

Middle School Carb Counts SY 17-18

WEEKS 1

BREAKFAST ENTREES

	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag	
Rice Krispie W.G. Brown Rice	23
Honey Grahams	16
Juice	15
Jumpstarts Cereal Breakfast Bag	
Apple Jacks RS	18
Honey Grahams	16
Juice	15
Frosted Flakes RS	24
Honey Grahams	16
Juice	15
Pork Sausage Biscuit	25
Ultimate Breakfast Round	45
Turkey Sausage Egg & Cheese Sliders	21
W.G. Sausage Gravy Breakfast Pizza	24
Apple Cinnamon Texas Tst.Saus. Patty	45
Bosco Cheese Egg Breadstick each	17
Pillsbury Mini-Cinnis	39
Egg & Cheese on WG Bun A/P	19
Full size Benefit Bar 2.5 oz.	48
Nutrigrain Bar	28
Triple Berry Crunch Bar-Father's Table	42

BREADS

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

FRUITS

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

FRUIT JUICES

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

MILK

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

YOGURTS- 4 OZ ASSORTED

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

LUNCH ENTREES

	Carbohydrates (g)
Hot N Spicy Chicken Tenders 3/serving	17
Hand Tossed Pepperoni Pizza	39
Hamburger on Bun (cheese +2)	23
Walking Taco-Chips w/Meat	30
Fruit & Yogurt Combo	33
Turkey Swiss Sandwich 2 bread slices	26
Calzone w/Marinara	43
Pork Choppette w/Gravy 1 TBSP	23
RotiniPasta w/Meatsauce Garlic Tst.	35
Chef Salad w/Bread serving	26
Chicken Cheese Quesadilla	38
Breaded Chicken Patty/bun	35
W.G. Corndog	30
Turkey & Cheese Wrap	22
Cheese Pizza Big Daddy's 8 cut	27
Hot N Spicy Chicken Patty/Bun	37
Mandarin Orange Salad	45
Ham & Cheese on Croissant	32
Orange Chicken/rice/egg roll mini	72
Grilled Cheese Sanwich WG	27
PBJ Jamwich single 2.8 oz.	35
Vegetarian Hogie	30
Buffalo Chicken Wrap	55

VEGETABLES

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

FRUITS

Frozen Fruit cup Sidekicks 1/2 cup	20
RIPS Frozen Fruit Juice	28
Applesauce Cup 1/2 cup	12
Fruit Cocktail 1/2 cup	14
Peaches sliced in Juice 1/2 cup	17
Pineapple Tidbits in Juice 1/2 cup	10
Pear Diced in Juice 1/2 cup	14
Fresh Melon Chunks 1/2 cup	14
Mandarin Oranges w/Pineapple	15
Fresh Fruit Salad Markon prepared	16

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Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Buffalo Chicken Pizza	35
Cocoa Puffs 25% less Sugar	22	Country Baked Steak/Dinner Roll	32
Honey Grahams	16	Sloppy Joe/bun	30
Juice	15	Breaded Chicken Chunks (Bites)	15
Frosted Flakes Reduced Sugar	9	Spaghetti w/Meatsauce	50
Honey Grahams	16	Pulled Pork on Bun w/2 onion rings	47
Juice	15	Grilled Chicken Pepperjack on Bun	21
Breakfast on the Go Meal Pack		Popcorn Chicken w/Biscuit	17/27
Honey Nut Scooters	23	Philly Beefsteak w/Cheese/Sub	32
Honey Grahams	16	Macaroni & Cheese	29
Juice	15	Mini-Twin Burgers on Bun	39
Apple Cinnamon Texas Tst.Saus. Patty	45	Hot N Spicy Tenders (3)	17
Egg & Cheese on WG Bun A/P	19	Soft Shell Taco	35
Frudel Cherry or Apple	37	Big Daddy's 4 Meat Pizza	36
Ham, Egg, Cheese WG Biscuit	31	Potato Crunch Fish/Bun	23
Maple Pancake Wrap	18	Meatball Sub w/moz. Cheese	39
Pillsbury Mini-Cinnis	39	Turkey & Cheese Wrap	20
Turkey Sausage Egg & Cheese Sliders	22	Buffalo Chicken Wrap	55
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Croissant	32
Triple Berry Crunch Bar-Father's Table	42	Fruit & Yogurt Combo	33
<u>BREADS</u>		PBJ Jamwich single	35
W.G.Dinner Roll	14	Vegetarian Hogie	30
Parmesan Bread Stick	28	Buffalo Chicken Wrap	55
<u>FRUITS</u>		Chef Salad w/Bread serving	26
Dried Cranberries-Ocean Spray	28	<u>VEGETABLES</u>	
Fruit Cup Mixed 4 oz.	19	Mashed Potato	15
Peach Cup 4 oz.	17	Tator Tots/Smiles Potatoes	16/20
Pear cup in Juice 1/2 cup	20	Green Beans	4
Applesauce Cup 1/2 cup	12	Corn	21
Banana 1 petite	25	Sicilian Blend	6
Apple slices Peterson Farms 2 oz.	7	Broccoli Florets 1/2 cup	6
Fresh Grapes 1/2 cup	11	Onion Rings 5 each	28
<u>FRUIT JUICES</u>		Normandy Blend 1/2 cup	5
Orange 4 oz.	13	Shredded Lettuce/Tomato/Cheese	7
Apple 4 oz.	13	Fresh Veggies in Cup w/ low-fat dip	3
Fruitables 4 oz.	14	Refried Beans w/cheese 4 oz	14
Banana 1 petite	25	<u>FRUITS</u>	
<u>MILK</u>		Frozen Fruit cup Sidekicks 1/2 cup	20
Low-fat 1% & Fat Free Skim White	13	RIPS Frozen Fruit Juice	28
Strawberry Skim	19	Kiwi 1 whole	10
Chocolate Skim	20	Fresh Fruit Cup 1/2 cup	16
<u>YOGURTS- 4 OZ ASSORTED</u>	Read label	Peaches sliced in Juice 1/2 cup	17
<u>Assorted lite or regular</u>	11 thru 19	Mand. Oranges w/Pineapple Tidbits	12
GO BIG Yogurt Pouch 4 oz.	18	Tropical Fruit Salad	15
		Fresh Fruit Salad Markon prepared	16

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WEEK 4

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Buffalo Chicken Pizza	35
Cocoa Puffs 25% less Sugar	22	Country Baked Steak/Dinner Roll	32
Honey Grahams	16	Sloppy Joe/bun	30
Juice	15	Spaghetti w/Meatsauce	50
Frosted Flakes Reduced Sugar	9	Lasagna Roll-ups w/Parm Breadstick	60
Honey Grahams	16	Pulled Pork on Bun w/2 onion rings	47
Juice	15	Breaded Chicken Chunks (Bites)	15
Breakfast on the Go Meal Pack		Popcorn Chicken w/Biscuit	17/27
Honey Nut Scooters	23	Philly Beefsteak w/Cheese/Sub	32
Honey Grahams	16	Macaroni & Cheese	29
Juice	15	Mini-Twin Burgers on Bun	39
Apple Cinnamon Texas Tst.Saus. Patty	45	Hot N Spicy Tenders (3)	17
Egg & Cheese on WG Bun A/P	19		
Frudel Cherry or Apple	37	Big Daddy's 4 Meat Pizza	36
Ham, Egg, Cheese WG Biscuit	31	Potato Crunch Fish/Bun	23
Maple Pancake Wrap	18	Meatball Sub w/moz. Cheese	39
Pillsbury Mini-Cinnis	39	Turkey & Cheese Wrap	20
Turkey Sausage Egg & Cheese Sliders	22	Buffalo Chicken Wrap	55
Full size Benefit Bar 2.5 oz.	48	Mandarin Orange Salad	45
Nutrigrain Bar	28	Ham & Cheese on Croissant	32
Triple Berry Crunch Bar-Father's Table	42	Fruit & Yogurt Combo	33
<u>BREADS</u>		PBJ Jamwich single	35
W.G.Dinner Roll	14	Vegetarian Hogie	30
Parmesan Bread Stick new	28	Buffalo Chicken Wrap	55
<u>FRUITS</u>		Chef Salad w/Bread serving	26
Dried Cranberries-Ocean Spray	28	<u>VEGETABLES</u>	
Fruit Cup Mixed 4 oz.	19	Mashed Potato	15
Peach Cup 4 oz.	17	Tator Tots/Baby Bakers	16
Pear cup in Juice 1/2 cup	20	Green Beans	4
Applesauce Cup 1/2 cup	12	California Blend	5
Banana 1 petite	25	Sicilian Blend	6
Apple slices Peterson Farms 2 oz.	7	Broccoli Florets 1/2 cup	6
Fresh Grapes 1/2 cup	11	Onion Rings 5 each	28
		Normandy Blend 1/2 cup	5
		Shredded Lettuce/Tomato/Cheese	7
		Fresh Veggies in Cup w/ low-fat dip	3
		Cole Slaw Ready Made Resers	16
<u>FRUIT JUICES</u>		<u>FRUITS</u>	
Orange 4 oz.	13	Frozen Fruit cup Sidekicks 1/2 cup	20
Apple 4 oz.	13	RIPS Frozen Fruit Juice	28
Fruitables 4 oz.	14	Kiwi 1 whole	10
Banana 1 petite	25	Fresh Fruit Cup 1/2 cup	16
<u>MILK</u>		Peaches sliced in Juice 1/2 cup	17
Low-fat 1% & Fat Free Skim White	13	Mand. Oranges w/Pineapple Tidbits	12
Strawberry Skim	19	Tropical Fruit Salad	15
Chocolate Skim	20	Fresh Fruit Salad Markon prepared	16
<u>YOGURTS- 4 OZ ASSORTED</u>			
<u>Assorted lite or regular</u>	11 thru 19		
GO BIG Yogurt Pouch 4 oz.	18		

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