

Middle School Carb Counts Winter/Spring 2018

WEEK 1

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Jumpstarts Cereal Breakfast Bag		Hot N Spicy Chicken Tenders 3/serving	17
Rice Krispie W.G. Brown Rice	23	Hand Tossed Pepperoni Pizza	39
Honey Grahams	16	Hamburger on Bun (cheese +2)	23
Juice	15	Yogurt Cheese Combo 4 oz. (add breads)	18
Jumpstarts Cereal Breakfast Bag		Ham & Cheese on Croissant	32
Apple Jacks RS	18	Pork Rib B'Que/Sub Bun	40
Honey Grahams	16	Walking Taco-Chips w/Meat	30
Juice	15	Breaded Chicken Patty/bun	35
Frosted Flakes RS	24	Mandarin Orange Salad	45
Honey Grahams	16	Turkey & Cheese Wrap	22
Juice	15	Calzone w/Marinara	43
Pork Sausage Biscuit	25	Pork Choppette w/Gravy 1 TBSP	23
Ultimate Breakfast Round	45	W.G. Corndog	30
Turkey Sausage Egg & Cheese Sliders	21	Chef Salad w/Bread serving	26
W.G. Sausage Gravy Breakfast Pizza	24	Vegetarian Hogie	30
Apple Cinnamon Texas Tst.	45	Rotini Pasta w/Meatsauce Garlic Tst.	35
Bosco Cheese Egg Breadstick each	17	Chicken Cheese Quesadilla	38
Pillsbury Mini-Cinnis	39	Hot N Spicy Chicken Patty/Bun	37
Egg & Cheese on WG Bun A/P	19	Taco Salad	53
Full size Benefit Bar 2.5 oz.	48	Turkey Sandwich 2 bread slices	26
Nutrigrain Bar	28	Cheese Pizza Big Daddy's 8 cut	27
Benefit Bar 2.5 oz.	48	Orange Chicken Stir Fry 3 oz. (no rice)	10
		Grilled Cheese Sandwich WG	27
<u>BREADS</u>		Buffalo Chicken Wrap	55
W.G. Dinner Roll	14	PBJ Uncrustables 5.3 oz	64
Parmesan Bread Stick new	28		
Garlic Toast	11	<u>VEGETABLES</u>	
		Potato Stix (McCain) Red. Sodium	20
<u>FRUITS</u>		Broccoli Florets 1/2 cup	6
Craisons-Ocean Spray	28	Flame Roasted Corn/Black Beans	24
Fruit Cup Mixed 4 oz.	19	Mashed Potato	15
Peach Cup 4 oz.	17	California Blend	5
Apple slices Peterson Farms 2 oz.	7	Corn	21
Fresh Grapes 1/2 cup	11	Spinach w/Parmesan	10
Fresh Oranges 1/2 cup	16	Peas & Carrots	9
Applesauce Cup 1/2 cup	12	Tomato Soup Campbell's	20
Banana 1 petite	25	Fresh Veggies in Cup w/ lowfat dip	3
Yogurt Combo w/granola & muffin	61	Brown Rice 1/2 cup cooked	72
		Vegetable Egg Roll 1 each 3.1 oz.	22
			3
		<u>FRUITS</u>	
<u>FRUIT JUICES</u>		Frozen Fruit cup Sidekicks 1/2 cup	22
Orange 4 oz.	13	RIPS Frozen Fruit Juice	16
Apple 4 oz.	13	Applesauce Cup 1/2 cup	12
Fruitables 4 oz.	14	Fruit Cocktail in Juice 1/2 cup	14
		Peaches sliced in Juice 1/2 cup	17
<u>MILK</u>		Fresh Grapes 1/2 cup	18
Low-fat 1% & Fat Free Skim White	13	Pineapple Tidbits	14
Strawberry Skim	19	Fresh Melon Chunks 1/2 cup	14
Chocolate Skim	20	Fresh Fruit Salad Markon prepared	16
			18
		<u>HUMMUS CUPS 3 OZ.-NEW</u>	
<u>YOGURTS- 4 OZ ASSORTED</u>	Read label		
Assorted lite or regular	11 thru 19		
GO BIG Yogurt Pouch 4 oz.	18		
Oikos Nonfat Greek Yogurt 5.3 oz.	19		

Middle School Carb Counts Winter/Spring 2018

Week 2

<u>BREAKFAST ENTREES</u>	Carbohydrates (g)	<u>LUNCH ENTREES</u>	Carbohydrates (g)
Breakfast on the Go Meal Pack		Buffalo Chicken Pizza	35
Cocoa Puffs 25% less Sugar	22	Country Baked Steak/Dinner Roll	32
Honey Grahams	16	Sloppy Joe/Bun	30
Juice	15	Yogurt Cheese Combo 4 oz.(add breads)	18
Frosted Flakes Reduced Sugar	9	Ham & Cheese on Croissant	32
Honey Grahams	16	Breaded Chicken Chunks (Bites)	15
Juice	15	Spaghetti w/Meatsauce	50
Breakfast on the Go Meal Pack		Pulled Pork on Bun w/2 onion rings	47
Honey Nut Scooters	23	Mandarin Orange Salad	45
Honey Grahams	16	Turkey & Cheese Wrap	20
Juice	15	Soft Shell Taco	35
Apple Cinnamon Texas Tst.Saus. Patty	45	Popcorn Chicken w/Biscuit	17/27
Egg & Cheese on WG Bun A/P	19	Philly Beefsteak w/Cheese/Sub	32
Frudel Cherry or Apple	37	Chef Salad w/Bread serving	26
Ham, Egg, Cheese WG Biscuit	31	Vegetarian Hogie	30
Maple Pancake Wrap	18	Macaroni & Cheese	29
Pillsbury Mini-Cinnis	39	Mini-Twin Burgers on Bun	39
Turkey Sausage Egg & Cheese Sliders	22	Hot N Spicy Tenders (3)	17
Full size Benefit Bar 2.5 oz.	48	Taco Salad	53
Nutrigrain Bar	28	Turkey Sandwich 2 bread slices	26
		Big Daddy's 4 Meat Pizza	36
<u>BREADS</u>		Cornmeal Breaded Pollock Fish/Bun	34
W.G.Dinner Roll	14	Meatball Sub w/moz. Cheese	39
Parmesan Bread Stick	28	Yogurt Cheese Combo 4 oz.(add breads)	18
		Buffalo Chicken Wrap	55
<u>FRUITS</u>		PBJ Uncrustables 5.3 oz	64
Dried Cranberries-Ocean Spray	28	<u>VEGETABLES</u>	
Fruit Cup Mixed 4 oz.	19	Mashed Potato	15
Peach Cup 4 oz.	17	Green Beans	4
Pear cup in Juice 1/2 cup	20	Onion Rings 5 each	28
Applesauce Cup 1/2 cup	12	Sicilian Blend	6
Fresh Orange (whole wedges0	18	Corn	21
Banana 1 petite	25	Refried Beans w/cheese 4 oz	14
Apple slices Peterson Farms 2 oz.	7	Smiles Potatoes	20
Fresh Grapes 1/2 cup	11	Broccoli Florets 1/2 cup	6
		Tater Tots	16
<u>FRUIT JUICES</u>		Normandy Blend 1/2 cup	5
Orange 4 oz.		Shredded Lettuce/Tomato/Cheese	7
Apple 4 oz.	13	Fresh Veggies in Cup w/ low-fat dip	3
Fruitables 4 oz.	13		
Banana 1 petite	14	<u>FRUITS</u>	
	25	Frozen Fruit cup Sidekicks 1/2 cup	22
<u>MILK</u>		RIPS Frozen Fruit Juice	16
Low-fat 1% & Fat Free Skim White		Kiwi 1 whole	10
Strawberry Skim	13	Fresh Fruit Cup 1/2 cup	16
Chocolate Skim	19	Peaches sliced in Juice 1/2 cup	17
HUMMUS CUPS 3 OZ.-NEW	18	Apple whole	7
<u>YOGURTS- 4 OZ ASSORTED</u>	Read label	Tropical Fruit Salad	15
Assorted lite or regular	11 thru 19	Fresh Fruit Salad Markon prepared	16
GO BIG Yogurt Pouch 4 oz.	18		
Oikos Nonfat Greek Yogurt 5.3 oz.	19		

CONDIMENTS 2017-18

Carbohydrates (g)

RED GOLD LABEL

Ketchup Low sodium 9 gm. Pc	0
Ketchup 1 TBSP. pump from jug	5
BBQ Sauce Cup 1 oz.	9
Marinara Sauce 2.5 oz. cup	8
Salsa Cup 3 oz. cup	2

PEANUT BUTTER (Advance Pierre)

Peanut Butter Cup 1 oz. cup	8
PBJ Graham Cracker 2.2 oz.	32

CHEESE (LAND O LAKES)

Cheese Mozzarella String 1 oz.	1
Jalapeno Cheese Sauce Cup 3 oz.	15
Cream Cheese Cup 1 oz.	4

CONDIMENTS

Caramel Dip L/F cup 1 oz.	19
Grape Jelly .5 oz.	9
Taco Sauce Pkt. 9 gm.	1
Honey Mustard Dip Cup 1oz.	6
Mustard Pkt. 5.5 gm	0
Mayonnaise lt. 12 gm.	2
Tartar Sauce 12 gm.	3
Sweet & Sour Duck Sauce 9 gm.	7

DRESSINGS

Ranch Cup 1 oz	1
FF Ranch 12 gm.	2
Ranch Buttermilk Lite 1.5 oz.	9