

## Carbohydrates (grams) for Menus - 2018-19 School Year

<b>Entrées</b>		<b>Entrées</b>	
Breakfast Casserole	19	Pork Patty (with bun)	32
Cheese Sauce (1 oz)	5	Sausage Patty (1)	1
Cheese-Filled Breadstick (1)	17	Shredded Pork (with bun)	36
Cheese-Filled Breadstick (2)	34	Sub Sandwich-half (with bun)	19
Chicken Broccoli Bowl	57	Sub Sandwich-whole (with bun)	38
Chicken Burrito Bowl (with corn & beans)	26	Sunbutter & Jelly Sandwich	33
Chicken Drumstick	5	Taco-soft shell	36
Chicken Fajita with Veggies	22	Taco-walking (with chips)	28
Chicken Nachos	22		
Chicken Nuggets (5)	16	<b>Vegetables</b>	
Chicken Parmesan over Pasta	41	Baked Beans	30
Chicken Patty (no bun)	15	Bean & Corn Salad	24
Chicken Tenders (3)	16	Broccoli	5
Chili (6 oz)	16	Broccoli Salad	29
Chilli (4 oz)	11	Carrots	7
French Toast Sticks (3)	28	Corn	21
GF Breast Fillet (2.21 oz)	1	Cowboy Corn Salad	17
GF Chicken Strips (3)	12	Cranberry-Apple Coleslaw	7
GF Meatball Sub (whole)	35	Green Beans	5
GF Pizza	39	Hummus	11
Hamburger Patty (no bun)	2	Mashed Potatoes	15
Mac & Cheese (4 oz)	24	Peas	12
Mac & Cheese (6 oz)	36	Potato Salad	23
Mandarin Orange Chicken (w/o rice)	17	Potato Wedges	17
Meatball Sub-half (with bun)	22	Romaine Side Salad	2
Meatball Sub-whole (with bun)	43	Sweet Potato Cross-Cut Fries	23
Pasta with Meat Sauce	35	Tomato Soup	10
Pizza-Cheese	34	Tri-Tater Hash Browns (2)	31
Popcorn Chicken	14	Trio Vegetable Blend	11