

## 6-12 CARB COUNTS (Updated 8/25/22)

Food/M meal Items	Serving Size	Carbs
<b>Breakfast Entrees</b>		
Nutrigrain Bar (Strawberry)	1 bar	30 g
Cheesy Egg Biscuit	1 Sandwich	14 g
Cinnamon Roll	1 each	36 g
Egg Bagel	1 Sandwich	29 g
Apple Cinnamon Muffin	1 - 2 oz Muffin	31 g
Sausage & Cheese Biscuit	1 Sandwich	14 g
Blueberry Bagel	1 each	33 g
Cocoa Cinnamon Donut Holes	6 donut holes	35 g
Kolaches	1 each	15 g
Strawberry Yogurt Parfait	1 serving	44 g
Apple Overnight Oats	1 cup	55 g
French Toast Sticks with Powdered Sugar	5 Sticks	53 g
Sausage Breakfast Pizza	1 slice	27 g
Mini Cinnamon Rolls	1 pouch	34 g
Pumpkin Spice Cinnamon Toast Crunch Donut	1 each	50 g
Country Chicken Biscuit	1 sandwich	18 g
Fudge Poptart	1 package	36 g
Cheesy Egg Breakfast Burger	1 sandwich	29 g
Oatmeal Apple Cinnamon Breakfast Round	1 each	39 g
Turkey Pancake Wrap	1 each	16 g
Sausage & Cheese English Muffin	1 sandwich	23 g
Apple Frudel	1 pouch	30 g
Egg and Cheese English Muffin	1 sandwich	23 g
Country Chicken & Cheese English Muffin	1 sandwich	28 g
Honey Sriracha Glazed Donut	1 each	47 g
Bosco Cheese Stick	1 each	17 g
Cinnamon French Toast	1 pouch	29 g
Blueberry Muffin	1 muffin (4 oz)	61 g
Egg, Chicken Ham & Cheddar Flatbread Sandwich	1 each	14 g
Glazed Cinnamon Roll	1 each	43 g
Chicken Snack Wrap	1 each	21 g
Cinnamon Breakfast Bun	1 each	40 g
Bacon Breakfast Pizza	1 each	22 g
Chocolate Chocolate Chip Muffin	1 muffin (4 oz)	63 g
Cinnamon Raisin Bagel	1 each	34 g
Egg, Bacon, & Cheddar Flatbread Sandwich	1 each	14 g
Cheese Stuffed Breakfast Sandwich	1 each	19 g
Banana Muffin	1 each (4 oz)	61 g
Strawberry Banana Smoothie	18 fl oz	45 g
Cheesy Chicken Ham & Egg Pancake Panini	1 sandwich	37 g
<b>Additional Breakfast Items</b>		
String Cheese	1 stick	0 g
Graham Cracker	4 each (1 oz)	22 g

Lucky Charms	1 bowl	47 g
Cocoa Puffs	1 bowl	47 g
Cheerios	1 bowl	44 g
Cinnamon Toast Crunch	1 bowl	44 g

#### Lunch Entrees

Chicken Fried Steak	1 each	19 g
Biscuit	1 each (1 oz)	12 g
Country Gravy	1/4 cup	6 g
Waffle	2 each	23 g
Syrup	1 fl oz	18 g
Scrambled Egg w/Chicken Sausage	1 No 16 Scoop	2 g
Kickin' Chicken Fries	1 serving	18 g
Vegetarian Picadillo Burrito	1 each	63 g
General Tso's Beef w/Vegetables	1 spoodle (6 fl oz)	24 g
Rice	1 cup	42 g
BBQ Chicken Mac	1 serving	69 g
Potato, Baked	1 each	33 g
Salisbury Steak	1 each	4 g
Brown Gravy	1/4 cup	5 g
Chili Garlic Popcorn Chicken w/ Lo Mein	1 bowl	51 g
Spicy Blackbean Beef Bowl, Mexican Corn & Pico	1 serving	71 g
Potato Crunch Fish Fillet	1 each	13 g
Chicken and White Bean Chipotle Chili Frito Bowl	1 bowl	47 g
Breaded Chicken Drumstick	1 each	9 g
Meatballs	5 each	2 g
Pasta (Spaghetti)	1 cup	40 g
Spaghetti sauce	1/2 cup	11 g
Sweet & Sour Chicken w/ Vegetables	6 fl oz	17 g
French Toast Stick	4 sticks	38 g
Cheese Omelet	1 each	2 g
Disco Fries	1 serving	18 g
Sriracha Chili Sauce	1 tablespoon	3 g
Breaded Fish Bites	8 each	22 g
Macaroni and Cheese	6 fl oz	24 g
Spicy Popcorn Chicken Bowl	1 bowl	49 g
Jumbo Cheese Ravioli	3 each	23 g
Chicken Tikka Masala Bowl	1 bowl	62 g
Cajun Chili Fries	1 bowl	39 g
Tortilla Scoops	1 serving	33 g
Garlic Toast	1 each	13 g
Penne Alfredo with Chicken	8 fl oz	26 g
Harvest Grain Bowl	1 bowl	120 g
Corn Muffin	1 muffin	31 g
Baked Potato with Vegetarian Chili & Cheese	1 each	52 g
Cheeseburger Meatloaf	1 each	8 g

#### Sandwich Station

All American Sub	1 sandwich	33 g
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Cheese Sandwich (Cold)	1 Sandwich	34 g
Greek Chicken Flatbread	1 each	33 g
Vegetable & Provolone Mediterranean Wrap	1 each	49 g
Chicken Ham & Cheese Sub	1 each	35 g
Southwest Chicken Pinwheel Sandwich	1 each	40 g
Egg Salad Sandwich	1 sandwich	33 g
Baboom Sandwich	1 sandwich	32 g
3 Cheese Sub	1 sandwich	31 g
Roasted Vegetable Wrap	1 each	35 g

#### Grill

Hamburger	1 each	29 g
Cheeseburger	1 each	30 g
Veggie Burger	1 each	33 g
Hotdog	1 each	28 g
Breaded Chicken Sandwich	1 each	39 g
Spicy Breaded Chicken Sandwich	1 each	39 g
Chicken Tender	3 each	13 g
Grilled Cheese	1 sandwich	33 g
Breaded Fish Melt	1 sandwich	44 g
Tater Tots	1/2 cup	14 g
Crinkle Cut Fries	1/2 cup	13 g
Roll	1 each (2.5 oz)	29 g
Breadstick	1 each	15 g

#### Greens

Beef Nacho Salad	1 each	21 g
Tossed Salad w/Cheese	1 each	4 g
Ranch Chicken Salad	1 each	6 g
Winter Fruit & Cheese Plate	1 each	13 g
Popcorn Chicken Salad	1 each	15 g
All- American Chef Salad	1 each	5 g
Turkey Chef Salad	1 each	4 g
Chicken Salad Platter	1 each	5 g
Greek Chicken Salad	1 each	7 g
Turkey and Cheese Salad	1 each	4 g
Breaded Buffalo Chicken Salad	1 each	17 g

#### Pizza (Please contact Manager for recipe used)

Cheese Pizza (Big Daddy)	1 slice (1/8 cut)	35 g
Cheese Pizza (recipe M51578)	1 slice	30 g
Pepperoni Pizza (Big Daddy)	1 slice (1/8 cut)	43 g
Pepperoni Pizza (recipe M53000)	1 slice	30 g

#### Tortilla

Soft Tortilla	2 each	29 g
Tortilla Chips, Round	1 serving	32 g
Beef Taco Meat	1 no 20 scoop	2 g
Chicken Fajita Topping	2 fl oz	1 g
Black Beans	1/4 cup	13 g
Cilantro Rice	1/2 cup	23 g

Mexican Rice	1/2 cup	22 g
Cheese Sauce	3 fl oz	5 g
Salsa	1/4 cup	5 g

#### Starch Vegetables

Baked Beans	1/2 cup	43 g
Creamy Coleslaw	1/2 cup	10 g
Mashed Potato	1/2 cup	14 g
Edamame	1/2 cup	9 g
Canned Mixed Vegetable Blend	1/2 cup	10 g
Waffle Cut Fries	1/2 cup	20 g
Acorn Squash	1/2 cup	9 g
Black Bean and Vegetable Salad	1/2 cup	16 g
Sweet Potato Fries	1/2 cup	25 g
Mexicali Corn	1/2 cup	12 g
Green Beans with Carrots	1/2 cup	6 g
Chipotle Campfire Beans	1/2 cup	34 g

#### Fruit

Apple	1 each	16 g
Orange	1 each	12 g
Watermelon	1/2 cup	7 g
Banana	1 each	18 g
Grapes	1/2 cup	15 g
Diced Pears w/ Juice	1/2 cup	16 g
Fruit Mix w/light syrup	1/2 cup	17 g
Fruit Mix w/Juice	1/2 cup	16 g
Applesauce (Strawberry/Banana)	1 each	14 g
Applesauce (Unsweetened)	1/2 cup	13 g
Applesauce (Cinnamon)	1 each	14 g
Raisin	1 box	34 g
Diced Peaches w/Juice	1/2 cup	12 g
Fresh Fruit Salad	1/2 cup	13 g
Diced Strawberries	1 each (4.5 oz)	22 g
Apricot Halves w/Juice	1/2 cup	14 g

#### Juice

Grape Juice	4 fl oz	19 g
Fruit Punch	4 fl oz	24 g
Orange Juice	4 fl oz	14 g
Cherry Star Juice	4 fl oz	13 g
Apple Juice	4 fl oz	14 g
Fruit Juice	4 fl oz	14 g

#### Dessert

Watermelon Sorbet	1 each	22 g
Chocolate Pudding	1/2 cup	25 g
Carnival Cookie	1 cookie	18 g
Berry Blue Gelatin	1/2 cup	17 g

#### Milk

White Milk	8 fl oz (1 carton)	11 g
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Chocolate Milk	8 fl oz (1 carton)	20 g
Dressing/Condiments		
Italian Dressing	1 tablespoon	0.5 g
Ranch Dressing	1 each/1 tablespoon	1 g
French Dressing	1 tablespoon	4 g
Ketchup	1 each	3 g
Mayonnaise	1 each	1 g
BBQ Sauce	1 tablespoon	9 g