

2018 - 19

## BREAKFAST

Apple 16 gr  
Banana 23.1 gr  
Cereal Bar 29 gr  
Cereal Bowl 16-23 gr  
Cinnamon Roll, frosted 55 gr  
Donut, Frosted 50-60 gr  
Egg & Cheese Breakfast Sand 15 gr MS/HS 30  
French Toast Sticks 18 gr  
Syrup Cup 30 gr  
Goldfish Cracker pk 14 gr  
Juice 15 gr

## Lunch Net Carb Count

### Entrees

BBQ Pork 24 gr meat only  
Beef Patty 0 gr  
Breaded Chicken Patty 10.8 gr  
Breaded Fish Patty 15 gr  
Chicken Fajita Meat .8 gr MS/HS 1 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  
Chili w Fritos 24 gr MS/HS 32.7  
Ham Slices 4 gr MS/HS 6 gr  
Hot Dog 1 gr  
Deli Turkey, meat only 1.4 gr MS/HS 2.8 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 Bagel 40 gr  
Mini Cinni 40 gr  
Muffin 27 gr  
Pancake/Sausage on a Stick 23.2 gr  
Pizza, Bacon Scramble 23 gr  
Mini Pancakes 34 gr  
Toast, 1 pc 12 gr  
Yogurt Cup, Upstate Farms 19 gr

## Lunch Net Carb Count

### Entrees

Mozz Sticks 14 gr HS 28 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  
Sloppy Joe, meat only 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 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  
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, whole 8 gr  
Mandarin Oranges 18.2 gr  
Mixed Berry Fruit Cup  
Peach Slices 14 gr  
Pear Slices 14 gr  
Pineapple Tidbits 14.1 gr  
Strawberries, whole 8 gr

## **Desserts**

Sherbet Cup 26.5 gr  
Slushie Cup (SideKicks) 22 gr

## **Condiments**

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