

*Jr High Breakfast, BIC, Lunch Carbs*

<b>Name</b>	<b>Serving Type</b>	<b>Carbohydrate</b>
APPLES GALA FRESH	Each	25.057
APPLES GOLDEN FRESH	Each	18.127
APPLES GRAN SMITH FRESH	Each	25.057
APPLES RED FRESH	Each	20.045
APPLES SLICE BAG FRESH	Bag	7.961
APPLESAUCE BLUE RASP CUP	Each	17.000
APPLESAUCE CUP	Each	14.645
APPLESAUCE STRAW CUP	Each	13.994
BAGEL MINI CINN CR	Each	40.768
BAGEL MINI STRAW CR CH	Each	40.768
BAGEL w/CREAM CHEESE	Serving (1 bagel, 1 cheese)	31.505
BANANAS FRESH	Each	28.778
BAR BREAKFAST CHOC CHIP	Each	43.924
BAR CEREAL CINN TOAST CRUNCH	Each	30.195
BAR CEREAL COCOA PUFF	Each	30.195
BAR CEREAL TRIX	Each	30.195
BAR GRANOLA MAPLE	Each	28.001
BAR NUTRI-GRAIN BLUEBERRY	Each	29.958
BAR NUTRI-GRAIN STRAWBERRY	Each	28.961
BEANS BAKED	Serving (0.5 cup)	29.773
BEANS BLACK FIESTA	Serving (0.5 cup)	19.634
BEANS REFRIED	Serving (0.5 cup)	30.600
BEEF COUNTRY FR STK	Each	16.000
BEEF CRUMBLE	Serving (2.5 oz)	1.000
BEEF SAUS SAND	Each	19.996
BERRY MIX FZ CUP BIC	Each	17.190
BOX LUNCH DELI HAM	Sandwich + Chips	52.794
BOX LUNCH DELI TURKEY	Sandwich + Chips	46.029
BOX PBJ GRAPE	Sandwich, Cheese, Chips	51.052
BREAD ROLL 2 OZ	Each	26.859
BREAD TOAST GARLIC TEXAS	Each	22.000
BREADSTICK CHEESEY GARLIC	Serving (2 each)	26.000
BREAKFAST CRUMB CAKE	Each	29.000
BURRITO BREAKFAST	Each	16.970
BURRITO SECONDARY	Each	44.285
CAKE SLICE	Each	39.43
CALZONE PEPPERONI	Serving (4 each)	53.334
CARROTS BAGS BABY FRESH	Bag	3.738

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<b>Name</b>	<b>Serving Type</b>	<b>Carbohydrate</b>
CARROTS BULK FRESH	Serving (1/2 cup)	6.706
CELERY STICK FRESH	Serving (1/2 cup)	2.198
CEREAL CHEERIOS	Each	23.287
CEREAL CINN TOAST WG	Each	22.275
CEREAL COCOA PUFF WG	Each	26.574
CEREAL FROSTED FLAKES	Each	24.000
CEREAL FRUIT LOOPS	Each	24.000
CEREAL LUCKY CHARM WG	Each	23.287
CEREAL MINI WHEATS WG	Each	24.299
CEREAL TRIX WG	Each	24.299
CHEESE CHEDDAR SHRD	Serving (2 Tbsp)	0.521
CHEESE STRING	Each	1.012
CHICKEN MANDARIN ORANGE	Serving	19.136
CHICKEN POPCORN	Serving (12 each)	15.773
CHICKEN STRIPS	Serving (3 each)	14.819
CHICKEN SWEET AND SOUR	Serving (3.6 oz)	18.128
CHICKEN TERIYAKI	Serving (3.28 oz)	8.200
CHILI BEEF BEAN	Cup (1 cup)	30.790
CHIP CHEETO BAKED	Each	16.002
CHIPS CHEETOS FLAMIN	Each	17.002
CHIPS DORITO NACHO WG	Each	20.001
CHIPS DORITO RANCH WG	Each	19.000
CHIPS DORITO SW SPICY WG	Each	20.001
CHIPS SUNCHIP FRENCH ONION	Each	17.999
CHIPS SUNCHIP GARDEN SALSA	Each	19.000
CHIPS SUNCHIP HARV CHED	Each	17.999
CHIPS SUNCHIP ORIG	Each	19.000
COOKIE CARNIVAL WG	Each	22.912
COOKIE CHOCOLATE CHIP WG	Each	22.912
COOKIE SKEETER CC MINI	Bag	20.000
COOKIE SUGAR	Each	24.000
CORN DOG	Each	31.256
CRANBERRIES IW	Each	28.000
DRESSING RANCH PC 1oz	Each	2.024
EGG AND CHEESE SAND	Each	20.000
EGG OMELET SAUS & CHS	Each	1.000
EGG ROLL VEGETABLE	Each	12.009
EGG SCRAM BCN & CH	Serving	0.998

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<b>Name</b>	<b>Serving Type</b>	<b>Carbohydrate</b>
ENCHILADA CREAMY CHICKEN	Each	39.317
FRENCH TOAST IW BIC	Each	37.932
FRENCH TOAST MINI CC IW	Each	38.079
FRENCH TST STIX	Serving (3 each)	36.000
FRUIT GRAPES	Serving (0.5 cup)	14.155
FRUIT MIXED CANNED	Serving (0.5 cup)	22.433
FRUIT PEACH CANNED	Serving (0.5 cup)	14.006
FRUIT PEARS CANNED	Serving (0.5 cup)	17.167
FRUIT PINEAPPLE ORANGE	Serving (0.5 cup)	22.243
FRUIT STRAWBERRY FZ	Serving (0.5 cup)	21.080
GRAPES SDLS RED FRESH	0.5 Cup	14.082
GRAVY COUNTRY	Serving (0.25 cup)	5.537
GRAVY TURKEY	Serving (0.25 cup)	3.002
HOT CHOC DUTCH	Serving	16.199
HOT DOG	Each	32.965
JUICE APPLE 6.75oz	Each	23.997
JUICE BERRY 6.75oz	Each	23.997
JUICE FRUIT PUNCH 6.75oz	Each	23.997
JUICE ORANGE TANG 6.75oz	Each	27.001
KETCHUP PC	Each	0.000
KIWI 39ct FRESH	Each	12.827
LASAGNA	Serving	30.321
LETTUCE SHRED FRESH	Ounce	0.936
MAYONNAISE PC	Each	0.000
MILK 1%	Each	12.996
MILK CARTON SKIM	Each	12.996
MILK CHOC	Each	23.995
MUFFIN 2 OZ BLUEBERRY	Each	31.490
MUFFIN 2 OZ CHOC	Each	34.179
MUFFIN 2 OZ POPPYSEED	Each	30.320
MUFFIN 4 OZ CHOC	Each	59.115
MUFFIN 4 OZ POPPYSEED	Each	54.620
MUSTARD HONEY PC	Each	9.112
MUSTARD PC	Each	0.000
NACHOS SECONDARY	Serving (20 chip, 3.5 oz beef)	48.704
OATMEAL INSTANT DINO	Each	37.000
OATMEAL INSTANT MAPLE	Each	31.650
OLIVE RIPE SL	TBSP**	0.526

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<b>Name</b>	<b>Serving Type</b>	<b>Carbohydrate</b>
ONION RED FRESH	Tablespoon	0.934
ORANGE MANDARIN DOLE	Each	22.000
ORANGES 113ct FRESH	Each	16.523
ORANGES MAND LS	0.5 Cup	22.666
PANCAKE MAPLE MINI IW	Each	36.000
PANCAKE MINI BANANA	Each	37.000
PANCAKE MINI CONFETTI	Each	36.000
PASTA MACARONI AND CHEESE	Serving (2/3 cup)	31.025
PASTA SPAGHETTI NOODLES	Cup (1 cup)	41.000
PEACH CUP DOLE	Each	19.000
PEACHES DICE	Serving (0.5 cup)	13.999
PEACHES FRZ CUP BIC	Each	19.392
PEARS 80ct FRESH	Each	34.542
PEARS DICE	Serving (0.5 cup)	17.062
PEPPER BANANA SL	Serving	0.354
PEPPER JALAPENO SL	Tablespoon	0.766
PICKLE DILL CHIP	Slice	0.169
PINEAPPLE TIDBITS	0.5 Cup	16.284
PIZZA BREAK TURK	Each	26.951
PIZZA HUT BBQ CHICKEN	Slice	32.000
PIZZA HUT CHEESE	Slice	29.000
PIZZA HUT HAWAIIAN	Slice	31.000
PIZZA HUT ITALIAN SAUSAGE	Slice	28.000
PIZZA HUT PEPPERONI	Slice	29.000
POPTART BR SUGAR CINN WG	Each	36.926
POPTART CINN 2 PCK	Each	76.000
POPTART FUDGE WG	Each	37.924
POPTART STRAW 2 PCK	Each	76.000
POPTART STRAWBERRY WG	Each	36.926
PORK BREADED PATTY	Each	11.000
PORK SAUSAGE PATTY	Serving (1 each)	0.000
POTATO FRIES CURLY	Serving	25.000
POTATO FRIES STRAIGHT	Serving	22.000
POTATO HASH BROWN TRIANGLE	Serving ( 1 each)	12.000
POTATO INSTANT	Serving (0.5 cup)	17.860
POTATO INSTANT	Serving (2/3 cup)	23.814
POTATO TOT	Serving (11 each)	22.361
PUDDING CHOCOLATE SNACK PAC	Each	21.000

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PUDDING VANILLA SNACK PAC	Each	20.000
RAISELS WATERMELON	Box	35.000
RELISH SWEET PC	Serving	3.000
RICE FRIED	Serving (1 cup)	47.789
RICE SPANISH	Serving (0.5 cup)	36.286
RICE w/SOY SAUCE	Serving (1 cup)	44.255
ROLL MINI CINNAMON	Each	18.227
SALAD CHEF	Serving	45.895
SALAD SIDE SECONDARY	Serving	13.087
SALSA CUP	Serving (0.25 cup)	3.951
SALSA MILD	0.25 cup	3.912
SANDWICH CHEESEBURGER	Each	34.148
SANDWICH CHICKEN FILET	Each	40.122
SANDWICH CHICKEN PATTY	Serving	47.498
SANDWICH CRISPY CHICKEN FILET	Serving	40.122
SANDWICH EGG/SAUS BREAKFAST	Each	24.026
SANDWICH HAM AND CHEESE	Each	32.793
SANDWICH MEATBALL SUB	Sandwich	41.988
SANDWICH SPICY CHICKEN	Serving	20.950
SANDWICH TOASTED CHEESE ELEM	Each	33.294
SANDWICH TURKEY CHEESE	Each	26.028
SANDWICH TURKEY HAM CHEESE	Each	28.734
SANDWICH UNCRST GRAPE	Each	31.039
SANDWICH UNCRST STRAW	Each	31.039
SANDWICH WRAP HAM SECONDARY	Each	35.206
SANDWICH WRAP TURKEY SECONDARY	Each	27.486
SAUCE BBQ PC	Each	9.999
SAUCE FRY	Each	1.761
SAUCE MARINARA	Serving (0.25 cup)	7.211
SAUCE SPAGHETTI w/MEAT	Serving (7 oz)	13.534
SAUCE SWEET&SOUR CUP	Each	11.979
SAUCE TABASCO	Teaspoon	0.038
SAUCE TACO PC	Each	1.040
SAUSAGE PANCAKE WRAP WG	Each	18.243
SHELL TACO	Serving (2 each)	10.884
SLIDER SAUS/EGG/CH IW	Each	22.003
SOUR CREAM PC	Each	2.024
STRAWBERRIES SL FRZ	Serving (0.5 cup)	22.988

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<b>Name</b>	<b>Serving Type</b>	<b>Carbohydrate</b>
STRAWBERRY CUP FRZ BIC	Each	21.931
SYRUP MAPLE PC	Each	30.660
TACO HARD SHELL	Serving (2 each)	14.882
TACO MEAT	Serving (3.4 oz)	3.492
TART APPLE	Each (0.25 cup)	36.616
TART CHERRY	Each (0.25 cup)	38.866
TOAST APPLE CINN IW	Each	45.000
TOMATOES WHL 5# FRESH	slice, thin/small**	0.584
TURKEY BACON	Slice (3 each)	0.000
TURKEY CANADA BACON	Slice	0.480
TURKEY ROAST	Serving(2.47 oz)	0.000
VEG BROCCOLI STEAMED	Serving (0.5 cup)	5.065
VEG CALIFORNIA BLEND	Serving (0.5 cup)	3.498
VEG CARROTS STEAMED	Serving (0.5 cup)	7.013
VEG CELERY STICKS	Serving (0.5 cup)	1.925
VEG CORN FZ	Serving (0.5 cup)	12.767
VEG GREEN BEAN	Serving (0.5 cup)	3.964
VEG MIXED CUP	Serving (0.5 cup)	3.710
VEG PEAS FZ	Serving (0.5 cup)	11.448
WAFFLE DUTCH	Each	43.002
YOGURT CHERRY TRIX	Each	20.072
YOGURT RASPBERRY TRIX	Each	19.278
YOGURT STRAW/BANANA TRIX	Each	19.278