

North Central High School Carb Counts

MONDAY 18-19

BREAKFAST ENTREES

| | Carbohydrates (g) |
|--|-------------------|
| Jumpstarts Cereal Breakfast Bag | |
| Rice Krispie W.G. Brown Rice | 23 |
| Honey Grahams | 16 |
| Juice | 15 |
| Jumpstarts Cereal Breakfast Bag | |
| Apple Jacks RS | 18 |
| Honey Grahams | 16 |
| Juice | 15 |
| Frosted Flakes RS | 24 |
| Honey Grahams | 16 |
| Juice | 15 |
| Waffles | 37 |
| Ultimate Breakfast Round | 44 |
| W.G. Sausage Gravy Breakfast Pizza | 24 |
| Cinnamon Glazed Pancake The Max | 35 |
| Pillsbury Mini-Cinnis | 39 |
| Yogurt Combo w/granola & muffin | 61 |
| Chef Pierre Muffins Blueberry/Banana | 30 |
| Nutrigrain Bar | 28 |
| Benefit Bar 2.5 oz. | 48 |

BREADS

| | |
|----------------------|----|
| W.G. Dinner Roll | 14 |
| Parmesan Bread Stick | 28 |
| Garlic Toast | 11 |

FRUITS

| | |
|-----------------------------------|----|
| Craisons-Ocean Spray | 28 |
| Fruit Cup Mixed 4 oz. | 19 |
| Peach Cup 4 oz. | 17 |
| Apple slices Peterson Farms 2 oz. | 7 |
| Fresh Grapes 1/2 cup | 11 |
| Fresh Oranges 1/2 cup | 16 |
| Applesauce Cup 1/2 cup | 12 |
| Banana 1 petite | 25 |

FRUIT JUICES

| | |
|------------------|----|
| Orange 4 oz. | 13 |
| Apple 4 oz. | 13 |
| Fruitables 4 oz. | 14 |

MILK

| | |
|----------------------------------|----|
| Low-fat 1% & Fat Free Skim White | 13 |
| Strawberry Skim | 19 |
| Chocolate Skim | 20 |

YOGURTS- 4 OZ ASSORTED

| | |
|--------------------------------------|------------|
| Assorted lite or regular | 11 thru 19 |
| GO BIG Yogurt Pouch 4 oz. | 18 |
| Oikos Nonfat Greek Yogurt 5.3 oz. | 19 |
| COOKIE TREE COOKIE CHOC. CHIP | 26 |

LUNCH ENTREES

| | Carbohydrates (g) |
|--|-------------------|
| Taco Salad | 53 |
| Chili Cheese Wrap | 35 |
| Turkey & Cheese Wrap | 22 |
| Southwest Chicken Wrap | 41 |
| Chef Salad w/Bread serving | 26 |
| Yogurt Combo Lunch | 61 |
| PBJ Uncrustables 5.3 oz. | 64 |
| Hummus Vegetable Combo | 50 |
| Pork Rib B'Que/Sub Bun | 40 |
| Hamburger on Bun (cheese +2) | 23 |
| Hamburger on Bun (cheese +2 + Pot. Stix) | 43 |
| Orange Chicken Stir Fry 3 oz. (no rice) | 10 |
| Brown Rice 1/2 cup cooked | 72 |
| Vegetable Egg Roll 1 each 3.1 oz. | 22 |
| Lo Mein Noodles w/Stir Fry Veggies | 28 |
| Hot N'Spicy Chicken Patty on Bun | 36 |
| Breaded Chicken Patty on Bun | 36 |
| Pizza Hand Tossed Pepperoni-S & F | 36 |
| Pizza Round 5" Cheese Conagra Max | 39 |
| Pizza Stuffed Crust Cheese-Gilardi | 33 |
| Pizza Stuffed Crust Pepperoni-Gilardi | 33 |
| Pizza 4 Cheese Big Daddys 8 cut | 24 |
| Pizza Big Daddy's 8 cut | 27 |
| Pizza Big Daddy's Rolled Edge Pepperoni | 43 |
| French Bread Pizza Cheese | 30 |
| Mozzaella Cheese Stix w/Marinara cup | 32/4 |

VEGETABLES

| | |
|----------------------------------|----|
| Potato Stix (McCain) Red. Sodium | 20 |
| Broccoli Florets 1/2 cup | 6 |
| Flame Roasted Corn w/Black Beans | 24 |
| Mashed Potato | 15 |
| California Blend | 5 |
| Corn | 21 |

SIDES

| | |
|------------------------------------|----|
| Frozen Fruit cup Sidekicks 1/2 cup | 22 |
| RIPS Frozen Fruit Juice | 16 |
| Fruit Cocktail in Juice 1/2 cup | 14 |
| Peaches sliced in Juice 1/2 cup | 17 |
| Fresh Grapes 1/2 cup | 18 |
| Pineapple Tidbits | 14 |
| Fresh Melon Chunks 1/2 cup | 14 |
| Fresh Fruit Salad Markon prepared | 16 |

MISC

| | |
|---------------------------|----|
| Buttermilk Ranch Packet | 9 |
| Guacamole Cup 2 oz. | 3 |
| Hummus Cup 3 oz. | 18 |
| Peanut Butter Cup 1 oz. | 8 |
| Caramel Dip Low Fat 1 oz. | 18 |

North Central High School Carb Counts

Tuesday 18-19

| <u>BREAKFAST ENTREES</u> | Carbohydrates (g) | <u>LUNCH ENTREES</u> | Carbohydrates (g) |
|--------------------------------------|-------------------|--|-------------------|
| Breakfast on the Go Meal Pack | | Walking Tacos Doritos or Tostitos | 31 |
| Cocoa Puffs 25% less Sugar | 22 | Chicken Quesadilla | 38 |
| Honey Grahams | 16 | Ham & Cheese on Bun | 22 |
| Juice | 15 | Steak & Cheese Wrap | 22 |
| Frosted Flakes Reduced Sugar | 9 | Spinach Salad | 63 |
| Honey Grahams | 16 | Yogurt Combo Lunch | 61 |
| Nutrigrain Bar | 15 | PBJ Uncrustables 5.3 oz. | 64 |
| Breakfast on the Go Meal Pack | | Hummus Vegetable Combo | 50 |
| Honey Nut Scooters | 23 | Cream of Broccoli Soup | 15 |
| Honey Grahams | 16 | Pepperoni Calzone | 35/4 |
| Juice | 15 | Chicken Chunks Mashed Pot. Bowl | 16/24 |
| Apple Cinnamon Pancakes/Saus. Patty | 35 | Meatloaf Glazed | 16 |
| Egg & Cheese on WG Bun A/P | 19 | Meatloaf /Bread 2 slices | 48 |
| Frudel Cherry or Apple | 37 | Country Baked Steak w/Gravy | 19 |
| Ham, Egg, Cheese WG Biscuit | 31 | Hot N'Spicy Chicken Patty on Bun | 36 |
| Frudel Cherry or Apple | 37 | French Bread Pizza Cheese | 30 |
| Ultimate Breakfast Round | 44 | Pizza Hand Tossed Pepperoni-S & F | 36 |
| Turkey Sausage Egg & Cheese Sliders | 22 | Pizza Round 5" Cheese Conagra Max | 39 |
| Full size Benefit Bar 2.5 oz. | 48 | Pizza Stuffed Crust Cheese-Gilardi | 33 |
| Nutrigrain Bar | 28 | Pizza Stuffed Crust Pepperoni-Gilardi | 33 |
| Chef Pierre Muffins Blueberry/Banana | 30 | Pizza 4 Cheese Big Daddys 8 cut | 24 |
| <u>BREADS</u> | | Pizza Big Daddy's 8 cut | 27 |
| W.G. Biscuit | 27 | Pizza Big Daddy's Rolled Edge Pepper | 43 |
| Parmesan Bread Stick | 28 | Mozzarella Cheese Stix w/Marinara cup | 32/4 |
| <u>FRUITS</u> | | <u>VEGETABLES</u> | |
| Dried Cranberries-Ocean Spray | 28 | Mashed Potato | 16 |
| Fruit Cup Mixed 4 oz. | 19 | Green Beans | 4 |
| Peach Cup 4 oz. | 17 | Onion Rings 5 each | 28 |
| Pear cup in Juice 1/2 cup | 20 | Corn | 21 |
| Applesauce Cup 1/2 cup | 12 | Refried Beans w/cheese 4 oz | 14 |
| Fresh Orange (whole wedges0 | 18 | Broccoli Florets 1/2 cup | 6 |
| Banana 1 petite | 25 | Tater Tots | 16 |
| Apple slices Peterson Farms 2 oz. | 7 | Normandy Blend 1/2 cup | 5 |
| Fresh Grapes 1/2 cup | 11 | Shredded Lettuce/Tomato/Cheese | 7 |
| <u>FRUIT JUICES</u> | | Fresh Veggies in Cup w/ low-fat dip | 3 |
| Orange 4 oz. | 13 | <u>SIDES</u> | 3 |
| Apple 4 oz. | 13 | Frozen Fruit cup Sidekicks 1/2 cup | 22 |
| Fruitables 4 oz. | 14 | RIPS Frozen Fruit Juice | 16 |
| | | Fruit Cocktail in Juice 1/2 cup | 14 |
| <u>MILK</u> | | Peaches sliced in Juice 1/2 cup | 17 |
| Low-fat 1% & Fat Free Skim White | 13 | Fresh Grapes 1/2 cup | 18 |
| Strawberry Skim | 19 | Pineapple Tidbits | 14 |
| Chocolate Skim | 20 | Fresh Fruit Salad Markon prepared | 16 |
| <u>YOGURTS- 4 OZ ASSORTED</u> | Read label | <u>MISC</u> | |
| Assorted lite or regular Yogurt | 11 thru 19 | Buttermilk Ranch Packet | 9 |
| GO BIG Yogurt Pouch 4 oz. | 18 | Guacamole Cup 2 oz. | 3 |
| Oikos Nonfat Greek Yogurt 5.3 oz. | 19 | Hummus Cup 3 oz. | 18 |
| COOKIE TREE COOKIE CHOC. CHIP | 26 | Peanut Butter Cup 1 oz. | 8 |

NC High School Carb Counts SY18-19

FRIDAY

| <u>BREAKFAST ENTREES</u> | Carbohydrate: | <u>LUNCH ENTREES</u> | Carbohydrates (g) |
|--------------------------------------|---------------|--|-------------------|
| Breakfast on the Go Meal Pack | | Roasted Nachos with a Twist | 33 |
| Cocoa Puffs 25% less Sugar | 22 | Beef Bean Cheese Burrito | 40 |
| Honey Grahams | 16 | Turkey Sandwich 2 bread slices | 20 |
| Juice | 15 | Grilled Cheese Sandwich | 40 |
| Frosted Flakes Reduced Sugar | 9 | Caesar Salad | 38 |
| Honey Grahams | 16 | Yogurt Combo Lunch | 61 |
| Juice | 15 | PBJ Uncrustables 5.3 oz. | 64 |
| Breakfast on the Go Meal Pack | | Hummus Vegetable Combo | 50 |
| Honey Nut Scooters | 23 | Tomato Soup 1 cup | 40 |
| Honey Grahams | 16 | Pork Rib B'Que/Sub Bun | 40 |
| Juice | 15 | Meatball Sub w/moz. Cheese | 39 |
| Maple Pancake Wrap | 18 | Twisted Potatoes (or other potato) | 25 |
| Cinnamon Glazed Pancake The Max | 35 | Baked Fish Cornbread on Bun | 34 |
| Pillsbury Mini-Cinnis | 39 | Chicken Drumstick | 5 |
| W.G. Sausage Gravy Breakfast Pizza | 24 | Hot N'Spicy Chicken Patty on Bun | 36 |
| Full size Benefit Bar 2.5 oz. | 48 | Breaded Chicken Patty on Bun | 36 |
| Nutrigrain Bar | 28 | Pepperoni Calzone /Marinara Cup | 35/4 |
| Chef Pierre Muffins Blueberry/Banan. | 30 | French Bread Pizza Cheese | 30 |
| | | Pizza Hand Tossed Pepperoni-S & F | 36 |
| | | Pizza Round 5" Cheese Conagra Max | 39 |
| | | Pizza Stuffed Crust Cheese-Gilardi | 33 |
| | | Pizza Stuffed Crust Pepperoni-Gilardi | 33 |
| | | Pizza 4 Cheese Big Daddys 8 cut | 24 |
| | | Pizza Big Daddy's 8 cut | 27 |
| | | Pizza Big Daddy's Rolled Edge Pepperoni | 43 |
| | | Mozzaella Cheese Stix w/Marinara cup | 32/4 |
| | | VEGETABLES | |
| | | Mashed Potato | 15 |
| | | Tater Tots/Baby Bakers | 16 |
| | | Corn | 21 |
| | | Shredded Lettuce/Tomato/Cheese | 7 |
| | | Fresh Veggies in Cup w/ low-fat dip | 3 |
| | | Cole Slaw Ready Made Resers | 16 |
| | | FRUITS | |
| | | Frozen Fruit cup Sidekicks 1/2 cup | 22 |
| | | RIPS Frozen Fruit Juice | 16 |
| | | Kiwi 1 whole | 10 |
| | | Fresh Fruit Cup 1/2 cup | 16 |
| | | Fresh Grapes 1/2 cup | 18 |
| | | Pineapple Tidbits | 14 |
| | | FRUIT JUICES | |
| | | Orange 4 oz. | 13 |
| | | Apple 4 oz. | 13 |
| | | Fruitables 4 oz. | 14 |
| | | MILK | |
| | | Low-fat 1% & Fat Free Skim White | 13 |
| | | Strawberry Skim | 19 |
| | | Chocolate Skim | 20 |
| | | YOGURTS- 4 OZ ASSORTED | |
| | | Assorted lite or regular | 11 thru 19 |
| | | GO BIG Yogurt Pouch 4 oz. | 18 |
| | | Oikos Nonfat Greek Yogurt 5.3 oz. | 19 |
| | | GO BIG Yogurt Pouch 4 oz. | 18 |
| | | Oikos Nonfat Greek Yogurt 5.3 oz. | 19 |
| | | MISC | |
| | | Buttermilk Ranch Packet | 9 |
| | | Guacamole Cup 2 oz. | 3 |
| | | Hummus Cup 3 oz. | 18 |
| | | Peanut Butter Cup 1 oz. | 8 |
| | | Caramel Dip Low Fat 1 oz. | 18 |
| COOKIE TREE COOKIE CHOC. CHIP | 26 | | |

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 |

ALA CARTE SNACKS HIGH SCHOOL 18-19

Carbohydrates (g)

CHIPS

| | |
|---|-------|
| SmartFoods White Cheddar Popcorn 1 oz. | 14 |
| Popcorn Indiana Kettlecorn 1 oz. | 21 |
| Baked Flaming Hot Cheetos 7/8 oz. | 20 |
| Baked Lays 7/8 oz. | 19 |
| Kettle Chips: BBQ, Salt/Vinegar, Jalapeno/ Cheddar Regular 1.8 oz. | 28-29 |
| Flamas 1 oz. | 20 |
| Spicy Sweet Doritos 1 oz. | 20 |
| Cheddar Ruffles .8 oz | 17 |

SWEET TREATS

| | |
|--|----|
| Rice Krispie Treats 1.41 oz. Full size | 30 |
| Rice Krispie Treats .42 oz minis | 9 |
| Cookie Tree Chocolate Chip cookie | 26 |
| Cookie Tree Double Fudge cookie | 24 |

BEVERAGES

| | |
|------------------------------|----|
| IZZE SPARKLING JUICE 8.4 oz. | |
| Apple Flavor | 24 |
| Blackberry Flavor | 22 |
| Clementine Flavor | 21 |
| Chocolate Milk Chug 14 oz. | 36 |