

2020 - 21

BREAKFAST

Apple 16 gr
Banana 23.1 gr
Cereal Bar 29 gr
Cereal Bowl 16-23 gr
Cinnamon Roll, frosted 55 gr
*Donut, Cake, Sugared 50 gr
*Egg, Sausage, & cheese slider 18 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

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
*Pancake/Sausage on a Stick IW 17 gr
Pizza, Bacon Scramble 23 gr
Mini Pancakes 34 gr
Toast, 1 pc 12 gr
*UBR Ultimate Breakfast Round 38 gr
Yogurt Cup, Upstate Farms 19 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
*Cheese slice 2 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
*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

Lunch Net Carb Count

Entrees

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
Super Nachos
Meat 3 gr HS 4 gr
Chips 18 gr HS 27 gr
Cheese Sauce 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
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
Peach Slices 14 gr
Pear Slices 14 gr
Pineapple Tidbits 14.1 gr
*Raisins, box 27 gr
Slushie Cup (SideKicks) 22 gr
Strawberries, cup 20 gr
Strawberries, whole 8 gr

Desserts

Sherbet Cup 26.5 gr

Condiments

*BBQ Sauce pkt= 4 gr
*Catsup pkt= 2 gr
*Cheese, mozz shredded 1 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