

## 2022-2023 MS Carb Listing

### MAIN LINE HOT MEALS:

-Pizza Sticks with Marinara	70 grams
-French Bread Pizza	34 grams
-Cheeseburger	31 grams
Mickey's Pizza Slice	28 grams
-Jumbo Hotdog on WG Roll	24 grams
-Walking Taco w fixins and salsa	31 grams
-Chicken Patty on WG Roll	45 grams
-Pasta w/ Meat Sauce and WG Garlic Knot only...70 grams w/garlic knot)	47 grams (reflects pasta meal
-Cheese Quesadillas w/ WG Fritos quesadilla.....37 grams w/ fritos)	21 grams (reflects only
- Buckskin Burger on WG Roll	30 grams
- Grilled Chicken Sandwich on WG Roll	25 grams
- Beef BBQ Sandwich on WG Roll	39 grams

### COLD MEALS

Turkey and Cheese Sandwich	24 grams
Ham and Cheese Sandwich	24 grams
Triple Decker PBJ	95 grams
Buckskin Bag #1	57 grams
(Bag contains: BBQ turkey Stick, mozzarella cheese stick, mini banana bread loaf, Sunchips, apple slices, and baby carrots)	
Buckskin Bag #2	69 grams
(Bag contains: peanut butter cup, cheese stick, goldfish, mini chocolate chip muffin, apple slices, baby carrots)	

## **HOT VEGETABLES**

Steamed Corn	15.8 grams
Steamed Peas	16.1 grams
Steamed Broccoli	3 grams
Steamed Green Beans	5.9 grams
Glazed Carrots	9.9 grams
Mac and Cheese Side	23 grams
Tomato Soup Bowl	29 grams
Smile Fries	24 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
French Fries	24 grams

## **CANNED/FRESH FRUIT SIDES**

Canned Pineapple	17 grams
Canned Mandarin Oranges	19 grams
Canned Peaches	17 grams
Canned Pears	20 grams

<b>Canned Mixed Fruit</b>	<b>18 grams</b>
<b>Applesauce Cups</b>	<b>14 grams</b>
<b>Frozen Strawberry Cup</b>	<b>21 grams</b>
<b>Frozen Peach Cup</b>	<b>22 grams</b>
<b>Bagged Apple Slices</b>	<b>8 grams</b>
<b>Fresh Apples</b>	<b>19 grams</b>
<b>Fresh Grapes</b>	<b>28.4 grams</b>
<b>Fresh Banana</b>	<b>28 grams</b>
<b>Fresh Oranges</b>	<b>15.4 grams</b>
<b>Apple Juice</b>	<b>14.5 grams</b>
<b>Grape Juice</b>	<b>19 grams</b>
<b>Orange Juice</b>	<b>14.4 grams</b>
<b>Raisin</b>	<b>31 grams</b>
<b>Craisins</b>	<b>28 grams</b>

## **CONDIMENTS**

<b>BBQ Sauce Cup</b>	<b>9 grams</b>
<b>Honey Mustard Cup</b>	<b>4 grams</b>
<b>9GR Ranch Packet</b>	<b>1 gram</b>
<b>Ketchup Packet</b>	<b>2 grams</b>
<b>Mustard Packet</b>	<b>0 grams</b>
<b>Mayo Packet</b>	<b>1 gram</b>
<b>Sour Cream Packet</b>	<b>2 grams</b>
<b>Boom Boom Sauce Cup</b>	<b>2 grams</b>

## **MILK**

F/F Chocolate Milk	<b>20 grams</b>
1% White Milk	<b>13 grams</b>

## **HOT BREAKFAST ITEMS**

Mini Confetti Pancakes	<b>40 grams</b>
Mini French Toast	<b>37 grams</b>
Bacon Egg and Cheese on WG Croissant	<b>28 grams</b>
Sausage Egg and Cheese on WG Croissant	<b>28 grams</b>
Ham Egg and Cheese Patty on WG Roll	<b>30 grams</b>
WG Cinnamon Roll	<b>34 grams</b>
Cocoa Puff Filled Pastry	<b>44 grams</b>
Cinnamon Toast Filled Pastry	<b>41 grams</b>
Breakfast Pizza w Sausage	<b>25 grams</b>
Breakfast Pizza w Bacon	<b>25 grams</b>

## **COLD BREAKFAST ITEMS**

Cinnamon Toast Crunch	<b>44 grams</b>
Cocoa Puffs	<b>47 grams</b>
Lucky Charms	<b>46 grams</b>
Honey Nut Cheerios	<b>45 grams</b>
Chocolate Glazed Donuts	<b>41 grams</b>
Powdered Sugar Donuts	<b>52 grams</b>

<b>Chocolate Chocolate Muffins</b>	<b>28 grams</b>
<b>Blueberry Muffins</b>	<b>29 grams</b>
<b>Apple Muffins</b>	<b>30 grams</b>
<b>Smores Poptarts</b>	<b>73 grams</b>
<b>Strawberry Poptarts</b>	<b>75 grams</b>
<b>Fudge Poptarts</b>	<b>76 grams</b>
<b>Brown Sugar Cinnamon Poptarts</b>	<b>76 grams</b>
<b>Blueberry Poptarts</b>	<b>76 grams</b>