

Middle School Carb Counts SY 16-17

WEEKS 1

BREAKFAST ENTREES

	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag	
Rice Krispie W.G. Brown Rice	23
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Pork Sausage Biscuit	25
Ultimate Breakfast Round	45
Turkey Sausage Egg & Cheese Sliders	21
W.G. Sausage Gravy Breakfast Pizza	24
French Toast Sticks w/Saus. Patty	23
W.G. Snacken Waffle	35
Full size Benefit Bar 2.5 oz.	48
Nutrigrain Bar	28
Triple Berry Crunch Bar-Father's Table	42

BREADS

W.G. Dinner Roll	14
Parmesan Bread Stick new	28
Garlic Toast	11

FRUITS

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

FRUIT JUICES

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

MILK

Low-fat 1% & Fat Free Skim White	13
Strawberry Skim	19
Chocolate Skim	20

YOGURTS- 4 OZ ASSORTED

Assorted lite or regular	11 thru 19
GO BIG Yogurt Pouch 4 oz.	18

LUNCH ENTREES

	Carbohydrates (g)
Thai Chicken Flatbread Pizza	41
Hand Tossed Pepperoni Pizza	39
B4Lunch Eggs-Scrambled w/pancakes	36
Hamburger on Bun (cheese +2)	23
Fruit & Yogurt Combo	33
Turkey Swiss Sandwich 2 bread slices	26
Calzone w/Marinara	43
W.G. Chicken Tenders Tyson dark meat	6
Rotini Pasta w/Meatsauce Garlic Tst.	35
Chef Salad w/Bread serving	26
Soft Shell Taco	35
Breaded Chicken Patty/bun	36
W.G. Corndog	30
Taco Salad w/Nacho Chips	32
Turkey & Cheese Wrap	22
Big Daddy's Pepperoni Pizza/ S & F Beef Pep.	34/39
Hot N Spicy Chicken Patty/Bun	37
Mandarin Orange Salad	45
Ham & Cheese on Pretzel Bun/Wrap	32/26
Orange Chicken/rice/egg roll mini	72
Grilled Cheese Sanwich WG	27
PBJ Jamwich single 2.8 oz.	35
Vegetarian Hogie	30
Buffalo Chicken Wrap	55

VEGETABLES

Tomato Soup Campbell's	20
Flame Roasted Corn/Black Beans	25
Roasted Potato Medley	19
Stir Fry Blend	5
Cosmic Shapes Potatoes	16
Sweet Potato Puffs	22
Hash Brown Cubes	18
Spinach	10
Refried Beans	16
Capri Blend	4
Fresh Veggies in Cup w/ lowfat dip	3

FRUITS

Frozen Fruit cup Sidekicks 1/2 cup	20
RIPS Frozen Fruit Juice	28
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
Fresh Melon Chunks 1/2 cup	14
Mandarin Oranges w/Pineapple	15
Fresh Fruit Salad Markon prepared	16

Middle School Carb Counts SY16-17

Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Buffalo Chicken Pizza	35
Cocoa Puffs 25% less Sugar	22	Country Baked Steak/Dinner Roll	32
Honey Grahams	16	Chicken Nuggets	15
Juice	15	Spaghetti w/Meatsauce	50
Frosted Flakes Reduced Sugar	9	Pulled Pork on Bun w2 onion rings	47
Honey Grahams	16	Grilled Chicken Pepperjack on Bun	21
Juice	15	Ham & Cheese Stuffer	33
Breakfast on the Go Meal Pack		Popcorn Chicken w/Biscuit	17/27
Honey Nut Scooters	23	Philly Beefsteak w/Cheese/Sub	32
Honey Grahams	16	Macaroni & Cheese	29
Juice	15	Mini-Twin Burgers on Bun	39
Ham,Cheese, Egg on Hawaaii Bun	28	Hot N Spicy Tenders (3)	17
Chicken Biscuit Sandwich	33		
Frudel Cherry or Apple	37	Mexican Pizza Big Daddy's 8 cut	43
Ham, Egg, Cheese WG Biscuit	31	Potato Crunch Fish/Bun	23
Maple Pancake Wrap	18	Meatball Sub w/moz. Cheese	39
Mini Pancakes-Pillsbury W.G./Saus.	40	Turkey & Cheese Wrap	20
Turkey Sausage Egg & Cheese Sliders	22	Buffalo Chicken Wrap	55
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Pretzel Bun/Wrap	32/26
Triple Berry Crunch Bar-Father's Table	42	Fruit & Yogurt Combo	33
		PBJ Jamwich single	35
<u>BREADS</u>		Vegetarian Hogie	30
W.G.Dinner Roll	14	Buffalo Chicken Wrap	55
Parmesan Bread Stick new	28	Chef Salad w/Bread serving	26
		<u>VEGETABLES</u>	
<u>FRUITS</u>		Mashed Potato	15
Dried Cranberries-Ocean Spray	28	Tator Tots/Baby Bakers	16
Fruit Cup Mixed 4 oz.	19	Green Beans	4
Peach Cup 4 oz.	17	California Blend	5
Pear cup in Juice 1/2 cup	20	Sicilian Blend	6
Applesauce Cup 1/2 cup	12	Broccoli Florets 1/2 cup	6
Banana 1 petite	25	Onion Rings 5 each	28
Apple slices Peterson Farms 2 oz.	7	Normandy Blend 1/2 cup	5
Fresh Grapes 1/2 cup	11	Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Cole Slaw Ready Made Resers	16
<u>FRUIT JUICES</u>		<u>FRUITS</u>	
Orange 4 oz.	13	Frozen Fruit cup Sidekicks 1/2 cup	20
Apple 4 oz.	13	RIPS Frozen Fruit Juice	28
Fruitables 4 oz.	14	Kiwi 1 whole	10
Banana 1 petite	25	Fresh Fruit Cup 1/2 cup	16
		Peaches sliced in Juice 1/2 cup	17
<u>MILK</u>		Mand. Oranges w/Pineapple Tidbits	12
Low-fat 1% & Fat Free Skim White	13	Tropical Fruit Salad	15
Strawberry Skim	19	Fresh Fruit Salad Markon prepared	16
Chocolate Skim	20		
<u>YOGURTS- 4 OZ ASSORTED</u>	Read label		
<u>Assorted lite or regular</u>	11 thru 19		
GO BIG Yogurt Pouch 4 oz.	18		

Middle School Carb Counts SY 16-17

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag		Thai Chicken Flatbread Pizza	41
Rice Krispie W.G. Brown Rice	23	Hand Tossed Pepperoni Pizza	39
Honey Grahams	16	B4Lunch Eggs-Scrambled w/pancakes	36
Juice	15	Hamburger on Bun (cheese +2)	23
Jumpstarts Cereal Breakfast Bag		Fruit & Yogurt Combo	33
Apple Jacks RS	18	Turkey Swiss Sandwich 2 bread slices	26
Honey Grahams	16	Calzone w/Marinara	43
Juice	15	W.G. Chicken Tenders Tyson dark me	6
Frosted Flakes RS	24	Rotini Pasta w/Meatsauce Garlic Tst.	35
Honey Grahams	16	Chef Salad w/Bread serving	26
Juice	15	Soft Shell Taco	35
Pork Sausage Biscuit	25	Breaded Chicken Patty/bun	36
Ultimate Breakfast Round	45	W.G. Corndog	30
Turkey Sausage Egg & Cheese Sliders	21	Taco Salad w/Nacho Chips	32
W.G. Sausage Gravy Breakfast Pizza	24	Turkey & Cheese Wrap	22
French Toast Sticks w/Saus. Patty	23	Big Daddy's Pepperoni Pizza/ S & F Beef Pt	34/39
W.G. Snacken Waffle	35	Hot N Spicy Chicken Patty/Bun	37
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Pretzel Bun/Wrap	32/26
Triple Berry Crunch Bar-Father's Table	42	Orange Chicken/rice/egg roll mini	72
		Grilled Cheese Sanwich WG	27
<u>BREADS</u>		PBJ Jamwich single 2.8 oz.	35
W.G. Dinner Roll	14	Vegetarian Hogie	30
Parmesan Bread Stick new	28	Buffalo Chicken Wrap	55
Garlic Toast	11		
		<u>VEGETABLES</u>	
<u>FRUITS</u>		Tomato Soup Campbell's	20
Craisons-Ocean Spray	28	Flame Roasted Corn/Black Beans	25
Fruit Cup Mixed 4 oz.	19	Roasted Potato Medley	19
Peach Cup 4 oz.	17	Stir Fry Blend	5
Apple slices Peterson Farms 2 oz.	7	Cosmic Shapes Potatoes	16
Fresh Grapes 1/2 cup	11	Sweet Potato Puffs	22
Fresh Oranges 1/2 cup	16	Hash Brown Cubes	18
Applesauce Cup 1/2 cup	12	Spinach	10
Banana 1 petite	25	Refried Beans	16
Fruit & Yogurt Combo	33	Capri Blend	4
		Fresh Veggies in Cup w/ lowfat dip	3
<u>FRUIT JUICES</u>			3
Orange 4 oz.	13	Frozen Fruit cup Sidekicks 1/2 cup	20
Apple 4 oz.	13	RIPS Frozen Fruit Juice	28
Fruitables 4 oz.	14	Applesauce Cup 1/2 cup	12
		Fruit Cocktail 1/2 cup	14
<u>MILK</u>		Peaches sliced in Juice 1/2 cup	17
Low-fat 1% & Fat Free Skim White	13	Pineapple Tidbits in Juice 1/2 cup	10
Strawberry Skim	19	Pear Diced in Juice 1/2 cup	14
Chocolate Skim	20	Fresh Melon Chunks 1/2 cup	14
		Mandarin Oranges w/Pineapple	15
<u>YOGURTS- 4 OZ ASSORTED</u>	<u>Read label</u>	Fresh Fruit Salad Markon prepared	16
Assorted lite or regular	11 thru 19		
GO BIG Yogurt Pouch 4 oz.	18		

Middle School Carb Counts SY 16-17

WEEK 4

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Buffalo Chicken Pizza	35
Cocoa Puffs 25% less Sugar	22	Country Baked Steak/Dinner Roll	32
Honey Grahams	16	Chicken Nuggets	15
Juice	15	Spaghetti w/Meatsauce	50
Frosted Flakes Reduced Sugar	9	Pulled Pork on Bun w2 onion rings	47
Honey Grahams	16	Grilled Chicken Pepperjack on Bun	21
Juice	15	Ham & Cheese Stuffer	33
Breakfast on the Go Meal Pack		Popcorn Chicken w/Biscuit	17/27
Honey Nut Scooters	23	Philly Beefsteak w/Cheese/Sub	32
Honey Grahams	16	Macaroni & Cheese	29
Juice	15	Mini-Twin Burgers on Bun	39
Ham,Cheese, Egg on Hawaaiin Bun	28	Hot N Spicy Tenders (3)	17
Chicken Biscuit Sandwich	33		
Frudel Cherry or Apple	37	Mexican Pizza Big Daddy's 8 cut	43
Ham, Egg, Cheese WG Biscuit	31	Potato Crunch Fish/Bun	23
Maple Pancake Wrap	18	Meatball Sub w/moz. Cheese	39
Mini Pancakes-Pillsbury W.G./Saus.	40	Turkey & Cheese Wrap	20
Turkey Sausage Egg & Cheese Sliders	22	Buffalo Chicken Wrap	55
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Pretzel Bun/Wrap	32/26
Triple Berry Crunch Bar-Father's Table	42	Fruit & Yogurt Combo	33
<u>BREADS</u>		PBJ Jamwich single	35
W.G.Dinner Roll	14	Vegetarian Hogie	30
Parmesan Bread Stick new	28	Buffalo Chicken Wrap	55
<u>FRUITS</u>		Chef Salad w/Bread serving	26
Dried Cranberries-Ocean Spray	28	<u>VEGETABLES</u>	
Fruit Cup Mixed 4 oz.	19	Mashed Potato	15
Peach Cup 4 oz.	17	Tator Tots/Baby Bakers	16
Pear cup in Juice 1/2 cup	20	Green Beans	4
Applesauce Cup 1/2 cup	12	California Blend	5
Banana 1 petite	25	Sicilian Blend	6
Apple slices Peterson Farms 2 oz.	7	Broccoli Florets 1/2 cup	6
Fresh Grapes 1/2 cup	11	Onion Rings 5 each	28
		Normandy Blend 1/2 cup	5
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Cole Slaw Ready Made Resers	16
<u>FRUIT JUICES</u>		<u>FRUITS</u>	
Orange 4 oz.	13	Frozen Fruit cup Sidekicks 1/2 cup	20
Apple 4 oz.	13	RIPS Frozen Fruit Juice	28
Fruitables 4 oz.	14	Kiwi 1 whole	10
Banana 1 petite	25	Fresh Fruit Cup 1/2 cup	16
<u>MILK</u>		Peaches sliced in Juice 1/2 cup	17
Low-fat 1% & Fat Free Skim White	13	Mand. Oranges w/Pineapple Tidbits	12
Strawberry Skim	19	Tropical Fruit Salad	15
Chocolate Skim	20	Fresh Fruit Salad Markon prepared	16
<u>YOGURTS- 4 OZ ASSORTED</u>	Read label		
<u>Assorted lite or regular</u>	11 thru 19		
GO BIG Yogurt Pouch 4 oz.	18		

Condiment Carb Counts 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

Middle School Carb Counts SY 16-17

WEEKS 1

BREAKFAST ENTREES

	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag	
Rice Krispie W.G. Brown Rice	23
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Pork Sausage Biscuit	25
Ultimate Breakfast Round	45
Turkey Sausage Egg & Cheese Sliders	21
W.G. Sausage Gravy Breakfast Pizza	24
French Toast Sticks w/Saus. Patty	23
W.G. Snacken Waffle	35
Full size Benefit Bar 2.5 oz.	48
Nutrigrain Bar	28
Triple Berry Crunch Bar-Father's Table	42

BREADS

W.G. Dinner Roll	14
Parmesan Bread Stick new	28
Garlic Toast	11

FRUITS

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

FRUIT JUICES

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

MILK

Low-fat 1% & Fat Free Skim White	13
Strawberry Skim	19
Chocolate Skim	20

YOGURTS- 4 OZ ASSORTED

Assorted lite or regular	11 thru 19
GO BIG Yogurt Pouch 4 oz.	18

LUNCH ENTREES

	Carbohydrates (g)
Thai Chicken Flatbread Pizza	41
Hand Tossed Pepperoni Pizza	39
B4Lunch Eggs-Scrambled w/pancakes	36
Hamburger on Bun (cheese +2)	23
Fruit & Yogurt Combo	33
Turkey Swiss Sandwich 2 bread slices	26
Calzone w/Marinara	43
W.G. Chicken Tenders Tyson dark meat	6
Rotini Pasta w/Meatsauce Garlic Tst.	35
Chef Salad w/Bread serving	26
Soft Shell Taco	35
Breaded Chicken Patty/bun	36
W.G. Corndog	30
Taco Salad w/Nacho Chips	32
Turkey & Cheese Wrap	22
Big Daddy's Pepperoni Pizza/ S & F Beef Pep.	34/39
Hot N Spicy Chicken Patty/Bun	37
Mandarin Orange Salad	45
Ham & Cheese on Pretzel Bun/Wrap	32/26
Orange Chicken/rice/egg roll mini	72
Grilled Cheese Sanwich WG	27
PBJ Jamwich single 2.8 oz.	35
Vegetarian Hogie	30
Buffalo Chicken Wrap	55

VEGETABLES

Tomato Soup Campbell's	20
Flame Roasted Corn/Black Beans	25
Roasted Potato Medley	19
Stir Fry Blend	5
Cosmic Shapes Potatoes	16
Sweet Potato Puffs	22
Hash Brown Cubes	18
Spinach	10
Refried Beans	16
Capri Blend	4
Fresh Veggies in Cup w/ lowfat dip	3

FRUITS

Frozen Fruit cup Sidekicks 1/2 cup	20
RIPS Frozen Fruit Juice	28
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
Fresh Melon Chunks 1/2 cup	14
Mandarin Oranges w/Pineapple	15
Fresh Fruit Salad Markon prepared	16

Middle School Carb Counts SY16-17

Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Buffalo Chicken Pizza	35
Cocoa Puffs 25% less Sugar	22	Country Baked Steak/Dinner Roll	32
Honey Grahams	16	Chicken Nuggets	15
Juice	15	Spaghetti w/Meatsauce	50
Frosted Flakes Reduced Sugar	9	Pulled Pork on Bun w2 onion rings	47
Honey Grahams	16	Grilled Chicken Pepperjack on Bun	21
Juice	15	Ham & Cheese Stuffer	33
Breakfast on the Go Meal Pack		Popcorn Chicken w/Biscuit	17/27
Honey Nut Scooters	23	Philly Beefsteak w/Cheese/Sub	32
Honey Grahams	16	Macaroni & Cheese	29
Juice	15	Mini-Twin Burgers on Bun	39
Ham,Cheese, Egg on Hawaaii Bun	28	Hot N Spicy Tenders (3)	17
Chicken Biscuit Sandwich	33		
Frudel Cherry or Apple	37	Mexican Pizza Big Daddy's 8 cut	43
Ham, Egg, Cheese WG Biscuit	31	Potato Crunch Fish/Bun	23
Maple Pancake Wrap	18	Meatball Sub w/moz. Cheese	39
Mini Pancakes-Pillsbury W.G./Saus.	40	Turkey & Cheese Wrap	20
Turkey Sausage Egg & Cheese Sliders	22	Buffalo Chicken Wrap	55
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Pretzel Bun/Wrap	32/26
Triple Berry Crunch Bar-Father's Table	42	Fruit & Yogurt Combo	33
		PBJ Jamwich single	35
<u>BREADS</u>		Vegetarian Hogie	30
W.G.Dinner Roll	14	Buffalo Chicken Wrap	55
Parmesan Bread Stick new	28	Chef Salad w/Bread serving	26
		<u>VEGETABLES</u>	
<u>FRUITS</u>		Mashed Potato	15
Dried Cranberries-Ocean Spray	28	Tator Tots/Baby Bakers	16
Fruit Cup Mixed 4 oz.	19	Green Beans	4
Peach Cup 4 oz.	17	California Blend	5
Pear cup in Juice 1/2 cup	20	Sicilian Blend	6
Applesauce Cup 1/2 cup	12	Broccoli Florets 1/2 cup	6
Banana 1 petite	25	Onion Rings 5 each	28
Apple slices Peterson Farms 2 oz.	7	Normandy Blend 1/2 cup	5
Fresh Grapes 1/2 cup	11	Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Cole Slaw Ready Made Resers	16
<u>FRUIT JUICES</u>		<u>FRUITS</u>	
Orange 4 oz.	13	Frozen Fruit cup Sidekicks 1/2 cup	20
Apple 4 oz.	13	RIPS Frozen Fruit Juice	28
Fruitables 4 oz.	14	Kiwi 1 whole	10
Banana 1 petite	25	Fresh Fruit Cup 1/2 cup	16
		Peaches sliced in Juice 1/2 cup	17
<u>MILK</u>		Mand. Oranges w/Pineapple Tidbits	12
Low-fat 1% & Fat Free Skim White	13	Tropical Fruit Salad	15
Strawberry Skim	19	Fresh Fruit Salad Markon prepared	16
Chocolate Skim	20		
<u>YOGURTS- 4 OZ ASSORTED</u>	Read label		
<u>Assorted lite or regular</u>	11 thru 19		
GO BIG Yogurt Pouch 4 oz.	18		

Middle School Carb Counts SY 16-17

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
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Honey Grahams	16	B4Lunch Eggs-Scrambled w/pancakes	36
Juice	15	Hamburger on Bun (cheese +2)	23
Jumpstarts Cereal Breakfast Bag		Fruit & Yogurt Combo	33
Apple Jacks RS	18	Turkey Swiss Sandwich 2 bread slices	26
Honey Grahams	16	Calzone w/Marinara	43
Juice	15	W.G. Chicken Tenders Tyson dark me:	6
Frosted Flakes RS	24	RotiniPasta w/Meatsauce Garlic Tst.	35
Honey Grahams	16	Chef Salad w/Bread serving	26
Juice	15	Soft Shell Taco	35
Pork Sausage Biscuit	25	Breaded Chicken Patty/bun	36
Ultimate Breakfast Round	45	W.G. Corndog	30
Turkey Sausage Egg & Cheese Sliders	21	Taco Salad w/Nacho Chips	32
W.G. Sausage Gravy Breakfast Pizza	24	Turkey & Cheese Wrap	22
French Toast Sticks w/Saus. Patty	23	Big Daddy's Pepperoni Pizza/ S & F Beef Pt	34/39
W.G. Snacken Waffle	35	Hot N Spicy Chicken Patty/Bun	37
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Pretzel Bun/Wrap	32/26
Triple Berry Crunch Bar-Father's Table	42	Orange Chicken/rice/egg roll mini	72
		Grilled Cheese Sanwich WG	27
<u>BREADS</u>		PBJ Jamwich single 2.8 oz.	35
W.G.Dinner Roll	14	Vegetarian Hogie	30
Parmesan Bread Stick new	28	Buffalo Chicken Wrap	55
Garlic Toast	11		
		<u>VEGETABLES</u>	
<u>FRUITS</u>		Tomato Soup Campbell's	20
Craisons-Ocean Spray	28	Flame Roasted Corn/Black Beans	25
Fruit Cup Mixed 4 oz.	19	Roasted Potato Medley	19
Peach Cup 4 oz.	17	Stir Fry Blend	5
Apple slices Peterson Farms 2 oz.	7	Cosmic Shapes Potatoes	16
Fresh Grapes 1/2 cup	11	Sweet Potato Puffs	22
Fresh Oranges 1/2 cup	16	Hash Brown Cubes	18
Applesauce Cup 1/2 cup	12	Spinach	10
Banana 1 petite	25	Refried Beans	16
Fruit & Yogurt Combo	33	Capri Blend	4
<u>FRUIT JUICES</u>		Fresh Veggies in Cup w/ lowfat dip	3
Orange 4 oz.	13		
Apple 4 oz.	13	<u>FRUITS</u>	3
Fruitables 4 oz.	14	Frozen Fruit cup Sidekicks 1/2 cup	20
		RIPS Frozen Fruit Juice	28
<u>MILK</u>		Applesauce Cup 1/2 cup	12
Low-fat 1% & Fat Free Skim White	13	Fruit Cocktail 1/2 cup	14
Strawberry Skim	19	Peaches sliced in Juice 1/2 cup	17
Chocolate Skim	20	Pineapple Tidbits in Juice 1/2 cup	10
		Pear Diced in Juice 1/2 cup	14
<u>YOGURTS- 4 OZ ASSORTED</u>	Read label	Fresh Melon Chunks 1/2 cup	14
Assorted lite or regular	11 thru 19	Mandarin Oranges w/Pineapple	15
GO BIG Yogurt Pouch 4 oz.	18	Fresh Fruit Salad Markon prepared	16

Middle School Carb Counts SY 16-17

WEEK 4

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Buffalo Chicken Pizza	35
Cocoa Puffs 25% less Sugar	22	Country Baked Steak/Dinner Roll	32
Honey Grahams	16	Chicken Nuggets	15
Juice	15	Spaghetti w/Meatsauce	50
Frosted Flakes Reduced Sugar	9	Pulled Pork on Bun w2 onion rings	47
Honey Grahams	16	Grilled Chicken Pepperjack on Bun	21
Juice	15	Ham & Cheese Stuffer	33
Breakfast on the Go Meal Pack		Popcorn Chicken w/Biscuit	17/27
Honey Nut Scooters	23	Philly Beefsteak w/Cheese/Sub	32
Honey Grahams	16	Macaroni & Cheese	29
Juice	15	Mini-Twin Burgers on Bun	39
Ham,Cheese, Egg on Hawaaiin Bun	28	Hot N Spicy Tenders (3)	17
Chicken Biscuit Sandwich	33		
Frudel Cherry or Apple	37	Mexican Pizza Big Daddy's 8 cut	43
Ham, Egg, Cheese WG Biscuit	31	Potato Crunch Fish/Bun	23
Maple Pancake Wrap	18	Meatball Sub w/moz. Cheese	39
Mini Pancakes-Pillsbury W.G./Saus.	40	Turkey & Cheese Wrap	20
Turkey Sausage Egg & Cheese Sliders	22	Buffalo Chicken Wrap	55
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Pretzel Bun/Wrap	32/26
Triple Berry Crunch Bar-Father's Table	42	Fruit & Yogurt Combo	33
<u>BREADS</u>		PBJ Jamwich single	35
W.G.Dinner Roll	14	Vegetarian Hogie	30
Parmesan Bread Stick new	28	Buffalo Chicken Wrap	55
<u>FRUITS</u>		Chef Salad w/Bread serving	26
Dried Cranberries-Ocean Spray	28	<u>VEGETABLES</u>	
Fruit Cup Mixed 4 oz.	19	Mashed Potato	15
Peach Cup 4 oz.	17	Tator Tots/Baby Bakers	16
Pear cup in Juice 1/2 cup	20	Green Beans	4
Applesauce Cup 1/2 cup	12	California Blend	5
Banana 1 petite	25	Sicilian Blend	6
Apple slices Peterson Farms 2 oz.	7	Broccoli Florets 1/2 cup	6
Fresh Grapes 1/2 cup	11	Onion Rings 5 each	28
		Normandy Blend 1/2 cup	5
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Cole Slaw Ready Made Resers	16
<u>FRUIT JUICES</u>		<u>FRUITS</u>	
Orange 4 oz.	13	Frozen Fruit cup Sidekicks 1/2 cup	20
Apple 4 oz.	13	RIPS Frozen Fruit Juice	28
Fruitables 4 oz.	14	Kiwi 1 whole	10
Banana 1 petite	25	Fresh Fruit Cup 1/2 cup	16
<u>MILK</u>		Peaches sliced in Juice 1/2 cup	17
Low-fat 1% & Fat Free Skim White	13	Mand. Oranges w/Pineapple Tidbits	12
Strawberry Skim	19	Tropical Fruit Salad	15
Chocolate Skim	20	Fresh Fruit Salad Markon prepared	16
<u>YOGURTS- 4 OZ ASSORTED</u>	Read label		
<u>Assorted lite or regular</u>	11 thru 19		
GO BIG Yogurt Pouch 4 oz.	18		

Condiment Carb Counts 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

Middle School Carb Counts SY 16-17

WEEKS 1

BREAKFAST ENTREES

	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag	
Rice Krispie W.G. Brown Rice	23
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Pork Sausage Biscuit	25
Ultimate Breakfast Round	45
Turkey Sausage Egg & Cheese Sliders	21
W.G. Sausage Gravy Breakfast Pizza	24
French Toast Sticks w/Saus. Patty	23
W.G. Snacken Waffle	35
Full size Benefit Bar 2.5 oz.	48
Nutrigrain Bar	28
Triple Berry Crunch Bar-Father's Table	42

BREADS

W.G. Dinner Roll	14
Parmesan Bread Stick new	28
Garlic Toast	11

FRUITS

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

FRUIT JUICES

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

MILK

Low-fat 1% & Fat Free Skim White	13
Strawberry Skim	19
Chocolate Skim	20

YOGURTS- 4 OZ ASSORTED

Assorted lite or regular	11 thru 19
GO BIG Yogurt Pouch 4 oz.	18

LUNCH ENTREES

	Carbohydrates (g)
Thai Chicken Flatbread Pizza	41
Hand Tossed Pepperoni Pizza	39
B4Lunch Eggs-Scrambled w/pancakes	36
Hamburger on Bun (cheese +2)	23
Fruit & Yogurt Combo	33
Turkey Swiss Sandwich 2 bread slices	26
Calzone w/Marinara	43
W.G. Chicken Tenders Tyson dark meat	6
Rotini Pasta w/Meatsauce Garlic Tst.	35
Chef Salad w/Bread serving	26
Soft Shell Taco	35
Breaded Chicken Patty/bun	36
W.G. Corndog	30
Taco Salad w/Nacho Chips	32
Turkey & Cheese Wrap	22
Big Daddy's Pepperoni Pizza/ S & F Beef Pep.	34/39
Hot N Spicy Chicken Patty/Bun	37
Mandarin Orange Salad	45
Ham & Cheese on Pretzel Bun/Wrap	32/26
Orange Chicken/rice/egg roll mini	72
Grilled Cheese Sanwich WG	27
PBJ Jamwich single 2.8 oz.	35
Vegetarian Hogie	30
Buffalo Chicken Wrap	55

VEGETABLES

Tomato Soup Campbell's	20
Flame Roasted Corn/Black Beans	25
Roasted Potato Medley	19
Stir Fry Blend	5
Cosmic Shapes Potatoes	16
Sweet Potato Puffs	22
Hash Brown Cubes	18
Spinach	10
Refried Beans	16
Capri Blend	4
Fresh Veggies in Cup w/ lowfat dip	3

FRUITS

Frozen Fruit cup Sidekicks 1/2 cup	20
RIPS Frozen Fruit Juice	28
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
Fresh Melon Chunks 1/2 cup	14
Mandarin Oranges w/Pineapple	15
Fresh Fruit Salad Markon prepared	16

Middle School Carb Counts SY16-17

Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Buffalo Chicken Pizza	35
Cocoa Puffs 25% less Sugar	22	Country Baked Steak/Dinner Roll	32
Honey Grahams	16	Chicken Nuggets	15
Juice	15	Spaghetti w/Meatsauce	50
Frosted Flakes Reduced Sugar	9	Pulled Pork on Bun w2 onion rings	47
Honey Grahams	16	Grilled Chicken Pepperjack on Bun	21
Juice	15	Ham & Cheese Stuffer	33
Breakfast on the Go Meal Pack		Popcorn Chicken w/Biscuit	17/27
Honey Nut Scooters	23	Philly Beefsteak w/Cheese/Sub	32
Honey Grahams	16	Macaroni & Cheese	29
Juice	15	Mini-Twin Burgers on Bun	39
Ham,Cheese, Egg on Hawaaii Bun	28	Hot N Spicy Tenders (3)	17
Chicken Biscuit Sandwich	33		
Frudel Cherry or Apple	37	Mexican Pizza Big Daddy's 8 cut	43
Ham, Egg, Cheese WG Biscuit	31	Potato Crunch Fish/Bun	23
Maple Pancake Wrap	18	Meatball Sub w/moz. Cheese	39
Mini Pancakes-Pillsbury W.G./Saus.	40	Turkey & Cheese Wrap	20
Turkey Sausage Egg & Cheese Sliders	22	Buffalo Chicken Wrap	55
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Pretzel Bun/Wrap	32/26
Triple Berry Crunch Bar-Father's Table	42	Fruit & Yogurt Combo	33
		PBJ Jamwich single	35
<u>BREADS</u>		Vegetarian Hogie	30
W.G.Dinner Roll	14	Buffalo Chicken Wrap	55
Parmesan Bread Stick new	28	Chef Salad w/Bread serving	26
		<u>VEGETABLES</u>	
<u>FRUITS</u>		Mashed Potato	15
Dried Cranberries-Ocean Spray	28	Tator Tots/Baby Bakers	16
Fruit Cup Mixed 4 oz.	19	Green Beans	4
Peach Cup 4 oz.	17	California Blend	5
Pear cup in Juice 1/2 cup	20	Sicilian Blend	6
Applesauce Cup 1/2 cup	12	Broccoli Florets 1/2 cup	6
Banana 1 petite	25	Onion Rings 5 each	28
Apple slices Peterson Farms 2 oz.	7	Normandy Blend 1/2 cup	5
Fresh Grapes 1/2 cup	11	Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Cole Slaw Ready Made Resers	16
<u>FRUIT JUICES</u>		<u>FRUITS</u>	
Orange 4 oz.	13	Frozen Fruit cup Sidekicks 1/2 cup	20
Apple 4 oz.	13	RIPS Frozen Fruit Juice	28
Fruitables 4 oz.	14	Kiwi 1 whole	10
Banana 1 petite	25	Fresh Fruit Cup 1/2 cup	16
		Peaches sliced in Juice 1/2 cup	17
<u>MILK</u>		Mand. Oranges w/Pineapple Tidbits	12
Low-fat 1% & Fat Free Skim White	13	Tropical Fruit Salad	15
Strawberry Skim	19	Fresh Fruit Salad Markon prepared	16
Chocolate Skim	20		
<u>YOGURTS- 4 OZ ASSORTED</u>	Read label		
<u>Assorted lite or regular</u>	11 thru 19		
GO BIG Yogurt Pouch 4 oz.	18		

Middle School Carb Counts SY 16-17

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag		Thai Chicken Flatbread Pizza	41
Rice Krispie W.G. Brown Rice	23	Hand Tossed Pepperoni Pizza	39
Honey Grahams	16	B4Lunch Eggs-Scrambled w/pancakes	36
Juice	15	Hamburger on Bun (cheese +2)	23
Jumpstarts Cereal Breakfast Bag		Fruit & Yogurt Combo	33
Apple Jacks RS	18	Turkey Swiss Sandwich 2 bread slices	26
Honey Grahams	16	Calzone w/Marinara	43
Juice	15	W.G. Chicken Tenders Tyson dark me	6
Frosted Flakes RS	24	RotiniPasta w/Meatsauce Garlic Tst.	35
Honey Grahams	16	Chef Salad w/Bread serving	26
Juice	15	Soft Shell Taco	35
Pork Sausage Biscuit	25	Breaded Chicken Patty/bun	36
Ultimate Breakfast Round	45	W.G. Corndog	30
Turkey Sausage Egg & Cheese Sliders	21	Taco Salad w/Nacho Chips	32
W.G. Sausage Gravy Breakfast Pizza	24	Turkey & Cheese Wrap	22
French Toast Sticks w/Saus. Patty	23	Big Daddy's Pepperoni Pizza/ S & F Beef Pt	34/39
W.G. Snacken Waffle	35	Hot N Spicy Chicken Patty/Bun	37
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Pretzel Bun/Wrap	32/26
Triple Berry Crunch Bar-Father's Table	42	Orange Chicken/rice/egg roll mini	72
		Grilled Cheese Sanwich WG	27
<u>BREADS</u>		PBJ Jamwich single 2.8 oz.	35
W.G.Dinner Roll	14	Vegetarian Hogie	30
Parmesan Bread Stick new	28	Buffalo Chicken Wrap	55
Garlic Toast	11		
		<u>VEGETABLES</u>	
<u>FRUITS</u>		Tomato Soup Campbell's	20
Craisons-Ocean Spray	28	Flame Roasted Corn/Black Beans	25
Fruit Cup Mixed 4 oz.	19	Roasted Potato Medley	19
Peach Cup 4 oz.	17	Stir Fry Blend	5
Apple slices Peterson Farms 2 oz.	7	Cosmic Shapes Potatoes	16
Fresh Grapes 1/2 cup	11	Sweet Potato Puffs	22
Fresh Oranges 1/2 cup	16	Hash Brown Cubes	18
Applesauce Cup 1/2 cup	12	Spinach	10
Banana 1 petite	25	Refried Beans	16
Fruit & Yogurt Combo	33	Capri Blend	4
		Fresh Veggies in Cup w/ lowfat dip	3
<u>FRUIT JUICES</u>			
Orange 4 oz.	13	<u>FRUITS</u>	3
Apple 4 oz.	13	Frozen Fruit cup Sidekicks 1/2 cup	20
Fruitables 4 oz.	14	RIPS Frozen Fruit Juice	28
		Applesauce Cup 1/2 cup	12
<u>MILK</u>		Fruit Cocktail 1/2 cup	14
Low-fat 1% & Fat Free Skim White	13	Peaches sliced in Juice 1/2 cup	17
Strawberry Skim	19	Pineapple Tidbits in Juice 1/2 cup	10
Chocolate Skim	20	Pear Diced in Juice 1/2 cup	14
		Fresh Melon Chunks 1/2 cup	14
<u>YOGURTS- 4 OZ ASSORTED</u>		Mandarin Oranges w/Pineapple	15
Assorted lite or regular		Fresh Fruit Salad Markon prepared	16
GO BIG Yogurt Pouch 4 oz.			
		Read label	
		11 thru 19	
		18	

Middle School Carb Counts SY 16-17

WEEK 4

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Buffalo Chicken Pizza	35
Cocoa Puffs 25% less Sugar	22	Country Baked Steak/Dinner Roll	32
Honey Grahams	16	Chicken Nuggets	15
Juice	15	Spaghetti w/Meatsauce	50
Frosted Flakes Reduced Sugar	9	Pulled Pork on Bun w2 onion rings	47
Honey Grahams	16	Grilled Chicken Pepperjack on Bun	21
Juice	15	Ham & Cheese Stuffer	33
Breakfast on the Go Meal Pack		Popcorn Chicken w/Biscuit	17/27
Honey Nut Scooters	23	Philly Beefsteak w/Cheese/Sub	32
Honey Grahams	16	Macaroni & Cheese	29
Juice	15	Mini-Twin Burgers on Bun	39
Ham,Cheese, Egg on Hawaaiin Bun	28	Hot N Spicy Tenders (3)	17
Chicken Biscuit Sandwich	33		
Frudel Cherry or Apple	37	Mexican Pizza Big Daddy's 8 cut	43
Ham, Egg, Cheese WG Biscuit	31	Potato Crunch Fish/Bun	23
Maple Pancake Wrap	18	Meatball Sub w/moz. Cheese	39
Mini Pancakes-Pillsbury W.G./Saus.	40	Turkey & Cheese Wrap	20
Turkey Sausage Egg & Cheese Sliders	22	Buffalo Chicken Wrap	55
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Pretzel Bun/Wrap	32/26
Triple Berry Crunch Bar-Father's Table	42	Fruit & Yogurt Combo	33
<u>BREADS</u>		PBJ Jamwich single	35
W.G.Dinner Roll	14	Vegetarian Hogie	30
Parmesan Bread Stick new	28	Buffalo Chicken Wrap	55
<u>FRUITS</u>		Chef Salad w/Bread serving	26
Dried Cranberries-Ocean Spray	28	<u>VEGETABLES</u>	
Fruit Cup Mixed 4 oz.	19	Mashed Potato	15
Peach Cup 4 oz.	17	Tator Tots/Baby Bakers	16
Pear cup in Juice 1/2 cup	20	Green Beans	4
Applesauce Cup 1/2 cup	12	California Blend	5
Banana 1 petite	25	Sicilian Blend	6
Apple slices Peterson Farms 2 oz.	7	Broccoli Florets 1/2 cup	6
Fresh Grapes 1/2 cup	11	Onion Rings 5 each	28
		Normandy Blend 1/2 cup	5
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Cole Slaw Ready Made Resers	16
<u>FRUIT JUICES</u>		<u>FRUITS</u>	
Orange 4 oz.	13	Frozen Fruit cup Sidekicks 1/2 cup	20
Apple 4 oz.	13	RIPS Frozen Fruit Juice	28
Fruitables 4 oz.	14	Kiwi 1 whole	10
Banana 1 petite	25	Fresh Fruit Cup 1/2 cup	16
<u>MILK</u>		Peaches sliced in Juice 1/2 cup	17
Low-fat 1% & Fat Free Skim White	13	Mand. Oranges w/Pineapple Tidbits	12
Strawberry Skim	19	Tropical Fruit Salad	15
Chocolate Skim	20	Fresh Fruit Salad Markon prepared	16
<u>YOGURTS- 4 OZ ASSORTED</u>	Read label		
<u>Assorted lite or regular</u>	11 thru 19		
GO BIG Yogurt Pouch 4 oz.	18		

Condiment Carb Counts 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

Middle School Carb Counts SY 16-17

WEEKS 1

BREAKFAST ENTREES

	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag	
Rice Krispie W.G. Brown Rice	23
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Pork Sausage Biscuit	25
Ultimate Breakfast Round	45
Turkey Sausage Egg & Cheese Sliders	21
W.G. Sausage Gravy Breakfast Pizza	24
French Toast Sticks w/Saus. Patty	23
W.G. Snacken Waffle	35
Full size Benefit Bar 2.5 oz.	48
Nutrigrain Bar	28
Triple Berry Crunch Bar-Father's Table	42

BREADS

W.G. Dinner Roll	14
Parmesan Bread Stick new	28
Garlic Toast	11

FRUITS

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

FRUIT JUICES

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

MILK

Low-fat 1% & Fat Free Skim White	13
Strawberry Skim	19
Chocolate Skim	20

YOGURTS- 4 OZ ASSORTED

Assorted lite or regular	11 thru 19
GO BIG Yogurt Pouch 4 oz.	18

LUNCH ENTREES

	Carbohydrates (g)
Thai Chicken Flatbread Pizza	41
Hand Tossed Pepperoni Pizza	39
B4Lunch Eggs-Scrambled w/pancakes	36
Hamburger on Bun (cheese +2)	23
Fruit & Yogurt Combo	33
Turkey Swiss Sandwich 2 bread slices	26
Calzone w/Marinara	43
W.G. Chicken Tenders Tyson dark meat	6
Rotini Pasta w/Meatsauce Garlic Tst.	35
Chef Salad w/Bread serving	26
Soft Shell Taco	35
Breaded Chicken Patty/bun	36
W.G. Corndog	30
Taco Salad w/Nacho Chips	32
Turkey & Cheese Wrap	22
Big Daddy's Pepperoni Pizza/ S & F Beef Pep.	34/39
Hot N Spicy Chicken Patty/Bun	37
Mandarin Orange Salad	45
Ham & Cheese on Pretzel Bun/Wrap	32/26
Orange Chicken/rice/egg roll mini	72
Grilled Cheese Sanwich WG	27
PBJ Jamwich single 2.8 oz.	35
Vegetarian Hogie	30
Buffalo Chicken Wrap	55

VEGETABLES

Tomato Soup Campbell's	20
Flame Roasted Corn/Black Beans	25
Roasted Potato Medley	19
Stir Fry Blend	5
Cosmic Shapes Potatoes	16
Sweet Potato Puffs	22
Hash Brown Cubes	18
Spinach	10
Refried Beans	16
Capri Blend	4
Fresh Veggies in Cup w/ lowfat dip	3

FRUITS

Frozen Fruit cup Sidekicks 1/2 cup	20
RIPS Frozen Fruit Juice	28
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
Fresh Melon Chunks 1/2 cup	14
Mandarin Oranges w/Pineapple	15
Fresh Fruit Salad Markon prepared	16

Middle School Carb Counts SY16-17

Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Buffalo Chicken Pizza	35
Cocoa Puffs 25% less Sugar	22	Country Baked Steak/Dinner Roll	32
Honey Grahams	16	Chicken Nuggets	15
Juice	15	Spaghetti w/Meatsauce	50
Frosted Flakes Reduced Sugar	9	Pulled Pork on Bun w2 onion rings	47
Honey Grahams	16	Grilled Chicken Pepperjack on Bun	21
Juice	15	Ham & Cheese Stuffer	33
Breakfast on the Go Meal Pack		Popcorn Chicken w/Biscuit	17/27
Honey Nut Scooters	23	Philly Beefsteak w/Cheese/Sub	32
Honey Grahams	16	Macaroni & Cheese	29
Juice	15	Mini-Twin Burgers on Bun	39
Ham,Cheese, Egg on Hawaaii Bun	28	Hot N Spicy Tenders (3)	17
Chicken Biscuit Sandwich	33		
Frudel Cherry or Apple	37	Mexican Pizza Big Daddy's 8 cut	43
Ham, Egg, Cheese WG Biscuit	31	Potato Crunch Fish/Bun	23
Maple Pancake Wrap	18	Meatball Sub w/moz. Cheese	39
Mini Pancakes-Pillsbury W.G./Saus.	40	Turkey & Cheese Wrap	20
Turkey Sausage Egg & Cheese Sliders	22	Buffalo Chicken Wrap	55
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Pretzel Bun/Wrap	32/26
Triple Berry Crunch Bar-Father's Table	42	Fruit & Yogurt Combo	33
		PBJ Jamwich single	35
<u>BREADS</u>		Vegetarian Hogie	30
W.G.Dinner Roll	14	Buffalo Chicken Wrap	55
Parmesan Bread Stick new	28	Chef Salad w/Bread serving	26
		<u>VEGETABLES</u>	
<u>FRUITS</u>		Mashed Potato	15
Dried Cranberries-Ocean Spray	28	Tator Tots/Baby Bakers	16
Fruit Cup Mixed 4 oz.	19	Green Beans	4
Peach Cup 4 oz.	17	California Blend	5
Pear cup in Juice 1/2 cup	20	Sicilian Blend	6
Applesauce Cup 1/2 cup	12	Broccoli Florets 1/2 cup	6
Banana 1 petite	25	Onion Rings 5 each	28
Apple slices Peterson Farms 2 oz.	7	Normandy Blend 1/2 cup	5
Fresh Grapes 1/2 cup	11	Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Cole Slaw Ready Made Resers	16
<u>FRUIT JUICES</u>		<u>FRUITS</u>	
Orange 4 oz.	13	Frozen Fruit cup Sidekicks 1/2 cup	20
Apple 4 oz.	13	RIPS Frozen Fruit Juice	28
Fruitables 4 oz.	14	Kiwi 1 whole	10
Banana 1 petite	25	Fresh Fruit Cup 1/2 cup	16
		Peaches sliced in Juice 1/2 cup	17
<u>MILK</u>		Mand. Oranges w/Pineapple Tidbits	12
Low-fat 1% & Fat Free Skim White	13	Tropical Fruit Salad	15
Strawberry Skim	19	Fresh Fruit Salad Markon prepared	16
Chocolate Skim	20		
<u>YOGURTS- 4 OZ ASSORTED</u>	Read label		
<u>Assorted lite or regular</u>	11 thru 19		
GO BIG Yogurt Pouch 4 oz.	18		

Middle School Carb Counts SY 16-17**WEEK 3**

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag		Thai Chicken Flatbread Pizza	41
Rice Krispie W.G. Brown Rice	23	Hand Tossed Pepperoni Pizza	39
Honey Grahams	16	B4Lunch Eggs-Scrambled w/pancakes	36
Juice	15	Hamburger on Bun (cheese +2)	23
Jumpstarts Cereal Breakfast Bag		Fruit & Yogurt Combo	33
Apple Jacks RS	18	Turkey Swiss Sandwich 2 bread slices	26
Honey Grahams	16	Calzone w/Marinara	43
Juice	15	W.G. Chicken Tenders Tyson dark me:	6
Frosted Flakes RS	24	RotiniPasta w/Meatsauce Garlic Tst.	35
Honey Grahams	16	Chef Salad w/Bread serving	26
Juice	15	Soft Shell Taco	35
Pork Sausage Biscuit	25	Breaded Chicken Patty/bun	36
Ultimate Breakfast Round	45	W.G. Corndog	30
Turkey Sausage Egg & Cheese Sliders	21	Taco Salad w/Nacho Chips	32
W.G. Sausage Gravy Breakfast Pizza	24	Turkey & Cheese Wrap	22
French Toast Sticks w/Saus. Patty	23	Big Daddy's Pepperoni Pizza/ S & F Beef Pt	34/39
W.G. Snacken Waffle	35	Hot N Spicy Chicken Patty/Bun	37
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Pretzel Bun/Wrap	32/26
Triple Berry Crunch Bar-Father's Table	42	Orange Chicken/rice/egg roll mini	72
		Grilled Cheese Sanwich WG	27
<u>BREADS</u>		PBJ Jamwich single 2.8 oz.	35
W.G.Dinner Roll	14	Vegetarian Hogie	30
Parmesan Bread Stick new	28	Buffalo Chicken Wrap	55
Garlic Toast	11		
		<u>VEGETABLES</u>	
<u>FRUITS</u>		Tomato Soup Campbell's	20
Craisons-Ocean Spray	28	Flame Roasted Corn/Black Beans	25
Fruit Cup Mixed 4 oz.	19	Roasted Potato Medley	19
Peach Cup 4 oz.	17	Stir Fry Blend	5
Apple slices Peterson Farms 2 oz.	7	Cosmic Shapes Potatoes	16
Fresh Grapes 1/2 cup	11	Sweet Potato Puffs	22
Fresh Oranges 1/2 cup	16	Hash Brown Cubes	18
Applesauce Cup 1/2 cup	12	Spinach	10
Banana 1 petite	25	Refried Beans	16
Fruit & Yogurt Combo	33	Capri Blend	4
		Fresh Veggies in Cup w/ lowfat dip	3
<u>FRUIT JUICES</u>			
Orange 4 oz.	13	<u>FRUITS</u>	3
Apple 4 oz.	13	Frozen Fruit cup Sidekicks 1/2 cup	20
Fruitables 4 oz.	14	RIPS Frozen Fruit Juice	28
		Applesauce Cup 1/2 cup	12
<u>MILK</u>		Fruit Cocktail 1/2 cup	14
Low-fat 1% & Fat Free Skim White	13	Peaches sliced in Juice 1/2 cup	17
Strawberry Skim	19	Pineapple Tidbits in Juice 1/2 cup	10
Chocolate Skim	20	Pear Diced in Juice 1/2 cup	14
		Fresh Melon Chunks 1/2 cup	14
<u>YOGURTS- 4 OZ ASSORTED</u>		Mandarin Oranges w/Pineapple	15
Assorted lite or regular	11 thru 19	Fresh Fruit Salad Markon prepared	16
GO BIG Yogurt Pouch 4 oz.	18		

Middle School Carb Counts SY 16-17

WEEK 4

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Buffalo Chicken Pizza	35
Cocoa Puffs 25% less Sugar	22	Country Baked Steak/Dinner Roll	32
Honey Grahams	16	Chicken Nuggets	15
Juice	15	Spaghetti w/Meatsauce	50
Frosted Flakes Reduced Sugar	9	Pulled Pork on Bun w2 onion rings	47
Honey Grahams	16	Grilled Chicken Pepperjack on Bun	21
Juice	15	Ham & Cheese Stuffer	33
Breakfast on the Go Meal Pack		Popcorn Chicken w/Biscuit	17/27
Honey Nut Scooters	23	Philly Beefsteak w/Cheese/Sub	32
Honey Grahams	16	Macaroni & Cheese	29
Juice	15	Mini-Twin Burgers on Bun	39
Ham,Cheese, Egg on Hawaaiin Bun	28	Hot N Spicy Tenders (3)	17
Chicken Biscuit Sandwich	33		
Frudel Cherry or Apple	37	Mexican Pizza Big Daddy's 8 cut	43
Ham, Egg, Cheese WG Biscuit	31	Potato Crunch Fish/Bun	23
Maple Pancake Wrap	18	Meatball Sub w/moz. Cheese	39
Mini Pancakes-Pillsbury W.G./Saus.	40	Turkey & Cheese Wrap	20
Turkey Sausage Egg & Cheese Sliders	22	Buffalo Chicken Wrap	55
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Pretzel Bun/Wrap	32/26
Triple Berry Crunch Bar-Father's Table	42	Fruit & Yogurt Combo	33
<u>BREADS</u>		PBJ Jamwich single	35
W.G.Dinner Roll	14	Vegetarian Hogie	30
Parmesan Bread Stick new	28	Buffalo Chicken Wrap	55
<u>FRUITS</u>		Chef Salad w/Bread serving	26
Dried Cranberries-Ocean Spray	28	<u>VEGETABLES</u>	
Fruit Cup Mixed 4 oz.	19	Mashed Potato	15
Peach Cup 4 oz.	17	Tator Tots/Baby Bakers	16
Pear cup in Juice 1/2 cup	20	Green Beans	4
Applesauce Cup 1/2 cup	12	California Blend	5
Banana 1 petite	25	Sicilian Blend	6
Apple slices Peterson Farms 2 oz.	7	Broccoli Florets 1/2 cup	6
Fresh Grapes 1/2 cup	11	Onion Rings 5 each	28
		Normandy Blend 1/2 cup	5
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Cole Slaw Ready Made Resers	16
<u>FRUIT JUICES</u>		<u>FRUITS</u>	
Orange 4 oz.	13	Frozen Fruit cup Sidekicks 1/2 cup	20
Apple 4 oz.	13	RIPS Frozen Fruit Juice	28
Fruitables 4 oz.	14	Kiwi 1 whole	10
Banana 1 petite	25	Fresh Fruit Cup 1/2 cup	16
<u>MILK</u>		Peaches sliced in Juice 1/2 cup	17
Low-fat 1% & Fat Free Skim White	13	Mand. Oranges w/Pineapple Tidbits	12
Strawberry Skim	19	Tropical Fruit Salad	15
Chocolate Skim	20	Fresh Fruit Salad Markon prepared	16
<u>YOGURTS- 4 OZ ASSORTED</u>	Read label		
<u>Assorted lite or regular</u>	11 thru 19		
GO BIG Yogurt Pouch 4 oz.	18		

Condiment Carb Counts 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

Middle School Carb Counts SY 16-17

WEEKS 1

BREAKFAST ENTREES

	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag	
Rice Krispie W.G. Brown Rice	23
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Pork Sausage Biscuit	25
Ultimate Breakfast Round	45
Turkey Sausage Egg & Cheese Sliders	21
W.G. Sausage Gravy Breakfast Pizza	24
French Toast Sticks w/Saus. Patty	23
W.G. Snacken Waffle	35
Full size Benefit Bar 2.5 oz.	48
Nutrigrain Bar	28
Triple Berry Crunch Bar-Father's Table	42

BREADS

W.G. Dinner Roll	14
Parmesan Bread Stick new	28
Garlic Toast	11

FRUITS

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

FRUIT JUICES

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

MILK

Low-fat 1% & Fat Free Skim White	13
Strawberry Skim	19
Chocolate Skim	20

YOGURTS- 4 OZ ASSORTED

Assorted lite or regular	11 thru 19
GO BIG Yogurt Pouch 4 oz.	18

LUNCH ENTREES

	Carbohydrates (g)
Thai Chicken Flatbread Pizza	41
Hand Tossed Pepperoni Pizza	39
B4Lunch Eggs-Scrambled w/pancakes	36
Hamburger on Bun (cheese +2)	23
Fruit & Yogurt Combo	33
Turkey Swiss Sandwich 2 bread slices	26
Calzone w/Marinara	43
W.G. Chicken Tenders Tyson dark meat	6
Rotini Pasta w/Meatsauce Garlic Tst.	35
Chef Salad w/Bread serving	26
Soft Shell Taco	35
Breaded Chicken Patty/bun	36
W.G. Corndog	30
Taco Salad w/Nacho Chips	32
Turkey & Cheese Wrap	22
Big Daddy's Pepperoni Pizza/ S & F Beef Pep.	34/39
Hot N Spicy Chicken Patty/Bun	37
Mandarin Orange Salad	45
Ham & Cheese on Pretzel Bun/Wrap	32/26
Orange Chicken/rice/egg roll mini	72
Grilled Cheese Sanwich WG	27
PBJ Jamwich single 2.8 oz.	35
Vegetarian Hogie	30
Buffalo Chicken Wrap	55

VEGETABLES

Tomato Soup Campbell's	20
Flame Roasted Corn/Black Beans	25
Roasted Potato Medley	19
Stir Fry Blend	5
Cosmic Shapes Potatoes	16
Sweet Potato Puffs	22
Hash Brown Cubes	18
Spinach	10
Refried Beans	16
Capri Blend	4
Fresh Veggies in Cup w/ lowfat dip	3

FRUITS

Frozen Fruit cup Sidekicks 1/2 cup	20
RIPS Frozen Fruit Juice	28
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
Fresh Melon Chunks 1/2 cup	14
Mandarin Oranges w/Pineapple	15
Fresh Fruit Salad Markon prepared	16

Middle School Carb Counts SY16-17

Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Buffalo Chicken Pizza	35
Cocoa Puffs 25% less Sugar	22	Country Baked Steak/Dinner Roll	32
Honey Grahams	16	Chicken Nuggets	15
Juice	15	Spaghetti w/Meatsauce	50
Frosted Flakes Reduced Sugar	9	Pulled Pork on Bun w2 onion rings	47
Honey Grahams	16	Grilled Chicken Pepperjack on Bun	21
Juice	15	Ham & Cheese Stuffer	33
Breakfast on the Go Meal Pack		Popcorn Chicken w/Biscuit	17/27
Honey Nut Scooters	23	Philly Beefsteak w/Cheese/Sub	32
Honey Grahams	16	Macaroni & Cheese	29
Juice	15	Mini-Twin Burgers on Bun	39
Ham,Cheese, Egg on Hawaaii Bun	28	Hot N Spicy Tenders (3)	17
Chicken Biscuit Sandwich	33		
Frudel Cherry or Apple	37	Mexican Pizza Big Daddy's 8 cut	43
Ham, Egg, Cheese WG Biscuit	31	Potato Crunch Fish/Bun	23
Maple Pancake Wrap	18	Meatball Sub w/moz. Cheese	39
Mini Pancakes-Pillsbury W.G./Saus.	40	Turkey & Cheese Wrap	20
Turkey Sausage Egg & Cheese Sliders	22	Buffalo Chicken Wrap	55
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Pretzel Bun/Wrap	32/26
Triple Berry Crunch Bar-Father's Table	42	Fruit & Yogurt Combo	33
		PBJ Jamwich single	35
<u>BREADS</u>		Vegetarian Hogie	30
W.G.Dinner Roll	14	Buffalo Chicken Wrap	55
Parmesan Bread Stick new	28	Chef Salad w/Bread serving	26
		<u>VEGETABLES</u>	
<u>FRUITS</u>		Mashed Potato	15
Dried Cranberries-Ocean Spray	28	Tator Tots/Baby Bakers	16
Fruit Cup Mixed 4 oz.	19	Green Beans	4
Peach Cup 4 oz.	17	California Blend	5
Pear cup in Juice 1/2 cup	20	Sicilian Blend	6
Applesauce Cup 1/2 cup	12	Broccoli Florets 1/2 cup	6
Banana 1 petite	25	Onion Rings 5 each	28
Apple slices Peterson Farms 2 oz.	7	Normandy Blend 1/2 cup	5
Fresh Grapes 1/2 cup	11	Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Cole Slaw Ready Made Resers	16
<u>FRUIT JUICES</u>		<u>FRUITS</u>	
Orange 4 oz.	13	Frozen Fruit cup Sidekicks 1/2 cup	20
Apple 4 oz.	13	RIPS Frozen Fruit Juice	28
Fruitables 4 oz.	14	Kiwi 1 whole	10
Banana 1 petite	25	Fresh Fruit Cup 1/2 cup	16
		Peaches sliced in Juice 1/2 cup	17
<u>MILK</u>		Mand. Oranges w/Pineapple Tidbits	12
Low-fat 1% & Fat Free Skim White	13	Tropical Fruit Salad	15
Strawberry Skim	19	Fresh Fruit Salad Markon prepared	16
Chocolate Skim	20		
<u>YOGURTS- 4 OZ ASSORTED</u>	Read label		
<u>Assorted lite or regular</u>	11 thru 19		
GO BIG Yogurt Pouch 4 oz.	18		

Middle School Carb Counts SY 16-17

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag		Thai Chicken Flatbread Pizza	41
Rice Krispie W.G. Brown Rice	23	Hand Tossed Pepperoni Pizza	39
Honey Grahams	16	B4Lunch Eggs-Scrambled w/pancakes	36
Juice	15	Hamburger on Bun (cheese +2)	23
Jumpstarts Cereal Breakfast Bag		Fruit & Yogurt Combo	33
Apple Jacks RS	18	Turkey Swiss Sandwich 2 bread slices	26
Honey Grahams	16	Calzone w/Marinara	43
Juice	15	W.G. Chicken Tenders Tyson dark me:	6
Frosted Flakes RS	24	RotiniPasta w/Meatsauce Garlic Tst.	35
Honey Grahams	16	Chef Salad w/Bread serving	26
Juice	15	Soft Shell Taco	35
Pork Sausage Biscuit	25	Breaded Chicken Patty/bun	36
Ultimate Breakfast Round	45	W.G. Corndog	30
Turkey Sausage Egg & Cheese Sliders	21	Taco Salad w/Nacho Chips	32
W.G. Sausage Gravy Breakfast Pizza	24	Turkey & Cheese Wrap	22
French Toast Sticks w/Saus. Patty	23	Big Daddy's Pepperoni Pizza/ S & F Beef Pt	34/39
W.G. Snacken Waffle	35	Hot N Spicy Chicken Patty/Bun	37
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Pretzel Bun/Wrap	32/26
Triple Berry Crunch Bar-Father's Table	42	Orange Chicken/rice/egg roll mini	72
		Grilled Cheese Sanwich WG	27
<u>BREADS</u>		PBJ Jamwich single 2.8 oz.	35
W.G.Dinner Roll	14	Vegetarian Hogie	30
Parmesan Bread Stick new	28	Buffalo Chicken Wrap	55
Garlic Toast	11		
		<u>VEGETABLES</u>	
<u>FRUITS</u>		Tomato Soup Campbell's	20
Craisons-Ocean Spray	28	Flame Roasted Corn/Black Beans	25
Fruit Cup Mixed 4 oz.	19	Roasted Potato Medley	19
Peach Cup 4 oz.	17	Stir Fry Blend	5
Apple slices Peterson Farms 2 oz.	7	Cosmic Shapes Potatoes	16
Fresh Grapes 1/2 cup	11	Sweet Potato Puffs	22
Fresh Oranges 1/2 cup	16	Hash Brown Cubes	18
Applesauce Cup 1/2 cup	12	Spinach	10
Banana 1 petite	25	Refried Beans	16
Fruit & Yogurt Combo	33	Capri Blend	4
<u>FRUIT JUICES</u>		Fresh Veggies in Cup w/ lowfat dip	3
Orange 4 oz.	13		
Apple 4 oz.	13	<u>FRUITS</u>	3
Fruitables 4 oz.	14	Frozen Fruit cup Sidekicks 1/2 cup	20
		RIPS Frozen Fruit Juice	28
<u>MILK</u>		Applesauce Cup 1/2 cup	12
Low-fat 1% & Fat Free Skim White	13	Fruit Cocktail 1/2 cup	14
Strawberry Skim	19	Peaches sliced in Juice 1/2 cup	17
Chocolate Skim	20	Pineapple Tidbits in Juice 1/2 cup	10
		Pear Diced in Juice 1/2 cup	14
<u>YOGURTS- 4 OZ ASSORTED</u>		Fresh Melon Chunks 1/2 cup	14
Assorted lite or regular		Mandarin Oranges w/Pineapple	15
GO BIG Yogurt Pouch 4 oz.		Fresh Fruit Salad Markon prepared	16
	Read label		
	11 thru 19		
	18		

Middle School Carb Counts SY 16-17

WEEK 4

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Buffalo Chicken Pizza	35
Cocoa Puffs 25% less Sugar	22	Country Baked Steak/Dinner Roll	32
Honey Grahams	16	Chicken Nuggets	15
Juice	15	Spaghetti w/Meatsauce	50
Frosted Flakes Reduced Sugar	9	Pulled Pork on Bun w2 onion rings	47
Honey Grahams	16	Grilled Chicken Pepperjack on Bun	21
Juice	15	Ham & Cheese Stuffer	33
Breakfast on the Go Meal Pack		Popcorn Chicken w/Biscuit	17/27
Honey Nut Scooters	23	Philly Beefsteak w/Cheese/Sub	32
Honey Grahams	16	Macaroni & Cheese	29
Juice	15	Mini-Twin Burgers on Bun	39
Ham,Cheese, Egg on Hawaaiin Bun	28	Hot N Spicy Tenders (3)	17
Chicken Biscuit Sandwich	33		
Frudel Cherry or Apple	37	Mexican Pizza Big Daddy's 8 cut	43
Ham, Egg, Cheese WG Biscuit	31	Potato Crunch Fish/Bun	23
Maple Pancake Wrap	18	Meatball Sub w/moz. Cheese	39
Mini Pancakes-Pillsbury W.G./Saus.	40	Turkey & Cheese Wrap	20
Turkey Sausage Egg & Cheese Sliders	22	Buffalo Chicken Wrap	55
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Pretzel Bun/Wrap	32/26
Triple Berry Crunch Bar-Father's Table	42	Fruit & Yogurt Combo	33
BREADS		PBJ Jamwich single	35
W.G.Dinner Roll	14	Vegetarian Hogie	30
Parmesan Bread Stick new	28	Buffalo Chicken Wrap	55
FRUITS		Chef Salad w/Bread serving	26
Dried Cranberries-Ocean Spray	28	VEGETABLES	
Fruit Cup Mixed 4 oz.	19	Mashed Potato	15
Peach Cup 4 oz.	17	Tator Tots/Baby Bakers	16
Pear cup in Juice 1/2 cup	20	Green Beans	4
Applesauce Cup 1/2 cup	12	California Blend	5
Banana 1 petite	25	Sicilian Blend	6
Apple slices Peterson Farms 2 oz.	7	Broccoli Florets 1/2 cup	6
Fresh Grapes 1/2 cup	11	Onion Rings 5 each	28
		Normandy Blend 1/2 cup	5
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Cole Slaw Ready Made Resers	16
FRUIT JUICES		FRUITS	
Orange 4 oz.	13	Frozen Fruit cup Sidekicks 1/2 cup	20
Apple 4 oz.	13	RIPS Frozen Fruit Juice	28
Fruitables 4 oz.	14	Kiwi 1 whole	10
Banana 1 petite	25	Fresh Fruit Cup 1/2 cup	16
MILK		Peaches sliced in Juice 1/2 cup	17
Low-fat 1% & Fat Free Skim White	13	Mand. Oranges w/Pineapple Tidbits	12
Strawberry Skim	19	Tropical Fruit Salad	15
Chocolate Skim	20	Fresh Fruit Salad Markon prepared	16
YOGURTS- 4 OZ ASSORTED			
<u>Assorted lite or regular</u>	11 thru 19		
GO BIG Yogurt Pouch 4 oz.	18		

Condiment Carb Counts 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

Middle School Carb Counts SY 16-17

WEEKS 1

BREAKFAST ENTREES

	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag	
Rice Krispie W.G. Brown Rice	23
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Pork Sausage Biscuit	25
Ultimate Breakfast Round	45
Turkey Sausage Egg & Cheese Sliders	21
W.G. Sausage Gravy Breakfast Pizza	24
French Toast Sticks w/Saus. Patty	23
W.G. Snacken Waffle	35
Full size Benefit Bar 2.5 oz.	48
Nutrigrain Bar	28
Triple Berry Crunch Bar-Father's Table	42

BREADS

W.G. Dinner Roll	14
Parmesan Bread Stick new	28
Garlic Toast	11

FRUITS

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

FRUIT JUICES

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

MILK

Low-fat 1% & Fat Free Skim White	13
Strawberry Skim	19
Chocolate Skim	20

YOGURTS- 4 OZ ASSORTED

Assorted lite or regular	11 thru 19
GO BIG Yogurt Pouch 4 oz.	18

LUNCH ENTREES

	Carbohydrates (g)
Thai Chicken Flatbread Pizza	41
Hand Tossed Pepperoni Pizza	39
B4Lunch Eggs-Scrambled w/pancakes	36
Hamburger on Bun (cheese +2)	23
Fruit & Yogurt Combo	33
Turkey Swiss Sandwich 2 bread slices	26
Calzone w/Marinara	43
W.G. Chicken Tenders Tyson dark meat	6
Rotini Pasta w/Meatsauce Garlic Tst.	35
Chef Salad w/Bread serving	26
Soft Shell Taco	35
Breaded Chicken Patty/bun	36
W.G. Corndog	30
Taco Salad w/Nacho Chips	32
Turkey & Cheese Wrap	22
Big Daddy's Pepperoni Pizza/ S & F Beef Pep.	34/39
Hot N Spicy Chicken Patty/Bun	37
Mandarin Orange Salad	45
Ham & Cheese on Pretzel Bun/Wrap	32/26
Orange Chicken/rice/egg roll mini	72
Grilled Cheese Sanwich WG	27
PBJ Jamwich single 2.8 oz.	35
Vegetarian Hogie	30
Buffalo Chicken Wrap	55

VEGETABLES

Tomato Soup Campbell's	20
Flame Roasted Corn/Black Beans	25
Roasted Potato Medley	19
Stir Fry Blend	5
Cosmic Shapes Potatoes	16
Sweet Potato Puffs	22
Hash Brown Cubes	18
Spinach	10
Refried Beans	16
Capri Blend	4
Fresh Veggies in Cup w/ lowfat dip	3

FRUITS

Frozen Fruit cup Sidekicks 1/2 cup	20
RIPS Frozen Fruit Juice	28
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
Fresh Melon Chunks 1/2 cup	14
Mandarin Oranges w/Pineapple	15
Fresh Fruit Salad Markon prepared	16

Middle School Carb Counts SY16-17

Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Buffalo Chicken Pizza	35
Cocoa Puffs 25% less Sugar	22	Country Baked Steak/Dinner Roll	32
Honey Grahams	16	Chicken Nuggets	15
Juice	15	Spaghetti w/Meatsauce	50
Frosted Flakes Reduced Sugar	9	Pulled Pork on Bun w2 onion rings	47
Honey Grahams	16	Grilled Chicken Pepperjack on Bun	21
Juice	15	Ham & Cheese Stuffer	33
Breakfast on the Go Meal Pack		Popcorn Chicken w/Biscuit	17/27
Honey Nut Scooters	23	Philly Beefsteak w/Cheese/Sub	32
Honey Grahams	16	Macaroni & Cheese	29
Juice	15	Mini-Twin Burgers on Bun	39
Ham,Cheese, Egg on Hawaaii Bun	28	Hot N Spicy Tenders (3)	17
Chicken Biscuit Sandwich	33		
Frudel Cherry or Apple	37	Mexican Pizza Big Daddy's 8 cut	43
Ham, Egg, Cheese WG Biscuit	31	Potato Crunch Fish/Bun	23
Maple Pancake Wrap	18	Meatball Sub w/moz. Cheese	39
Mini Pancakes-Pillsbury W.G./Saus.	40	Turkey & Cheese Wrap	20
Turkey Sausage Egg & Cheese Sliders	22	Buffalo Chicken Wrap	55
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Pretzel Bun/Wrap	32/26
Triple Berry Crunch Bar-Father's Table	42	Fruit & Yogurt Combo	33
		PBJ Jamwich single	35
<u>BREADS</u>		Vegetarian Hogie	30
W.G.Dinner Roll	14	Buffalo Chicken Wrap	55
Parmesan Bread Stick new	28	Chef Salad w/Bread serving	26
		<u>VEGETABLES</u>	
<u>FRUITS</u>		Mashed Potato	15
Dried Cranberries-Ocean Spray	28	Tator Tots/Baby Bakers	16
Fruit Cup Mixed 4 oz.	19	Green Beans	4
Peach Cup 4 oz.	17	California Blend	5
Pear cup in Juice 1/2 cup	20	Sicilian Blend	6
Applesauce Cup 1/2 cup	12	Broccoli Florets 1/2 cup	6
Banana 1 petite	25	Onion Rings 5 each	28
Apple slices Peterson Farms 2 oz.	7	Normandy Blend 1/2 cup	5
Fresh Grapes 1/2 cup	11	Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Cole Slaw Ready Made Resers	16
<u>FRUIT JUICES</u>		<u>FRUITS</u>	
Orange 4 oz.	13	Frozen Fruit cup Sidekicks 1/2 cup	20
Apple 4 oz.	13	RIPS Frozen Fruit Juice	28
Fruitables 4 oz.	14	Kiwi 1 whole	10
Banana 1 petite	25	Fresh Fruit Cup 1/2 cup	16
		Peaches sliced in Juice 1/2 cup	17
<u>MILK</u>		Mand. Oranges w/Pineapple Tidbits	12
Low-fat 1% & Fat Free Skim White	13	Tropical Fruit Salad	15
Strawberry Skim	19	Fresh Fruit Salad Markon prepared	16
Chocolate Skim	20		
<u>YOGURTS- 4 OZ ASSORTED</u>	Read label		
<u>Assorted lite or regular</u>	11 thru 19		
GO BIG Yogurt Pouch 4 oz.	18		

Middle School Carb Counts SY 16-17

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag		Thai Chicken Flatbread Pizza	41
Rice Krispie W.G. Brown Rice	23	Hand Tossed Pepperoni Pizza	39
Honey Grahams	16	B4Lunch Eggs-Scrambled w/pancakes	36
Juice	15	Hamburger on Bun (cheese +2)	23
Jumpstarts Cereal Breakfast Bag		Fruit & Yogurt Combo	33
Apple Jacks RS	18	Turkey Swiss Sandwich 2 bread slices	26
Honey Grahams	16	Calzone w/Marinara	43
Juice	15	W.G. Chicken Tenders Tyson dark me:	6
Frosted Flakes RS	24	RotiniPasta w/Meatsauce Garlic Tst.	35
Honey Grahams	16	Chef Salad w/Bread serving	26
Juice	15	Soft Shell Taco	35
Pork Sausage Biscuit	25	Breaded Chicken Patty/bun	36
Ultimate Breakfast Round	45	W.G. Corndog	30
Turkey Sausage Egg & Cheese Sliders	21	Taco Salad w/Nacho Chips	32
W.G. Sausage Gravy Breakfast Pizza	24	Turkey & Cheese Wrap	22
French Toast Sticks w/Saus. Patty	23	Big Daddy's Pepperoni Pizza/ S & F Beef Pt	34/39
W.G. Snacken Waffle	35	Hot N Spicy Chicken Patty/Bun	37
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Pretzel Bun/Wrap	32/26
Triple Berry Crunch Bar-Father's Table	42	Orange Chicken/rice/egg roll mini	72
		Grilled Cheese Sanwich WG	27
<u>BREADS</u>		PBJ Jamwich single 2.8 oz.	35
W.G.Dinner Roll	14	Vegetarian Hogie	30
Parmesan Bread Stick new	28	Buffalo Chicken Wrap	55
Garlic Toast	11		
		<u>VEGETABLES</u>	
<u>FRUITS</u>		Tomato Soup Campbell's	20
Craisons-Ocean Spray	28	Flame Roasted Corn/Black Beans	25
Fruit Cup Mixed 4 oz.	19	Roasted Potato Medley	19
Peach Cup 4 oz.	17	Stir Fry Blend	5
Apple slices Peterson Farms 2 oz.	7	Cosmic Shapes Potatoes	16
Fresh Grapes 1/2 cup	11	Sweet Potato Puffs	22
Fresh Oranges 1/2 cup	16	Hash Brown Cubes	18
Applesauce Cup 1/2 cup	12	Spinach	10
Banana 1 petite	25	Refried Beans	16
Fruit & Yogurt Combo	33	Capri Blend	4
<u>FRUIT JUICES</u>		Fresh Veggies in Cup w/ lowfat dip	3
Orange 4 oz.	13		
Apple 4 oz.	13	<u>FRUITS</u>	3
Fruitables 4 oz.	14	Frozen Fruit cup Sidekicks 1/2 cup	20
		RIPS Frozen Fruit Juice	28
<u>MILK</u>		Applesauce Cup 1/2 cup	12
Low-fat 1% & Fat Free Skim White	13	Fruit Cocktail 1/2 cup	14
Strawberry Skim	19	Peaches sliced in Juice 1/2 cup	17
Chocolate Skim	20	Pineapple Tidbits in Juice 1/2 cup	10
		Pear Diced in Juice 1/2 cup	14
		Fresh Melon Chunks 1/2 cup	14
<u>YOGURTS- 4 OZ ASSORTED</u>		Mandarin Oranges w/Pineapple	15
Assorted lite or regular		Fresh Fruit Salad Markon prepared	16
GO BIG Yogurt Pouch 4 oz.			
	Read label		
	11 thru 19		
	18		

Middle School Carb Counts SY 16-17

WEEK 4

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Buffalo Chicken Pizza	35
Cocoa Puffs 25% less Sugar	22	Country Baked Steak/Dinner Roll	32
Honey Grahams	16	Chicken Nuggets	15
Juice	15	Spaghetti w/Meatsauce	50
Frosted Flakes Reduced Sugar	9	Pulled Pork on Bun w2 onion rings	47
Honey Grahams	16	Grilled Chicken Pepperjack on Bun	21
Juice	15	Ham & Cheese Stuffer	33
Breakfast on the Go Meal Pack		Popcorn Chicken w/Biscuit	17/27
Honey Nut Scooters	23	Philly Beefsteak w/Cheese/Sub	32
Honey Grahams	16	Macaroni & Cheese	29
Juice	15	Mini-Twin Burgers on Bun	39
Ham,Cheese, Egg on Hawaaiin Bun	28	Hot N Spicy Tenders (3)	17
Chicken Biscuit Sandwich	33		
Frudel Cherry or Apple	37	Mexican Pizza Big Daddy's 8 cut	43
Ham, Egg, Cheese WG Biscuit	31	Potato Crunch Fish/Bun	23
Maple Pancake Wrap	18	Meatball Sub w/moz. Cheese	39
Mini Pancakes-Pillsbury W.G./Saus.	40	Turkey & Cheese Wrap	20
Turkey Sausage Egg & Cheese Sliders	22	Buffalo Chicken Wrap	55
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Pretzel Bun/Wrap	32/26
Triple Berry Crunch Bar-Father's Table	42	Fruit & Yogurt Combo	33
<u>BREADS</u>		PBJ Jamwich single	35
W.G.Dinner Roll	14	Vegetarian Hogie	30
Parmesan Bread Stick new	28	Buffalo Chicken Wrap	55
<u>FRUITS</u>		Chef Salad w/Bread serving	26
Dried Cranberries-Ocean Spray	28	<u>VEGETABLES</u>	
Fruit Cup Mixed 4 oz.	19	Mashed Potato	15
Peach Cup 4 oz.	17	Tator Tots/Baby Bakers	16
Pear cup in Juice 1/2 cup	20	Green Beans	4
Applesauce Cup 1/2 cup	12	California Blend	5
Banana 1 petite	25	Sicilian Blend	6
Apple slices Peterson Farms 2 oz.	7	Broccoli Florets 1/2 cup	6
Fresh Grapes 1/2 cup	11	Onion Rings 5 each	28
		Normandy Blend 1/2 cup	5
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Cole Slaw Ready Made Resers	16
<u>FRUIT JUICES</u>		<u>FRUITS</u>	
Orange 4 oz.	13	Frozen Fruit cup Sidekicks 1/2 cup	20
Apple 4 oz.	13	RIPS Frozen Fruit Juice	28
Fruitables 4 oz.	14	Kiwi 1 whole	10
Banana 1 petite	25	Fresh Fruit Cup 1/2 cup	16
<u>MILK</u>		Peaches sliced in Juice 1/2 cup	17
Low-fat 1% & Fat Free Skim White	13	Mand. Oranges w/Pineapple Tidbits	12
Strawberry Skim	19	Tropical Fruit Salad	15
Chocolate Skim	20	Fresh Fruit Salad Markon prepared	16
<u>YOGURTS- 4 OZ ASSORTED</u>	Read label		
<u>Assorted lite or regular</u>	11 thru 19		
GO BIG Yogurt Pouch 4 oz.	18		

Condiment Carb Counts 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

Middle School Carb Counts SY 16-17

WEEKS 1

BREAKFAST ENTREES

	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag	
Rice Krispie W.G. Brown Rice	23
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Pork Sausage Biscuit	25
Ultimate Breakfast Round	45
Turkey Sausage Egg & Cheese Sliders	21
W.G. Sausage Gravy Breakfast Pizza	24
French Toast Sticks w/Saus. Patty	23
W.G. Snacken Waffle	35
Full size Benefit Bar 2.5 oz.	48
Nutrigrain Bar	28
Triple Berry Crunch Bar-Father's Table	42

BREADS

W.G. Dinner Roll	14
Parmesan Bread Stick new	28
Garlic Toast	11

FRUITS

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

FRUIT JUICES

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

MILK

Low-fat 1% & Fat Free Skim White	13
Strawberry Skim	19
Chocolate Skim	20

YOGURTS- 4 OZ ASSORTED

Assorted lite or regular	11 thru 19
GO BIG Yogurt Pouch 4 oz.	18

LUNCH ENTREES

	Carbohydrates (g)
Thai Chicken Flatbread Pizza	41
Hand Tossed Pepperoni Pizza	39
B4Lunch Eggs-Scrambled w/pancakes	36
Hamburger on Bun (cheese +2)	23
Fruit & Yogurt Combo	33
Turkey Swiss Sandwich 2 bread slices	26
Calzone w/Marinara	43
W.G. Chicken Tenders Tyson dark meat	6
Rotini Pasta w/Meatsauce Garlic Tst.	35
Chef Salad w/Bread serving	26
Soft Shell Taco	35
Breaded Chicken Patty/bun	36
W.G. Corndog	30
Taco Salad w/Nacho Chips	32
Turkey & Cheese Wrap	22
Big Daddy's Pepperoni Pizza/ S & F Beef Pep.	34/39
Hot N Spicy Chicken Patty/Bun	37
Mandarin Orange Salad	45
Ham & Cheese on Pretzel Bun/Wrap	32/26
Orange Chicken/rice/egg roll mini	72
Grilled Cheese Sanwich WG	27
PBJ Jamwich single 2.8 oz.	35
Vegetarian Hogie	30
Buffalo Chicken Wrap	55

VEGETABLES

Tomato Soup Campbell's	20
Flame Roasted Corn/Black Beans	25
Roasted Potato Medley	19
Stir Fry Blend	5
Cosmic Shapes Potatoes	16
Sweet Potato Puffs	22
Hash Brown Cubes	18
Spinach	10
Refried Beans	16
Capri Blend	4
Fresh Veggies in Cup w/ lowfat dip	3

FRUITS

Frozen Fruit cup Sidekicks 1/2 cup	20
RIPS Frozen Fruit Juice	28
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
Fresh Melon Chunks 1/2 cup	14
Mandarin Oranges w/Pineapple	15
Fresh Fruit Salad Markon prepared	16

Middle School Carb Counts SY16-17

Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Buffalo Chicken Pizza	35
Cocoa Puffs 25% less Sugar	22	Country Baked Steak/Dinner Roll	32
Honey Grahams	16	Chicken Nuggets	15
Juice	15	Spaghetti w/Meatsauce	50
Frosted Flakes Reduced Sugar	9	Pulled Pork on Bun w2 onion rings	47
Honey Grahams	16	Grilled Chicken Pepperjack on Bun	21
Juice	15	Ham & Cheese Stuffer	33
Breakfast on the Go Meal Pack		Popcorn Chicken w/Biscuit	17/27
Honey Nut Scooters	23	Philly Beefsteak w/Cheese/Sub	32
Honey Grahams	16	Macaroni & Cheese	29
Juice	15	Mini-Twin Burgers on Bun	39
Ham,Cheese, Egg on Hawaaii Bun	28	Hot N Spicy Tenders (3)	17
Chicken Biscuit Sandwich	33		
Frudel Cherry or Apple	37	Mexican Pizza Big Daddy's 8 cut	43
Ham, Egg, Cheese WG Biscuit	31	Potato Crunch Fish/Bun	23
Maple Pancake Wrap	18	Meatball Sub w/moz. Cheese	39
Mini Pancakes-Pillsbury W.G./Saus.	40	Turkey & Cheese Wrap	20
Turkey Sausage Egg & Cheese Sliders	22	Buffalo Chicken Wrap	55
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Pretzel Bun/Wrap	32/26
Triple Berry Crunch Bar-Father's Table	42	Fruit & Yogurt Combo	33
		PBJ Jamwich single	35
<u>BREADS</u>		Vegetarian Hogie	30
W.G.Dinner Roll	14	Buffalo Chicken Wrap	55
Parmesan Bread Stick new	28	Chef Salad w/Bread serving	26
		<u>VEGETABLES</u>	
<u>FRUITS</u>		Mashed Potato	15
Dried Cranberries-Ocean Spray	28	Tator Tots/Baby Bakers	16
Fruit Cup Mixed 4 oz.	19	Green Beans	4
Peach Cup 4 oz.	17	California Blend	5
Pear cup in Juice 1/2 cup	20	Sicilian Blend	6
Applesauce Cup 1/2 cup	12	Broccoli Florets 1/2 cup	6
Banana 1 petite	25	Onion Rings 5 each	28
Apple slices Peterson Farms 2 oz.	7	Normandy Blend 1/2 cup	5
Fresh Grapes 1/2 cup	11	Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Cole Slaw Ready Made Resers	16
<u>FRUIT JUICES</u>		<u>FRUITS</u>	
Orange 4 oz.	13	Frozen Fruit cup Sidekicks 1/2 cup	20
Apple 4 oz.	13	RIPS Frozen Fruit Juice	28
Fruitables 4 oz.	14	Kiwi 1 whole	10
Banana 1 petite	25	Fresh Fruit Cup 1/2 cup	16
		Peaches sliced in Juice 1/2 cup	17
<u>MILK</u>		Mand. Oranges w/Pineapple Tidbits	12
Low-fat 1% & Fat Free Skim White	13	Tropical Fruit Salad	15
Strawberry Skim	19	Fresh Fruit Salad Markon prepared	16
Chocolate Skim	20		
<u>YOGURTS- 4 OZ ASSORTED</u>	Read label		
<u>Assorted lite or regular</u>	11 thru 19		
GO BIG Yogurt Pouch 4 oz.	18		

Middle School Carb Counts SY 16-17

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag		Thai Chicken Flatbread Pizza	41
Rice Krispie W.G. Brown Rice	23	Hand Tossed Pepperoni Pizza	39
Honey Grahams	16	B4Lunch Eggs-Scrambled w/pancakes	36
Juice	15	Hamburger on Bun (cheese +2)	23
Jumpstarts Cereal Breakfast Bag		Fruit & Yogurt Combo	33
Apple Jacks RS	18	Turkey Swiss Sandwich 2 bread slices	26
Honey Grahams	16	Calzone w/Marinara	43
Juice	15	W.G. Chicken Tenders Tyson dark me	6
Frosted Flakes RS	24	RotiniPasta w/Meatsauce Garlic Tst.	35
Honey Grahams	16	Chef Salad w/Bread serving	26
Juice	15	Soft Shell Taco	35
Pork Sausage Biscuit	25	Breaded Chicken Patty/bun	36
Ultimate Breakfast Round	45	W.G. Corndog	30
Turkey Sausage Egg & Cheese Sliders	21	Taco Salad w/Nacho Chips	32
W.G. Sausage Gravy Breakfast Pizza	24	Turkey & Cheese Wrap	22
French Toast Sticks w/Saus. Patty	23	Big Daddy's Pepperoni Pizza/ S & F Beef Pi	34/39
W.G. Snacken Waffle	35	Hot N Spicy Chicken Patty/Bun	37
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Pretzel Bun/Wrap	32/26
Triple Berry Crunch Bar-Father's Table	42	Orange Chicken/rice/egg roll mini	72
		Grilled Cheese Sanwich WG	27
<u>BREADS</u>		PBJ Jamwich single 2.8 oz.	35
W.G.Dinner Roll	14	Vegetarian Hogie	30
Parmesan Bread Stick new	28	Buffalo Chicken Wrap	55
Garlic Toast	11		
		<u>VEGETABLES</u>	
<u>FRUITS</u>		Tomato Soup Campbell's	20
Craisons-Ocean Spray	28	Flame Roasted Corn/Black Beans	25
Fruit Cup Mixed 4 oz.	19	Roasted Potato Medley	19
Peach Cup 4 oz.	17	Stir Fry Blend	5
Apple slices Peterson Farms 2 oz.	7	Cosmic Shapes Potatoes	16
Fresh Grapes 1/2 cup	11	Sweet Potato Puffs	22
Fresh Oranges 1/2 cup	16	Hash Brown Cubes	18
Applesauce Cup 1/2 cup	12	Spinach	10
Banana 1 petite	25	Refried Beans	16
Fruit & Yogurt Combo	33	Capri Blend	4
<u>FRUIT JUICES</u>		Fresh Veggies in Cup w/ lowfat dip	3
Orange 4 oz.	13		
Apple 4 oz.	13	<u>FRUITS</u>	3
Fruitables 4 oz.	14	Frozen Fruit cup Sidekicks 1/2 cup	20
<u>MILK</u>		RIPS Frozen Fruit Juice	28
Low-fat 1% & Fat Free Skim White	13	Applesauce Cup 1/2 cup	12
Strawberry Skim	19	Fruit Cocktail 1/2 cup	14
Chocolate Skim	20	Peaches sliced in Juice 1/2 cup	17
		Pineapple Tidbits in Juice 1/2 cup	10
		Pear Diced in Juice 1/2 cup	14
<u>YOGURTS- 4 OZ ASSORTED</u>		Fresh Melon Chunks 1/2 cup	14
Assorted lite or regular	11 thru 19	Mandarin Oranges w/Pineapple	15
GO BIG Yogurt Pouch 4 oz.	18	Fresh Fruit Salad Markon prepared	16

Middle School Carb Counts SY 16-17

WEEK 4

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Buffalo Chicken Pizza	35
Cocoa Puffs 25% less Sugar	22	Country Baked Steak/Dinner Roll	32
Honey Grahams	16	Chicken Nuggets	15
Juice	15	Spaghetti w/Meatsauce	50
Frosted Flakes Reduced Sugar	9	Pulled Pork on Bun w2 onion rings	47
Honey Grahams	16	Grilled Chicken Pepperjack on Bun	21
Juice	15	Ham & Cheese Stuffer	33
Breakfast on the Go Meal Pack		Popcorn Chicken w/Biscuit	17/27
Honey Nut Scooters	23	Philly Beefsteak w/Cheese/Sub	32
Honey Grahams	16	Macaroni & Cheese	29
Juice	15	Mini-Twin Burgers on Bun	39
Ham,Cheese, Egg on Hawaaiin Bun	28	Hot N Spicy Tenders (3)	17
Chicken Biscuit Sandwich	33		
Frudel Cherry or Apple	37	Mexican Pizza Big Daddy's 8 cut	43
Ham, Egg, Cheese WG Biscuit	31	Potato Crunch Fish/Bun	23
Maple Pancake Wrap	18	Meatball Sub w/moz. Cheese	39
Mini Pancakes-Pillsbury W.G./Saus.	40	Turkey & Cheese Wrap	20
Turkey Sausage Egg & Cheese Sliders	22	Buffalo Chicken Wrap	55
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Pretzel Bun/Wrap	32/26
Triple Berry Crunch Bar-Father's Table	42	Fruit & Yogurt Combo	33
BREADS		PBJ Jamwich single	35
W.G.Dinner Roll	14	Vegetarian Hogie	30
Parmesan Bread Stick new	28	Buffalo Chicken Wrap	55
FRUITS		Chef Salad w/Bread serving	26
Dried Cranberries-Ocean Spray	28	VEGETABLES	
Fruit Cup Mixed 4 oz.	19	Mashed Potato	15
Peach Cup 4 oz.	17	Tator Tots/Baby Bakers	16
Pear cup in Juice 1/2 cup	20	Green Beans	4
Applesauce Cup 1/2 cup	12	California Blend	5
Banana 1 petite	25	Sicilian Blend	6
Apple slices Peterson Farms 2 oz.	7	Broccoli Florets 1/2 cup	6
Fresh Grapes 1/2 cup	11	Onion Rings 5 each	28
		Normandy Blend 1/2 cup	5
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Cole Slaw Ready Made Resers	16
FRUIT JUICES		FRUITS	
Orange 4 oz.	13	Frozen Fruit cup Sidekicks 1/2 cup	20
Apple 4 oz.	13	RIPS Frozen Fruit Juice	28
Fruitables 4 oz.	14	Kiwi 1 whole	10
Banana 1 petite	25	Fresh Fruit Cup 1/2 cup	16
MILK		Peaches sliced in Juice 1/2 cup	17
Low-fat 1% & Fat Free Skim White	13	Mand. Oranges w/Pineapple Tidbits	12
Strawberry Skim	19	Tropical Fruit Salad	15
Chocolate Skim	20	Fresh Fruit Salad Markon prepared	16
YOGURTS- 4 OZ ASSORTED			
<u>Assorted lite or regular</u>	11 thru 19		
GO BIG Yogurt Pouch 4 oz.	18		

Condiment Carb Counts 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

Middle School Carb Counts SY 16-17

WEEKS 1

BREAKFAST ENTREES

	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag	
Rice Krispie W.G. Brown Rice	23
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Pork Sausage Biscuit	25
Ultimate Breakfast Round	45
Turkey Sausage Egg & Cheese Sliders	21
W.G. Sausage Gravy Breakfast Pizza	24
French Toast Sticks w/Saus. Patty	23
W.G. Snacken Waffle	35
Full size Benefit Bar 2.5 oz.	48
Nutrigrain Bar	28
Triple Berry Crunch Bar-Father's Table	42

BREADS

W.G. Dinner Roll	14
Parmesan Bread Stick new	28
Garlic Toast	11

FRUITS

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

FRUIT JUICES

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

MILK

Low-fat 1% & Fat Free Skim White	13
Strawberry Skim	19
Chocolate Skim	20

YOGURTS- 4 OZ ASSORTED

Assorted lite or regular	11 thru 19
GO BIG Yogurt Pouch 4 oz.	18

LUNCH ENTREES

	Carbohydrates (g)
Thai Chicken Flatbread Pizza	41
Hand Tossed Pepperoni Pizza	39
B4Lunch Eggs-Scrambled w/pancakes	36
Hamburger on Bun (cheese +2)	23
Fruit & Yogurt Combo	33
Turkey Swiss Sandwich 2 bread slices	26
Calzone w/Marinara	43
W.G. Chicken Tenders Tyson dark meat	6
Rotini Pasta w/Meatsauce Garlic Tst.	35
Chef Salad w/Bread serving	26
Soft Shell Taco	35
Breaded Chicken Patty/bun	36
W.G. Corndog	30
Taco Salad w/Nacho Chips	32
Turkey & Cheese Wrap	22
Big Daddy's Pepperoni Pizza/ S & F Beef Pep.	34/39
Hot N Spicy Chicken Patty/Bun	37
Mandarin Orange Salad	45
Ham & Cheese on Pretzel Bun/Wrap	32/26
Orange Chicken/rice/egg roll mini	72
Grilled Cheese Sanwich WG	27
PBJ Jamwich single 2.8 oz.	35
Vegetarian Hogie	30
Buffalo Chicken Wrap	55

VEGETABLES

Tomato Soup Campbell's	20
Flame Roasted Corn/Black Beans	25
Roasted Potato Medley	19
Stir Fry Blend	5
Cosmic Shapes Potatoes	16
Sweet Potato Puffs	22
Hash Brown Cubes	18
Spinach	10
Refried Beans	16
Capri Blend	4
Fresh Veggies in Cup w/ lowfat dip	3

FRUITS

Frozen Fruit cup Sidekicks 1/2 cup	20
RIPS Frozen Fruit Juice	28
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
Fresh Melon Chunks 1/2 cup	14
Mandarin Oranges w/Pineapple	15
Fresh Fruit Salad Markon prepared	16

Middle School Carb Counts SY16-17

Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Buffalo Chicken Pizza	35
Cocoa Puffs 25% less Sugar	22	Country Baked Steak/Dinner Roll	32
Honey Grahams	16	Chicken Nuggets	15
Juice	15	Spaghetti w/Meatsauce	50
Frosted Flakes Reduced Sugar	9	Pulled Pork on Bun w2 onion rings	47
Honey Grahams	16	Grilled Chicken Pepperjack on Bun	21
Juice	15	Ham & Cheese Stuffer	33
Breakfast on the Go Meal Pack		Popcorn Chicken w/Biscuit	17/27
Honey Nut Scooters	23	Philly Beefsteak w/Cheese/Sub	32
Honey Grahams	16	Macaroni & Cheese	29
Juice	15	Mini-Twin Burgers on Bun	39
Ham,Cheese, Egg on Hawaaii Bun	28	Hot N Spicy Tenders (3)	17
Chicken Biscuit Sandwich	33		
Frudel Cherry or Apple	37	Mexican Pizza Big Daddy's 8 cut	43
Ham, Egg, Cheese WG Biscuit	31	Potato Crunch Fish/Bun	23
Maple Pancake Wrap	18	Meatball Sub w/moz. Cheese	39
Mini Pancakes-Pillsbury W.G./Saus.	40	Turkey & Cheese Wrap	20
Turkey Sausage Egg & Cheese Sliders	22	Buffalo Chicken Wrap	55
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Pretzel Bun/Wrap	32/26
Triple Berry Crunch Bar-Father's Table	42	Fruit & Yogurt Combo	33
		PBJ Jamwich single	35
<u>BREADS</u>		Vegetarian Hogie	30
W.G.Dinner Roll	14	Buffalo Chicken Wrap	55
Parmesan Bread Stick new	28	Chef Salad w/Bread serving	26
		<u>VEGETABLES</u>	
<u>FRUITS</u>		Mashed Potato	15
Dried Cranberries-Ocean Spray	28	Tator Tots/Baby Bakers	16
Fruit Cup Mixed 4 oz.	19	Green Beans	4
Peach Cup 4 oz.	17	California Blend	5
Pear cup in Juice 1/2 cup	20	Sicilian Blend	6
Applesauce Cup 1/2 cup	12	Broccoli Florets 1/2 cup	6
Banana 1 petite	25	Onion Rings 5 each	28
Apple slices Peterson Farms 2 oz.	7	Normandy Blend 1/2 cup	5
Fresh Grapes 1/2 cup	11	Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Cole Slaw Ready Made Resers	16
<u>FRUIT JUICES</u>		<u>FRUITS</u>	
Orange 4 oz.	13	Frozen Fruit cup Sidekicks 1/2 cup	20
Apple 4 oz.	13	RIPS Frozen Fruit Juice	28
Fruitables 4 oz.	14	Kiwi 1 whole	10
Banana 1 petite	25	Fresh Fruit Cup 1/2 cup	16
		Peaches sliced in Juice 1/2 cup	17
<u>MILK</u>		Mand. Oranges w/Pineapple Tidbits	12
Low-fat 1% & Fat Free Skim White	13	Tropical Fruit Salad	15
Strawberry Skim	19	Fresh Fruit Salad Markon prepared	16
Chocolate Skim	20		
<u>YOGURTS- 4 OZ ASSORTED</u>	Read label		
<u>Assorted lite or regular</u>	11 thru 19		
GO BIG Yogurt Pouch 4 oz.	18		

Middle School Carb Counts SY 16-17

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag		Thai Chicken Flatbread Pizza	41
Rice Krispie W.G. Brown Rice	23	Hand Tossed Pepperoni Pizza	39
Honey Grahams	16	B4Lunch Eggs-Scrambled w/pancakes	36
Juice	15	Hamburger on Bun (cheese +2)	23
Jumpstarts Cereal Breakfast Bag		Fruit & Yogurt Combo	33
Apple Jacks RS	18	Turkey Swiss Sandwich 2 bread slices	26
Honey Grahams	16	Calzone w/Marinara	43
Juice	15	W.G. Chicken Tenders Tyson dark me:	6
Frosted Flakes RS	24	RotiniPasta w/Meatsauce Garlic Tst.	35
Honey Grahams	16	Chef Salad w/Bread serving	26
Juice	15	Soft Shell Taco	35
Pork Sausage Biscuit	25	Breaded Chicken Patty/bun	36
Ultimate Breakfast Round	45	W.G. Corndog	30
Turkey Sausage Egg & Cheese Sliders	21	Taco Salad w/Nacho Chips	32
W.G. Sausage Gravy Breakfast Pizza	24	Turkey & Cheese Wrap	22
French Toast Sticks w/Saus. Patty	23	Big Daddy's Pepperoni Pizza/ S & F Beef Pt	34/39
W.G. Snacken Waffle	35	Hot N Spicy Chicken Patty/Bun	37
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Pretzel Bun/Wrap	32/26
Triple Berry Crunch Bar-Father's Table	42	Orange Chicken/rice/egg roll mini	72
<u>BREADS</u>		Grilled Cheese Sanwich WG	27
W.G.Dinner Roll	14	PBJ Jamwich single 2.8 oz.	35
Parmesan Bread Stick new	28	Vegetarian Hogie	30
Garlic Toast	11	Buffalo Chicken Wrap	55
<u>FRUITS</u>		<u>VEGETABLES</u>	
Craisons-Ocean Spray	28	Tomato Soup Campbell's	20
Fruit Cup Mixed 4 oz.	19	Flame Roasted Corn/Black Beans	25
Peach Cup 4 oz.	17	Roasted Potato Medley	19
Apple slices Peterson Farms 2 oz.	7	Stir Fry Blend	5
Fresh Grapes 1/2 cup	11	Cosmic Shapes Potatoes	16
Fresh Oranges 1/2 cup	16	Sweet Potato Puffs	22
Applesauce Cup 1/2 cup	12	Hash Brown Cubes	18
Banana 1 petite	25	Spinach	10
Fruit & Yogurt Combo	33	Refried Beans	16
<u>FRUIT JUICES</u>		Capri Blend	4
Orange 4 oz.	13	Fresh Veggies in Cup w/ lowfat dip	3
Apple 4 oz.	13	<u>FRUITS</u>	3
Fruitables 4 oz.	14	Frozen Fruit cup Sidekicks 1/2 cup	20
<u>MILK</u>		RIPS Frozen Fruit Juice	28
Low-fat 1% & Fat Free Skim White	13	Applesauce Cup 1/2 cup	12
Strawberry Skim	19	Fruit Cocktail 1/2 cup	14
Chocolate Skim	20	Peaches sliced in Juice 1/2 cup	17
<u>YOGURTS- 4 OZ ASSORTED</u>		Pineapple Tidbits in Juice 1/2 cup	10
Assorted lite or regular		Pear Diced in Juice 1/2 cup	14
GO BIG Yogurt Pouch 4 oz.		Fresh Melon Chunks 1/2 cup	14
	Read label	Mandarin Oranges w/Pineapple	15
	11 thru 19	Fresh Fruit Salad Markon prepared	16
	18		

Middle School Carb Counts SY 16-17

WEEK 4

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Buffalo Chicken Pizza	35
Cocoa Puffs 25% less Sugar	22	Country Baked Steak/Dinner Roll	32
Honey Grahams	16	Chicken Nuggets	15
Juice	15	Spaghetti w/Meatsauce	50
Frosted Flakes Reduced Sugar	9	Pulled Pork on Bun w2 onion rings	47
Honey Grahams	16	Grilled Chicken Pepperjack on Bun	21
Juice	15	Ham & Cheese Stuffer	33
Breakfast on the Go Meal Pack		Popcorn Chicken w/Biscuit	17/27
Honey Nut Scooters	23	Philly Beefsteak w/Cheese/Sub	32
Honey Grahams	16	Macaroni & Cheese	29
Juice	15	Mini-Twin Burgers on Bun	39
Ham,Cheese, Egg on Hawaaiin Bun	28	Hot N Spicy Tenders (3)	17
Chicken Biscuit Sandwich	33		
Frudel Cherry or Apple	37	Mexican Pizza Big Daddy's 8 cut	43
Ham, Egg, Cheese WG Biscuit	31	Potato Crunch Fish/Bun	23
Maple Pancake Wrap	18	Meatball Sub w/moz. Cheese	39
Mini Pancakes-Pillsbury W.G./Saus.	40	Turkey & Cheese Wrap	20
Turkey Sausage Egg & Cheese Sliders	22	Buffalo Chicken Wrap	55
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Pretzel Bun/Wrap	32/26
Triple Berry Crunch Bar-Father's Table	42	Fruit & Yogurt Combo	33
<u>BREADS</u>		PBJ Jamwich single	35
W.G.Dinner Roll	14	Vegetarian Hogie	30
Parmesan Bread Stick new	28	Buffalo Chicken Wrap	55
<u>FRUITS</u>		Chef Salad w/Bread serving	26
Dried Cranberries-Ocean Spray	28	<u>VEGETABLES</u>	
Fruit Cup Mixed 4 oz.	19	Mashed Potato	15
Peach Cup 4 oz.	17	Tator Tots/Baby Bakers	16
Pear cup in Juice 1/2 cup	20	Green Beans	4
Applesauce Cup 1/2 cup	12	California Blend	5
Banana 1 petite	25	Sicilian Blend	6
Apple slices Peterson Farms 2 oz.	7	Broccoli Florets 1/2 cup	6
Fresh Grapes 1/2 cup	11	Onion Rings 5 each	28
		Normandy Blend 1/2 cup	5
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Cole Slaw Ready Made Resers	16
<u>FRUIT JUICES</u>		<u>FRUITS</u>	
Orange 4 oz.	13	Frozen Fruit cup Sidekicks 1/2 cup	20
Apple 4 oz.	13	RIPS Frozen Fruit Juice	28
Fruitables 4 oz.	14	Kiwi 1 whole	10
Banana 1 petite	25	Fresh Fruit Cup 1/2 cup	16
<u>MILK</u>		Peaches sliced in Juice 1/2 cup	17
Low-fat 1% & Fat Free Skim White	13	Mand. Oranges w/Pineapple Tidbits	12
Strawberry Skim	19	Tropical Fruit Salad	15
Chocolate Skim	20	Fresh Fruit Salad Markon prepared	16
<u>YOGURTS- 4 OZ ASSORTED</u>	Read label		
<u>Assorted lite or regular</u>	11 thru 19		
GO BIG Yogurt Pouch 4 oz.	18		

Condiment Carb Counts 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