

# Carb Value of Common Menu Items

## Grams Per Serving

### ENTREES

Chicken Nuggets.....14  
Sub Sandwich.....28  
Chicken Quesadilla.....38  
Chili Cheese Wrap.....35  
Turkey Cordon Bleu Sandwich.....28  
General Tso Chicken.....28  
Baked Potato.....17  
Beef & Bean Burrito..... 40  
Chicken Parmesan Sandwich .....42  
Philly Cheese Steak.....28  
Hamburger/Cheeseburger .....25  
Grilled Chicken Sandwich.....25  
Breaded Chicken Sandwich.....39  
Crispy Chicken Caesar Wrap.....33  
BLT Sub.....28  
Meatball Sub.....35  
Pizza Sub.....51  
Cheese or Pepperoni Pizza.....36  
French Bread Pizza.....33  
Flatbread Pizza.....29  
Nachos Supreme.....26  
Tacos.....33  
Mini Corn Dogs.....18  
Macaroni and Cheese.....32  
Pasta.....38  
w/ Marinara.....11  
w/ Meat Sauce.....9  
w/ Chicken Alfredo.....18  
w/ Meatball Marinara.....9  
Mini Pancakes.....14  
French toast sticks.....26  
Sausage Patty.....7  
Scrambled eggs..... 7

### VEGGIES AND SIDES

Mixed greens salad.....4  
Cauliflower buds.....7  
French Fries.....15  
Baked beans.....24  
Green beans..... 4  
Baby carrots .....7  
Mashed potatoes w/ gravy..... 21  
Potato Tringles .....13  
Seasoned Corn .....17  
Cherry tomatoes .....1  
Caesar Salad .....6  
Peas & carrots .....6  
Seasoned Broccoli..... 3  
Cucumber slices..... 2  
Green peas .....4  
Celery sticks..... 3  
Dinner roll .....22  
Fresh or chilled fruit..... 18 -20  
Refried beans..... 18  
Lettuce .....1  
Cheese..... 1  
Salsa..... 2  
Sour cream..... 3  
Syrup..... 51

### BREAKFAST ITEMS

Breakfast Pizza..... 26  
Sausage Wrap .....18  
French Toast Sticks..... 26  
Mini Pancakes..... 14  
Syrup..... 51  
Breakfast Sandwich..... 28  
Cinnamon Roll..... 19  
Cereal .....22-24  
Muffin ..... 30  
Fruit..... 18-22  
Juice.....14

### MILK

1% White .....13  
Skim white .....13  
Skim Chocolate .....20

*PLEASE NOTE: Carbohydrate counts are based on information obtained from manufacturers and school recipes and may vary due to product substitutions and/or recipe variations. If you or your child has a medical condition, please check the manufacturer label before consuming any food at school.*