

Description	Carbs	Fiber
Apple Slices (bagged)	7	1
Applesauce (1/2 cup)	22	2
Applesauce Cup	16	2
Apricots (1/2 cup)	19	
Baby Carrots (3/4 cup)	9	3
Baked Beans (1/2 cup)	29	5
Banana	27	3
BBQ Pulled Pork Sandwich	24	4
BBQ Rib Sandwich	28	7
Beef Ravioli (1 cup)	33	4
Black Bean Salsa (3/4 cup)	16	4
Broccoli (steamed) (1/2 cup)	7	3
Broccoli Salad (1/2 cup)	12	1
California Blend (1/2 cup)	5	2
Caramel Dip (1oz.)	26	
Celery Sticks (3)	5	2
Cheeseburger	36	6
Cheesy Broccoli	8	2
Cheesy Carrots (3/4 cup)	10	2
Cheesy Chicken Casserole (1 cup)	26	2
Chicken Fettuccine Alfredo	16	1
Chicken Leg (K-3) (4-12 get 2 legs)	4	
Chicken Nuggets	8	1
Chicken Parmesan	7	1
Chicken Patty Sandwich	13	2
Chicken Philly Sandwich	27	1
Chicken Strips	12	1
Chilled Berries (1/2 cup)	8	2
Chilled Fresh Grapes (1 cup)	27	1
Chocolate Pudding	26	2
Cole Slaw (1/2 cup)	7	2
Coney Sauce (2oz.)	9	2
Corn (1/2 cup)	8	1
Corn Dog	31	2
Cucumber & Tomato Salad (1/2 cup)	5	1
Dinner Bowl with Popcorn Chick, Potatoes, & Corn	45	5
Dinner Roll	14	2
Flaky Biscuit	13	1
Fortune Cookie	24	
Frito Flip (1 cup)	24	4
Fruit Cocktail	18	1
Fruit Salad (1/2 cup)	17	1

Fudge Brownie	40	1
Garlic Breadstick	28	1
Green Beans with Bacon (1/2 cup)	6	2
Hamburger Gravy	6	
Heavenly Pears	20	2
Hot Apple Slices	27	2
Hot Dog	22	
Hot Ham & Cheese Sandwich	33	2
Jello with Oranges	23	1
Just Peachy Dessert (1/2 cup)	23	2
Lasagna Roll Up	26	2
Loaded Baked Potato (with ham and cheese)	27	3
Loaded Nachos	32	2
Macaroni & Cheese (1 cup)	31	2
Mandarin Oranges (1/2 cup)	20	
Mangos (1/2 cup)	24	3
Mashed Potatoes	17	1
Mixed Fruit (1/2 cup)	15	2
Mixed Vegetables (1/2 cup)	7	1
Oven Grilled Cheese	26	3
Pancakes (2)	27	2
Peach Cup	28	1
Peaches (1/2 cup)	17	
Pears (1/2 cup)	20	2
Pepperoni Pizza	37	4
Pineapple (1/2 cup)	17	1
Pizza Quesadilla	38	4
Popcorn Chicken	20	3
Potato Chips	15	1
Potato Wedges	12	1
Roasted Garlic Potatoes	18	2
Romaine Salad	2	1
Sausage Links (2)		
Shredded Chicken Sandwich	38	4
Side Salad	2	1
Sliced Cucumbers (1/2 cup)	1	
Sloppy Joe	31	1
Slushy	22	-
Soft Pretzel Stix (2)	22	1
Soft Taco with Cheese(K-3) (4-12 get 2 tacos)	24	2
Spaghetti with Meat Sauce (1 cup)	55	4
Strawberry Shortcake	41	2
Stuffing (1/2 cup)	27	2
Sugar Snap Peas	5	2

Sweet Potato Fries and Tots (3/4 cup)	21	2
Texas Toast	17	1
Tomato Soup (1 cup)	15	1
Tri Taters (2)	26	2
Turkey & Gravy	6	-
Uncrustable PB&J	35	4
Vegetable Soup (1 cup)	13	1
Watermelon (1/2 cup)	11	1
WG Cocoa Bar	33	2
WG Cookie	18	1
WG Cracker	14	-
WG Croissant	30	2
WG Rice Krispy Treat	30	-