

2021 - 22

BREAKFAST

Animal Cracker pk 20 gr
Apple 16 gr
Banana 23.1 gr
Bug Bite pk 20 gr
Cereal Bar Cinn Crunch 27 gr
Cereal Bowl 16-23 gr
CheeZ-It pk 13 gr
Cinnamon Roll, frosted 55 gr
Cinn Toast Crunch Bfast Bar 27 gr
Crescent, Filled 34 gr
Donut, Cake, Sugared 50 gr
Egg & Cheese Breakfast Sand 15 gr MS/HS 30
Mini French Toast CC 31 gr
French Toast Sticks 18 gr
Goldfish Cracker pk 14 gr
Graham Cracker pk 11 gr
Juice 15 gr

Lunch Net Carb Count

Entrees

BBQ Pork 20 gr meat only
Beef Patty 2 gr
Breaded Chicken Patty 10.8 gr
Breaded Fish Patty 15 gr
Bologna Sices 2 sl=3 gr 3 sl=5 gr
Catfish Strips, breaded 18 g
Cheese slice 2 gr
Chicken Fajita Meat .8 gr MS/HS 1 gr
Chicken, grilled 0 gr
Chicken, Orange 13.5 gr
Chicken Philly Meat 1 gr
Cheese Sauce for Philly 2 gr
Chick'N Fry Sticks 14 gr MS/HS 17.5 gr
Chicken Noodle Soup 10 gr MS/HS 13.5 GR
Chicken Nuggets 14 gr HS 18.8 gr
Chicken Teriyaki Meat 8 gr MS/HS 12.8 gr
Chili 17 gr MS/HS 22.7 gr
Cheese Sauce 4 gr
Chips 18 gr HS 27 gr
Chili w Fritos 24 gr MS/HS 32.7
Hamburger Patty 2 gr
Ham Slices 4 gr MS/HS 6 gr
Hot Dog 1 gr

NET CARB COUNT

Milk
FF White 11 gr
1% choc 24 gr
1% White 11 gr
Mini Bagel 40 gr
Mini Cinni 40 gr
Muffin 27 gr
Nutri-Grain Soft Bfast Bar Strawberry 27 gr
Pancake/Sausage on a Stick IW 17 gr
Pizza, Bacon Scramble 23 gr
Scooby Snack pk 20 gr
String Cheese 0 gr
Mini Pancakes 34 gr
Mini Waffles 34 gr
Nutri-grain Breakfast Bar Straw 27 gr
Pop Tart 1 count 33 gr
Toast, 1 pc 12 gr
UBR Ultimate Breakfast Round 38 gr
Yogurt Cup, Upstate Farms 19 gr

Lunch Net Carb Count

Entrees

Macaroni & Cheese W 31 gr MS/HS 46.5gr
Meatballs for Hero 9.3gr MS/HS 11.6 gr
Mini Corndogs 29 gr MS 35 gr HS 40.8 gr
Mozz Sticks 16 gr HS 32 gr
Sauce 6 gr
Pizza, Bosco 31 gr
Pizza, Homemade 36 gr HS 42 gr
Pizza, Stuffed Crust Cheese The Max 45 net gr
Pizza, Wedge Tony's 30 gr
Popcorn Chicken 13 gr MS 16.2 gr HS 19.4 gr
Quesadilla, Cheese 29 gr
Sloppy Joe, meat only 7.8 gr
Spaghetti Meat Sauce 12.8 gr HS 17 gr
Spaghetti Sauce ¼ cup 7.5 gr
Super Nachos
Meat 3 gr HS 4 gr
Turkey, Deli meat only 1.4 gr MS/HS 2.8 gr
Taco Meat, Beef 3 gr MS/HS 4 gr
Walking Taco w/Fritos 18 gr MS/HS 24.5 gr

Bread/Grain

Bread Slice 12 gr
Buns
 Hamburger 24 gr
 Hot Dog 24 gr
Cinnamon Roll, frosted 32 gr
 MS/HS 55 gr
Fritos 16 gr
Garlic Breadstick 15 gr
Graham Cracker pk 11 gr
Macaroni Salad 22 gr
Mini Pretzels 16 gr
Rice, Brown 18.7 gr
Rice, Orange 23.7 gr
Rice Pilaf 20 gr
Saltines, 2 pks of 2 9 gr
Spaghetti Noodles 28 gr
Tortilla
 Winskill 6" 11 gr
 MS/HS 9" 21 gr

Veggies

Baked Beans 23 gr
Broccoli Florets 2.8 gr
Carrot Slices 8.8 gr
Coleslaw, homemade 12.5 gr
Corn 20 gr
Green Beans 8.9 gr
Hubbard Squash 10 gr
Mixed Veggies 11.9 gr
Refried Beans 14 gr
Stir Fry veggies 3 gr

Potatoes

Baked 36 gr
French Fries 15 gr
Hash Brown Patty 11 gr
Mashed 17 gr
Spicy Curly Fries 19.8 gr
Tater Tots 8 pcs= 14 gr
Wedges, Seasoned 19 gr
Wedges, SC & Chive 16 gr

Fruits

Apple 16 gr
Applesauce 14 gr
Applesauce, flavored 14.2 gr
Banana 23 gr
Blueberries, whole 8 gr
Cherries, dried pk 31 gr
Cranberries, dried pk 27 gr
Mandarin Oranges 18.2 gr
Mixed Berry Fruit Cup 18 gr
Mixed Fruit 14 gr
Peach Slices 14 gr
Pear Slices 15 gr
Pineapple Tidbits 14.1 gr
Raisins, box 27 gr
Slushie Cup (SideKicks) 22 gr
Strawberry cup 20 gr
Strawberries, whole 8 gr

Desserts

Sherbet Cup 26.5 gr
Ice Cream Cup 16 gr

Condiments

*BBQ Sauce pkt= 4 gr
*Catsup pkt= 2 gr
*Cheese, mozz shredded 1 gr
Cheese Sauce 3 oz= 6 gr
*Crouton pkt= 5 gr
*French Dressing pkt= 13 gr
*Jelly, Grape pk= 9 gr
*Mustard, yellow pkt= 0 gr
*Peanut Butter pkt= 3 gr
*Ranch Dressing pkt = 2 gr
*Salad Dressing, light pkt= 1 gr
Salsa 2 TBS=2 gr
Gravy ¼ cup 6 grams
BBQ Sauce 2 TBS=17 gr
Catsup 2 TBS=10 gr
Honey Mustard Dip 2 TBS=10 gr
Ranch Dressing, 2 TBS 2 gr
Salad Dressing 2 TBS=4 gr
Salsa 2 TBS=2 gr
Gravy ¼ cup 6 grams