

2015 - 16

## BREAKFAST

Apple 16 gr  
Apple pk 19 gr  
Banana 23.1 gr  
Bug Bite Grahams 20 gr  
Cereal Bar 29 gr  
Cereal Bowl 16-23 gr  
Cheez-It Crackers 13 gr  
Egg & Cheese Breakfast Sand 15 gr MS/HS 30  
French Toast Sticks 9 gr each  
Syrup Cup 30 gr  
Goldfish Cracker pk 14 gr  
Juice 15 gr

## Lunch NetCarb Count

### Entrees

BBQ Rib 18 gr  
Beef Patty 0 gr  
Breaded Chicken Patty 10.8 gr  
Breaded Fish Patty 15 gr  
Chicken Alfredo w/o noodls 13 gr MS/HS 17 gr  
Chicken Breast Fillet 1 gr  
Chicken Fajita Meat .8 gr MS/HS 1 gr  
Chick'N Fry Sticks 14 gr MS/HS 17.5 gr  
Chicken Noodle Soup 4 gr MS/HS 8 GR  
Chicken Nuggets 14 gr HS 18.8 gr  
Chili 17 gr MS/HS 22.7 gr  
Chili w Fritos 24 gr MS/HS 32.7  
Corndog 30 gr  
Hot Dog 1 gr  
Deli Turkey, meat only 1.4 gr MS/HS 2.8 gr  
Grilled Chicken Patty 1 gr  
Grilled Chix Parmesan 4.5 gr  
Meatballs 3 gr MS/HS 4 gr  
Meatballs for Hero 9.3gr MS/HS 11.6 gr  
Mini Corndogs 29 gr MS 35 gr HS 40.8 gr

## NET CARB COUNT

Milk  
FF 11 gr  
FF choc 24 gr  
1% 11 gr  
  
Mini Cinni 40 gr  
Muffin 27 gr  
Orange 11.3 gr  
Pancake/Sausage on a Stick 23.2 gr  
Pizza, Bacon Scramble 23 gr  
Mini Pancakes 34 gr  
Toast, 1 pc 12 gr  
Waffles  
Mini Blueberry 34 gr  
Maple Brown Sugar 38 gr

## Lunch Net Carb Count

### Entrees

Mozz Sticks 14 gr HS 28 gr  
Sauce 6 gr  
Pizza, Bosco at Winskill 38 gr  
Pizza, Homemade 36 gr HS 42 gr  
Pizza, Deep Dish Round 35 gr  
Popcorn Chicken 13 gr MS 16.2 gr HS 19.4 gr  
Pulled Pork 1.5 gr  
Savory Chicken Patty 2 gr  
Sloppy Joe, no bun 7.8 gr  
Spaghetti Meat Sauce 12.8 gr HS 17 gr  
Super Nachos  
Meat 3 gr HS 4 gr  
Chips 18 gr HS 27 gr  
Cheese Sauce 4 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 23 gr  
    Hot Dog 23 gr  
Cinnamon Roll, frosted 22 gr  
Fetticine Noodles 18 gr  
Garlic Breadstick 15 gr  
Graham Cracker pk 11 gr  
Mini Pretzels 16 gr  
Rice, Brown 18.7 gr  
Saltines, 1 pk OF 2 8 gr  
Spaghetti Noodles 28 gr  
Tortilla  
    Winskill 6" 11 gr  
    MS/HS 9" 21 gr

## **Veggies**

Baked Beans 23 gr  
Baked Potato 36 gr  
Broccoli Florets 2.8 gr  
Broccoli & Cauliflower Florets 6.6 gr  
Carrot Slices 8.8 gr  
Corn 20 gr  
Green Beans 8.9 gr  
Hubbard Squash 10 gr  
Mixed Veggies 11.9 gr  
Refried Beans 14 gr  
Stewed Tomatoes 7.4 gr

## **Potatoes**

Cheesy Potatoes 18 gr  
Hash Brown Stick 14 gr  
French Fries 15 gr  
Spicy Curly Fries 19.8 gr

## **Fruits**

Apple 16 gr  
Apple pk 19 gr  
Applesauce 14 gr  
Banana 23 gr  
Mandarin Oranges 18.2 gr  
Orange 11.3 gr  
Peach Slices 14 gr  
Pear Slices 14 gr  
Pineapple Tidbits 14.1 gr

## **Desserts**

Pudding 26 gr  
Sherbet Cup 26.5 gr

## **Condiments**

BBQ Sauce 2 TBS=17 gr  
Catsup 2 TBS=10 gr  
Honey Mustard Dip 2 TBS=10 gr  
Marinara Sauce for MB Dippers ¼ cup=4.5 gr  
Miracle Whip 2 TBS=4 gr