

**2018 Breakfast**

Carbohydrates will vary according to amount student chooses

<b>Breakfast Item</b>	<b>Serving Size</b>	<b>CHO</b>
Bacon	2 slices	0
Biscuits	1	25
Breakfast Tacos (8 inch tortilla)	1	26
French Toast Sticks	1 stick	10
Gravy	1 spoon	5
Home Style Potatoes	1 serving	16
Oatmeal	1 cup	28
Pancakes	4"	11
Sausage (link or patty)	1	0
Scrambled Eggs	1 scoop	0
Strawberries	1/4 cup	3
Syrup	2 TBSP	25
Waffles	1	26

<b>Cereal Bar</b>	<b>Serving Size</b>	<b>CHO</b>
Cheerios	3/4 cup	20
Frosted Flakes	3/4 cup	27
Fruit Loops	1 cup	26
Raisin Bran	1 cup	46
Rice Chex	1 cup	23
Rice Krispies	1 1/4 cup	23

<b>Breakfast Side Bar</b>	<b>Serving Size</b>	<b>CHO</b>
Apples	Medium	17
Applesauce	1/2 cup	15
Banana	6 inch	23
Blueberry Bagel	1 large	61
Cream Cheese (Regular)	2 TBSP	2
Granola	1/2 cup	36
Grapes	1 cup	28
Jelly	1 TBSP	13
Orange	3 inch	21
Plain Bagel	1 large	50
Salsa	2 TBSP	3.5
Shredded Cheese	1/4 cup	0.5
Yogurt	1 cup	27

<b>Canned Fruits</b>	<b>Serving Size</b>	<b>CHO</b>
Applesauce	1/2 cup	15
Fruit Cocktail	1/2 cup	14
Mandarin Oranges	1/3 cup	18

Peaches	1/2 cup	12
Pears	1/2 cup	20

<b>Toaster Item</b>		
White/Wheat Bread	1 slice	12

<b>Drinks</b>		
2% Chocolate Milk	8 oz	28
2% Milk	8 oz	12
Apple Juice	8 oz.	29
Cranberry Juice	8 oz.	33
Orange Juice	8 oz.	26

**2018 LUNCH**

Carbohydrates will vary according to amount student chooses

<b>Lunch Item</b>	<b>Serving Size</b>	<b>CHO</b>
Baked Beans	1/2 cup	29
Bean (Veggie) Nachos	1 serving	27
Beef Hot Dog on Bun	1	21
Black Beans/Corn	1/2 cup	15
Breaded Chicken Sandwich	1	34
Cheese Pizza	1 slice	34
Cheese Sauce	1/4 cup	1
Chili	1 cup	20
Cilantro Lime Rice	1/2 cup	22
Corn	1/2 cup	18
Fajita Rice Bowl	1/2 (rice)	22
French Fries	3 ounces	30
Fritos	1 ounce (32 chips)	15
Garden Burger with Bun	1	29
Garden Burger without Bun	1	18
Gravy	1 spoon	5
Green Peas	1/2 cup	11
Hamburger (with bun)	1	31
Hawaiian Roll	1	16
Macaroni and Cheese	3 oz	11
Pepperoni Pizza	1 slice	34
Pinto Beans	1/2 cup	18
Potato Chips	1 oz (20 chips)	15
Refried Beans	1/2 cup	22
Seasoned Chicken	4 oz	0
Smoked Chicken	2 oz	0
Smoked Sausage	2 oz	3
Steak Fingers	1	7
Taco Salad (tortilla chips)	13 chips	18
Tator Tots	9 pieces	21
Tortilla Chips	24	18
Veggie Dog with Bun	1	25
Veggie Patty	1	9
Veggie Patty with Bun	1	25
Gatorade	8 oz	14
Lemonade	8 oz	26
Punch	8 ounce	34

**2018 Dinner**

Carbohydrates will vary according to amount student chooses

<b>Dinner Item</b>	<b>Serving Size</b>	<b>CHO</b>
Alfredo Sauce	1/2 cup	3
Bean Burrito (refried beans)	1/2 cup	16
Bread Sticks	1	18
Broccoli	4 ounce scoop	0
Chicken Fajitas (Tortilla 6")	1	15
Chicken Fried Chicken	4 ounce	10
Chicken Fried Steak	1 serving	24
Chicken Tenders	1 piece	2.5
Corn	1/2 cup	18
Fettucini	2 oz	41
Fettucini Sauce	1/2 cup	16
Fried Rice	1/2 cup	22
Garlic Bread	1 slice	18
Gravy	2 ounce	5
Green Beans	1/2 cup	11
Hawaiian Roll	1	16
Green Peas	1/2 cup	11
Macaroni and Cheese	3 oz	11
Marinara Sauce	1/2 cup	14
Mashed Potatoes	1/2 cup	17
Orange Chicken without sauce	chicken only	0
Orange Sauce	2 TBSP	21
Parmesan Cheese	1 TBSP	0.2
Penne Pasta	1 oz	21
Pinto Beans	1/2 cup	18
Popcorn Chicken	6 pieces	19
Refried Beans	1/2 cup	22
Rolls	1	29
Spaghetti and Marinara Sauce	3 ounce	22
Spaghetti and Meat Sauce	3 ounce	22
Spanish Rice	3 ounce	20
Spring Rolls	1 roll	10
Tacos (6" tortilla)	1	15
Taco (Black Bean)	1	20
Tator Tots	2 oz serving	12
Vegetarian Fajitas	1	31
Veggie Nuggets	1	5
Gatorade	8 oz	14
Lemonade	8 oz	26
Punch	8 ounce	34

**2018 SALAD BAR**

Carbohydrates will vary according to amount student chooses

<b>Item</b>	<b>Serving Size</b>	<b>CHO</b>
Bacon Bits	1 TBSP	0
Bell Peppers	1/2 cup chopped	5
Boiled Eggs	1	0.6
Broccoli	1 cup	6
Carrots	1 cup chopped	12
Cheese	1/4 cup shredded	0.5
Chopped Romaine Lettuce	1 cup	2
Croutons	2 TBSP	7
Croutons	2 TBSP	4
Cucumber	1/2 cup slices	2
Dried Cranberries	1/4 cup	19
Granola	1/2 cup	36
Honey Mustard Dressing	2 TBSP	6
Italian Dressing	2 TBSP	3
Olives, Black	1	0.2
Olives, Green	10	1.5
Raisins	2 TBSP	20
Ranch Dressing	2 TBSP	2
Saltine Crackers	5	11
Spinach	1 cup	1
Sunflower Seeds	1/4 cup	7
Thousand Island Dressing	2 TBSP	4.5
Tomatoes	1 cup chopped	7
Townhouse Crackers	5	10
Tuna	2.5 ounces	0

**Prepared Salads**

Broccoli Salad	1/2 cup	14
Coleslaw	1/2 cup	18
Pasta Salad	1/2 cup	19
Pea Salad	1/2 cup	20
Potato Salad	1/2 cup	17

**2018 SOUP**

All soups are homemade, carbohydrate count may vary according to amount chosen by student.

<b>Soup</b>	<b>Serving Size</b>	<b>CHO</b>
Bean	1 cup	20
Broccoli and Cheese	1/2 cup	11
Chicken and Rice	1/2 cup	13
Chicken Noodle	1 cup	17
Chicken Tortilla	1 cup	19
Chili	1 cup	20
Corn Chowder	1 cup	18
Potato	1/2 cup	12
Split Pea	1 cup	28
Tomato Basil	1 cup	22
Vegetable	1 cup	19
Vegetable Beef	1 cup	20

**2018 Desserts**

Frostings are an estimate of measured ingredients\*\*

Desserts will vary from night to night.

Item	Serving Size	CHO
Brownie	1	26
Carnival Cookie	1	18
Chewy Blonde Brownie	1	9
Chocolate Buttercream Frosting**	1	12
Chocolate Chip Cookie	1	24
Chocolate Chip Crunch Bar	1	41
Chocolate Chip Oreo Bar	1	37
Chocolate Cobbler	1	21
Chocolate Oatmeal Cookie Bar	1	39
Chocolate Sugar Cookie Bar	1	32
Churros	1	24
Cinnamon Blondie	1	43
Cookies and Cream Cake Bar	1	30
Cream Cheese Frosting**	1	10
Devil's Food Cake	1	22
Double Chocolate Chip Cookie	1	30
Glazed Lemon Brownies	1	36
Lemon Sugar Cookie Bar	1	37
Oatmeal Caramel Bar	1	21
Oatmeal Chocolate Chip Cake	1	48
Oreo Blondie	1	40
Pudding	1	22
Ranger Cookie	1	15
Rice Krispie Treat	1	24
Salted Carmel Blondies	1	27
Snickerdoodle	1	21
Sugar Cookie	1	21
Texas Sheet Cake	1	40
Ice Cream Cup	3 oz	20
White Cake	1	22
Yellow Cake	1	22

<b>Evening Snacks</b>		
Famous Amos Cookie	1 ounce cookie	19.5
Cheese Nips	1 ounce	18
Smore	1	29