

Carbohydrate Counts Week 1 yellow
2017-18

BREAKFAST ENTREES

Jumpstarts Cereal Breakfast Bag	
Apple Jacks	22
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Frudel Pillsbury Cherry or Apple	36
Bosco Egg & Cheese Stuffed Breadstix	17
GFS Maple Pancake Wrap	18
Ultimate Breakfast Round IW	44

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	13
W.G. Biscuit	27
Graham Crackers-Minions	22

FRUITS

Craisins-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
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/DAIRY

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28
Yogurt Cup ONLY-LF Straw	11
LOL Cheese Stick	0

LUNCH ENTREES

Chicken Chunks (nuggets)	15
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
Turkey Sandwich on Bread 2 slices	36
Ham Sandwich on Bread 2 slices	36
PBJ Jamwich single	35
Rotini Pasta w/Meatsauce JTM 1 cup	24
Orange Chix w/Rice/Egg Roll	77
Brown Rice only 1/4 cup	36
Pizza Big Daddy's Wedge 1 slice	36
Shrimp Poppers w/Cheesy Breadstx	36
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES-1/2 cup

Stir Fry Blend	5
Flame Rst. Corn & Black Beans	24
Green Beans	6
Tator Tots/Baby Bakers	16
California Blend	5
Cosmic Shapes Potatoes	16
Corn	7
Hash Brown Cubes	18
Spinach	10
Refried Beans	16
Normandy Blend	5
Fresh Veggies in Cup w/ lowfat dip	3

FRUITS

Fresh Apple Slices 2 oz. bag	7
Fresh Apple whole 1 each	19
Fresh Orange 1/2 cup	11
Fresh Orange 1 whole	21
Fresh Grapes 1/2 cup	18
Banana	27
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
Sidekicks Frozen Fruit Cup 1/2 cup	20

Condiments

LF Ranch dipping Cup	5
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Elementary Carb Counts 17-18

WEEK 2

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Blueberry Muffin/GoGurt	30/10
Pork Sausage Biscuit	25
Egg & Cheese W.G. Bun GFS# 669351	19
Apple Cin. Texas Toast 1 each	45
Mini-Cinnis-Pillburys	40
Ultimate Breakfast Rounds 3 kinds	45

BREADS

W.G.Dinner Roll	13
Parmesan Bread Stick new	28
Garlic Toast	11

FRUITS

Craisins -Ocean Spray	28
Fruit Cup Mixed 4 oz.	19
Fruit Cup Mixed 4 oz.	19
Diced Peaches in light syrup	14
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
All Fruit Bar	27
Banana 1 petite	25

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

	Carbohydrates (g)
Mini Twin Burgers	39
Turkey Sandwich on Bread 2 slices	36
Turkey Sandwich on Bun	19
Ham Sandwich on Bread 2 slices	36
Breaded Chicken Tenders 3/Dinner Roll	30
W.G. Corndog	32
Country Baked Steak	18
Orange Chix w/Rice/Egg Roll	77
Pizza Pocket (PepperoniCalzone)	35
Lasagna Rollup w/Twisted Breadstick	60
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES

Baked Potato Sticks (McCain Fries)	20
Green Beans	6
Baked Beans	29
Corn	21
Mashed Potato 1/2 cup	16
Peas	9
Sicilian Blend	6
Sweet Potato Puffs 3 oz.	23
Zucchini (fresh or frozen sliced)	2
Shredded Lettuce/Tomato/Cheese	7
Fresh Veggies in Cup w/ low-fat dip	3
Garden Romaine Salad Mix	10

FRUITS

Fresh Apple whole 1 each	19
Apple Slices 1/2 cup	7
Kiwi 1 whole	10
Fresh Fruit Cup 1/2 cup	16
Diced Peaches in light syrup	14
RIPS Frozen Fruit	32
Fresh Grapes 1/2 cup	18
Fresh Orange Wedges 1/2 cup	11
Fresh Orange Wedges 1 whole	21

Elementary Carb Counts SY 17-18

WEEK 3

BREAKFAST ENTREES

Jumpstarts Cereal Breakfast Bag

Apple Jacks	22
Honey Grahams	16
Juice	15

Jumpstarts Cereal Breakfast Bag

Apple Jacks RS	18
Honey Grahams	16
Juice	15

Breakfast on the Go Meal Pack

Frosted Flakes Reduced Sugar	40 total	
	9	
Honey Grahams	16	
Juice	15	

Bosco Egg & Cheese Stuffed Breadstix

17

Apple or Cherry Frudel

37

GFS Maple Pancake Wrap

18

Ultimate Breakfast Round IW

44

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	13

FRUITS

Crasins Ocean Spray	28
Raisins 1/4 cup 40 gm.	31
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
Banana 1 petite	25

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

Carbohydrates (g)

Carbohydrates (g)

Hamburger on Bun (cheese +2)	23
Rotini Pasta w/Meatsauce Garlic Tst.	35
Popcorn Chicken 10/serving	17
Pizza Cheese pre-sliced 10 cut	34
Pizza Pepperoni pre-sliced 10 cut	34
Seafood Shapes-4 pieces	18
Macaroni & Cheese 3 oz = 3 Fish shapes	21
Macaroni & Cheese 6 oz.	29
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55
Turkey Sandwich on Bread 2 slices	36
Turkey Sandwich on Bun	19
Ham Sandwich on Bread 2 slices	36

VEGETABLES

California Blend	5
Capri Blend	4
Tator Tots	16
Green Beans	6
Corn	21
Refried Beans	16
California Blend	5
Broccoli Florets	4
Shredded Lettuce/Tomato/Cheese	7
Fresh Veggies in Cup w/ low-fat dip	3
Garden Romaine Salad Mix	10

FRUITS

Fresh Orange Wedges 1/2 cup	11
Fresh Orange Wedges 1 whole	21
Diced Peaches in light syrup	14
Pineapple Tidbits in Juice	10
Fresh Grapes 1/2 cup	11
Fruit Cocktail in Juice	14
Fresh Apple whole 1 each	19
Apple Slices 1/2 cup	7
Sidekicks Frozen Fruit Cup 1/2 cup	20
RIPS Frozen Fruit	32

Elementary Carb Counts SY 17-18**WEEK 4****BREAKFAST ENTREES**

	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Blueberry Muffin/GoGurt	30/10
Banana Muffin/GoGurt	31/10
Pork Sausage Biscuit	25
Egg & Cheese W.G. Bun GFS# 669351	19
Apple Cin. Texas Toast 1 each	45
Mini-Cinnis-Pillburys	40
Ultimate Breakfast Rounds 3 kinds	45

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	14

FRUITS

Craisins-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

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

	Carbohydrates (g)
Chicken Patty/Bun	35
B4Lunch Eggs-w/ Waffles	38
W.G Turkey Corn Dog	30
All Beef Hot Dog/Bun	20
Nacho's w/Meat & Cheese cup	36
Grilled Cheese Sandwich	40
Tomato Soup 1 cup	20
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55
Turkey Sandwich on Bread 2 slices	36
Turkey Sandwich on Bun	19
Ham Sandwich on Bread 2 slices	36

VEGETABLES

Broccoli Florets w/cheese	6
Hash Brown Cubes	18
Green Beans	6
Mashed Potato 1/2 cup	16
California Blend 1/2 cup	5
Flame Roasted Corn & Black Bean	24
Corn	7
Tomato Soup 1/2 cup	20
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
RIPS Frozen Fruit	32

CONDIMENTS 2017-18

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

Carbohydrate Counts Week 1 yellow
2017-18

BREAKFAST ENTREES

Jumpstarts Cereal Breakfast Bag	
Apple Jacks	22
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Frudel Pillsbury Cherry or Apple	36
Bosco Egg & Cheese Stuffed Breadstix	17
GFS Maple Pancake Wrap	18
Ultimate Breakfast Round IW	44

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	13
W.G. Biscuit	27
Graham Crackers-Minions	22

FRUITS

Craisins-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
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/DAIRY

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28
Yogurt Cup ONLY-LF Straw	11
LOL Cheese Stick	0

LUNCH ENTREES

Chicken Chunks (nuggets)	15
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
Turkey Sandwich on Bread 2 slices	36
Ham Sandwich on Bread 2 slices	36
PBJ Jamwich single	35
Rotini Pasta w/Meatsauce JTM 1 cup	24
Orange Chix w/Rice/Egg Roll	77
Brown Rice only 1/4 cup	36
Pizza Big Daddy's Wedge 1 slice	36
Shrimp Poppers w/Cheesy Breadstx	36
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES-1/2 cup

Stir Fry Blend	5
Flame Rst. Corn & Black Beans	24
Green Beans	6
Tator Tots/Baby Bakers	16
California Blend	5
Cosmic Shapes Potatoes	16
Corn	7
Hash Brown Cubes	18
Spinach	10
Refried Beans	16
Normandy Blend	5
Fresh Veggies in Cup w/ lowfat dip	3

FRUITS

Fresh Apple Slices 2 oz. bag	7
Fresh Apple whole 1 each	19
Fresh Orange 1/2 cup	11
Fresh Orange 1 whole	21
Fresh Grapes 1/2 cup	18
Banana	27
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
Sidekicks Frozen Fruit Cup 1/2 cup	20

Condiments

LF Ranch dipping Cup	5
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Elementary Carb Counts 17-18

WEEK 2

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Blueberry Muffin/GoGurt	30/10
Pork Sausage Biscuit	25
Egg & Cheese W.G. Bun GFS# 669351	19
Apple Cin. Texas Toast 1 each	45
Mini-Cinnis-Pillburys	40
Ultimate Breakfast Rounds 3 kinds	45

BREADS

W.G.Dinner Roll	13
Parmesan Bread Stick new	28
Garlic Toast	11

FRUITS

Craisins -Ocean Spray	28
Fruit Cup Mixed 4 oz.	19
Fruit Cup Mixed 4 oz.	19
Diced Peaches in light syrup	14
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
All Fruit Bar	27
Banana 1 petite	25

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

	Carbohydrates (g)
Mini Twin Burgers	39
Turkey Sandwich on Bread 2 slices	36
Turkey Sandwich on Bun	19
Ham Sandwich on Bread 2 slices	36
Breaded Chicken Tenders 3/Dinner Roll	30
W.G. Corndog	32
Country Baked Steak	18
Orange Chix w/Rice/Egg Roll	77
Pizza Pocket (PepperoniCalzone)	35
Lasagna Rollup w/Twisted Breadstick	60
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES

Baked Potato Sticks (McCain Fries)	20
Green Beans	6
Baked Beans	29
Corn	21
Mashed Potato 1/2 cup	16
Peas	9
Sicilian Blend	6
Sweet Potato Puffs 3 oz.	23
Zucchini (fresh or frozen sliced)	2
Shredded Lettuce/Tomato/Cheese	7
Fresh Veggies in Cup w/ low-fat dip	3
Garden Romaine Salad Mix	10

FRUITS

Fresh Apple whole 1 each	19
Apple Slices 1/2 cup	7
Kiwi 1 whole	10
Fresh Fruit Cup 1/2 cup	16
Diced Peaches in light syrup	14
RIPS Frozen Fruit	32
Fresh Grapes 1/2 cup	18
Fresh Orange Wedges 1/2 cup	11
Fresh Orange Wedges 1 whole	21

Elementary Carb Counts SY 17-18

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag			
Apple Jacks	22	Hamburger on Bun (cheese +2)	23
Honey Grahams	16	Rotini Pasta w/Meatsauce Garlic Tst.	35
Juice	15	Popcorn Chicken 10/serving	17
Jumpstarts Cereal Breakfast Bag		Pizza Cheese pre-sliced 10 cut	34
Apple Jacks RS	18	Pizza Pepperoni pre-sliced 10 cut	34
Honey Grahams	16		
Juice	15	Seafood Shapes-4 pieces	18
		Macaroni & Cheese 3 oz = 3 Fish shapes	21
Breakfast on the Go Meal Pack	40 total	Macaroni & Cheese 6 oz.	29
Frosted Flakes Reduced Sugar	9		
Honey Grahams	16	Yogurt Combo-Yogurt, Cheese,Graham	35
Juice	15	Yogurt Cup ONLY-LF Straw	11
		PBJ Jamwich single	35
Bosco Egg & Cheese Stuffed Breadstix	17	PBJ Jamwich Combo (cheese/cracker)	55
Apple or Cherry Frudel	37	Turkey Sandwich on Bread 2 slices	36
GFS Maple Pancake Wrap	18	Turkey Sandwich on Bun	19
Ultimate Breakfast Round IW	44	Ham Sandwich on Bread 2 slices	36
<u>BREADS</u>		<u>VEGETABLES</u>	
Garlic Toast	11	California Blend	5
Twisted Parmesan Breadstick	28	Capri Blend	4
W.G. Dinner Roll	13	Tator Tots	16
		Green Beans	6
<u>FRUITS</u>		Corn	21
Crasins Ocean Spray	28	Refried Beans	16
Raisins 1/4 cup 40 gm.	31	California Blend	5
Fruit Cup Mixed 4 oz.	19	Broccoli Florets	4
Peach Cup 4 oz.	17		
Pear cup in Juice 1/2 cup	20	Shredded Lettuce/Tomato/Cheese	7
Applesauce Cup 1/2 cup	12	Fresh Veggies in Cup w/ low-fat dip	3
Banana 1 petite	25	Garden Romaine Salad Mix	10
Apple slices Peterson Farms 2 oz.	7		
Fresh Grapes 1/2 cup	11	<u>FRUITS</u>	
Banana 1 petite	25	Fresh Orange Wedges 1/2 cup	11
		Fresh Orange Wedges 1 whole	21
<u>FRUIT JUICES</u>		Diced Peaches in light syrup	14
Orange 4 oz.	13	Pineapple Tidbits in Juice	10
Apple 4 oz.	13	Fresh Grapes 1/2 cup	11
Fruitables 4 oz.	14	Fruit Cocktail in Juice	14
		Fresh Apple whole 1 each	19
<u>MILK</u>		Apple Slices 1/2 cup	7
Lowfat 1% & Fat Free Skim White	13	Sidekicks Frozen Fruit Cup 1/2 cup	20
Chocolate Skim	20	RIPS Frozen Fruit	32
Strawberry Skim	28		

Elementary Carb Counts SY 17-18

WEEK 4

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total		
Frosted Flakes Reduced Sugar	9	Chicken Patty/Bun	35
Honey Grahams	16	B4Lunch Eggs-w/ Waffles	38
Juice	15	W.G Turkey Corn Dog	30
Blueberry Muffin/GoGurt	30/10	All Beef Hot Dog/Bun	20
Banana Muffin/GoGurt	31/10	Nacho's w/Meat & Cheese cup	36
Pork Sausage Biscuit	25	Grilled Cheese Sandwich	40
Egg & Cheese W.G. Bun GFS# 669351	19	Tomato Soup 1 cup	20
Apple Cin. Texas Toast 1 each	45		
Mini-Cinnis-Pillburys	40		
Ultimate Breakfast Rounds 3 kinds	45		
		Yogurt Combo-Yogurt, Cheese,Graham	35
		Yogurt Cup ONLY-LF Straw	11
		PBJ Jamwich single	35
		PBJ Jamwich Combo (cheese/cracker)	55
		Turkey Sandwich on Bread 2 slices	36
		Turkey Sandwich on Bun	19
		Ham Sandwich on Bread 2 slices	36
<u>BREADS</u>			
Garlic Toast	11		
Twisted Parmesan Breadstick	28		
W.G. Dinner Roll	14		
<u>FRUITS</u>		<u>VEGETABLES</u>	
Craisins-Ocean Spray	28	Broccoli Florets w/cheese	6
Fruit Cup Mixed 4 oz.	19	Hash Brown Cubes	18
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	California Blend 1/2 cup	5
Banana 1 petite	25	Flame Roasted Corn & Black Bean	24
Apple slices Peterson Farms 2 oz.	7	Corn	7
Fresh Grapes 1/2 cup	11	Tomato Soup 1/2 cup	20
Orange Wedges 1/2 cup	10	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	Diced Pears in Juice 1/2 cup	14
Apple 4 oz.	13	Pineapple Tidbits in Juice	10
Fruitables Juice 4 oz.	14	Tropical Fruit Salad in Juice	15
		Apple Cranberry Salad	20
		Fruit Cocktail in Juice	14
		Fresh Oranges, Kiwi & Grapes	36
		RIPS Frozen Fruit	32
<u>MILK</u>			
Lowfat 1% & Fat Free Skim White	13		
Chocolate Skim	20		
Strawberry Skim	28		

CONDIMENTS 2017-18

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

Carbohydrate Counts Week 1 yellow
2017-18

BREAKFAST ENTREES

Jumpstarts Cereal Breakfast Bag	
Apple Jacks	22
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Frudel Pillsbury Cherry or Apple	36
Bosco Egg & Cheese Stuffed Breadstix	17
GFS Maple Pancake Wrap	18
Ultimate Breakfast Round IW	44

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	13
W.G. Biscuit	27
Graham Crackers-Minions	22

FRUITS

Craisins-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
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/DAIRY

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28
Yogurt Cup ONLY-LF Straw	11
LOL Cheese Stick	0

LUNCH ENTREES

Chicken Chunks (nuggets)	15
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
Turkey Sandwich on Bread 2 slices	36
Ham Sandwich on Bread 2 slices	36
PBJ Jamwich single	35
Rotini Pasta w/Meatsauce JTM 1 cup	24
Orange Chix w/Rice/Egg Roll	77
Brown Rice only 1/4 cup	36
Pizza Big Daddy's Wedge 1 slice	36
Shrimp Poppers w/Cheesy Breadstx	36
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES-1/2 cup

Stir Fry Blend	5
Flame Rst. Corn & Black Beans	24
Green Beans	6
Tator Tots/Baby Bakers	16
California Blend	5
Cosmic Shapes Potatoes	16
Corn	7
Hash Brown Cubes	18
Spinach	10
Refried Beans	16
Normandy Blend	5
Fresh Veggies in Cup w/ lowfat dip	3

FRUITS

Fresh Apple Slices 2 oz. bag	7
Fresh Apple whole 1 each	19
Fresh Orange 1/2 cup	11
Fresh Orange 1 whole	21
Fresh Grapes 1/2 cup	18
Banana	27
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
Sidekicks Frozen Fruit Cup 1/2 cup	20

Condiments

LF Ranch dipping Cup	5
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Elementary Carb Counts 17-18

WEEK 2

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Blueberry Muffin/GoGurt	30/10
Pork Sausage Biscuit	25
Egg & Cheese W.G. Bun GFS# 669351	19
Apple Cin. Texas Toast 1 each	45
Mini-Cinnis-Pillburys	40
Ultimate Breakfast Rounds 3 kinds	45

BREADS

W.G.Dinner Roll	13
Parmesan Bread Stick new	28
Garlic Toast	11

FRUITS

Craisins -Ocean Spray	28
Fruit Cup Mixed 4 oz.	19
Fruit Cup Mixed 4 oz.	19
Diced Peaches in light syrup	14
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
All Fruit Bar	27
Banana 1 petite	25

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

	Carbohydrates (g)
Mini Twin Burgers	39
Turkey Sandwich on Bread 2 slices	36
Turkey Sandwich on Bun	19
Ham Sandwich on Bread 2 slices	36
Breaded Chicken Tenders 3/Dinner Roll	30
W.G. Corndog	32
Country Baked Steak	18
Orange Chix w/Rice/Egg Roll	77
Pizza Pocket (PepperoniCalzone)	35
Lasagna Rollup w/Twisted Breadstick	60
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES

Baked Potato Sticks (McCain Fries)	20
Green Beans	6
Baked Beans	29
Corn	21
Mashed Potato 1/2 cup	16
Peas	9
Sicilian Blend	6
Sweet Potato Puffs 3 oz.	23
Zucchini (fresh or frozen sliced)	2
Shredded Lettuce/Tomato/Cheese	7
Fresh Veggies in Cup w/ low-fat dip	3
Garden Romaine Salad Mix	10

FRUITS

Fresh Apple whole 1 each	19
Apple Slices 1/2 cup	7
Kiwi 1 whole	10
Fresh Fruit Cup 1/2 cup	16
Diced Peaches in light syrup	14
RIPS Frozen Fruit	32
Fresh Grapes 1/2 cup	18
Fresh Orange Wedges 1/2 cup	11
Fresh Orange Wedges 1 whole	21

Elementary Carb Counts SY 17-18

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag			
Apple Jacks	22	Hamburger on Bun (cheese +2)	23
Honey Grahams	16	Rotini Pasta w/Meatsauce Garlic Tst.	35
Juice	15	Popcorn Chicken 10/serving	17
Jumpstarts Cereal Breakfast Bag		Pizza Cheese pre-sliced 10 cut	34
Apple Jacks RS	18	Pizza Pepperoni pre-sliced 10 cut	34
Honey Grahams	16		
Juice	15	Seafood Shapes-4 pieces	18
		Macaroni & Cheese 3 oz = 3 Fish shapes	21
Breakfast on the Go Meal Pack	40 total	Macaroni & Cheese 6 oz.	29
Frosted Flakes Reduced Sugar	9		
Honey Grahams	16	Yogurt Combo-Yogurt, Cheese, Graham	35
Juice	15	Yogurt Cup ONLY-LF Straw	11
		PBJ Jamwich single	35
Bosco Egg & Cheese Stuffed Breadstix	17	PBJ Jamwich Combo (cheese/cracker)	55
Apple or Cherry Frudel	37	Turkey Sandwich on Bread 2 slices	36
GFS Maple Pancake Wrap	18	Turkey Sandwich on Bun	19
Ultimate Breakfast Round IW	44	Ham Sandwich on Bread 2 slices	36
BREADS			
Garlic Toast	11		
Twisted Parmesan Breadstick	28		
W.G. Dinner Roll	13		
FRUITS		VEGETABLES	
Crasins Ocean Spray	28	California Blend	5
Raisins 1/4 cup 40 gm.	31	Capri Blend	4
Fruit Cup Mixed 4 oz.	19	Tator Tots	16
Peach Cup 4 oz.	17	Green Beans	6
Pear cup in Juice 1/2 cup	20	Corn	21
Applesauce Cup 1/2 cup	12	Refried Beans	16
Banana 1 petite	25	California Blend	5
Apple slices Peterson Farms 2 oz.	7	Broccoli Florets	4
Fresh Grapes 1/2 cup	11		
Banana 1 petite	25	Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
FRUIT JUICES		FRUITS	
Orange 4 oz.	13	Fresh Orange Wedges 1/2 cup	11
Apple 4 oz.	13	Fresh Orange Wedges 1 whole	21
Fruitables 4 oz.	14	Diced Peaches in light syrup	14
		Pineapple Tidbits in Juice	10
MILK		Fresh Grapes 1/2 cup	11
Lowfat 1% & Fat Free Skim White	13	Fruit Cocktail in Juice	14
Chocolate Skim	20	Fresh Apple whole 1 each	19
Strawberry Skim	28	Apple Slices 1/2 cup	7
		Sidekicks Frozen Fruit Cup 1/2 cup	20
		RIPS Frozen Fruit	32

Elementary Carb Counts SY 17-18

WEEK 4

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total		
Frosted Flakes Reduced Sugar	9	Chicken Patty/Bun	35
Honey Grahams	16	B4Lunch Eggs-w/ Waffles	38
Juice	15	W.G Turkey Corn Dog	30
Blueberry Muffin/GoGurt	30/10	All Beef Hot Dog/Bun	20
Banana Muffin/GoGurt	31/10	Nacho's w/Meat & Cheese cup	36
Pork Sausage Biscuit	25	Grilled Cheese Sandwich	40
Egg & Cheese W.G. Bun GFS# 669351	19	Tomato Soup 1 cup	20
Apple Cin. Texas Toast 1 each	45		
Mini-Cinnis-Pillburys	40		
Ultimate Breakfast Rounds 3 kinds	45		
		Yogurt Combo-Yogurt, Cheese,Graham	35
		Yogurt Cup ONLY-LF Straw	11
		PBJ Jamwich single	35
		PBJ Jamwich Combo (cheese/cracker)	55
		Turkey Sandwich on Bread 2 slices	36
		Turkey Sandwich on Bun	19
		Ham Sandwich on Bread 2 slices	36
<u>BREADS</u>			
Garlic Toast	11		
Twisted Parmesan Breadstick	28		
W.G. Dinner Roll	14		
<u>FRUITS</u>		<u>VEGETABLES</u>	
Craisins-Ocean Spray	28	Broccoli Florets w/cheese	6
Fruit Cup Mixed 4 oz.	19	Hash Brown Cubes	18
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	California Blend 1/2 cup	5
Banana 1 petite	25	Flame Roasted Corn & Black Bean	24
Apple slices Peterson Farms 2 oz.	7	Corn	7
Fresh Grapes 1/2 cup	11	Tomato Soup 1/2 cup	20
Orange Wedges 1/2 cup	10	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
		RIPS Frozen Fruit	32
<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 Skim	20		
Strawberry Skim	28		

CONDIMENTS 2017-18

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

Carbohydrate Counts Week 1 yellow
2017-18

BREAKFAST ENTREES

Jumpstarts Cereal Breakfast Bag	
Apple Jacks	22
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Frudel Pillsbury Cherry or Apple	36
Bosco Egg & Cheese Stuffed Breadstix	17
GFS Maple Pancake Wrap	18
Ultimate Breakfast Round IW	44

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	13
W.G. Biscuit	27
Graham Crackers-Minions	22

FRUITS

Craisins-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
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/DAIRY

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28
Yogurt Cup ONLY-LF Straw	11
LOL Cheese Stick	0

LUNCH ENTREES

Chicken Chunks (nuggets)	15
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
Turkey Sandwich on Bread 2 slices	36
Ham Sandwich on Bread 2 slices	36
PBJ Jamwich single	35
Rotini Pasta w/Meatsauce JTM 1 cup	24
Orange Chix w/Rice/Egg Roll	77
Brown Rice only 1/4 cup	36
Pizza Big Daddy's Wedge 1 slice	36
Shrimp Poppers w/Cheesy Breadstx	36
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES-1/2 cup

Stir Fry Blend	5
Flame Rst. Corn & Black Beans	24
Green Beans	6
Tator Tots/Baby Bakers	16
California Blend	5
Cosmic Shapes Potatoes	16
Corn	7
Hash Brown Cubes	18
Spinach	10
Refried Beans	16
Normandy Blend	5
Fresh Veggies in Cup w/ lowfat dip	3

FRUITS

Fresh Apple Slices 2 oz. bag	7
Fresh Apple whole 1 each	19
Fresh Orange 1/2 cup	11
Fresh Orange 1 whole	21
Fresh Grapes 1/2 cup	18
Banana	27
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
Sidekicks Frozen Fruit Cup 1/2 cup	20

Condiments

LF Ranch dipping Cup	5
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Elementary Carb Counts 17-18

WEEK 2

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Blueberry Muffin/GoGurt	30/10
Pork Sausage Biscuit	25
Egg & Cheese W.G. Bun GFS# 669351	19
Apple Cin. Texas Toast 1 each	45
Mini-Cinnis-Pillburys	40
Ultimate Breakfast Rounds 3 kinds	45

BREADS

W.G.Dinner Roll	13
Parmesan Bread Stick new	28
Garlic Toast	11

FRUITS

Craisins -Ocean Spray	28
Fruit Cup Mixed 4 oz.	19
Fruit Cup Mixed 4 oz.	19
Diced Peaches in light syrup	14
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
All Fruit Bar	27
Banana 1 petite	25

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

	Carbohydrates (g)
Mini Twin Burgers	39
Turkey Sandwich on Bread 2 slices	36
Turkey Sandwich on Bun	19
Ham Sandwich on Bread 2 slices	36
Breaded Chicken Tenders 3/Dinner Roll	30
W.G. Corndog	32
Country Baked Steak	18
Orange Chix w/Rice/Egg Roll	77
Pizza Pocket (PepperoniCalzone)	35
Lasagna Rollup w/Twisted Breadstick	60
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES

Baked Potato Sticks (McCain Fries)	20
Green Beans	6
Baked Beans	29
Corn	21
Mashed Potato 1/2 cup	16
Peas	9
Sicilian Blend	6
Sweet Potato Puffs 3 oz.	23
Zucchini (fresh or frozen sliced)	2
Shredded Lettuce/Tomato/Cheese	7
Fresh Veggies in Cup w/ low-fat dip	3
Garden Romaine Salad Mix	10

FRUITS

Fresh Apple whole 1 each	19
Apple Slices 1/2 cup	7
Kiwi 1 whole	10
Fresh Fruit Cup 1/2 cup	16
Diced Peaches in light syrup	14
RIPS Frozen Fruit	32
Fresh Grapes 1/2 cup	18
Fresh Orange Wedges 1/2 cup	11
Fresh Orange Wedges 1 whole	21

Elementary Carb Counts SY 17-18

WEEK 3

BREAKFAST ENTREES

Jumpstarts Cereal Breakfast Bag	
Apple Jacks	22
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Breakfast on the Go Meal Pack	40 total
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Bosco Egg & Cheese Stuffed Breadstix	17
Apple or Cherry Frudel	37
GFS Maple Pancake Wrap	18
Ultimate Breakfast Round IW	44

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	13

FRUITS

Crasins Ocean Spray	28
Raisins 1/4 cup 40 gm.	31
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
Banana 1 petite	25

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

	Carbohydrates (g)		Carbohydrates (g)
Hamburger on Bun (cheese +2)			23
Rotini Pasta w/Meatsauce Garlic Tst.			35
Popcorn Chicken 10/serving			17
Pizza Cheese pre-sliced 10 cut			34
Pizza Pepperoni pre-sliced 10 cut			34
Seafood Shapes-4 pieces			18
Macaroni & Cheese 3 oz = 3 Fish shapes			21
Macaroni & Cheese 6 oz.			29
Yogurt Combo-Yogurt, Cheese,Graham			35
Yogurt Cup ONLY-LF Straw			11
PBJ Jamwich single			35
PBJ Jamwich Combo (cheese/cracker)			55
Turkey Sandwich on Bread 2 slices			36
Turkey Sandwich on Bun			19
Ham Sandwich on Bread 2 slices			36

VEGETABLES

California Blend	5
Capri Blend	4
Tator Tots	16
Green Beans	6
Corn	21
Refried Beans	16
California Blend	5
Broccoli Florets	4
Shredded Lettuce/Tomato/Cheese	7
Fresh Veggies in Cup w/ low-fat dip	3
Garden Romaine Salad Mix	10

FRUITS

Fresh Orange Wedges 1/2 cup	11
Fresh Orange Wedges 1 whole	21
Diced Peaches in light syrup	14
Pineapple Tidbits in Juice	10
Fresh Grapes 1/2 cup	11
Fruit Cocktail in Juice	14
Fresh Apple whole 1 each	19
Apple Slices 1/2 cup	7
Sidekicks Frozen Fruit Cup 1/2 cup	20
RIPS Frozen Fruit	32

Elementary Carb Counts SY 17-18

WEEK 4

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Blueberry Muffin/GoGurt	30/10
Banana Muffin/GoGurt	31/10
Pork Sausage Biscuit	25
Egg & Cheese W.G. Bun GFS# 669351	19
Apple Cin. Texas Toast 1 each	45
Mini-Cinnis-Pillburys	40
Ultimate Breakfast Rounds 3 kinds	45

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	14

FRUITS

Craisins-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

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

	Carbohydrates (g)
Chicken Patty/Bun	35
B4Lunch Eggs-w/ Waffles	38
W.G Turkey Corn Dog	30
All Beef Hot Dog/Bun	20
Nacho's w/Meat & Cheese cup	36
Grilled Cheese Sandwich	40
Tomato Soup 1 cup	20
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55
Turkey Sandwich on Bread 2 slices	36
Turkey Sandwich on Bun	19
Ham Sandwich on Bread 2 slices	36

VEGETABLES

Broccoli Florets w/cheese	6
Hash Brown Cubes	18
Green Beans	6
Mashed Potato 1/2 cup	16
California Blend 1/2 cup	5
Flame Roasted Corn & Black Bean	24
Corn	7
Tomato Soup 1/2 cup	20
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
RIPS Frozen Fruit	32

CONDIMENTS 2017-18

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

Carbohydrate Counts Week 1 yellow
2017-18

BREAKFAST ENTREES

Jumpstarts Cereal Breakfast Bag	
Apple Jacks	22
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Frudel Pillsbury Cherry or Apple	36
Bosco Egg & Cheese Stuffed Breadstix	17
GFS Maple Pancake Wrap	18
Ultimate Breakfast Round IW	44

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	13
W.G. Biscuit	27
Graham Crackers-Minions	22

FRUITS

Craisins-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
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/DAIRY

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28
Yogurt Cup ONLY-LF Straw	11
LOL Cheese Stick	0

LUNCH ENTREES

Chicken Chunks (nuggets)	15
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
Turkey Sandwich on Bread 2 slices	36
Ham Sandwich on Bread 2 slices	36
PBJ Jamwich single	35
Rotini Pasta w/Meatsauce JTM 1 cup	24
Orange Chix w/Rice/Egg Roll	77
Brown Rice only 1/4 cup	36
Pizza Big Daddy's Wedge 1 slice	36
Shrimp Poppers w/Cheesy Breadstx	36
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES-1/2 cup

Stir Fry Blend	5
Flame Rst. Corn & Black Beans	24
Green Beans	6
Tator Tots/Baby Bakers	16
California Blend	5
Cosmic Shapes Potatoes	16
Corn	7
Hash Brown Cubes	18
Spinach	10
Refried Beans	16
Normandy Blend	5
Fresh Veggies in Cup w/ lowfat dip	3

FRUITS

Fresh Apple Slices 2 oz. bag	7
Fresh Apple whole 1 each	19
Fresh Orange 1/2 cup	11
Fresh Orange 1 whole	21
Fresh Grapes 1/2 cup	18
Banana	27
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
Sidekicks Frozen Fruit Cup 1/2 cup	20

Condiments

LF Ranch dipping Cup	5
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Elementary Carb Counts 17-18

WEEK 2

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Blueberry Muffin/GoGurt	30/10
Pork Sausage Biscuit	25
Egg & Cheese W.G. Bun GFS# 669351	19
Apple Cin. Texas Toast 1 each	45
Mini-Cinnis-Pillburys	40
Ultimate Breakfast Rounds 3 kinds	45

BREADS

W.G.Dinner Roll	13
Parmesan Bread Stick new	28
Garlic Toast	11

FRUITS

Craisins -Ocean Spray	28
Fruit Cup Mixed 4 oz.	19
Fruit Cup Mixed 4 oz.	19
Diced Peaches in light syrup	14
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
All Fruit Bar	27
Banana 1 petite	25

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

	Carbohydrates (g)
Mini Twin Burgers	39
Turkey Sandwich on Bread 2 slices	36
Turkey Sandwich on Bun	19
Ham Sandwich on Bread 2 slices	36
Breaded Chicken Tenders 3/Dinner Roll	30
W.G. Corndog	32
Country Baked Steak	18
Orange Chix w/Rice/Egg Roll	77
Pizza Pocket (PepperoniCalzone)	35
Lasagna Rollup w/Twisted Breadstick	60
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES

Baked Potato Sticks (McCain Fries)	20
Green Beans	6
Baked Beans	29
Corn	21
Mashed Potato 1/2 cup	16
Peas	9
Sicilian Blend	6
Sweet Potato Puffs 3 oz.	23
Zucchini (fresh or frozen sliced)	2
Shredded Lettuce/Tomato/Cheese	7
Fresh Veggies in Cup w/ low-fat dip	3
Garden Romaine Salad Mix	10

FRUITS

Fresh Apple whole 1 each	19
Apple Slices 1/2 cup	7
Kiwi 1 whole	10
Fresh Fruit Cup 1/2 cup	16
Diced Peaches in light syrup	14
RIPS Frozen Fruit	32
Fresh Grapes 1/2 cup	18
Fresh Orange Wedges 1/2 cup	11
Fresh Orange Wedges 1 whole	21

Elementary Carb Counts SY 17-18

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag			
Apple Jacks	22	Hamburger on Bun (cheese +2)	23
Honey Grahams	16	Rotini Pasta w/Meatsauce Garlic Tst.	35
Juice	15	Popcorn Chicken 10/serving	17
Jumpstarts Cereal Breakfast Bag		Pizza Cheese pre-sliced 10 cut	34
Apple Jacks RS	18	Pizza Pepperoni pre-sliced 10 cut	34
Honey Grahams	16		
Juice	15	Seafood Shapes-4 pieces	18
		Macaroni & Cheese 3 oz = 3 Fish shapes	21
Breakfast on the Go Meal Pack	40 total	Macaroni & Cheese 6 oz.	29
Frosted Flakes Reduced Sugar	9		
Honey Grahams	16	Yogurt Combo-Yogurt, Cheese, Graham	35
Juice	15	Yogurt Cup ONLY-LF Straw	11
		PBJ Jamwich single	35
Bosco Egg & Cheese Stuffed Breadstix	17	PBJ Jamwich Combo (cheese/cracker)	55
Apple or Cherry Frudel	37	Turkey Sandwich on Bread 2 slices	36
GFS Maple Pancake Wrap	18	Turkey Sandwich on Bun	19
Ultimate Breakfast Round IW	44	Ham Sandwich on Bread 2 slices	36
BREADS			
Garlic Toast	11		
Twisted Parmesan Breadstick	28		
W.G. Dinner Roll	13		
FRUITS		VEGETABLES	
Crasins Ocean Spray	28	California Blend	5
Raisins 1/4 cup 40 gm.	31	Capri Blend	4
Fruit Cup Mixed 4 oz.	19	Tator Tots	16
Peach Cup 4 oz.	17	Green Beans	6
Pear cup in Juice 1/2 cup	20	Corn	21
Applesauce Cup 1/2 cup	12	Refried Beans	16
Banana 1 petite	25	California Blend	5
Apple slices Peterson Farms 2 oz.	7	Broccoli Florets	4
Fresh Grapes 1/2 cup	11		
Banana 1 petite	25	Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
FRUIT JUICES		FRUITS	
Orange 4 oz.	13	Fresh Orange Wedges 1/2 cup	11
Apple 4 oz.	13	Fresh Orange Wedges 1 whole	21
Fruitables 4 oz.	14	Diced Peaches in light syrup	14
		Pineapple Tidbits in Juice	10
MILK		Fresh Grapes 1/2 cup	11
Lowfat 1% & Fat Free Skim White	13	Fruit Cocktail in Juice	14
Chocolate Skim	20	Fresh Apple whole 1 each	19
Strawberry Skim	28	Apple Slices 1/2 cup	7
		Sidekicks Frozen Fruit Cup 1/2 cup	20
		RIPS Frozen Fruit	32

Elementary Carb Counts SY 17-18

WEEK 4

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Blueberry Muffin/GoGurt	30/10
Banana Muffin/GoGurt	31/10
Pork Sausage Biscuit	25
Egg & Cheese W.G. Bun GFS# 669351	19
Apple Cin. Texas Toast 1 each	45
Mini-Cinnis-Pillburys	40
Ultimate Breakfast Rounds 3 kinds	45

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	14

FRUITS

Craisins-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

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

	Carbohydrates (g)
Chicken Patty/Bun	35
B4Lunch Eggs-w/ Waffles	38
W.G Turkey Corn Dog	30
All Beef Hot Dog/Bun	20
Nacho's w/Meat & Cheese cup	36
Grilled Cheese Sandwich	40
Tomato Soup 1 cup	20
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55
Turkey Sandwich on Bread 2 slices	36
Turkey Sandwich on Bun	19
Ham Sandwich on Bread 2 slices	36

VEGETABLES

Broccoli Florets w/cheese	6
Hash Brown Cubes	18
Green Beans	6
Mashed Potato 1/2 cup	16
California Blend 1/2 cup	5
Flame Roasted Corn & Black Bean	24
Corn	7
Tomato Soup 1/2 cup	20
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
RIPS Frozen Fruit	32

CONDIMENTS 2017-18

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

Carbohydrate Counts Week 1 yellow
2017-18

BREAKFAST ENTREES

Jumpstarts Cereal Breakfast Bag	
Apple Jacks	22
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Frudel Pillsbury Cherry or Apple	36
Bosco Egg & Cheese Stuffed Breadstix	17
GFS Maple Pancake Wrap	18
Ultimate Breakfast Round IW	44

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	13
W.G. Biscuit	27
Graham Crackers-Minions	22

FRUITS

Craisins-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
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/DAIRY

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28
Yogurt Cup ONLY-LF Straw	11
LOL Cheese Stick	0

LUNCH ENTREES

Chicken Chunks (nuggets)	15
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
Turkey Sandwich on Bread 2 slices	36
Ham Sandwich on Bread 2 slices	36
PBJ Jamwich single	35
Rotini Pasta w/Meatsauce JTM 1 cup	24
Orange Chix w/Rice/Egg Roll	77
Brown Rice only 1/4 cup	36
Pizza Big Daddy's Wedge 1 slice	36
Shrimp Poppers w/Cheesy Breadstx	36
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES-1/2 cup

Stir Fry Blend	5
Flame Rst. Corn & Black Beans	24
Green Beans	6
Tator Tots/Baby Bakers	16
California Blend	5
Cosmic Shapes Potatoes	16
Corn	7
Hash Brown Cubes	18
Spinach	10
Refried Beans	16
Normandy Blend	5
Fresh Veggies in Cup w/ lowfat dip	3

FRUITS

Fresh Apple Slices 2 oz. bag	7
Fresh Apple whole 1 each	19
Fresh Orange 1/2 cup	11
Fresh Orange 1 whole	21
Fresh Grapes 1/2 cup	18
Banana	27
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
Sidekicks Frozen Fruit Cup 1/2 cup	20

Condiments

LF Ranch dipping Cup	5
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CONDIMENTS 2017-18

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

Carbohydrate Counts Week 1 yellow
2017-18

BREAKFAST ENTREES

Jumpstarts Cereal Breakfast Bag	
Apple Jacks	22
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Frudel Pillsbury Cherry or Apple	36
Bosco Egg & Cheese Stuffed Breadstix	17
GFS Maple Pancake Wrap	18
Ultimate Breakfast Round IW	44

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	13
W.G. Biscuit	27
Graham Crackers-Minions	22

FRUITS

Craisins-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
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/DAIRY

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28
Yogurt Cup ONLY-LF Straw	11
LOL Cheese Stick	0

LUNCH ENTREES

Chicken Chunks (nuggets)	15
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
Turkey Sandwich on Bread 2 slices	36
Ham Sandwich on Bread 2 slices	36
PBJ Jamwich single	35
Rotini Pasta w/Meatsauce JTM 1 cup	24
Orange Chix w/Rice/Egg Roll	77
Brown Rice only 1/4 cup	36
Pizza Big Daddy's Wedge 1 slice	36
Shrimp Poppers w/Cheesy Breadstx	36
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES-1/2 cup

Stir Fry Blend	5
Flame Rst. Corn & Black Beans	24
Green Beans	6
Tator Tots/Baby Bakers	16
California Blend	5
Cosmic Shapes Potatoes	16
Corn	7
Hash Brown Cubes	18
Spinach	10
Refried Beans	16
Normandy Blend	5
Fresh Veggies in Cup w/ lowfat dip	3

FRUITS

Fresh Apple Slices 2 oz. bag	7
Fresh Apple whole 1 each	19
Fresh Orange 1/2 cup	11
Fresh Orange 1 whole	21
Fresh Grapes 1/2 cup	18
Banana	27
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
Sidekicks Frozen Fruit Cup 1/2 cup	20

Condiments

LF Ranch dipping Cup	5
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Elementary Carb Counts 17-18

WEEK 2

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Blueberry Muffin/GoGurt	30/10
Pork Sausage Biscuit	25
Egg & Cheese W.G. Bun GFS# 669351	19
Apple Cin. Texas Toast 1 each	45
Mini-Cinnis-Pillburys	40
Ultimate Breakfast Rounds 3 kinds	45

BREADS

W.G.Dinner Roll	13
Parmesan Bread Stick new	28
Garlic Toast	11

FRUITS

Craisins -Ocean Spray	28
Fruit Cup Mixed 4 oz.	19
Fruit Cup Mixed 4 oz.	19
Diced Peaches in light syrup	14
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
All Fruit Bar	27
Banana 1 petite	25

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

	Carbohydrates (g)
Mini Twin Burgers	39
Turkey Sandwich on Bread 2 slices	36
Turkey Sandwich on Bun	19
Ham Sandwich on Bread 2 slices	36
Breaded Chicken Tenders 3/Dinner Roll	30
W.G. Corndog	32
Country Baked Steak	18
Orange Chix w/Rice/Egg Roll	77
Pizza Pocket (PepperoniCalzone)	35
Lasagna Rollup w/Twisted Breadstick	60
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES

Baked Potato Sticks (McCain Fries)	20
Green Beans	6
Baked Beans	29
Corn	21
Mashed Potato 1/2 cup	16
Peas	9
Sicilian Blend	6
Sweet Potato Puffs 3 oz.	23
Zucchini (fresh or frozen sliced)	2
Shredded Lettuce/Tomato/Cheese	7
Fresh Veggies in Cup w/ low-fat dip	3
Garden Romaine Salad Mix	10

FRUITS

Fresh Apple whole 1 each	19
Apple Slices 1/2 cup	7
Kiwi 1 whole	10
Fresh Fruit Cup 1/2 cup	16
Diced Peaches in light syrup	14
RIPS Frozen Fruit	32
Fresh Grapes 1/2 cup	18
Fresh Orange Wedges 1/2 cup	11
Fresh Orange Wedges 1 whole	21

Elementary Carb Counts SY 17-18

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag			
Apple Jacks	22	Hamburger on Bun (cheese +2)	23
Honey Grahams	16	Rotini Pasta w/Meatsauce Garlic Tst.	35
Juice	15	Popcorn Chicken 10/serving	17
Jumpstarts Cereal Breakfast Bag		Pizza Cheese pre-sliced 10 cut	34
Apple Jacks RS	18	Pizza Pepperoni pre-sliced 10 cut	34
Honey Grahams	16		
Juice	15	Seafood Shapes-4 pieces	18
		Macaroni & Cheese 3 oz = 3 Fish shapes	21
Breakfast on the Go Meal Pack	40 total	Macaroni & Cheese 6 oz.	29
Frosted Flakes Reduced Sugar	9		
Honey Grahams	16	Yogurt Combo-Yogurt, Cheese, Graham	35
Juice	15	Yogurt Cup ONLY-LF Straw	11
		PBJ Jamwich single	35
Bosco Egg & Cheese Stuffed Breadstix	17	PBJ Jamwich Combo (cheese/cracker)	55
Apple or Cherry Frudel	37	Turkey Sandwich on Bread 2 slices	36
GFS Maple Pancake Wrap	18	Turkey Sandwich on Bun	19
Ultimate Breakfast Round IW	44	Ham Sandwich on Bread 2 slices	36
<u>BREADS</u>			
Garlic Toast	11		
Twisted Parmesan Breadstick	28		
W.G. Dinner Roll	13		
<u>FRUITS</u>		<u>VEGETABLES</u>	
Crasins Ocean Spray	28	California Blend	5
Raisins 1/4 cup 40 gm.	31	Capri Blend	4
Fruit Cup Mixed 4 oz.	19	Tator Tots	16
Peach Cup 4 oz.	17	Green Beans	6
Pear cup in Juice 1/2 cup	20	Corn	21
Applesauce Cup 1/2 cup	12	Refried Beans	16
Banana 1 petite	25	California Blend	5
Apple slices Peterson Farms 2 oz.	7	Broccoli Florets	4
Fresh Grapes 1/2 cup	11		
Banana 1 petite	25	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	Fresh Orange Wedges 1/2 cup	11
Apple 4 oz.	13	Fresh Orange Wedges 1 whole	21
Fruitables 4 oz.	14	Diced Peaches in light syrup	14
		Pineapple Tidbits in Juice	10
<u>MILK</u>		Fresh Grapes 1/2 cup	11
Lowfat 1% & Fat Free Skim White	13	Fruit Cocktail in Juice	14
Chocolate Skim	20	Fresh Apple whole 1 each	19
Strawberry Skim	28	Apple Slices 1/2 cup	7
		Sidekicks Frozen Fruit Cup 1/2 cup	20
		RIPS Frozen Fruit	32

Elementary Carb Counts SY 17-18**WEEK 4****BREAKFAST ENTREES**

	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Blueberry Muffin/GoGurt	30/10
Banana Muffin/GoGurt	31/10
Pork Sausage Biscuit	25
Egg & Cheese W.G. Bun GFS# 669351	19
Apple Cin. Texas Toast 1 each	45
Mini-Cinnis-Pillburys	40
Ultimate Breakfast Rounds 3 kinds	45

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	14

FRUITS

Craisins-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

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

	Carbohydrates (g)
Chicken Patty/Bun	35
B4Lunch Eggs-w/ Waffles	38
W.G Turkey Corn Dog	30
All Beef Hot Dog/Bun	20
Nacho's w/Meat & Cheese cup	36
Grilled Cheese Sandwich	40
Tomato Soup 1 cup	20
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55
Turkey Sandwich on Bread 2 slices	36
Turkey Sandwich on Bun	19
Ham Sandwich on Bread 2 slices	36

VEGETABLES

Broccoli Florets w/cheese	6
Hash Brown Cubes	18
Green Beans	6
Mashed Potato 1/2 cup	16
California Blend 1/2 cup	5
Flame Roasted Corn & Black Bean	24
Corn	7
Tomato Soup 1/2 cup	20
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
RIPS Frozen Fruit	32

CONDIMENTS 2017-18

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

Carbohydrate Counts Week 1 yellow
2017-18

BREAKFAST ENTREES

Jumpstarts Cereal Breakfast Bag	
Apple Jacks	22
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Frudel Pillsbury Cherry or Apple	36
Bosco Egg & Cheese Stuffed Breadstix	17
GFS Maple Pancake Wrap	18
Ultimate Breakfast Round IW	44

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	13
W.G. Biscuit	27
Graham Crackers-Minions	22

FRUITS

Craisins-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
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/DAIRY

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28
Yogurt Cup ONLY-LF Straw	11
LOL Cheese Stick	0

LUNCH ENTREES

Chicken Chunks (nuggets)	15
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
Turkey Sandwich on Bread 2 slices	36
Ham Sandwich on Bread 2 slices	36
PBJ Jamwich single	35
Rotini Pasta w/Meatsauce JTM 1 cup	24
Orange Chix w/Rice/Egg Roll	77
Brown Rice only 1/4 cup	36
Pizza Big Daddy's Wedge 1 slice	36
Shrimp Poppers w/Cheesy Breadstx	36
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES-1/2 cup

Stir Fry Blend	5
Flame Rst. Corn & Black Beans	24
Green Beans	6
Tator Tots/Baby Bakers	16
California Blend	5
Cosmic Shapes Potatoes	16
Corn	7
Hash Brown Cubes	18
Spinach	10
Refried Beans	16
Normandy Blend	5
Fresh Veggies in Cup w/ lowfat dip	3

FRUITS

Fresh Apple Slices 2 oz. bag	7
Fresh Apple whole 1 each	19
Fresh Orange 1/2 cup	11
Fresh Orange 1 whole	21
Fresh Grapes 1/2 cup	18
Banana	27
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
Sidekicks Frozen Fruit Cup 1/2 cup	20

Condiments

LF Ranch dipping Cup	5
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Elementary Carb Counts 17-18

WEEK 2

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Blueberry Muffin/GoGurt	30/10
Pork Sausage Biscuit	25
Egg & Cheese W.G. Bun GFS# 669351	19
Apple Cin. Texas Toast 1 each	45
Mini-Cinnis-Pillburys	40
Ultimate Breakfast Rounds 3 kinds	45

BREADS

W.G.Dinner Roll	13
Parmesan Bread Stick new	28
Garlic Toast	11

FRUITS

Craisins -Ocean Spray	28
Fruit Cup Mixed 4 oz.	19
Fruit Cup Mixed 4 oz.	19
Diced Peaches in light syrup	14
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
All Fruit Bar	27
Banana 1 petite	25

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

	Carbohydrates (g)
Mini Twin Burgers	39
Turkey Sandwich on Bread 2 slices	36
Turkey Sandwich on Bun	19
Ham Sandwich on Bread 2 slices	36
Breaded Chicken Tenders 3/Dinner Roll	30
W.G. Corndog	32
Country Baked Steak	18
Orange Chix w/Rice/Egg Roll	77
Pizza Pocket (PepperoniCalzone)	35
Lasagna Rollup w/Twisted Breadstick	60
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES

Baked Potato Sticks (McCain Fries)	20
Green Beans	6
Baked Beans	29
Corn	21
Mashed Potato 1/2 cup	16
Peas	9
Sicilian Blend	6
Sweet Potato Puffs 3 oz.	23
Zucchini (fresh or frozen sliced)	2
Shredded Lettuce/Tomato/Cheese	7
Fresh Veggies in Cup w/ low-fat dip	3
Garden Romaine Salad Mix	10

FRUITS

Fresh Apple whole 1 each	19
Apple Slices 1/2 cup	7
Kiwi 1 whole	10
Fresh Fruit Cup 1/2 cup	16
Diced Peaches in light syrup	14
RIPS Frozen Fruit	32
Fresh Grapes 1/2 cup	18
Fresh Orange Wedges 1/2 cup	11
Fresh Orange Wedges 1 whole	21

Elementary Carb Counts SY 17-18

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag			
Apple Jacks	22	Hamburger on Bun (cheese +2)	23
Honey Grahams	16	Rotini Pasta w/Meatsauce Garlic Tst.	35
Juice	15	Popcorn Chicken 10/serving	17
Jumpstarts Cereal Breakfast Bag		Pizza Cheese pre-sliced 10 cut	34
Apple Jacks RS	18	Pizza Pepperoni pre-sliced 10 cut	34
Honey Grahams	16		
Juice	15	Seafood Shapes-4 pieces	18
		Macaroni & Cheese 3 oz = 3 Fish shapes	21
Breakfast on the Go Meal Pack	40 total	Macaroni & Cheese 6 oz.	29
Frosted Flakes Reduced Sugar	9		
Honey Grahams	16	Yogurt Combo-Yogurt, Cheese, Graham	35
Juice	15	Yogurt Cup ONLY-LF Straw	11
		PBJ Jamwich single	35
Bosco Egg & Cheese Stuffed Breadstix	17	PBJ Jamwich Combo (cheese/cracker)	55
Apple or Cherry Frudel	37	Turkey Sandwich on Bread 2 slices	36
GFS Maple Pancake Wrap	18	Turkey Sandwich on Bun	19
Ultimate Breakfast Round IW	44	Ham Sandwich on Bread 2 slices	36
BREADS		VEGETABLES	
Garlic Toast	11	California Blend	5
Twisted Parmesan Breadstick	28	Capri Blend	4
W.G. Dinner Roll	13	Tator Tots	16
		Green Beans	6
FRUITS		Corn	21
Crasins Ocean Spray	28	Refried Beans	16
Raisins 1/4 cup 40 gm.	31	California Blend	5
Fruit Cup Mixed 4 oz.	19	Broccoli Florets	4
Peach Cup 4 oz.	17		
Pear cup in Juice 1/2 cup	20	Shredded Lettuce/Tomato/Cheese	7
Applesauce Cup 1/2 cup	12	Fresh Veggies in Cup w/ low-fat dip	3
Banana 1 petite	25	Garden Romaine Salad Mix	10
Apple slices Peterson Farms 2 oz.	7		
Fresh Grapes 1/2 cup	11	FRUITS	
Banana 1 petite	25	Fresh Orange Wedges 1/2 cup	11
		Fresh Orange Wedges 1 whole	21
FRUIT JUICES		Diced Peaches in light syrup	14
Orange 4 oz.	13	Pineapple Tidbits in Juice	10
Apple 4 oz.	13	Fresh Grapes 1/2 cup	11
Fruitables 4 oz.	14	Fruit Cocktail in Juice	14
		Fresh Apple whole 1 each	19
MILK		Apple Slices 1/2 cup	7
Lowfat 1% & Fat Free Skim White	13	Sidekicks Frozen Fruit Cup 1/2 cup	20
Chocolate Skim	20	RIPS Frozen Fruit	32
Strawberry Skim	28		

Elementary Carb Counts SY 17-18

WEEK 4

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Blueberry Muffin/GoGurt	30/10
Banana Muffin/GoGurt	31/10
Pork Sausage Biscuit	25
Egg & Cheese W.G. Bun GFS# 669351	19
Apple Cin. Texas Toast 1 each	45
Mini-Cinnis-Pillburys	40
Ultimate Breakfast Rounds 3 kinds	45

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	14

FRUITS

Craisins-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

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

	Carbohydrates (g)
Chicken Patty/Bun	35
B4Lunch Eggs-w/ Waffles	38
W.G Turkey Corn Dog	30
All Beef Hot Dog/Bun	20
Nacho's w/Meat & Cheese cup	36
Grilled Cheese Sandwich	40
Tomato Soup 1 cup	20
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55
Turkey Sandwich on Bread 2 slices	36
Turkey Sandwich on Bun	19
Ham Sandwich on Bread 2 slices	36

VEGETABLES

Broccoli Florets w/cheese	6
Hash Brown Cubes	18
Green Beans	6
Mashed Potato 1/2 cup	16
California Blend 1/2 cup	5
Flame Roasted Corn & Black Bean	24
Corn	7
Tomato Soup 1/2 cup	20
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
RIPS Frozen Fruit	32

CONDIMENTS 2017-18

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

Carbohydrate Counts Week 1 yellow
2017-18

BREAKFAST ENTREES

Jumpstarts Cereal Breakfast Bag	
Apple Jacks	22
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Frudel Pillsbury Cherry or Apple	36
Bosco Egg & Cheese Stuffed Breadstix	17
GFS Maple Pancake Wrap	18
Ultimate Breakfast Round IW	44

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	13
W.G. Biscuit	27
Graham Crackers-Minions	22

FRUITS

Craisins-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
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/DAIRY

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28
Yogurt Cup ONLY-LF Straw	11
LOL Cheese Stick	0

LUNCH ENTREES

Chicken Chunks (nuggets)	15
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
Turkey Sandwich on Bread 2 slices	36
Ham Sandwich on Bread 2 slices	36
PBJ Jamwich single	35
Rotini Pasta w/Meatsauce JTM 1 cup	24
Orange Chix w/Rice/Egg Roll	77
Brown Rice only 1/4 cup	36
Pizza Big Daddy's Wedge 1 slice	36
Shrimp Poppers w/Cheesy Breadstx	36
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES-1/2 cup

Stir Fry Blend	5
Flame Rst. Corn & Black Beans	24
Green Beans	6
Tator Tots/Baby Bakers	16
California Blend	5
Cosmic Shapes Potatoes	16
Corn	7
Hash Brown Cubes	18
Spinach	10
Refried Beans	16
Normandy Blend	5
Fresh Veggies in Cup w/ lowfat dip	3

FRUITS

Fresh Apple Slices 2 oz. bag	7
Fresh Apple whole 1 each	19
Fresh Orange 1/2 cup	11
Fresh Orange 1 whole	21
Fresh Grapes 1/2 cup	18
Banana	27
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
Sidekicks Frozen Fruit Cup 1/2 cup	20

Condiments

LF Ranch dipping Cup	5
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Elementary Carb Counts 17-18

WEEK 2

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Blueberry Muffin/GoGurt	30/10
Pork Sausage Biscuit	25
Egg & Cheese W.G. Bun GFS# 669351	19
Apple Cin. Texas Toast 1 each	45
Mini-Cinnis-Pillburys	40
Ultimate Breakfast Rounds 3 kinds	45

BREADS

W.G.Dinner Roll	13
Parmesan Bread Stick new	28
Garlic Toast	11

FRUITS

Craisins -Ocean Spray	28
Fruit Cup Mixed 4 oz.	19
Fruit Cup Mixed 4 oz.	19
Diced Peaches in light syrup	14
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
All Fruit Bar	27
Banana 1 petite	25

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

	Carbohydrates (g)
Mini Twin Burgers	39
Turkey Sandwich on Bread 2 slices	36
Turkey Sandwich on Bun	19
Ham Sandwich on Bread 2 slices	36
Breaded Chicken Tenders 3/Dinner Roll	30
W.G. Corndog	32
Country Baked Steak	18
Orange Chix w/Rice/Egg Roll	77
Pizza Pocket (PepperoniCalzone)	35
Lasagna Rollup w/Twisted Breadstick	60
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES

Baked Potato Sticks (McCain Fries)	20
Green Beans	6
Baked Beans	29
Corn	21
Mashed Potato 1/2 cup	16
Peas	9
Sicilian Blend	6
Sweet Potato Puffs 3 oz.	23
Zucchini (fresh or frozen sliced)	2
Shredded Lettuce/Tomato/Cheese	7
Fresh Veggies in Cup w/ low-fat dip	3
Garden Romaine Salad Mix	10

FRUITS

Fresh Apple whole 1 each	19
Apple Slices 1/2 cup	7
Kiwi 1 whole	10
Fresh Fruit Cup 1/2 cup	16
Diced Peaches in light syrup	14
RIPS Frozen Fruit	32
Fresh Grapes 1/2 cup	18
Fresh Orange Wedges 1/2 cup	11
Fresh Orange Wedges 1 whole	21

Elementary Carb Counts SY 17-18

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag			
Apple Jacks	22	Hamburger on Bun (cheese +2)	23
Honey Grahams	16	Rotini Pasta w/Meatsauce Garlic Tst.	35
Juice	15	Popcorn Chicken 10/serving	17
Jumpstarts Cereal Breakfast Bag			
Apple Jacks RS	18	Pizza Cheese pre-sliced 10 cut	34
Honey Grahams	16	Pizza Pepperoni pre-sliced 10 cut	34
Juice	15	Seafood Shapes-4 pieces	18
Breakfast on the Go Meal Pack			
Frosted Flakes Reduced Sugar	9	Macaroni & Cheese 3 oz = 3 Fish shapes	21
Honey Grahams	16	Macaroni & Cheese 6 oz.	29
Juice	15	Yogurt Combo-Yogurt, Cheese, Graham	35
Breakfast on the Go Meal Pack			
40 total		Yogurt Cup ONLY-LF Straw	11
Bosco Egg & Cheese Stuffed Breadstix	17	PBJ Jamwich single	35
Apple or Cherry Frudel	37	PBJ Jamwich Combo (cheese/cracker)	55
GFS Maple Pancake Wrap	18	Turkey Sandwich on Bread 2 slices	36
Ultimate Breakfast Round IW	44	Turkey Sandwich on Bun	19
		Ham Sandwich on Bread 2 slices	36
BREADS			
Garlic Toast	11		
Twisted Parmesan Breadstick	28		
W.G. Dinner Roll	13		
FRUITS			
Crasins Ocean Spray	28		
Raisins 1/4 cup 40 gm.	31		
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		
Banana 1 petite	25		
FRUIT JUICES			
Orange 4 oz.	13		
Apple 4 oz.	13		
Fruitables 4 oz.	14		
MILK			
Lowfat 1% & Fat Free Skim White	13		
Chocolate Skim	20		
Strawberry Skim	28		
VEGETABLES			
		California Blend	5
		Capri Blend	4
		Tator Tots	16
		Green Beans	6
		Corn	21
		Refried Beans	16
		California Blend	5
		Broccoli Florets	4
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
FRUITS			
		Fresh Orange Wedges 1/2 cup	11
		Fresh Orange Wedges 1 whole	21
		Diced Peaches in light syrup	14
		Pineapple Tidbits in Juice	10
		Fresh Grapes 1/2 cup	11
		Fruit Cocktail in Juice	14
		Fresh Apple whole 1 each	19
		Apple Slices 1/2 cup	7
		Sidekicks Frozen Fruit Cup 1/2 cup	20
		RIPS Frozen Fruit	32

Elementary Carb Counts SY 17-18

WEEK 4

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total		
Frosted Flakes Reduced Sugar	9	Chicken Patty/Bun	35
Honey Grahams	16	B4Lunch Eggs-w/ Waffles	38
Juice	15	W.G Turkey Corn Dog	30
Blueberry Muffin/GoGurt	30/10	All Beef Hot Dog/Bun	20
Banana Muffin/GoGurt	31/10	Nacho's w/Meat & Cheese cup	36
Pork Sausage Biscuit	25	Grilled Cheese Sandwich	40
Egg & Cheese W.G. Bun GFS# 669351	19	Tomato Soup 1 cup	20
Apple Cin. Texas Toast 1 each	45		
Mini-Cinnis-Pillburys	40		
Ultimate Breakfast Rounds 3 kinds	45		
		Yogurt Combo-Yogurt, Cheese,Graham	35
		Yogurt Cup ONLY-LF Straw	11
		PBJ Jamwich single	35
		PBJ Jamwich Combo (cheese/cracker)	55
		Turkey Sandwich on Bread 2 slices	36
		Turkey Sandwich on Bun	19
		Ham Sandwich on Bread 2 slices	36
BREADS			
Garlic Toast	11		
Twisted Parmesan Breadstick	28		
W.G. Dinner Roll	14		
FRUITS		VEGETABLES	
Craisins-Ocean Spray	28	Broccoli Florets w/cheese	6
Fruit Cup Mixed 4 oz.	19	Hash Brown Cubes	18
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	California Blend 1/2 cup	5
Banana 1 petite	25	Flame Roasted Corn & Black Bean	24
Apple slices Peterson Farms 2 oz.	7	Corn	7
Fresh Grapes 1/2 cup	11	Tomato Soup 1/2 cup	20
Orange Wedges 1/2 cup	10	Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
		FRUITS	
FRUIT JUICES		Diced Pears in Juice 1/2 cup	14
Orange 4 oz.	13	Pineapple Tidbits in Juice	10
Apple 4 oz.	13	Tropical Fruit Salad in Juice	15
Fruitables Juice 4 oz.	14	Apple Cranberry Salad	20
		Fruit Cocktail in Juice	14
MILK		Fresh Oranges, Kiwi & Grapes	36
Lowfat 1% & Fat Free Skim White	13	RIPS Frozen Fruit	32
Chocolate Skim	20		
Strawberry Skim	28		

CONDIMENTS 2017-18

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

Carbohydrate Counts Week 1 yellow
2017-18

BREAKFAST ENTREES

Jumpstarts Cereal Breakfast Bag	
Apple Jacks	22
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Frudel Pillsbury Cherry or Apple	36
Bosco Egg & Cheese Stuffed Breadstix	17
GFS Maple Pancake Wrap	18
Ultimate Breakfast Round IW	44

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	13
W.G. Biscuit	27
Graham Crackers-Minions	22

FRUITS

Craisins-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
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/DAIRY

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28
Yogurt Cup ONLY-LF Straw	11
LOL Cheese Stick	0

LUNCH ENTREES

Chicken Chunks (nuggets)	15
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
Turkey Sandwich on Bread 2 slices	36
Ham Sandwich on Bread 2 slices	36
PBJ Jamwich single	35
Rotini Pasta w/Meatsauce JTM 1 cup	24
Orange Chix w/Rice/Egg Roll	77
Brown Rice only 1/4 cup	36
Pizza Big Daddy's Wedge 1 slice	36
Shrimp Poppers w/Cheesy Breadstx	36
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES-1/2 cup

Stir Fry Blend	5
Flame Rst. Corn & Black Beans	24
Green Beans	6
Tator Tots/Baby Bakers	16
California Blend	5
Cosmic Shapes Potatoes	16
Corn	7
Hash Brown Cubes	18
Spinach	10
Refried Beans	16
Normandy Blend	5
Fresh Veggies in Cup w/ lowfat dip	3

FRUITS

Fresh Apple Slices 2 oz. bag	7
Fresh Apple whole 1 each	19
Fresh Orange 1/2 cup	11
Fresh Orange 1 whole	21
Fresh Grapes 1/2 cup	18
Banana	27
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
Sidekicks Frozen Fruit Cup 1/2 cup	20

Condiments

LF Ranch dipping Cup	5
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Elementary Carb Counts 17-18

WEEK 2

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Blueberry Muffin/GoGurt	30/10
Pork Sausage Biscuit	25
Egg & Cheese W.G. Bun GFS# 669351	19
Apple Cin. Texas Toast 1 each	45
Mini-Cinnis-Pillburys	40
Ultimate Breakfast Rounds 3 kinds	45

BREADS

W.G.Dinner Roll	13
Parmesan Bread Stick new	28
Garlic Toast	11

FRUITS

Craisins -Ocean Spray	28
Fruit Cup Mixed 4 oz.	19
Fruit Cup Mixed 4 oz.	19
Diced Peaches in light syrup	14
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
All Fruit Bar	27
Banana 1 petite	25

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

	Carbohydrates (g)
Mini Twin Burgers	39
Turkey Sandwich on Bread 2 slices	36
Turkey Sandwich on Bun	19
Ham Sandwich on Bread 2 slices	36
Breaded Chicken Tenders 3/Dinner Roll	30
W.G. Corndog	32
Country Baked Steak	18
Orange Chix w/Rice/Egg Roll	77
Pizza Pocket (PepperoniCalzone)	35
Lasagna Rollup w/Twisted Breadstick	60
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES

Baked Potato Sticks (McCain Fries)	20
Green Beans	6
Baked Beans	29
Corn	21
Mashed Potato 1/2 cup	16
Peas	9
Sicilian Blend	6
Sweet Potato Puffs 3 oz.	23
Zucchini (fresh or frozen sliced)	2
Shredded Lettuce/Tomato/Cheese	7
Fresh Veggies in Cup w/ low-fat dip	3
Garden Romaine Salad Mix	10

FRUITS

Fresh Apple whole 1 each	19
Apple Slices 1/2 cup	7
Kiwi 1 whole	10
Fresh Fruit Cup 1/2 cup	16
Diced Peaches in light syrup	14
RIPS Frozen Fruit	32
Fresh Grapes 1/2 cup	18
Fresh Orange Wedges 1/2 cup	11
Fresh Orange Wedges 1 whole	21

Elementary Carb Counts SY 17-18

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag			
Apple Jacks	22	Hamburger on Bun (cheese +2)	23
Honey Grahams	16	Rotini Pasta w/Meatsauce Garlic Tst.	35
Juice	15	Popcorn Chicken 10/serving	17
Jumpstarts Cereal Breakfast Bag			
Apple Jacks RS	18	Pizza Cheese pre-sliced 10 cut	34
Honey Grahams	16	Pizza Pepperoni pre-sliced 10 cut	34
Juice	15	Seafood Shapes-4 pieces	18
Breakfast on the Go Meal Pack			
Frosted Flakes Reduced Sugar	9	Macaroni & Cheese 3 oz = 3 Fish shapes	21
Honey Grahams	16	Macaroni & Cheese 6 oz.	29
Juice	15	Yogurt Combo-Yogurt, Cheese,Graham	35
40 total			
		Yogurt Cup ONLY-LF Straw	11
		PBJ Jamwich single	35
Bosco Egg & Cheese Stuffed Breadstix	17	PBJ Jamwich Combo (cheese/cracker)	55
Apple or Cherry Frudel	37	Turkey Sandwich on Bread 2 slices	36
GFS Maple Pancake Wrap	18	Turkey Sandwich on Bun	19
Ultimate Breakfast Round IW	44	Ham Sandwich on Bread 2 slices	36
BREADS			
Garlic Toast	11		
Twisted Parmesan Breadstick	28		
W.G. Dinner Roll	13		
FRUITS			
Crasins Ocean Spray	28	VEGETABLES	
Raisins 1/4 cup 40 gm.	31	California Blend	5
Fruit Cup Mixed 4 oz.	19	Capri Blend	4
Peach Cup 4 oz.	17	Tator Tots	16
Pear cup in Juice 1/2 cup	20	Green Beans	6
Applesauce Cup 1/2 cup	12	Corn	21
Banana 1 petite	25	Refried Beans	16
Apple slices Peterson Farms 2 oz.	7	California Blend	5
Fresh Grapes 1/2 cup	11	Broccoli Florets	4
Banana 1 petite	25	Shredded Lettuce/Tomato/Cheese	7
FRUIT JUICES			
Orange 4 oz.	13	Fresh Veggies in Cup w/ low-fat dip	3
Apple 4 oz.	13	Garden Romaine Salad Mix	10
Fruitables 4 oz.	14	FRUITS	
MILK			
Lowfat 1% & Fat Free Skim White	13	Fresh Orange Wedges 1/2 cup	11
Chocolate Skim	20	Fresh Orange Wedges 1 whole	21
Strawberry Skim	28	Diced Peaches in light syrup	14
		Pineapple Tidbits in Juice	10
		Fresh Grapes 1/2 cup	11
		Fruit Cocktail in Juice	14
		Fresh Apple whole 1 each	19
		Apple Slices 1/2 cup	7
		Sidekicks Frozen Fruit Cup 1/2 cup	20
		RIPS Frozen Fruit	32

Elementary Carb Counts SY 17-18

WEEK 4

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Blueberry Muffin/GoGurt	30/10
Banana Muffin/GoGurt	31/10
Pork Sausage Biscuit	25
Egg & Cheese W.G. Bun GFS# 669351	19
Apple Cin. Texas Toast 1 each	45
Mini-Cinnis-Pillburys	40
Ultimate Breakfast Rounds 3 kinds	45

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	14

FRUITS

Craisins-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

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

	Carbohydrates (g)
Chicken Patty/Bun	35
B4Lunch Eggs-w/ Waffles	38
W.G Turkey Corn Dog	30
All Beef Hot Dog/Bun	20
Nacho's w/Meat & Cheese cup	36
Grilled Cheese Sandwich	40
Tomato Soup 1 cup	20
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55
Turkey Sandwich on Bread 2 slices	36
Turkey Sandwich on Bun	19
Ham Sandwich on Bread 2 slices	36
<u>VEGETABLES</u>	
Broccoli Florets w/cheese	6
Hash Brown Cubes	18
Green Beans	6
Mashed Potato 1/2 cup	16
California Blend 1/2 cup	5
Flame Roasted Corn & Black Bean	24
Corn	7
Tomato Soup 1/2 cup	20
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
RIPS Frozen Fruit	32

CONDIMENTS 2017-18

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

Carbohydrate Counts Week 1 yellow
2017-18

BREAKFAST ENTREES

Jumpstarts Cereal Breakfast Bag	
Apple Jacks	22
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Frudel Pillsbury Cherry or Apple	36
Bosco Egg & Cheese Stuffed Breadstix	17
GFS Maple Pancake Wrap	18
Ultimate Breakfast Round IW	44

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	13
W.G. Biscuit	27
Graham Crackers-Minions	22

FRUITS

Craisins-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
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/DAIRY

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28
Yogurt Cup ONLY-LF Straw	11
LOL Cheese Stick	0

LUNCH ENTREES

Chicken Chunks (nuggets)	15
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
Turkey Sandwich on Bread 2 slices	36
Ham Sandwich on Bread 2 slices	36
PBJ Jamwich single	35
Rotini Pasta w/Meatsauce JTM 1 cup	24
Orange Chix w/Rice/Egg Roll	77
Brown Rice only 1/4 cup	36
Pizza Big Daddy's Wedge 1 slice	36
Shrimp Poppers w/Cheesy Breadstx	36
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES-1/2 cup

Stir Fry Blend	5
Flame Rst. Corn & Black Beans	24
Green Beans	6
Tator Tots/Baby Bakers	16
California Blend	5
Cosmic Shapes Potatoes	16
Corn	7
Hash Brown Cubes	18
Spinach	10
Refried Beans	16
Normandy Blend	5
Fresh Veggies in Cup w/ lowfat dip	3

FRUITS

Fresh Apple Slices 2 oz. bag	7
Fresh Apple whole 1 each	19
Fresh Orange 1/2 cup	11
Fresh Orange 1 whole	21
Fresh Grapes 1/2 cup	18
Banana	27
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
Sidekicks Frozen Fruit Cup 1/2 cup	20

Condiments

LF Ranch dipping Cup	5
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Elementary Carb Counts 17-18

WEEK 2

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Blueberry Muffin/GoGurt	30/10
Pork Sausage Biscuit	25
Egg & Cheese W.G. Bun GFS# 669351	19
Apple Cin. Texas Toast 1 each	45
Mini-Cinnis-Pillburys	40
Ultimate Breakfast Rounds 3 kinds	45

BREADS

W.G.Dinner Roll	13
Parmesan Bread Stick new	28
Garlic Toast	11

FRUITS

Craisins -Ocean Spray	28
Fruit Cup Mixed 4 oz.	19
Fruit Cup Mixed 4 oz.	19
Diced Peaches in light syrup	14
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
All Fruit Bar	27
Banana 1 petite	25

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

	Carbohydrates (g)
Mini Twin Burgers	39
Turkey Sandwich on Bread 2 slices	36
Turkey Sandwich on Bun	19
Ham Sandwich on Bread 2 slices	36
Breaded Chicken Tenders 3/Dinner Roll	30
W.G. Corndog	32
Country Baked Steak	18
Orange Chix w/Rice/Egg Roll	77
Pizza Pocket (PepperoniCalzone)	35
Lasagna Rollup w/Twisted Breadstick	60
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES

Baked Potato Sticks (McCain Fries)	20
Green Beans	6
Baked Beans	29
Corn	21
Mashed Potato 1/2 cup	16
Peas	9
Sicilian Blend	6
Sweet Potato Puffs 3 oz.	23
Zucchini (fresh or frozen sliced)	2
Shredded Lettuce/Tomato/Cheese	7
Fresh Veggies in Cup w/ low-fat dip	3
Garden Romaine Salad Mix	10

FRUITS

Fresh Apple whole 1 each	19
Apple Slices 1/2 cup	7
Kiwi 1 whole	10
Fresh Fruit Cup 1/2 cup	16
Diced Peaches in light syrup	14
RIPS Frozen Fruit	32
Fresh Grapes 1/2 cup	18
Fresh Orange Wedges 1/2 cup	11
Fresh Orange Wedges 1 whole	21

Elementary Carb Counts SY 17-18

WEEK 3

BREAKFAST ENTREES

Jumpstarts Cereal Breakfast Bag

Apple Jacks	22
Honey Grahams	16
Juice	15

Jumpstarts Cereal Breakfast Bag

Apple Jacks RS	18
Honey Grahams	16
Juice	15

Breakfast on the Go Meal Pack

Frosted Flakes Reduced Sugar	40 total
Honey Grahams	9
Juice	16
	15

Bosco Egg & Cheese Stuffed Breadstix

17

Apple or Cherry Frudel

37

GFS Maple Pancake Wrap

18

Ultimate Breakfast Round IW

44

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	13

FRUITS

Crasins Ocean Spray	28
Raisins 1/4 cup 40 gm.	31
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
Banana 1 petite	25

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

Hamburger on Bun (cheese +2)	23
Rotini Pasta w/Meatsauce Garlic Tst.	35
Popcorn Chicken 10/serving	17
Pizza Cheese pre-sliced 10 cut	34
Pizza Pepperoni pre-sliced 10 cut	34
Seafood Shapes-4 pieces	18
Macaroni & Cheese 3 oz = 3 Fish shapes	21
Macaroni & Cheese 6 oz.	29
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55
Turkey Sandwich on Bread 2 slices	36
Turkey Sandwich on Bun	19
Ham Sandwich on Bread 2 slices	36

VEGETABLES

California Blend	5
Capri Blend	4
Tator Tots	16
Green Beans	6
Corn	21
Refried Beans	16
California Blend	5
Broccoli Florets	4
Shredded Lettuce/Tomato/Cheese	7
Fresh Veggies in Cup w/ low-fat dip	3
Garden Romaine Salad Mix	10

FRUITS

Fresh Orange Wedges 1/2 cup	11
Fresh Orange Wedges 1 whole	21
Diced Peaches in light syrup	14
Pineapple Tidbits in Juice	10
Fresh Grapes 1/2 cup	11
Fruit Cocktail in Juice	14
Fresh Apple whole 1 each	19
Apple Slices 1/2 cup	7
Sidekicks Frozen Fruit Cup 1/2 cup	20
RIPS Frozen Fruit	32

Elementary Carb Counts SY 17-18

WEEK 4

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Blueberry Muffin/GoGurt	30/10
Banana Muffin/GoGurt	31/10
Pork Sausage Biscuit	25
Egg & Cheese W.G. Bun GFS# 669351	19
Apple Cin. Texas Toast 1 each	45
Mini-Cinnis-Pillburys	40
Ultimate Breakfast Rounds 3 kinds	45

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	14

FRUITS

Craisins-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

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

	Carbohydrates (g)
Chicken Patty/Bun	35
B4Lunch Eggs-w/ Waffles	38
W.G Turkey Corn Dog	30
All Beef Hot Dog/Bun	20
Nacho's w/Meat & Cheese cup	36
Grilled Cheese Sandwich	40
Tomato Soup 1 cup	20
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55
Turkey Sandwich on Bread 2 slices	36
Turkey Sandwich on Bun	19
Ham Sandwich on Bread 2 slices	36

VEGETABLES

Broccoli Florets w/cheese	6
Hash Brown Cubes	18
Green Beans	6
Mashed Potato 1/2 cup	16
California Blend 1/2 cup	5
Flame Roasted Corn & Black Bean	24
Corn	7
Tomato Soup 1/2 cup	20
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
RIPS Frozen Fruit	32

CONDIMENTS 2017-18

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

Carbohydrate Counts Week 1 yellow
2017-18

BREAKFAST ENTREES

Jumpstarts Cereal Breakfast Bag	
Apple Jacks	22
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Frudel Pillsbury Cherry or Apple	36
Bosco Egg & Cheese Stuffed Breadstix	17
GFS Maple Pancake Wrap	18
Ultimate Breakfast Round IW	44

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	13
W.G. Biscuit	27
Graham Crackers-Minions	22

FRUITS

Craisins-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
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/DAIRY

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28
Yogurt Cup ONLY-LF Straw	11
LOL Cheese Stick	0

LUNCH ENTREES

Chicken Chunks (nuggets)	15
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
Turkey Sandwich on Bread 2 slices	36
Ham Sandwich on Bread 2 slices	36
PBJ Jamwich single	35
Rotini Pasta w/Meatsauce JTM 1 cup	24
Orange Chix w/Rice/Egg Roll	77
Brown Rice only 1/4 cup	36
Pizza Big Daddy's Wedge 1 slice	36
Shrimp Poppers w/Cheesy Breadstx	36
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES-1/2 cup

Stir Fry Blend	5
Flame Rst. Corn & Black Beans	24
Green Beans	6
Tator Tots/Baby Bakers	16
California Blend	5
Cosmic Shapes Potatoes	16
Corn	7
Hash Brown Cubes	18
Spinach	10
Refried Beans	16
Normandy Blend	5
Fresh Veggies in Cup w/ lowfat dip	3

FRUITS

Fresh Apple Slices 2 oz. bag	7
Fresh Apple whole 1 each	19
Fresh Orange 1/2 cup	11
Fresh Orange 1 whole	21
Fresh Grapes 1/2 cup	18
Banana	27
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
Sidekicks Frozen Fruit Cup 1/2 cup	20

Condiments

LF Ranch dipping Cup	5
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Elementary Carb Counts 17-18

WEEK 2

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Blueberry Muffin/GoGurt	30/10
Pork Sausage Biscuit	25
Egg & Cheese W.G. Bun GFS# 669351	19
Apple Cin. Texas Toast 1 each	45
Mini-Cinnis-Pillburys	40
Ultimate Breakfast Rounds 3 kinds	45

BREADS

W.G.Dinner Roll	13
Parmesan Bread Stick new	28
Garlic Toast	11

FRUITS

Craisins -Ocean Spray	28
Fruit Cup Mixed 4 oz.	19
Fruit Cup Mixed 4 oz.	19
Diced Peaches in light syrup	14
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
All Fruit Bar	27
Banana 1 petite	25

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

	Carbohydrates (g)
Mini Twin Burgers	39
Turkey Sandwich on Bread 2 slices	36
Turkey Sandwich on Bun	19
Ham Sandwich on Bread 2 slices	36
Breaded Chicken Tenders 3/Dinner Roll	30
W.G. Corndog	32
Country Baked Steak	18
Orange Chix w/Rice/Egg Roll	77
Pizza Pocket (PepperoniCalzone)	35
Lasagna Rollup w/Twisted Breadstick	60
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES

Baked Potato Sticks (McCain Fries)	20
Green Beans	6
Baked Beans	29
Corn	21
Mashed Potato 1/2 cup	16
Peas	9
Sicilian Blend	6
Sweet Potato Puffs 3 oz.	23
Zucchini (fresh or frozen sliced)	2
Shredded Lettuce/Tomato/Cheese	7
Fresh Veggies in Cup w/ low-fat dip	3
Garden Romaine Salad Mix	10

FRUITS

Fresh Apple whole 1 each	19
Apple Slices 1/2 cup	7
Kiwi 1 whole	10
Fresh Fruit Cup 1/2 cup	16
Diced Peaches in light syrup	14
RIPS Frozen Fruit	32
Fresh Grapes 1/2 cup	18
Fresh Orange Wedges 1/2 cup	11
Fresh Orange Wedges 1 whole	21

Elementary Carb Counts SY 17-18

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag			
Apple Jacks	22	Hamburger on Bun (cheese +2)	23
Honey Grahams	16	Rotini Pasta w/Meatsauce Garlic Tst.	35
Juice	15	Popcorn Chicken 10/serving	17
Jumpstarts Cereal Breakfast Bag			
Apple Jacks RS	18	Pizza Cheese pre-sliced 10 cut	34
Honey Grahams	16	Pizza Pepperoni pre-sliced 10 cut	34
Juice	15	Seafood Shapes-4 pieces	18
Breakfast on the Go Meal Pack			
Frosted Flakes Reduced Sugar	9	Macaroni & Cheese 3 oz = 3 Fish shapes	21
Honey Grahams	16	Macaroni & Cheese 6 oz.	29
Juice	15	Yogurt Combo-Yogurt, Cheese, Graham	35
Breakfast on the Go Meal Pack			
40 total		Yogurt Cup ONLY-LF Straw	11
Bosco Egg & Cheese Stuffed Breadstix	17	PBJ Jamwich single	35
Apple or Cherry Frudel	37	PBJ Jamwich Combo (cheese/cracker)	55
GFS Maple Pancake Wrap	18	Turkey Sandwich on Bread 2 slices	36
Ultimate Breakfast Round IW	44	Turkey Sandwich on Bun	19
		Ham Sandwich on Bread 2 slices	36
BREADS			
Garlic Toast	11		
Twisted Parmesan Breadstick	28		
W.G. Dinner Roll	13		
FRUITS			
Crasins Ocean Spray	28		
Raisins 1/4 cup 40 gm.	31		
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		
Banana 1 petite	25		
FRUIT JUICES			
Orange 4 oz.	13		
Apple 4 oz.	13		
Fruitables 4 oz.	14		
MILK			
Lowfat 1% & Fat Free Skim White	13		
Chocolate Skim	20		
Strawberry Skim	28		
VEGETABLES			
		California Blend	5
		Capri Blend	4
		Tator Tots	16
		Green Beans	6
		Corn	21
		Refried Beans	16
		California Blend	5
		Broccoli Florets	4
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
FRUITS			
		Fresh Orange Wedges 1/2 cup	11
		Fresh Orange Wedges 1 whole	21
		Diced Peaches in light syrup	14
		Pineapple Tidbits in Juice	10
		Fresh Grapes 1/2 cup	11
		Fruit Cocktail in Juice	14
		Fresh Apple whole 1 each	19
		Apple Slices 1/2 cup	7
		Sidekicks Frozen Fruit Cup 1/2 cup	20
		RIPS Frozen Fruit	32

Elementary Carb Counts SY 17-18

WEEK 4

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Blueberry Muffin/GoGurt	30/10
Banana Muffin/GoGurt	31/10
Pork Sausage Biscuit	25
Egg & Cheese W.G. Bun GFS# 669351	19
Apple Cin. Texas Toast 1 each	45
Mini-Cinnis-Pillburys	40
Ultimate Breakfast Rounds 3 kinds	45

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	14

FRUITS

Craisins-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

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

	Carbohydrates (g)
Chicken Patty/Bun	35
B4Lunch Eggs-w/ Waffles	38
W.G Turkey Corn Dog	30
All Beef Hot Dog/Bun	20
Nacho's w/Meat & Cheese cup	36
Grilled Cheese Sandwich	40
Tomato Soup 1 cup	20
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55
Turkey Sandwich on Bread 2 slices	36
Turkey Sandwich on Bun	19
Ham Sandwich on Bread 2 slices	36

VEGETABLES

Broccoli Florets w/cheese	6
Hash Brown Cubes	18
Green Beans	6
Mashed Potato 1/2 cup	16
California Blend 1/2 cup	5
Flame Roasted Corn & Black Bean	24
Corn	7
Tomato Soup 1/2 cup	20
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
RIPS Frozen Fruit	32

CONDIMENTS 2017-18

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

Carbohydrate Counts Week 1 yellow
2017-18

BREAKFAST ENTREES

Jumpstarts Cereal Breakfast Bag	
Apple Jacks	22
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Frudel Pillsbury Cherry or Apple	36
Bosco Egg & Cheese Stuffed Breadstix	17
GFS Maple Pancake Wrap	18
Ultimate Breakfast Round IW	44

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	13
W.G. Biscuit	27
Graham Crackers-Minions	22

FRUITS

Craisins-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
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/DAIRY

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28
Yogurt Cup ONLY-LF Straw	11
LOL Cheese Stick	0

LUNCH ENTREES

Chicken Chunks (nuggets)	15
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
Turkey Sandwich on Bread 2 slices	36
Ham Sandwich on Bread 2 slices	36
PBJ Jamwich single	35
Rotini Pasta w/Meatsauce JTM 1 cup	24
Orange Chix w/Rice/Egg Roll	77
Brown Rice only 1/4 cup	36
Pizza Big Daddy's Wedge 1 slice	36
Shrimp Poppers w/Cheesy Breadstx	36
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES-1/2 cup

Stir Fry Blend	5
Flame Rst. Corn & Black Beans	24
Green Beans	6
Tator Tots/Baby Bakers	16
California Blend	5
Cosmic Shapes Potatoes	16
Corn	7
Hash Brown Cubes	18
Spinach	10
Refried Beans	16
Normandy Blend	5
Fresh Veggies in Cup w/ lowfat dip	3

FRUITS

Fresh Apple Slices 2 oz. bag	7
Fresh Apple whole 1 each	19
Fresh Orange 1/2 cup	11
Fresh Orange 1 whole	21
Fresh Grapes 1/2 cup	18
Banana	27
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
Sidekicks Frozen Fruit Cup 1/2 cup	20

Condiments

LF Ranch dipping Cup	5
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Elementary Carb Counts 17-18

WEEK 2

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Blueberry Muffin/GoGurt	30/10
Pork Sausage Biscuit	25
Egg & Cheese W.G. Bun GFS# 669351	19
Apple Cin. Texas Toast 1 each	45
Mini-Cinnis-Pillburys	40
Ultimate Breakfast Rounds 3 kinds	45

BREADS

W.G.Dinner Roll	13
Parmesan Bread Stick new	28
Garlic Toast	11

FRUITS

Craisins -Ocean Spray	28
Fruit Cup Mixed 4 oz.	19
Fruit Cup Mixed 4 oz.	19
Diced Peaches in light syrup	14
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
All Fruit Bar	27
Banana 1 petite	25

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

	Carbohydrates (g)
Mini Twin Burgers	39
Turkey Sandwich on Bread 2 slices	36
Turkey Sandwich on Bun	19
Ham Sandwich on Bread 2 slices	36
Breaded Chicken Tenders 3/Dinner Roll	30
W.G. Corndog	32
Country Baked Steak	18
Orange Chix w/Rice/Egg Roll	77
Pizza Pocket (PepperoniCalzone)	35
Lasagna Rollup w/Twisted Breadstick	60
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES

Baked Potato Sticks (McCain Fries)	20
Green Beans	6
Baked Beans	29
Corn	21
Mashed Potato 1/2 cup	16
Peas	9
Sicilian Blend	6
Sweet Potato Puffs 3 oz.	23
Zucchini (fresh or frozen sliced)	2
Shredded Lettuce/Tomato/Cheese	7
Fresh Veggies in Cup w/ low-fat dip	3
Garden Romaine Salad Mix	10

FRUITS

Fresh Apple whole 1 each	19
Apple Slices 1/2 cup	7
Kiwi 1 whole	10
Fresh Fruit Cup 1/2 cup	16
Diced Peaches in light syrup	14
RIPS Frozen Fruit	32
Fresh Grapes 1/2 cup	18
Fresh Orange Wedges 1/2 cup	11
Fresh Orange Wedges 1 whole	21

Elementary Carb Counts SY 17-18

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag			
Apple Jacks	22	Hamburger on Bun (cheese +2)	23
Honey Grahams	16	Rotini Pasta w/Meatsauce Garlic Tst.	35
Juice	15	Popcorn Chicken 10/serving	17
Jumpstarts Cereal Breakfast Bag			
Apple Jacks RS	18	Pizza Cheese pre-sliced 10 cut	34
Honey Grahams	16	Pizza Pepperoni pre-sliced 10 cut	34
Juice	15	Seafood Shapes-4 pieces	18
Breakfast on the Go Meal Pack			
Frosted Flakes Reduced Sugar	9	Macaroni & Cheese 3 oz = 3 Fish shapes	21
Honey Grahams	16	Macaroni & Cheese 6 oz.	29
Juice	15	Yogurt Combo-Yogurt, Cheese,Graham	35
Breakfast on the Go Meal Pack			
40 total		Yogurt Cup ONLY-LF Straw	11
Bosco Egg & Cheese Stuffed Breadstix	17	PBJ Jamwich single	35
Apple or Cherry Frudel	37	PBJ Jamwich Combo (cheese/cracker)	55
GFS Maple Pancake Wrap	18	Turkey Sandwich on Bread 2 slices	36
Ultimate Breakfast Round IW	44	Turkey Sandwich on Bun	19
		Ham Sandwich on Bread 2 slices	36
BREADS			
Garlic Toast	11		
Twisted Parmesan Breadstick	28		
W.G. Dinner Roll	13		
FRUITS			
Crasins Ocean Spray	28		
Raisins 1/4 cup 40 gm.	31		
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		
Banana 1 petite	25		
FRUIT JUICES			
Orange 4 oz.	13		
Apple 4 oz.	13		
Fruitables 4 oz.	14		
MILK			
Lowfat 1% & Fat Free Skim White	13		
Chocolate Skim	20		
Strawberry Skim	28		
VEGETABLES			
		California Blend	5
		Capri Blend	4
		Tator Tots	16
		Green Beans	6
		Corn	21
		Refried Beans	16
		California Blend	5
		Broccoli Florets	4
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Garden Romaine Salad Mix	10
FRUITS			
		Fresh Orange Wedges 1/2 cup	11
		Fresh Orange Wedges 1 whole	21
		Diced Peaches in light syrup	14
		Pineapple Tidbits in Juice	10
		Fresh Grapes 1/2 cup	11
		Fruit Cocktail in Juice	14
		Fresh Apple whole 1 each	19
		Apple Slices 1/2 cup	7
		Sidekicks Frozen Fruit Cup 1/2 cup	20
		RIPS Frozen Fruit	32

Elementary Carb Counts SY 17-18

WEEK 4

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total		
Frosted Flakes Reduced Sugar	9	Chicken Patty/Bun	35
Honey Grahams	16	B4Lunch Eggs-w/ Waffles	38
Juice	15	W.G Turkey Corn Dog	30
Blueberry Muffin/GoGurt	30/10	All Beef Hot Dog/Bun	20
Banana Muffin/GoGurt	31/10	Nacho's w/Meat & Cheese cup	36
Pork Sausage Biscuit	25	Grilled Cheese Sandwich	40
Egg & Cheese W.G. Bun GFS# 669351	19	Tomato Soup 1 cup	20
Apple Cin. Texas Toast 1 each	45		
Mini-Cinnis-Pillburys	40		
Ultimate Breakfast Rounds 3 kinds	45		
		Yogurt Combo-Yogurt, Cheese,Graham	35
		Yogurt Cup ONLY-LF Straw	11
		PBJ Jamwich single	35
		PBJ Jamwich Combo (cheese/cracker)	55
		Turkey Sandwich on Bread 2 slices	36
		Turkey Sandwich on Bun	19
		Ham Sandwich on Bread 2 slices	36
<u>BREADS</u>			
Garlic Toast	11		
Twisted Parmesan Breadstick	28		
W.G. Dinner Roll	14		
<u>FRUITS</u>		<u>VEGETABLES</u>	
Craisins-Ocean Spray	28	Broccoli Florets w/cheese	6
Fruit Cup Mixed 4 oz.	19	Hash Brown Cubes	18
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	California Blend 1/2 cup	5
Banana 1 petite	25	Flame Roasted Corn & Black Bean	24
Apple slices Peterson Farms 2 oz.	7	Corn	7
Fresh Grapes 1/2 cup	11	Tomato Soup 1/2 cup	20
Orange Wedges 1/2 cup	10	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	Diced Pears in Juice 1/2 cup	14
Apple 4 oz.	13	Pineapple Tidbits in Juice	10
Fruitables Juice 4 oz.	14	Tropical Fruit Salad in Juice	15
		Apple Cranberry Salad	20
		Fruit Cocktail in Juice	14
		Fresh Oranges, Kiwi & Grapes	36
		RIPS Frozen Fruit	32
<u>MILK</u>			
Lowfat 1% & Fat Free Skim White	13		
Chocolate Skim	20		
Strawberry Skim	28		

CONDIMENTS 2017-18

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

Carbohydrate Counts Week 1 yellow
2017-18

BREAKFAST ENTREES

Jumpstarts Cereal Breakfast Bag	
Apple Jacks	22
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Frudel Pillsbury Cherry or Apple	36
Bosco Egg & Cheese Stuffed Breadstix	17
GFS Maple Pancake Wrap	18
Ultimate Breakfast Round IW	44

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	13
W.G. Biscuit	27
Graham Crackers-Minions	22

FRUITS

Craisins-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
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/DAIRY

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28
Yogurt Cup ONLY-LF Straw	11
LOL Cheese Stick	0

LUNCH ENTREES

Chicken Chunks (nuggets)	15
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
Turkey Sandwich on Bread 2 slices	36
Ham Sandwich on Bread 2 slices	36
PBJ Jamwich single	35
Rotini Pasta w/Meatsauce JTM 1 cup	24
Orange Chix w/Rice/Egg Roll	77
Brown Rice only 1/4 cup	36
Pizza Big Daddy's Wedge 1 slice	36
Shrimp Poppers w/Cheesy Breadstx	36
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55

VEGETABLES-1/2 cup

Stir Fry Blend	5
Flame Rst. Corn & Black Beans	24
Green Beans	6
Tator Tots/Baby Bakers	16
California Blend	5
Cosmic Shapes Potatoes	16
Corn	7
Hash Brown Cubes	18
Spinach	10
Refried Beans	16
Normandy Blend	5
Fresh Veggies in Cup w/ lowfat dip	3

FRUITS

Fresh Apple Slices 2 oz. bag	7
Fresh Apple whole 1 each	19
Fresh Orange 1/2 cup	11
Fresh Orange 1 whole	21
Fresh Grapes 1/2 cup	18
Banana	27
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
Sidekicks Frozen Fruit Cup 1/2 cup	20

Condiments

LF Ranch dipping Cup	5
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Elementary Carb Counts SY 17-18

WEEK 3

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag			
Apple Jacks	22	Hamburger on Bun (cheese +2)	23
Honey Grahams	16	Rotini Pasta w/Meatsauce Garlic Tst.	35
Juice	15	Popcorn Chicken 10/serving	17
Jumpstarts Cereal Breakfast Bag		Pizza Cheese pre-sliced 10 cut	34
Apple Jacks RS	18	Pizza Pepperoni pre-sliced 10 cut	34
Honey Grahams	16		
Juice	15	Seafood Shapes-4 pieces	18
		Macaroni & Cheese 3 oz = 3 Fish shapes	21
Breakfast on the Go Meal Pack	40 total	Macaroni & Cheese 6 oz.	29
Frosted Flakes Reduced Sugar	9		
Honey Grahams	16	Yogurt Combo-Yogurt, Cheese,Graham	35
Juice	15	Yogurt Cup ONLY-LF Straw	11
		PBJ Jamwich single	35
Bosco Egg & Cheese Stuffed Breadstix	17	PBJ Jamwich Combo (cheese/cracker)	55
Apple or Cherry Frudel	37	Turkey Sandwich on Bread 2 slices	36
GFS Maple Pancake Wrap	18	Turkey Sandwich on Bun	19
Ultimate Breakfast Round IW	44	Ham Sandwich on Bread 2 slices	36
BREADS		VEGETABLES	
Garlic Toast	11	California Blend	5
Twisted Parmesan Breadstick	28	Capri Blend	4
W.G. Dinner Roll	13	Tator Tots	16
FRUITS		Green Beans	6
Crasins Ocean Spray	28	Corn	21
Raisins 1/4 cup 40 gm.	31	Refried Beans	16
Fruit Cup Mixed 4 oz.	19	California Blend	5
Peach Cup 4 oz.	17	Broccoli Florets	4
Pear cup in Juice 1/2 cup	20		
Applesauce Cup 1/2 cup	12	Shredded Lettuce/Tomato/Cheese	7
Banana 1 petite	25	Fresh Veggies in Cup w/ low-fat dip	3
Apple slices Peterson Farms 2 oz.	7	Garden Romaine Salad Mix	10
Fresh Grapes 1/2 cup	11	FRUITS	
Banana 1 petite	25	Fresh Orange Wedges 1/2 cup	11
FRUIT JUICES		Fresh Orange Wedges 1 whole	21
Orange 4 oz.	13	Diced Peaches in light syrup	14
Apple 4 oz.	13	Pineapple Tidbits in Juice	10
Fruitables 4 oz.	14	Fresh Grapes 1/2 cup	11
MILK		Fruit Cocktail in Juice	14
Lowfat 1% & Fat Free Skim White	13	Fresh Apple whole 1 each	19
Chocolate Skim	20	Apple Slices 1/2 cup	7
Strawberry Skim	28	Sidekicks Frozen Fruit Cup 1/2 cup	20
		RIPS Frozen Fruit	32

Elementary Carb Counts SY 17-18

WEEK 4

BREAKFAST ENTREES

	Carbohydrates (g)
Breakfast on the Go Meal Pack	40 total
Frosted Flakes Reduced Sugar	9
Honey Grahams	16
Juice	15
Blueberry Muffin/GoGurt	30/10
Banana Muffin/GoGurt	31/10
Pork Sausage Biscuit	25
Egg & Cheese W.G. Bun GFS# 669351	19
Apple Cin. Texas Toast 1 each	45
Mini-Cinnis-Pillburys	40
Ultimate Breakfast Rounds 3 kinds	45

BREADS

Garlic Toast	11
Twisted Parmesan Breadstick	28
W.G. Dinner Roll	14

FRUITS

Craisins-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

FRUIT JUICES

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

MILK

Lowfat 1% & Fat Free Skim White	13
Chocolate Skim	20
Strawberry Skim	28

LUNCH ENTREES

	Carbohydrates (g)
Chicken Patty/Bun	35
B4Lunch Eggs-w/ Waffles	38
W.G Turkey Corn Dog	30
All Beef Hot Dog/Bun	20
Nacho's w/Meat & Cheese cup	36
Grilled Cheese Sandwich	40
Tomato Soup 1 cup	20
Yogurt Combo-Yogurt, Cheese,Graham	35
Yogurt Cup ONLY-LF Straw	11
PBJ Jamwich single	35
PBJ Jamwich Combo (cheese/cracker)	55
Turkey Sandwich on Bread 2 slices	36
Turkey Sandwich on Bun	19
Ham Sandwich on Bread 2 slices	36

VEGETABLES

Broccoli Florets w/cheese	6
Hash Brown Cubes	18
Green Beans	6
Mashed Potato 1/2 cup	16
California Blend 1/2 cup	5
Flame Roasted Corn & Black Bean	24
Corn	7
Tomato Soup 1/2 cup	20
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
RIPS Frozen Fruit	32

CONDIMENTS 2017-18

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