

JUNIOR HIGH 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	73	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		
Milk Low Fat	14	VEGETABLES	Carb Count (g)
Milk Non Fat	12	Baby Carrots	6
Chocolate Milk	21	Broccoli Florets	3
Lunch	Carb Count (g)	Bell peppers	5
WG Cheese Pizza	35	Salad Blend w/Ranch dressing	6.5
Pepperoni Pizza	36	Salad Blend w/Italian dressing	4
Cheeseburger / Ketchup (2)	32/4	Red Kidney Beans	23
Hamburger / Ketchup (2)	31/4	Garbanzo Beans	22
Seasoned Potato Wedges	21	Creamy Coleslaw	10
Chicken Burger, Spicy/ Ketchup 2	47/4	Celery Sticks	1.5
Deli Sandwich (Sourdough Bread)	40	Edamame Pods (1 cup)	5
Deli Sandwich (Sliced Bread)	31	Cauliflower Florets	3
Cheese Quesadilla with Sour Cream	33	Cucumber Coins	2
Homemade Chicken Burrito	76	Three Bean Salad	21
Ramen Soup, Chicken	36	Corn & Black Bean Relish	24.5
Spicy Chicken Salad	32	Carrot & Raisin Salad	13
Dinner Roll, 1oz. (1 each)	14		
Tuscan Grilled Cheese	34		
Tomato Soup	11		
Chicken & Cheese Tamale Red Sauce	45		
All Beef Hotdog / Ketchup (2)	31/4		
Fun Size Chips	8		
Chicken Noodle Soup	38		
Breadstick, Garlic (1 each)	15		
Fall Salad	45		
Deluxe Beef Taco Salad	45		

