn	2
		Brown Rice	42
		Glazed Carrots	38
		Baby Bakers	15
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		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
		Fresh Oranges, Kiwi & Grapes	36

BREAKFAST ENTREES

LUNCH ENTREES

FRUITS

FRUIT JUICES

MILK

Frozen Fruit in Bag

CONDIMENTS SY 15-16

Carbohydrates (g)

RED GOLD LABEL

Ketchup Low sodium 9 gm. Pc	0
Ketchup 1 TBSP. pump from jug	5
BBQ Sauce Cup 1 oz.	9
Marinara Sauce 2.5 oz. cup	8
Salsa Cup 3 oz. cup	2

PEANUT BUTTER (Advance Pierre)

Peanut Butter Cup 1 oz. cup	8
PBJ Graham Cracker 2.2 oz.	32

CHEESE (LAND O LAKES)

Cheese Mozzarella String 1 oz.	1
Jalapeno Cheese Sauce Cup 3 oz.	15
Cream Cheese Cup 1 oz.	4

CONDIMENTS

Caramel Dip L/F cup 1 oz.	19
Grape Jelly .5 oz.	9
Taco Sauce Pkt. 9 gm.	1
Honey Mustard Dip Cup 1oz.	6
Mustard Pkt. 5.5 gm	0
Mayonnaise lt. 12 gm.	2
Tartar Sauce 12 gm.	3
Sweet & Sour Duck Sauce 9 gm.	7

DRESSINGS

Ranch Cup 1 oz	1
FF Ranch 12 gm.	2
Ranch Buttermilk Lite 1.5 oz.	9

Elementary Carb Counts SY 15-16

WEEK 1

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag		Chicken Nuggets	39
Heart to Heart Kashi	22	Hot Ham & Cheese W.G. Bun	35
Honey Grahams	16	Fruit & Yogurt Combo	33
Juice	15	Turkey Swiss Sandwich 2 bread slices	26
Jumpstarts Cereal Breakfast Bag		PBJ Jamwich single	35
Apple Jacks RS	18	Popcorn Chicken	17
Honey Grahams	16	Rotini Pasta w/Meatsauce JTM 1 cup	24
Juice	15	Hamburger on Bun (cheese +2)	23
Jumpstarts Cereal Breakfast Bag		Chef Salad w/bread serving	15-20
Frosted Flakes RS	24	Baked Chicken Drumstick/Biscuit	32
Honey Grahams	16	Chicken Cheese Quesadilla	38
Juice	15	W.G. Corndog	30
Frudel Pillsbury Cherry or Apple	36	Taco Salad w/Nacho Chips	32
W.G. Breakfast Pizza	24	Turkey & Cheese Wrap	22
Cinnamon Glazed Pancake	35	Turkey Sub	26
Benefit Bar Mini 1.25 oz.	24	Ravioli Mini/Garlic Toast	26
Full size Benefit Bar 2.5 oz.	48	Rib B Que on HB Bun	28
<u>FRUITS</u>		Pizza Big Daddy's Wedge 1 slice	36
Craisins-Ocean Spray/Raisons	28/31	Mandarin Orange Salad	45
Fruit Cup Mixed 4 oz.	19	Ham & Cheese on HB Bun	26
Peach Cup 4 oz.	17	Breaded Pork Patty/Bun	31
Apple slices Peterson Farms 2 oz.	7	Shrimp Poppers w/Cheesy Bread	36
Fresh Grapes 1/2 cup	11	Soft Shell Taco	35
Applesauce Cup 1/2 cup	12	Chili Mac w/Garlic Toast	33
Banana 1 petite	25	Breaded Chicken Patty /Bun	36
Fruit & Yogurt Combo	33	<u>VEGETABLES</u>	
<u>FRUIT JUICES</u>		Mashed Potato	15
Orange 4 oz.	13	Sweet Potatoes Puffs	25
Apple 4 oz.	13	Green Beans	6
Fruitables 4 oz.	14	Tator Tots/Baby Bakers	16
<u>MILK</u>		Sicilian Blend	6
Lowfat 1% & Fat Free Skim White	13	Cosmic Shapes Potatoes	16
Chocolate Non Fat Tru Moo	20	Flame Rst.Corn w/Bl.Beans/Plain Corn	25/21
Strawberry Fat Free Tru Moo	19	Hash Brown Cubes	18
Frozen Fruit in Bag		Spinach	10
RIPS Blueberry 28 Dragon 29	28/29	Refried Beans	16
		Normandy Blend	5
		Fresh Veggies in Cup w/ lowfat dip	3
		<u>FRUITS</u>	
		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 Sidekicks all flavors	20

Elementary Carb Counts 15-16

Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Sloppy Joe/Bun	35
Cocoa Puffs 25% less Sugar	8	Sloppy Joe/Scoops	29
Honey Grahams	16	Chili Cheese Wrap	35
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Frosted Flakes Reduced Sugar	9	PBJ Jamwich single	35
Honey Grahams	16	Country Baked Steak	18
Juice	15	Glazed Chicken Nuggets 5 pieces	21
Breakfast on the Go Meal Pack		Hamburger on Bun (cheese +2)	15-20
Honey Nut Scooters	23	Chef Salad w/bread serving	26
Honey Grahams	16	Turkey Sub	0
Juice	15	Pizza Pocket (PepperoniCalzone)	35
Triple Berry Crunch Bar	43	W.G. Corndog	32
Pork Sausage Biscuit	25	Taco Salad w/Nacho Chips	22
Ultimate Breakfast Round UBR		Turkey & Cheese Wrap	20
Cinnamon	43	Pulled Pork	36
Sunberry- 44 Blueberry- 47		Macaroni & Cheese	29
Turkey Sausage Egg & Cheese Sliders	22	W.G. Corndog	32
Mini-Cinnis	40	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
		Orange Chix w/Rice/Egg Roll	77
		Walking Taco Bowl (meat & Chips)	29
		Fruit & Yogurt Combo	33
		Turkey BLT Sandwich	44
		VEGETABLES	
		Flame Roasted Corn & Black Bean	24
		Sweet Potato Puffs 3 oz.	23
		Green Beans	6
		Mashed Potato 1/2 cup	16
		Broccoli Florets 1/2 cup	6
		Corn	7
		California Blend	5
		Stir Fry Blend	5
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		FRUITS	
		Apple Slices 1/2 cup	7
		Kiwi 1 whole	10
		Fresh Fruit Cup 1/2 cup	16
		Peaches sliced in Juice 1/2 cup	17
		Mand. Oranges w/Pineapple Tidbits	12
		Tropical Fruit Salad	15
		RIPS Blueberry 28 Dragon 29	28/29

BREAKFAST ENTREES

LUNCH ENTREES

FRUITS

VEGETABLES

FRUIT JUICES

MILK

Elementary Carb Counts SY 15-16

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Ham & Cheese Stuffer new	33
Frosted Flakes Reduced Sugar	9	Honey Rib B Que/Bun	32
Honey Grahams	16	Penne Pasta w/Garlic Toast	41
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Honey Nut Scooters	23	PBJ Jamwich single	35
Honey Grahams	16	Popcorn Chicken Smackers	17
Juice		B4Lunch Eggs-Scrambled w/muffin	31
	15	Calzone w/Marinara Sauce 2.5 oz.	40
Jumpstarts Cereal Breakfast Bag		Chef Salad w/bread serving	26
Frosted Flakes RS	24	Turkey Sub	0
Honey Grahams	16	Hamburger on Bun (cheese +2)	15-20
Juice	15	Baked Chicken Drumstick w/Biscuit	32
		Taco Salad w/Nacho Chips	22
Breakfast Chicken Biscuit	38	Turkey & Cheese Wrap	
		Breaded Pork Patty /Bun	31
Bacon Scramble Pizza	24	Turkey & Gravy Bowl (rice)	40
		Quesadilla	39
Nutrigrain Bar	28	Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
Cinnamon Glazed Pancakes	35	Ravioli w/Garlic Toast	30
		Stuffed Crust Pizza (both kinds)	35
		Seafood Shapes w/ cheese breadstick	33
		Fruit & Yogurt Combo	33
		Turkey/Cheese Sandwich	44
		<u>VEGETABLES</u>	
		Sicilian Blend	6
		Hash Brown Cubes	6
		Green Beans	6
		Mashed Potato 1/2 cup	16
		Zucchini 1/2 cup	16
		Corn	2
		Brown Rice	42
		Glazed Carrots	38
		Baby Bakers	15
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		<u>FRUITS</u>	
		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
		Fresh Oranges, Kiwi & Grapes	36

BREAKFAST ENTREES

LUNCH ENTREES

FRUITS

FRUIT JUICES

MILK

Frozen Fruit in Bag

Elementary Carb Counts SY 15-16

WEEK 4

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Macaroni & Cheese	29
Cocoa Puffs 25% less Sugar	8	Walking Taco Bowl-Meat/Chips	23
Honey Grahams	16	B4Lunch Eggs-Scrambled w/muffin	31
Juice	15	Fruit & Yogurt Combo	33
Breakfast on the Go Meal Pack		Turkey Swiss Sandwich 2 bread slices	26
Frosted Flakes Reduced Sugar	9	PBJ Jamwich single	35
Honey Grahams	16	Chicken Cheese Quesadilla	38
Juice	15	Turkey Hot Dog/Bun	24
Breakfast on the Go Meal Pack		Hamburger on Bun (cheese +2)	15-20
Honey Nut Scooters	23	Chef Salad w/bread serving	26
Honey Grahams	16	Turkey Sub	0
Juice	15	Chili Mac w/Garlic Toast	41
Mini-Cinnis-Pillburys	40	Chicken Patty/Bun	36
Triple Berry Crunch Bar-Father's Table	42	Taco Salad w/Nacho Chips	22
Sausage Bagel	23	Turkey & Cheese Wrap	
French Toast Sticks	26	Pizza Lunch Around 5 "	40
		Chicken & Noodles /Dinner Roll	34
		Quesadilla	39
		Mandarin Orange Salad	45
		Ham & Cheese on HB Bun	26
		Teriyaki Chix w/Rice/Egg Roll	69
		Grilled Cheese Sandwich	42
		Fruit & Yogurt Combo	33
		Turkey/Cheese Sandwich	44
		<u>VEGETABLES</u>	
		Broccoli Florets w/cheese	6
		Potato Smiles	20
		Baked Beans	29
		Mashed Potato 1/2 cup	16
		California Blend 1/2 cup	5
		Green Beans	6
		Brown Rice	42
		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

BREAKFAST ENTREES

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack	
Cocoa Puffs 25% less Sugar	8
Honey Grahams	16
Juice	15
Breakfast on the Go Meal Pack	
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Breakfast on the Go Meal Pack	
Honey Nut Scooters	23
Honey Grahams	16
Juice	15
Mini-Cinnis-Pillburys	40
Triple Berry Crunch Bar-Father's Table	42
Sausage Bagel	23
French Toast Sticks	26

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

Lowfat 1% & Fat Free Skim White	13
Chocolate Non Fat Tru Moo	20
Strawberry Fat Free Tru Moo	19
Frozen Fruit in Bag	
RIPS Blueberry 28 Dragon 29	28/29

CONDIMENTS SY 15-16

Carbohydrates (g)

RED GOLD LABEL

Ketchup Low sodium 9 gm. Pc	0
Ketchup 1 TBSP. pump from jug	5
BBQ Sauce Cup 1 oz.	9
Marinara Sauce 2.5 oz. cup	8
Salsa Cup 3 oz. cup	2

PEANUT BUTTER (Advance Pierre)

Peanut Butter Cup 1 oz. cup	8
PBJ Graham Cracker 2.2 oz.	32

CHEESE (LAND O LAKES)

Cheese Mozzarella String 1 oz.	1
Jalapeno Cheese Sauce Cup 3 oz.	15
Cream Cheese Cup 1 oz.	4

CONDIMENTS

Caramel Dip L/F cup 1 oz.	19
Grape Jelly .5 oz.	9
Taco Sauce Pkt. 9 gm.	1
Honey Mustard Dip Cup 1oz.	6
Mustard Pkt. 5.5 gm	0
Mayonnaise lt. 12 gm.	2
Tartar Sauce 12 gm.	3
Sweet & Sour Duck Sauce 9 gm.	7

DRESSINGS

Ranch Cup 1 oz	1
FF Ranch 12 gm.	2
Ranch Buttermilk Lite 1.5 oz.	9