

## 2022-2023 Carb Listing

### HOT MEALS

-Breaded Chicken Patty on Roll	38 grams
-Hot Dog on Roll w/side of Mac and Cheese Only...46 Grams with the side of Mac and Cheese)	23 grams (Reflects Hot Dog
-Cheeseburger	23 grams
-French Bread Pizza	34 grams
-Cheese Crunchers w/ WG Sun Chips only...60 grams w/ Sunchips	41 grams (reflects crunchers
-Taco Boat with Fritos and chips only)	36 grams (reflects the taco meat
-4 Cheese Pizza	35 grams
-French Toast and Sausage Links	45 grams
-Chicken Nuggets w/Roll only...28 grams w/ Dinner Roll)	14 grams (Reflects nuggets
-Pasta w/ Meat Sauce and WG Garlic Knot only...70 grams w/garlic knot)	47 grams (reflects pasta meal
-French Toast Sticks w/ Breakfast Ham	44 grams
-Pizza Sticks w/ Dipping Sauce	54 grams
-Cheeseburger w/ WG Cheez Its burger....37 grams w/ Cheez Its)	23 grams (reflects only the
-Cheese Pizza Slice	28 grams
-Cheese Quesidillas w/ WG Goldfish quesadilla.....35 grams w/ goldfish)	21 grams (reflects only
-Mini Ravioli w/ WG Garlic Knot lasagna....61 grams w/garlic knot)	38 grams (reflects only
-Chicken Tenders w/ Belgian Waffle and Syrup Cup	70 grams

- Chicken, Mashed Potatoes & Gravy w/ Dinner Roll **20 grams** (reflects only the Chicken, potatoes, and gravy....**34 grams** with dinner roll)
- Orange Chicken w/ Brown Rice and Fortune Cookie **35 grams** (reflects only the chicken that is mixed directly with sauce....**51.50** with rice....**57.3** with cookie)
- Popcorn Chicken Bowls w/ WG Roll (Bowls include a serving of popcorn chicken, mashed potatoes, chicken gravy, and corn) **49.81 grams** (reflects just the bowl ingredients....**63.81** with the dinner rolls)

## **COLD MEALS**

- Turkey and Cheese Sandwich **24 grams**
- PBJ Uncrustable W/ Graham Snacks & Cheese Stick **55 grams**
- Buckskin Bag #1 **69 grams**  
(Mini Pretzels, String cheese stick, Peanut Butter Cup, Graham Snacks)
- Buckskin Bag #2 **63 grams**  
(Yogurt, WG Chocolate Chip muffin, Sunflower Seeds, Goldfish Crackers)
- Buckskin Bag #3 **52 grams**  
(BBQ Turkey Stick, Mini Banana Bread Loaf, String Cheese Stick, WG Chex Mix)

## **SALADS**

**\*\*All Salads Meals are calculated with the dinner roll and the 1.5oz packet of ranch dressing included in the Carb totals. \*\***

- Grilled Chicken Salad **36.3 grams**
- Diced Ham Salad **36.67 grams**

**Vegetarian Salad** (served with 1 oz of cheese and 1 pckt of sunflower seeds) **46.3 grams**

**Diced Turkey Salad** **32.56 grams**

## **HOT/COLD VEGETABLE SIDES**

**Steamed Corn** **15.8 grams**

**Steamed Peas** **16.1 grams**

**Steamed Broccoli** **3 grams**

**Steamed Green Beans** **5.9 grams**

**Steamed Mixed Vegetables** **14.8 grams**

**Glazed Carrots** **9.9 grams**

**Roasted Garbanzo Beans** **20 grams**

**Raw Baby Carrots** **8 grams**

**Raw Broccoli** **3 grams**

**Raw Cauliflower** **2.6 grams**

**Raw Cucumber Coins** **1.9 grams**

**Raw Grape Tomatoes** **2.9 grams**

**Mini Side Salad** **4.7 grams**

**Baked Beans** **30.3 grams**

**Smile Fries** **24 grams**

**Hash Brown Patty** **12 grams**

## **CANNED/FRESH FRUIT SIDES**

**Canned Pineapple** **17 grams**

**Canned Mandarin Oranges** **19 grams**

Canned Peaches	17 grams
Canned Pears	20 grams
Canned Mixed Fruit	18 grams
Applesauce Cups	14 grams
Frozen Strawberry Cup	21 grams
Frozen Peach Cup	22 grams
Bagged Apple Slices	8 grams
Fresh Apples	19 grams
Fresh Grapes	28.4 grams
Fresh Banana	28 grams
Fresh Oranges	15.4 grams
Apple Juice	14.5 grams
Grape Juice	19 grams
Orange Juice	14.4 grams
Raisin	31 grams
Craisins	28 grams
Juice Rush Cup	27 grams
Blueberry Crisp	34 grams

## CONDIMENTS

BBQ Sauce Cup	9 grams
Honey Mustard Cup	4 grams
9GR Ranch Packet	1 gram
Ketchup Packet	2 grams

Mustard Packet	0 grams
Mayo Packet	1 gram
Syrup Cup	26 grams

## EXTRAS

Doritos	20 grams
Baked Lays	19 grams
Rice Krispie Treats	30 grams
Soft Pretzels	30 grams

## MILK

F/F Chocolate Milk	20 grams
1% White Milk	13 grams

## HOT BREAKFAST ITEMS

Mini Confetti Pancakes	40 grams
Mini Chocolate Chip French Toast	37 grams
Dutch Waffle	43 grams
Bacon Egg and Cheese on WG Roll	28.3 grams
Sausage Egg and Cheese on WG Roll	24 grams
Ham Egg and Cheese Patty on WG Roll	30 grams
WG Cinnamon Roll	36 grams
Egg and Cheese Sandwich on WG Roll	24 grams

Chocolate Super Bread Slice	43 grams
Cocoa Puff Filled Pastry	44 grams
Cinnamon Toast Filled Pastry	41 grams
Sweet Cinnamon Waffles	37 grams
Nature Valley Oatmeal Rounds	39 grams

## COLD BREAKFAST ITEMS

Cinnamon Toast Crunch	44 grams
Cocoa Puffs	47 grams
Lucky Charms	46 grams
Honey Nut Cheerios	45 grams
Chocolate Glazed Donuts	41 grams
Powdered Sugar Donuts	52 grams
Chocolate Chocolate Muffins	28 grams
Blueberry Muffins	29 grams
Apple Muffins	30 grams
Smores Poptarts	73 grams
Strawberry Poptarts	75 grams
Fudge Poptarts	76 grams
Brown Sugar Cinnamon Poptarts	76 grams
Blueberry Poptarts	76 grams

