

<u>Food Item</u>	<u>Portion</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>
<i>Entrees -</i>			
Asian Style Chicken & 1/2 Cup Rice	1 Serving	49	2
Baked Potato w/Cheese	1 Serving	41	5
Baked Potato w/Chili	1 Serving	58	13
Baked Potato w/Chili & Cheese	1 Potato	50	9
Baked Potato Chili/Cheese- K-1	1/2 Potato	33	6.3
Baked Ziti	1 Serving	33	1.6
BBQ Chicken, Roasted	1 Serving	10	0
BBQ Chicken Sandwich	1 Each	36	3.3
BBQ Pork Sandwich	1 Each	39	2
BBQ Rib Sandwich (rib-b-que)	1 Each	28	2.3
Black/Red Beans & Rice	1 Serving	63	12
Beefaroni	1 Cup	35	4
Burrito, Bean & Cheese	1 Each	54	6
Cha Cha Chicken w/Rice	1 Cup	33	1
Cheeseburger	1 Each	32	3
Cheese Quesadilla	1 Each	39	2
Chicken Fajita	1 Each	48	4
Chicken Nuggets	5 Each	7	0
Chicken Patty Sandwich	1 Each	43	3
Chicken Pita Pizza	1 Each	48	4
Chicken Salad on Whole Wheat	1 Each	28	2.3
Chicken Quesadilla	1 Each	38	2
Cowboy BBQ with Dippin Chips	1 Serving	54	2
Cuban Sandwich	1 Each	39	1.3
Egg Salad Sandwich	1 Each	33	2
Fish Sandwich	1 Each	43	2
Fish Sticks	4 Each	33	3
Grilled Cheese Sandwich	1 Each	29	4
Hamburger	1 Burger	30.5	3
Ham & Cheese Wrap	1 Each	35	1.6
Hot Ham & Cheese Sandwich	1 Sandwich	22	1
Hot Sliced Ham, Holiday Meal	1 Serving	2.5	0
Hot Sliced Turkey, Thanksgiving meal	1 Serving	2	0
Macaroni & Cheese	1 Cup	41	1.7
Mac & Cheese, prepackaged	6 ounces	29	1
Mozza Pesto Pita	1 Each	42	3.4
Nachos w/Cheese Only	1 Serving	42	2
Nachos w/Chili Only	1 Serving	59	9.6
Nachos w/Chili & Cheese	1 Serving	51	5.8
Omelette, Cheese	1 Each	1	0
Open Face Turkey Sandwich	1 Serving	13	1
Pancakes w/Sausage	1 Serving	28	1.3
PBJ Uncrustable	1 Each	33	2.5
Penne Pasta with Marinara	1 Serving	42	3.5
Personal Pizza	1 Each	47	3.8
Philly Turkey & Cheese Sandwich	1 Each	42	1.8
Pizza Wedge- Cheese	1 Slice	37	2
Roasted Chicken	1 Serving	0	0
Sausage links	2 Each	0	0
Scrambled Eggs w/Berry Muffin	1 Serving	35	1
Scrambled Eggs,Pancake, saus	1 Serving	15	1
Shepherd's Pie	1 Each	11	2.3
Sloppy Joe Sandwich	1 Each	45	3.2
Soft taco	1 Each	33	1.9
Spaghetti	1 Serving	46	5
Taco	1 Each	13	1.8
Tuna Salad Sandwich	1 Each	28	2.3
Tuna Salad Submarine	1 Each	40	1.5
Tuna Salad Wrap	1 Each	34	1.5
Turkey & Cheese Wrap	1 Each	34	1.6
Turkey Enchiladas	1 Each	39	1.8
Turkey Sandwich	1 Each	28	2.7
Turkey Submarine	1 Each	40	1.6
Turkey Supreme	1 Each	32	2.3

<u>Food Item</u>	<u>Portion</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>
<i>Lighten Up Selections-</i>			
1905 Salad	1 Each	21.5	3
Cheese w/Apple, Celery & Carrots	1 Each	9.5	3
Chef's Salad	1 Each	11	3.5
Chicken Caesar Salad	1 Each	15	2.6
Chicken Salad & Fruit Platter	1 Each	28	2
Cobb Salad	1 Each	8.5	2
Greek Salad	1 Each	17	3.4
Large Spinach Salad	1 Each	8	3
Oriental Chicken Salad	1 Each	41	8
PB w/Apple, Celery & Carrots	1 Each	16	4
Southwest Black Bean Salad	1 Each	56	12
Spring Salad	1 Each	19	5.5
Summer Salad	1 Each	23	5
Veggie Pita Delight	1 Each	68	13
Vegetarian Taco Salad	1 Each	39	8
Yogurt Parfait, Cherry & Blueberry	1 Each	75	6
Yogurt Parfait, Cherry & Peach	1 Each	83	6
Yogurt Parfait, Peach & Blueberry	1 Each	76	5
Yogurt Parfait, Peach & Strawberry	1 Each	85	6
Yogurt Parfait, Strawberry & Blueberry	1 Each	77	5.5

<u>Food Item</u>	<u>Portion</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>
<i>Salad Dressings-</i>			
1905 Dressing	1 Serving	1.4	0.2
Brown Gravy	1 Serving	2	0
Caesar Dressing	1 Serving	2	0
Citrus Yogurt Dressing	1 serving	4	0
Creamy Italian	1 Packet	1	0
French Dressing	1 Packet	2	0
Greek Dressing	1 Serving	0.6	0.2
Italian Dressing	1 Packet	1	0
Oriental Dressing	1 Ounce	8	0
Ranch Dressing	1 Ounce	3	0
Southwest Ranch Dressing	2 Ounce	5	0

<u>Food Item</u>	<u>Portion</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>
<i>Breads/Grains-</i>			
Blueberry Muffin	1 Muffin	33	1
Cheese Bread	1 Piece	20	0.5
Cherry Muffin	1 Muffin	42	1
Cornbread	1 Piece	18	1
Cornbread Stuffing	1 Serving	21	1.5
Couscous	0.5 Cup	23	1
Cowboy Bread	1 Piece	26	0.5
Garlic Toast	1 Slice	25	2.7
Pear Muffin	1 Muffin	33	0.6
Rice, Brown	0.5 Cup	34	2
Rice, Yellow	0.5 Cup	21	0
Roll, Dinner, 1 ounce	1 Roll	23	2
Saltine Crackers	4 Packages	52	4
Spice Bread	1 Slice	48	1.3
Spice Cake-given on holiday meals	1 Piece	22	1

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<i>Vegetable Selections-</i>			
Baked Beans: Elementary	0.375 Cup	18	2.7
Black Bean Soup	1 Cup	29	8
Broccoli: K-1	0.25 Cup	1	0.5
Broccoli: Elementary	0.375 Cup	2	0.7
Broccoli w/Dip: K-1	0.25 Cup	4	0.5
Broccoli w/Dip: Elementary	0.375 Cup	4	0.7
Carrots w/Dip: K-1	0.25 Cup	5	1
Carrots w/Dip: Elementary	0.375 Cup	7	1.6
Carrots, Steamed	0.375 Cup	3	0
Chicken Noodle Soup	1 Cup	12	1.4
Chicken Tortilla Soup	1 Cup	29	4
Chicken Vegetable Soup	1 Cup	16	3
Collard Greens	0.375 Cup	2.5	2
Corn: K-1	0.25 Cup	11	1
Corn: Elementary	0.375 Cup	16	1.6
Corn Chowder	1 Cup	23	2
Country Potato Soup	1 Cup	22	2
Creamy Tomato Soup:K-1	0.5 Cup	13	1.5
Creamy Tomato Soup	1 Cup	26	3
Cucumbers w/Dip: K-1	0.25 Cup	4	0
Cucumbers w/Dip: Elem	0.5 Cup	4	0
Garden Cup: K-1	0.25 Cup	3	0.8
Garden Cup: Elementary	0.375 Cup	4	1

<u>Food Item</u>	<u>Portion</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>
Green Beans: K-1	0.25 Cup	2.5	1
Green Beans: Elem.	0.375 Cup	4	1.5
Hearty Bean Soup	1 Cup	17	2.6
Lettuce & Tomato: Elementary	0.375 Cup	2	0.6
Mashed Potatoes: K-1	0.25 Cup	8	0.5
Mashed Potatoes: Elem.	0.375 Cup	11	0.8
Mashed Potato Bake	0.375 Cup	10	0
Minestrone Soup	1 Cup	10	2
Mixed Vegetables: Elem.	0.375 Cup	4	0.7
Oven Fries: K-1	5 Pieces	11	1
Oven Fries: Elementary	7 Pieces	15	1.5
Parslied Potatoes	0.375 Cup	14	1.3
Peas: Elementary	0.375 Cup	7	2.2
Potato Salad	0.375 Cup	13	2
Potato Wedges, K-1	0.25 Cup	8	0.8
Potato Wedges, Elementary	0.375 Cup	11	1
Refried Beans	0.375 Cup	18	4.5
Roasted Potatoes	0.375 Cup	18	3
Salsa Queso Soup	1 Cup	11	2
Spanish Bean Soup	1 Cup	16	4.5
Spinach	0.375 Cup	3.5	2.6
Squash, green & yellow, steamed	0.375 cup	2	0.5
Tator Tots: K-1	0.25 Cup	10	1
Tator Tots: Elementary	0.375 Cup	13	1.5
Tomato Slices: K-1	0.25 Cup	1	0
Tomato Slices: Elem.	0.375 Cup	3	0.3
<u>Food Item</u>	<u>Portion</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>
Tomato Wedges	0.375 Cup	3	0.8
Tossed Salad, Elem.	0.375 Cup	2	0.4
Turkey Noodle Soup	1 Cup	12	2
Vegetable Soup	1 Cup	7.7	1.77
Yellow Squash, steamed	0.375 Cup	3	1
Yellow Squash w/Dip: K-1	0.25 Cup	5	0
Yellow Squash w/ Dip	0.375 Cup	6	1
Zucchini w/Dip: K-1	0.25 Cup	3	0.3
Zucchini w/Dip: Elem.	0.375 Cup	4	0.4
Zucchini, Steamed	0.375 Cup	2	0.5
<i>Fruit Selections-</i>			
Apple: K-1	0.5 Apple	7.3	1.3
Apple: Elem/Sec	1 Apple	15	2.5
Applesauce: K-1	0.25 Cup	13	0.8
Applesauce: Elementary	0.375 Cup	19	1.1
Apple Crisp	0.5 Cup	46	2
Banana: All	1 Each	23	2.6
Blueberry Crisp	0.5 Cup	51	6

Cherry Crisp: All	0.5 Cup	46	2.6
Cherries in Jello: K-1	0.25 Cup	12	1
Cherries in Jello: Elem.	0.375 Cup	20	1.5
Cinnamon Apples	0.375 Cup	13	1
Fruit Freeze, Berry	0.375 Cup	20	3
Grapes: K-1	0.25 Cup	7	0.4
Grapes: Elementary	0.375 Cup	11	0.5
<u>Food Item</u>	<u>Portion</u>	<u>Carbohyrdate - G</u>	<u>Fiber - G</u>
Grapefruit Half	1 Each	12	2
Mixed Fruit, canned: Elementary	0.375 Cup	10	1
Mixed Fruit with Cherries, Elem.	0.375 Cup	19.8	1.3
Mixed Fruit with Cherries, K-1	0.25 Cup	13	0.8
Orange: All	1 Orange	17	3.6
Peaches: Elementary	0.375 Cup	15	0.7
Peach Cups	0.5 Cup	30	2
Peach Crisp	0.5 Cup	50	2.3
Pears: K-1	0.25 Cup	10	1
Pears: Elementary	0.375 Cup	14	1.5
Pear Crisp	0.5 Cup	55	3
Pineapple, Canned	0.375 Cup	13	0.7
Pineapple, Fresh	0.375 Cup	7	1
Rosy Applesauce: K-1	0.25 Cup	11	1
Rosy Applesauce: Elem.	0.375 Cup	18	1.6
Spiced Pears: Elementary	0.375 Cup	17	1.6
Strawberry Cup	0.5 Cup	33	2.4
Strawberries, Fresh (K-1)	0.25 Cup	3	1
Strawberries, Fresh	0.375 Cup	5	1
Strawberries in Jello (K-1)	0.25 Cup	11	1.6
Strawberries in Jello	0.375 Cup	19	2
Tangerine	1 Each	11	1.5
Watermelon: K-1	0.25 Cup	3	0
Watermelon: Elementary	0.375 Cup	4	0.2
<u>Food Item</u>	<u>Portion</u>	<u>Carbohyrdate - G</u>	<u>Fiber - G</u>
<i>Juice Selections:</i>			
Apple Juice	4 Fl Oz	14	0
Blue Raspberry Juice	4 Fl Oz	14	0
Cherry Apple Juice	4 Fl Oz	14	0
Frozen Fruit Smoothie	6 Oz	28	0
Fruit Blend Juice, 100%	4 Fl Oz	14	0
Grape Juice	4 Fl Oz	19	0
Green Apple Juice	4 Fl Oz	14	0
Orange Juice	4 Fl Oz	15	0
Peach Juice	4 Fl Oz	14	0
Tropical Island Splash Juice	4 Fl Oz	14	0

<u>Food Item</u>	<u>Portion</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>
<i>Milk Selections-</i>			
Skim (fat-free) Milk	8 Fl Oz	12	0
1% (low-fat) Milk	8 Fl Oz	12	0
2% (reduced-fat) Milk	8 Fl Oz	11	0
1/2% Chocolate Milk	8 Fl Oz	27	0
1/2% Strawberry Milk	8 Fl Oz	27	0
<i>Seasonal Items-</i>			
Chocolate Cake w/Snowy Frosting	1 Piece	35	1
Spice Cake	1 Piece	22	0.5