

ELEMENTARY CARB COUNT
January - June 2024

Entrée Item		Salad Bar (1/2 cup unless noted)	
Breakfast	Carb Count (g)	Breakfast and Lunch	Carb Count (g)
Cereal	21-24	FRESH FRUITS	
Graham Cracker Keebler	17	Apples	25
WG Artisan Belgian Liege Waffles	33	Orange Wedges	11
WG Pop Tarts	36	Bananas	18
WG Benefit Bar	47-48	Kiwi	13
WG Bagel (Plain & Blueberry)	46	Mandarins	11
WG Bagel (Cinnamon)	49	Pears	11
Cream Cheese	1	Fruit Juice 4 oz.	14-17
WG Apple Fritter	35	Canned Fruit	14-16
Rise N' Shine Strawberry Oats	45		
WG Fresh Baked Muffin, 3.6oz.	55-58		
Cheese Omelet	1		
WG Biscuits	28		
Jelly	9		
WG Donut Chocolate Enrobed	41		
WG Breakfast Burrito (Chicken Sausage, Egg & Cheese)	44		
		VEGETABLES	Carb Count (g)
Milk Low Fat	14	Baby Carrots	6
Milk Non Fat	12	Broccoli Florets	3
Chocolate Milk	21	Bell peppers	5
Lunch	Carb Count (g)	Salad Blend w/Ranch dressing	6.5
WG Cheese Pizza	35	Salad Blend w/Italian dressing	4
Chicken Penne Pasta with Broccoli & Cheese	53	Red Kidney Beans	23
Dinner Roll, 1oz. (1 each)	14	Garbanzo Beans	22
Chicken Strips	16	Creamy Coleslaw	10
Potato Smiles	25	Celery Sticks	1.5
Fruit Cup, Strawberry	21	Edamame Pods (1 cup)	5
All Beef Hotdog /Ketchup (2)	31/4	Cauliflower Florets	3
Fun Size Chips	8	Cucumber Coins	2
Deluxe Beef Tacos w/Shredded Lettuce	43	Three Bean Salad	21
Fresh Salsa (1/2 cup)	6	Corn & Black Bean Relish	24.5
Vegetarian Greek Salad	48	Carrot & Raisin Salad	13
Breaded Chicken Thigh	10		
Waffles	12		
Strawberries, Sliced	10		
Chicken & Cheese Tamale Red Sauce	45		
Hummus Veggie Wrap	59		
Chili Cheese Baked Potato	31		
Cornbread Muffin	44		
Chicken Corndog /Ketchup (2)	30/4		
Sweet Potato Fries	19		
Chef Salad	19		
Breadstick, Garlic (1 each)	15		

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Lunch	Carb Count (g)	Snacks	Carb Count (g)
Cheeseburger / Ketchup (2)	32/4	Blueberry Lemon Bites	21
Grilled Cheese Sandwich	34	Pop Tarts	36
Tomato Soup (1/2 cup)	11	Nutrigrain Bar	30
BBQ Baked Chicken	9	Maple Waffle Graham	20
Dinner Roll, 1oz. (2 each)	28	Cheese Sticks	1
		Chex Cheddar	20
		Goldfish Cinnamon Giant	19
		Apple Cinnamon Bear	21
		Savory Bites Wheat	15
		Cheez-Its	14
		Goldfish Cheddar Crackers	14
		Sun Chips	19
		Fruit Juice 100%, 6.75oz.	26
Supper	Carb Count (g)		
Chicken & Cheese Tamales	45		
Chicken Nuggets (5 pieces)	16		
Mac & Cheese	15.5		
Dinner Roll, 1oz.	14		
Baby Carrots	6		
Ranch dressing, packet	1		
Beef & Cheese Nachos	50		
Steamed Corn	17		
Chicken Eggroll / Sweet Chili Sauce	40/24		
All Beef Hotdog /Ketchup (2)	31/4		
Seasoned Potato Wedges	21		
Chicken Burger, Regular/ Ketchup 2	46/4		
Chicken Burger, Spicy/ Ketchup 2	47/4		
Tator Tots	17.5		
Battered Chicken w/Orange Sauce	27		
Brown Rice	48		
Cheese Pizza	35		
Corndog Chicken / Ketchup (2)	30/4		
Sweet Potato Fries	19		