

2022-2023 HS Carb Listing

MAIN LINE HOT MEALS:

| | | |
|---|--------------|--|
| -Buckskin Bowl w/ WG Dinner Roll | 69 grams | |
| -Walking Taco w fixins and salsa | 31 grams | |
| -Chicken Alfredo w/ WG Garlic Knot | 67 grams | |
| -Chicken Nuggets w/ WG Dinner Roll | 36 grams | |
| -Jumbo Hotdog on WG Roll | 24 grams | |
| -Pork Burrito Bowl w/ WG Chips and Salsa | 67.5 grams | |
| -Lasagna Roll Up w WG Garlic Knot | 52 grams | |
| -Pillsbury Cheesy Pull-Aparts | 32 grams | |
| -Chicken Patty on WG Roll | 45 grams | |
| -Italian Sampler (contains toasted ravioli, mozzarella sticks, boneless wings, marinara) | 61.50 grams | |
| -Chili, Cornbread, and Cheese Crunchers | 105.50 grams | |
| -Chicken Tenders w/ WG Roll | 49 grams | |
| (This total only reflects the tenders and roll, mac and cheese is not a mandatory part of this meal and is not counted in with your totals. Please refer to hot vegetable section for additional information.) | | |
| -Three Cheese Cavatappi w/ Meatballs and Marinara | 42.5 grams | |
| -Sweet and Sour Chicken w/Fried Rice & Veggie Egg Roll & Fortune Cookie | 98 grams | |
| (This meal is USDA complete with just the chicken and rice. If student wishes to break this meal down and remove the extras the egg roll is 21 grams, and the cookie is 6 grams) | | |
| -Buckskin Meatloaf | 8 grams | |
| -Buffalo Chicken Queso Dip w/ Soft Pretzel Rods | 44 grams | |
| -Pizza Sticks with Marinara | 70 grams | |
| -French Bread Pizza | 34 grams | |

HOT COMBO ITEMS

| | |
|---------------------------|------------|
| -Pork BBQ Sandwich | 44 grams |
| -Ham and Cheese Melt | 32.5 grams |
| -Buffalo Chicken Sandwich | 33 grams |
| -Steak Sandwich | 32 grams |
| -BBQ Rib Patty | 36 grams |
| -Chicken Fillet Sandwich | 46 grams |
| -Meatball Sandwich | 48 grams |
| -Cheeseburger | 31 grams |
| -Turkey and Cheese Melt | 32.5 grams |
| -Sausage Sandwich | 33 grams |

COLD COMBO MEALS

| | |
|--|-------------|
| -Buckskin Sub | 35 grams |
| -Ham and Cheese on Kaiser | 32.5 grams |
| -Turkey and Cheese on Kaiser | 32.5 grams |
| -Chicken Fajita Wrap (sealed box contains wrap, 2oz cheese cup, 2 oz of salsa, and sour cream packet) | 26.5 grams |
| -Buffalo Chicken Wrap (sealed box contains wrap, celery sticks, and 1.5 blue cheese packet) | 30 grams |
| -Un crustable (Grape) | 64 grams |
| -Buckskin Box #1 (contains BBQ Turkey Stick, mozzarella cheese stick, WG Banana Bread Loaf, Cheddar Sunchips, Apple Slices, Cucumber Coins) | 54.89 grams |
| -Buckskin Box #2 (contains sunflower seeds, mozzarella cheese stick, Cinnamon Toast Crunch Breakfast Bar, 2oz chocolate chip muffin, Apple Slices, Baby Carrots) | 82 grams |

SALAD MEALS

All salad meals include the salad, a dinner roll, and a 1.5oz packet of ranch dressing.

Italian Meats Salad 38 grams

Vegetarian Salad 47 grams

Chef Salad 39 grams

Buffalo Chicken Salad 39 grams

KIOAK ITEMS

Egg Rolls 20 grams

Buffalo Chicken Bites 17 grams

Curly Fries 28 grams

Mickey's Pizza Slice 28 grams

Warm Banana Bread Slice 44 grams

Corn Dog 30 grams

HOT VEGETABLES

Steamed Corn 15.8 grams

Steamed Peas 16.1 grams

Steamed Broccoli 3 grams

Steamed Green Beans 5.9 grams

Steamed Broccoli Cauliflower Mix 14.8 grams

Glazed Carrots 9.9 grams

Tex Mex Veggie Blend 24 grams

Stir Fry Veggie Blend 2.5 grams

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|------------------------|------------|
| Autumn Veggie Blend | 5 grams |
| Mac and Cheese Side | 23 grams |
| Tomato Soup Bowl | 29 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 |
| French Fries | 24 grams |

CANNED/FRESH FRUIT SIDES

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|-------------------------|----------|
| 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 |

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|----------------------|-------------------|
| 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 |

CONDIMENTS

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|--------------------------|----------------|
| 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 |
| Sour Cream Packet | 2 grams |

EXTRAS

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|-------------------------------------|-----------------|
| Snack Pack Chocolate Pudding | 20 grams |
| Doritos | 20 grams |
| Baked Lays | 19 grams |
| Rice Krispie Treats | 30 grams |
| Soft Pretzels | 30 grams |

MILK

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

HOT BREAKFAST ITEMS

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

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|--------------------------------------|-----------------|
| 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 |