

## Secondary Menu Carb Count Information

*This lists items individually, not what they may be packaged with in the tray. For example, the Fritos Walking Taco Bag, Bean Queso, Salsa Cup, and Lettuce and Jalapeno Cup are trayed together, but in the list below they're listed separately so nursing can identify carbs for foods actually eaten by the student*

*This list is subject to change. Updated lists will be sent by Nutrition Services as necessary. Please be sure to keep the most updated list on hand to ensure accurate carb counting.*

*Please contact Nutrition Services at 457-6250 if you have any additional questions or concerns*

Menu Item	Portion Size	Carb Count (g) – rounded to the nearest gram
<b>BREAKFAST ENTREES</b>		
Apple Cinnamon Muffin	1 each	29
Blueberry Muffin	1 each	27
Premade Breakfast Burrito Wrap	1 each	17
Scratch-made Breakfast Burrito	1 each	38
Breakfast Egg, Cheese, and Turkey Sausage Tornado	1 each	22
Egg, Ham, and Cheese Bar	1 each	8
Pancake Chicken Sausage Breakfast Bites	5 each (1 serving)	17
WGR PB&J Uncrustable	1 each	32
Yogurt Parfait w/ Granola and Blueberries	1 each	62
Yogurt Parfait w/ Granola and Peaches	1 each	67
Blueberry Chex Cereal 2oz Cup	1 each	46
Blueberry Chex Cereal 1oz Bowlpak	1 each	23
Cinnamon Chex Cereal 2oz Cup	1 each	46
Cinnamon Chex Cereal 1oz Bowlpak	1 each	23
Plain Rice Chex Cereal 2oz Cup	1 each	48
Plain Rice Chex Cereal 1oz Bowlpak	1 each	24
Apple Cinnamon Cheerios Cereal 2oz Cup	1 each	46
Apple Cinnamon Cheerios Cereal 1oz Bowlpak	1 each	23
Plain Cheerios Cereal 2oz Cup	1 each	42
Plain Cheerios Cereal 1oz Bowlpak	1 each	21
Honey Cheerios Cereal 2oz Cup	1 each	44
Honey Cheerios Cereal 1oz Bowlpak	1 each	22
<b>LUNCH ENTREES</b>		
Baked Chicken Drumstick	1 each	6
BBQ Beef Sandwich (no BBQ sauce)	1 each	35
Bean and Cheese Burrito	1 each	41
Beef Taco Chalupa	1 each	11
Spanish Rice	½ cup	29
Better Than Beef Veggie Burger w/ WGR Bun	1 each	31

Better Than Beef Veggie Burger (no bun)	1 each	1
Cheese Pizza Slice	1 each	35
Chicken Caesar Salad (no roll)	1 each	15
Chicken Sandwich w/ WGR Bun	1 each	46
Chicken Patty (no bun)	1 each	16
Chicken Tenders	1 each	6
Cool Ranch Chicken Wrap	1 each	41
Fritos Walking Taco	1 ½ oz package	24
Small Fritos	1 package	14
Bean Queso	1 cup	48
Bean Queso	.5 cup	24
Beef Queso	1 cup	8
Beef Queso	.5 cup	4
Grilled Cheese Sandwich on WGR Bread	1 each	31
Hot and Spicy Chicken Sandwich w/ WGR Bun	1 each	42
Hot and Spicy Chicken Patty (no bun)	1 each	12
Mediterranean Salad (no roll)	1 each	29
Mini Corn Dogs	6 each (1 serving)	30
Orange Chicken	4oz serving	18
Pho Soup w/ Chicken	1 each	26
Rice Blend w/ Carrots and Peas	1 cup	47
Organic Cheeseburger w/ WGR Bun	1 each	31
Organic Cheeseburger (no bun)	1 each	1
Pepperoni Pizza Slice	1 each	28
Turkey Ham and Cheese Sandwich on WGR Hoagie	1 each	31
Turkey Ham Sandwich on WGR Roll	1 each	42
Turkey Sandwich on WGR Hoagie	1 each	32
<b>GRAINS</b>		
Graham Crackers – Apple Cinnamon	1 packet	21
Graham Crackers – Maple Waffle	1 packet	20
Graham Crackers w/ Fiber	1 packet	21
Tiger Bites – Cinnamon	1 packet	21
Tiger Bites – Original	1 packet	21
WGR Biscuit	1 each	14
WGR Bun	1 each	30
WGR Roll	1 each	29
WGR Toast	1 each	16
WGR Wheat Crackers	1 each	15
<b>VEGETABLES</b>		
Baked Curly Fries	½ cup	7
Broccoli Florets – Raw	1 package	2
Carrot Crunchers – Raw	1 package	7
Fruitables Vegetable Juice	1 each	10
Garden Side Salad	1 each	20

Jalapeno Cup	1 each	1
Lettuce Cup	1 each	.33
Lettuce and Cheese Cup	1 each	1
Lettuce and Jalapeno Cup	1 each	1
Lettuce and Pickle Cup	1 each	1
Mashed Potatoes	½ cup	15
Potato Triangle	1 each	12
Red Gold Salsa Cup	1 each	5
Scratch-made Salsa Cup	1 each	4
Potato Tots	8 each (1 serving)	16
<b>FRUITS</b>		
Apple Wedges	1 package	8
Apricot Cup	1 each	33
Cantaloupe Chunks	1 package	7
Grapes	1 package	8
Honeydew Chunks	1 package	8
Mixed Berry Cup	1 each	18
Peach Cup	1 each	19
Strawberry Cup	1 each	21
Watermelon Chunks	1 package	6
Whole Apple (Granny Smith)	1 each	25
Whole Apple (Red Delicious)	1 each	25
Whole Banana	1 each	23
Whole Orange	1 each	15
Whole Peach	1 each	14
Whole Pear	1 each	25
Whole Plum	1 each	8
Apple Juice	1 each	14
Cool Tropics Paradise Punch	1 each	15
Welches Juice Hula Cooler	1 each	19
Orange Juice	1 each	14
<b>DESSERTS</b>		
WGR Chocolate Chip Cookie	1 each	20
WGR Ranger Cookie	1 each	20
<b>MILK</b>		
1% Plain Milk	1 each	16
Fat Free Plain Milk	1 each	13
Fat Free Chocolate Milk	1 each	21
Lactaid Milk	1 each	13
Soy Milk	1 each	13
<b>CONDIMENTS AND SAUCES</b>		
BBQ Sauce	1 each	11
Ketchup Packet	1 each	3
Mayonnaise Packet	1 each	0
Mustard Packet	1 each	1
Ranch Dressing Cup	1 each	2
Sweet Thai Chili Sauce Cup	1 each	14
Taco Sauce Packet	1 each	1
<b>SUPER SNACK ITEMS</b>		
Cheese Pizza	1 each	32

Pepperoni Pizza	1 each	32
Turkey and Cheese Sandwich on WGR Hoagie	1 each	24
Turkey Ham and Cheese Sandwich on WGR Hoagie	1 each	33
Cheez-It Crackers	1 package	14
Mozzarella String Cheese	1 each	1
Strawberry Banana Yogurt	1 each	19
Tortilla Chips	1 package	19
Turkey Breast Stick	1 each	0

*WGR = Whole Grain Rich*