

MEAT/ MEAT ALTERNATE/ ENTREE

PRODUCT:	PORTION SIZE:	CARBS/Grams:
<u>Entrees</u>		
<i>NOTE: Add 2 grams of carbs for lettuce & tomato added to any sandwich</i>		
Bar-B-Q Rib on Bun	1 each	72
Cheeseburger on Bun	1 each	29
Cheeseburger on Pretzel Bun	1 each	49
Cheesesteak on Roll	1 each	32
Chicken, Baked	3 oz.	14
Chicken, Fingers	4 each	14
Chicken, Nuggets	5 each Elem/MS	14
Chicken, Oriental	3.96 oz.	19
Chicken Panini, SouthWest	2 each	30
Chicken Parm	1 each	19
Chicken Parm on Bun	1 each	44
Chicken Parm w/ Pasta	1 cup pasta	86
Chicken Pattie on Bun	1 each	38
Chicken, Popcorn	14 each; 3.08 oz.	13
Colby Cheese Omelet w/ Eng. Muffin	1 each	27 w/Eng. Muffin 2 w/out Eng. Muffin
Egg Salad on Whole Grain Bread	1 each	32
Egg Salad on Kaiser Roll	1 each	35
Egg Salad Wrap	1 each	54
French Toast Sticks	3 each; 2.6 oz.	25
Grilled Cheese on Whole Grain Bread	1 each	36
Hamburger on Bun	1 each	27
Hamburger on Pretzel Bun	1 each	47
Ham-Egg-Cheese on Bagel	1 each	39 (Elem) 61 (MS)

Ham Sandwich on Whole Grain Bread	1 each	31
Ham on Kaiser Roll	1 each	34
Ham & Cheese on Whole Grain Bread	1 each	33
Ham & Cheese on Kaiser Roll	1 each	36
Ham & Cheese Wrap	1 each	55
Hot Dog on Bun	1 each	26
Italian Hoagie <i>(includes lettuce & tomato)</i>	1 each	37
Lasagna, Cheese	4.15 oz.	26
Meatball Sub or Meatball Parm Sub		43
Mozzarella Stix	5 each/ 1/2 cup sauce	33 w/out Sauce 44 with Sauce
Panzerotti, Pepperoni & Cheese	1 each;4.75 oz.	39
Pasta & Meatballs	Meatballs-5 each Pasta-1 cup	85
PB&J Uncrustable	4.8 oz	54
Pizza Bagels	2 halves	43(Elem) 65 (MS)
Pizza, Cheese	4x6 5.52 oz. each	46
Pizza, French Bread	4.95 oz. each	33
Pizza, Stuffed Crust	5.73 oz. each	48
Quesadilla, Chicken & Cheese	4.28 oz. each	32
Raviolis, Cheese	3 each	27
Salisbury Steak	3 oz. each 1/2 cup gravy	10
Sausage-Egg-Cheese on Bagel	1 each	40 (Elem) 62 (MS)
Sausage Patty, Pork	2.5 oz.	1
Sloppy Joe on Bun	1 each	35
Stuffed Shells	2 each	25
Tacos with Toppings	2 each	24
Tuna Salad on Whole Grain Bread	1 each	32
Tuna Salad on Kaiser Roll	1 each	35
Tuna Salad Wrap	1 each	54
Turkey Chili	4.23 oz.	6
Turkey, Roasted & Gravy	2 oz.	6
Turkey on Whole Grain Bread	1 each	31

Turkey on Kaiser Roll	1 each	34
Turkey & Cheese on Whole Grain Bread	1 each	33
Turkey & Cheese on Kaiser Roll	1 each	36
Turkey Cheese Wrap	1 each	55
SIDE BREADS & GRAINS		
PRODUCT:	PORTION SIZE:	CARBS/Grams:
Bagel-fuls, original	1 each	28
Bagel-fuls (cinnamon or strawberry)	1 each	33
Bagel-fuls (apple cinnamon)	1 each	35
Cinnamon Bun, whole wheat	1 each	37
Cin Crm Ch Breadstk	3 oz.	29
Dinner Roll, Wheat	1 each/1.5 oz.	18
Fortune Cookie	1 each	7
Frudel (apple or cherry)	1 each/2.29oz	12
Garlic Bread	1 each	16
Pancakes, Mini (strawberry or maple)	1 Bag/3.17oz	11
Pasta, Penne	1 cup	56 w/out Sauce 67 w/Sauce
Pasta Salad	1/2 cup	37
Pretzel, Hard Rod	1 each/.33 oz.	8
Pretzel, Soft Mini or Rod Whole Wheat	1 oz	16
Stuffing	1/2 cup	24
Veg Fried Rice	4.5 oz.	28
Waffle	2.2 oz	35
VEGETABLES		
PRODUCT:	PORTION SIZE:	CARBS/Grams:
Baked Beans	1/2 cup	27
Broccoli, Frozen	1/2 cup	5
Carrots, Canned	1/2 cup	4

Carrots, Fresh	1/2 cup or 6 sticks	9
Carrots, Mini Bag	2 oz.	5
Celery, Fresh	1/2 cup or 6 sticks	3
Cole Slaw	1/2 cup	16
Corn, Canned & Frozen	1/2 cup	16
Green Beans, Canned & Froz.	1/2 cup	5
Peas, Canned	1/2 cup	11
Potato, Baked	1 each or 4 oz.	28
Potatoes, Mashed	1/2 cup	15
Potato Salad	1/2 cup	28
Soup: Minestrone	1 cup	14
Soup: Tomato	1 cup	20
Sweet Potatoes	1/2 cup	30
Tossed Salad w/ Light Italian Dressing	1/2 cup	4
Vegetable Medley, Frozen	1/2 cup	12
FRIES:		
Fries, Baked	1/2 cup	20
Hash Brown Pattie or Stix	1 each or 2.25 oz.	15
Smile Fries	1/2 cup or 4 each	20
Spiral Fries, Seasoned	1/2 cup	15
Sweet Potato Fries	1/2 cup	24
Tater Tots	1/2 cup or 8-9 each	21
FRUITS		
PRODUCT:	PORTION SIZE:	CARBS/Grams:
Applesauce	1/2 cup	14
Apples, Fresh	1 medium	19
Apple Juice	4 oz.	14
Apple Slices, Canned	1/2 cup	9
Apple Slices, Fresh Mini Bag	2 oz. bag	8
Apricots, Canned Diced	1/2 cup	19
Bananas, Fresh	1 each	24
Blueberries, Dried	1/2 cup	57
Blueberries, Frozen	1/2 cup	10
Blueberries & Cream	1/2 cup	12
Cantaloupe, Fresh	1 wedge or 1/2 cup	7

Cherries, Dried	1/2 cup	54
Cherries, Frozen	1/2 cup	9
Clementines, Fresh	1 each	15
Grapes, Mini Bag	1 bag (84 grams)	15
Honeydew, Fresh	1 wedge or 1/2 cup	12
Mixed Fruit, Canned	1/2 cup	18
Mixed Fruit, Dried	1/2 cup	46
Oranges, Fresh	1 medium	16
Orange Juice	4 oz.	14
Oranges, Mandarin	1/2 cup	15
Oranges, Mini Bag	1 bag (89.6 grams)	9
Peaches, Canned	1/2 cup	18
Peaches, Fresh	1 medium	11
Peaches, Frozen Cup	1/2 cup or 4.4 oz. single serve	30
Pears, Canned Diced	1/2 cup	19
Pears, Canned Halves	1/2 cup	23
Pears, Canned Sliced	1/2 cup	16
Pears, Fresh	1 medium	26
Pineapple Tidbits, Canned	1/2 cup	17
Raisins, Mini Box	1.33 oz.	30
Watermelon, Fresh	1 wedge or 1/2 cup	18
MILK		
PRODUCT:	PORTION SIZE:	CARBS/Grams:
Chocolate, 1% Low Fat	8 oz.	26
Skim	8 oz.	13
Strawberry, 1% Low Fat	8 oz.	23
White, 1% Low Fat	8 oz.	13
CONDIMENTS/SAUCES/OTHER		
PRODUCT:	PORTION SIZE:	CARBS/Grams:
Condiments		
Barbecue Sauce	PC/12g	5
Honey Mustard Sauce	PC Cup/ 1 oz.	5
Ketchup Packet	PC/9g	3
Ketchup Pump/Dispenser	1 oz.	8
Mayonnaise	PC/9g	1
Mustard	PC/5.5g	0
Pancake Syrup	PC Cup/ 1.5 oz.	28

Parmesan Cheese	1 Tbsp.	1
Promise Margarine	PC/5.5g	0
Salad Dressing: (small packets) -French & Creamy Italian -Italian & Ranch	PC/9g	1 0
Salsa	1/2 cup	9
Sour Cream	1 oz.	1
Sweet & Sour Sauce	PC Cup/ 1 oz.	11
Sauces & Gravies		
Gravy, Brown & Turkey	1/4 cup	4
Tomato Sauce	1/2 cup	11
<u>Other</u>		
Cranberry Sauce	1/4 cup	27
Gelatin	1/2 cup	17
Pudding, Choc. & Vanilla	1/2 cup	23
Whipped Topping	2 Tbsp.	2

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