

CARB COUNTS

FOOD ITEM	CARB COUNT		FOOD ITEM	CARB COUNT
RANCH DRESSING (2 OZ)	3.36		HAMBURGER ON BUN	26.00
FRUIT SALAD	22.46		HAM WRAP	41.20
HAM WRAP LUNCHABLE	50.63		HOTDOG ON BUN	26.06
SALAD PLATE W/DRESSING	46.67		HOT HAM & CHEESE	25.57
YOGURT PLATE	96.15		PBJ SANDWICH	47.60
CORN BREAD	11.84		PIMENTO CHEESE SANDWICH	22.64
FRENCH BREAD	9.84		RIB-B-Q SANDWICH	40.00
CHEESE ROLLS	30.41		FISH SANDWICH	27.00
PASTRY	6.01		BBQ SANDWICH	36.99
ROLLS	33.40		MEATBALL SANDWICH	49.00
WHOLE WHEAT ROLLS	13.98		BREAKFAST CASSEROLE	16.66
PIE CRUST TOPPING	7.79		BEEF STROGANOFF	14.10
BEEF STEW (1 CUP)	16.47		CHEESEBURGER CASSEROLE	18.42
CHICKEN NOODLE SOUP (1 CUP)	8.45		BAR-B-Q CHICKEN	15.43
VEGETABLE BEEF SOUP (1 CUP)	15.61		POPCORN CHICKEN BITES	9.02
BRUNSWICK STEW (1 CUP)	20.11		CHICKEN & DUMPLINGS	24.85
CHICK ON A BUN	40.00		CHICKEN NUGGETS	13.88
CHICKEN WRAP	31.15		TRAIL MIX (2 OZ)	17.81
CLUB SANDWICH - TURKEY	38.15		CAKE W/CHOCOLATE FROSTING	38.66
CRILLED CHEESE	22.10		CHOCOLATE CAKE	30.47
OVEN FRIED CHICKEN	9.66		PEANUT BUTTER COOKIE	23.52
CHICKEN POT PIE	22.97		RICE KRISPIE	13.67
TETRAZZINI	9.46		CHICKEN SALAD	7.38
CORN DOG, TURKEY LITE	28.00		PRETZEL LUNCHABLE	76.54
COUNTRY FRIED STEAK W/GRAVY	21.57		PBJ SACK LUNCH (Depending on Ingredients)	85.96 TO 119.89
LASAGNA	23.55		TUNA SALAD	8.20
MEATLOAF	6.00		SLOPPY JO W/BUN	35.00
SHRIMP POPPERS	24.15		SPAGHETTI	30.50
ANGEL COOKIE	14.66		STIR FRY W/CHICKEN	11.12
APPLE BROWN BETTY	86.95		SWEET & SOUR PORK	18.09
YELLOW CAKE	31.66		SOFT SHELL TACO (2)	22.96
BASIC FROSTING	18.21		TACO SALAD	20.11
FRUIT COBBLER (1/2 CUP)	74.56		TURKEY & DRESSING (6 OZ.)	48.20
COWBOY COOKIE	26.36		ROASTED TURKEY	0.54
CRESCENT COOKIE	9.15		CORN ON THE COB	14.09
JELL-O COOKIE	16.98		FRENCH FRIES, OVEN BAKED	28.00
OATMEAL COOKIE	19.35		GLAZED CARROTS	10.76
PEANUT BUTTER CAKE W/ICING	30.26		GRAPES (1/2 CUP)	7.89
PB CAKE FROSTING	3.43		GREEN BEANS (1/2 CUP)	4.09
ROLLED WHEAT CAKE	75.28		HASH BROWN PATTY	15.00
SPICE CAKE	26.54		LETTUCE, TOMATO CUP	3.77
SWEET POTATO CAKE	48.67		LIMA BEANS	16.53
STROMBOLI	20.61		ORIENTAL VEGETABLES	5.88
HOMEMADE PEP. PIZZA	33.25		PEACHES - SLICED (1/2 CUP)	13.90
HAM W/GLAZE	6.66		PINEAPPLE TIDBITS (1/2 CUP)	16.41
HOKI FISH FILLET	17.80		REFRIED BEANS	18.16
HAM - DICED	0.97		ROSEY PEAR HALF	30.21
TACO CHALUPA	20.77		SEASONED SPINACH	7.18
APPLESAUCE (1/2 CUP)	15.71		SQUASH CASSEROLE (1/2 CUP)	17.42
AU GRATIN POTATOES	21.97		STRAWBERRY/BANANA CUP	28.59
BAKED BEANS	37.59		SWEET POTATO SOUFFLE (1/2 CUP)	59.32
BAKED POTATO	47.47		CREAMED POTATOES (1/2 CUP)	15.54
PINTO BEANS	16.60		BROCCOLI W/CHEESE (1/2 CUP)	18.72
BLACK EYE PEAS	15.46		TATER TOTS OVEN BAKED (1/2 CUP)	29.33
FRESH BROCCOLI & CAULIFLOWER	4.86		POTATO WEDGES	26.67
BROCCOLI & CHEESE CASSEROLE (1/2 CUP)	9.36		GREEN PEAS (1/2 CUP)	13.82
COLE SLAW (1/2 CUP)	11.69		PEAS & CARROTS (1/2 CUP)	10.04
CARROT & CELERY STICKS (1/2 CUP)	6.36		FRUIT COCKTAIL (1/2 CUP)	18.06
CHEESY RICE (1/2 CUP)	3.31		JUICE BAR	15.00
CINNAMON APPLES (1/2 CUP)	38.29		ICE CREAM CUP	17.00
WHOLE KERNEL CORN (4 OZ)	17.74		BANANA PUDDING (1/2 CUP)	40.90
SHERBERT CUP	26.00		WACKY CAKE	50.75