



Primary Lunch Menu Items 2016-17

How to use these carb counts:

- If you are looking for the carb counts for two single items use the CN lunch carb counts 2016-17. This is when your item can be separated- meaning the protein can be chosen without the grain and vice versa. Ex: French Toast w/ sausage, Chicken Nuggets & a Dinner Roll.
- These carb counts are combined recipes- meaning multiple items have been prepared together and cannot be separated.
- I have included some of the very common items for ease of reference. Ex: Hot dog on a hot dog bun, Cheeseburger on a burger bun.

**Please note that all salads come with a roll, soft breadstick and/or croutons. Check with the Food Service Director in your district and ask what grain they choose to serve with their salads. Fruit and vegetables are served in half cup portions and students are allowed to take 2 fruits and 2 vegetables. Also fresh fruit is typically medium in size and calorie and carbohydrate calculations are based off a medium size fresh fruit.*

****For starred items- look up the grain choice that the Food Service Director has indicated on the menu on the CN Lunch Carb Count Sheet.***

#	Food Item	Category	Calories	Carbs (g)
1223	American Shortie	Cold Sandwich	347	27
1589	Asian Popcorn Chicken Wrap	Cold Sandwich	431	51
0722	Bologna & Cheese on WG White	Cold Sandwich	290	30
2911	Buffalo Chicken Patty Wrap	Cold Sandwich	335	19
2898	Buffalo Chicken Wrap- 10 inch wrap	Cold Sandwich	459	36
3338	Buffalo Diced Chicken Wrap (10 in wrap)	Cold Sandwich	343	37
3065	Cheese Sandwich on WG White	Cold Sandwich	353	30
3144	Chicken Patty Caesar Wrap	Cold Sandwich	562	19
3339	Diced Chicken BLT Wrap	Cold Sandwich	371	25
3337	Diced Chicken Caesar Wrap (10 in wrap)	Cold Sandwich	374	18
2900	Diced Chicken Ranch Wrap	Cold Sandwich	419	24
0617	Monte Cristo Club	Cold Sandwich	398	41
2495	PB & J on Whole Grain White	Cold Sandwich	615	51

Nutri-Serve Food Management Nutritionals

#	Food Item	Category	Calories	Carbs (g)
2460	PB & J on Whole Grain White (less peanut butter & jelly condiments) Served w/ 1 oz Cheese Stick	Cold Sandwich	488	57
3064	Popcorn Chicken Caesar Wrap	Cold Sandwich	455	31
0841	Sunbutter & Jelly Sandwich on WG White	Cold Sandwich	595	55
3218	Turkey & Cukes Pinwheels- 10 inch wrap	Cold Sandwich	413	38
2463	Turkey, Turkey Bacon, Lettuce Tomato Served on 2 Sliced Whole Grain White	Cold Sandwich	514	57
3631	Breaded Chicken Tenders & Waffle Sticks	Entree	322	30
3562	Asian Popcorn Chicken/Chinese Noodles/Egg Roll	Entrée	643	88
3514	Asian Unbreaded Fajita Chicken/Rice/ Egg Roll	Entrée	399	67
2957	Baked Chicken w/ Honey Glaze* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Entrée	373	6
2885	Baked Ziti- 1 Cup	Entrée	436	53
3325	BBQ Chicken (breast, leg, wing etc) * <i>view CN Lunch Carb counts to look up included grain/roll</i>	Entrée	148	10
3413	Beef & Broccoli in Teriyaki Sauce over Rice	Entrée	424	61
3280	Beef Macaroni & Cheese	Entrée	386	45
3563	Beef Teriyaki Meatballs w/ Rice & Egg Roll	Entrée	444	64
3063	Cheese Quesadilla- 10 inch tortilla	Entrée	355	19
2635	Cheese Steak in Bread Bowl	Entrée	330	32
3207	Cheesy Chicken Pasta (1 Cup)	Entrée	443	50
2870	Cheesy Mac & Trees	Entrée	430	44
3575	Chicken & Broccoli Alfredo (1 Cup Pasta, ½ Cup Broccoli)	Entrée	406	46
3221	Chicken Pot Pie	Entrée	176	16
0018	Chicken Salad*	Entrée	186	7
1201	Chili w/ Beans- 1 Cup	Entrée	260	11
3308	Diced Chicken Quesadilla	Entrée	387	24
2933	Fajita Chicken (Unbreaded) Quesadilla	Entrée	335	27
1670	Fajita Chicken Teriyaki* <i>view CN</i>	Entrée	164	18

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#	Food Item	Category	Calories	Carbs (g)
	<i>Lunch Carb counts to look up included grain/roll.</i>			
2969	Fajita Unbreaded Chicken Nachos w/ Corn Chips	Entrée	433	36
3589	Green Eggs & Ham/Goldfish Crackers	Entrée	218	15
3120	Hummus Platter w/ Pita Bread	Entrée	584	62
2997	Hummus Platter w/ Tortilla Chips	Entrée	702	63
3614	Mac & Cheese w/ Ham & Pineapple	Entrée	332	41
1641	Meat Loaf* <i>view CN Lunch Carb counts to look up included grain/roll.</i>	Entrée	167	3
2624	Meatball in Bread Bowl	Entrée	421	47
3247	Nacho Grande w/ Beef & Corn Chips	Entrée	533	39
0987	Nachos & Cheese	Entrée	499	39
2443	Nachos Grande w/ Corn Chips	Entrée	454	38
3400	Pasta & Meat Sauce	Entrée	390	40 WG Pasta 50 White Pasta
3493	Pizza Bagel	Entrée	372	36
3564	Pizza Maker Pack	Entrée	374	31
3566	Pizza Pocket	Entrée	360	32
3111	Ranch Crusted Baked Chicken* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Entrée	473	22
3567	Roasted Chicken w/ Gravy* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Entrée	138	4
3309	Steak Quesadilla	Entrée	360	18
1651	Taco Twins w/ Hard Taco Corn Shells	Entrée	248	19
3571	Texas Toast Grilled Cheese	Entrée	403	35
0019	Tuna Salad*	Entrée	103	4
3344	Turkey & Stuffing Roll Ups	Entrée	225	20
3080	Turkey Pot Pie	Entrée	325	46
1792	Turkey w/ Gravy* <i>view CN Lunch Carb counts to look up included grain/roll.</i>	Entrée	126	6
2442	Twin Chicken Fajitas w/ Soft Shell	Entrée	385	40
2357	2 oz Wheat Bagel, 4 oz yogurt, 1 oz Cheese Stick	Grab-N-Go	302	45
2938	Cereal (Asst. Average), 4 oz Yogurt, 1 oz Cheese Stick,	Grab-N-Go	364	50

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#	Food Item	Category	Calories	Carbs (g)
	Goldfish Crackers			
2697	SMUCKERS Uncrustable PB&J, Goldfish Crackers, 1 oz String Cheese	Grab-N-Go	505	45
3004	American & Bacon on a Pretzel Bun	Hot Sandwich	367	32
3178	American & Cheddar on Pretzel Bun	Hot Sandwich	385	32
3234	BBQ Chicken Cheese Steak	Hot Sandwich	367	46
3349	BBQ Chicken Flatbread	Hot Sandwich	511	57
3318	Cheese Steak on a Torpedo	Hot Sandwich	329	25
0502	Cheese Steak Wrap	Hot Sandwich	181	18
3085	Cheesy Pepperoni Pizza Pretzel	Hot Sandwich	285	32
3203	Diced Unbreaded Chicken & Bacon Flatbread	Hot Sandwich	367	28
3499/ 3500	Diced/Fajita Chicken Parm Sub	Hot Sandwich	416	43
3412	Egg & Cheese on a WG Bagel (2 oz)	Hot Sandwich	236	32
2603	Grilled Cheese on Whole Grain White Bread	Hot Sandwich	386	32
2864	Grown-Up Grilled Cheese	Hot Sandwich	335	30
3362	Honey Mustard Chicken Wrap	Hot Sandwich	328	44
3046	Pancake Breakfast Sandwich w/ turkey bacon, egg & cheese.	Hot Sandwich	326	30
3411	Pepperoni & Cheese on a Pretzel Bun	Hot Sandwich	443	30
3346	Pepperoni Flatbread Melt	Hot Sandwich	340	32
	Rib-E-Que on a Cater Torpedo	Hot Sandwich	280	28
3140	Three Cheese Grilled Cheese	Hot Sandwich	352	31
2639	Rib-E-Que	Hot Sandwich Protein ONLY	170	6
2928	Tyson Spicy Chicken Patty* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Hot Sandwich Protein ONLY	270	17
	Tyson Spicy Chicken Patty on a Hamburger Bun	Hot Sandwich	390	42
	3.05 oz Goldkist Chicken Patty (Spicy & Regular)* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Protein ONLY	130	13
	3.05 oz Goldkist Chicken Patty	Hot Sandwich	250	38

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#	Food Item	Category	Calories	Carbs (g)
	(Spicy & Regular) on a Hamburger Bun			
	3.49 oz Tyson Chicken Patty (Spicy & Regular)* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Protein ONLY	270	16
	3.49 oz Tyson Chicken Patty (Spicy & Regular) on a Hamburger Bun	Hot Sandwich	390	41
2501	Bacon Egg Cheese* <i>view CN Lunch Carb counts to look up included grain/roll</i> Bacon Egg Cheese on Bagel	Protein ONLY Hot Sandwich	103 223	3 27
3620	BBQ Beef* <i>view CN Lunch Carb counts to look up included grain/roll</i> BBQ Beef on a Hamburger Bun	Protein ONLY Hot Sandwich	233 353	10 35
2683	BBQ Chicken Sandwich (Diced Chicken)* <i>view CN Lunch Carb counts to look up included grain/roll</i> BBQ Chicken Sandwich (Diced Chicken) on a Hamburger Bun	Protein ONLY Hot Sandwich	179 299	10 35
2972	BBQ Fajita Chicken Sandwich* <i>view CN Lunch Carb counts to look up included grain/roll</i> BBQ Fajita Chicken Sandwich on a Hamburger Bun	Protein ONLY Hot Sandwich	164 284	7 32
2871	BBQ Turkey Sloppy Joe* <i>view CN Lunch Carb counts to look up included grain/roll</i> BBQ Turkey Sloppy Joe on a Hamburger Bun	Protein ONLY Hot Sandwich	142 262	11 36
2117	Beef Hot Dog* <i>view CN Lunch Carb counts to look up included grain.</i> Beef Hot Dog on a Hot Dog Roll	Protein ONLY Hot Sandwich	160 280	0 25
1042	Bloomin Onion Burger* <i>view CN Lunch Carb counts to look up included grain/roll.</i> Bloomin Onion Burger on a Bun	Protein ONLY Hot Sandwich	291 411	9 29
0383	Cheeseburger* <i>view CN Lunch Carb counts to look up included grain/roll.</i> Cheeseburger on Hamburger Roll	Protein ONLY Hot Sandwich	228 378	1 21
2790	Chicken Parm (w/ a Chicken	Protein ONLY	272	8

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#	Food Item	Category	Calories	Carbs (g)
	Patty) * <i>view CN Lunch Carb counts to look up included grain/roll</i> Chicken Parm (w/ a Chicken Patty) on a Cater Kaiser	Hot Sandwich	294	30
2896	Chicken Strip Caesar Sandwich* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Protein ONLY Hot Sandwich	241	3
3162	Country BBQ Burger* <i>view CN Lunch Carb counts to look up included grain/roll</i> Country BBQ Burger on a Hamburger Bun	Protein ONLY Hot Sandwich	281 401	9 34
3278	Ham & Cheese * <i>view CN Lunch Carb counts to look up included grain/roll</i> Ham & Cheese on a Cater Kaiser Ham & Cheese on a Cater Torpedo	Protein ONLY Cold Sandwich Cold Sandwich	178 278 278	5 27 27
2231	Hamburger* <i>view CN Lunch Carb counts to look up included grain/roll.</i> Hamburger on a Hamburger Bun	Protein ONLY Hot Sandwich	144 264	0 25
3105	Hot Cordon Bleu* <i>view CN Lunch Carb counts to look up included grain/roll</i> Hot Cordon Bleu Flatbread	Protein ONLY Hot Sandwich	198 348	13 42
2949	Hot Turkey w/ Gravy* <i>view CN Lunch Carb counts to look up included grain/roll</i> Hot Turkey w/ Gravy on a Cater Torpedo	Protein ONLY Hot Sandwich	121 240	3 25
2607	Italian Sandwich (Ham, Pepperoni, Salami, Cheese) * <i>view CN Lunch Carb counts to look up included grain/roll</i> Italian Sandwich (Ham, Pepperoni, Salami, Cheese) on a Torpedo Roll	Protein ONLY Cold Sandwich	250 370	6 28
2980	Meatball Parm* <i>view CN Lunch Carb counts to look up included grain/roll</i> Meatball Parm on a cater torpedo	Protein ONLY Hot Sandwich	238 338	12 34
2588	Pizza Burger* <i>view CN Lunch Carb</i>	Protein ONLY	213	4

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#	Food Item	Category	Calories	Carbs (g)
	<i>counts to look up included grain/roll</i> Pizza Burger on a Hamburger Roll	Hot Sandwich	333	29
	Sausage Egg & Cheese* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Protein ONLY	180	3
2794	Sausage Egg & Cheese on Bagel	Hot Sandwich	322	27
3613	Three Cheese Burger* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Protein ONLY	275	2
	Three Cheese Burger on a Hamburger Bun	Hot Sandwich	395	27
2656	Turkey & Cheese* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Protein ONLY	236	5
2869	Turkey & Cheese Pinwheels (10 in Tortilla)	Cold Sandwich	264	19
	Turkey & Cheese on a Whole Grain White Torpedo	Cold Sandwich	356	28
3049	Turkey & Cheese* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Protein ONLY	196	3
	Turkey & Cheese on a Cater Kaiser	Cold Sandwich	296	25
	Turkey & Cheese on a Cater Torpedo	Cold Sandwich	296	25
3119	Turkey Bacon Cheeseburger * <i>view CN Lunch Carb counts to look up included grain/roll</i>	Protein ONLY	258	1
	Turkey Bacon Cheeseburger on a Hamburger Roll	Hot Sandwich	378	26
3429	Turkey Bacon, Chicken Patty Melt* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Protein ONLY	346	17
	Turkey Bacon, Chicken Patty Melt on a Hamburger Bun	Hot Sandwich	466	42
2610	Turkey Bacon, Lettuce & Tomato* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Protein ONLY	179	2
	Turkey Bacon, Lettuce & Tomato on 2 Slices Whole Grain White Bread	Cold Sandwich	319	27
2945	Turkey Cheese Steak w/ Buffalo Sauce* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Protein ONLY	140	4

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#	Food Item	Category	Calories	Carbs (g)
	Turkey Cheese Steak w/ Buffalo Sauce on a Cater Torpedo	Hot Sandwich	265	28
2975	Antipasto Salad* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Salad	386	27
3200	Apple, Cranberry Mozz Salad* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Salad	369	50
2963	Apple, Pear & Cheese Salad* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Salad	299	35
3062	Asian Chicken Salad* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Salad	420	54
3068	Buffalo Chicken Caesar Salad* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Salad	589	25
2901	Buffalo Chicken Patty Salad* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Salad	248	10
2597	Buffalo Chicken Salad* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Salad	223	19
2967	Buffalo Grilled Chicken Salad* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Salad	113	6
3345	Buffalo Popcorn Chicken Salad* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Salad	261	17
3211	Caesar Salad w/ Egg w/ Croutons* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Salad	332	19
2424	Chef Salad w/ Croutons* <i>view CN Lunch Carb counts to look up included grain/roll.</i>	Salad	296	30
3622	Chef Salad w/ Egg* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Salad	318	34
3172	Chicken Cobb Salad* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Salad	281	10
3322	Diced Chicken Caesar Salad* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Salad	203	9
3406	Diced Chicken Garden Salad w/ Croutons* <i>view CN Lunch Carb counts</i>	Salad	157	15

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#	Food Item	Category	Calories	Carbs (g)
	<i>to look up included grain/roll</i>			
3587	Diced Chicken Ranch BLT Salad* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Salad	261	12
3032	Fiesta Taco Salad* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Salad	199	10
1945	Garden Salad w/ Cheese & Goldfish Crackers* <i>view CN Lunch Carb counts to look up included grain/roll.</i>	Salad	342	19
2974	Garden Salad w/ Egg* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Salad	137	11
2964	Grilled Chicken Caesar Salad* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Salad	157	5
2966	Grilled Chicken Garden Salad* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Salad	130	10
1594	Grilled Chicken Strip Salad w/ Croutons* <i>view CN Lunch Carb counts to look up included grain/roll.</i>	Salad	138	12
2018	Popcorn Chicken Caesar Salad* <i>view CN Lunch Carb counts to look up included grain/roll.</i>	Salad	306	22
2880	Popcorn Chicken Garden Salad w/ Croutons* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Salad	310	33
3611	Popcorn Chicken Ranch BLT Salad* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Salad	342	25
2865	Southwest Turkey Salad w/ Croutons* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Salad	309	37
3198	Southwest Turkey Salad* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Salad	249	24
2962	Turkey Bacon, Egg Spinach Salad* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Salad	210	12
2599	Turkey Club Salad with Turkey and Turkey Bacon* <i>view CN Lunch Carb counts to look up included grain/roll</i>	Salad	231	20
2965	Turkey Club Salad* <i>view CN Lunch</i>	Salad	160	9

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#	Food Item	Category	Calories	Carbs (g)
	<i>Carb counts to look up included grain/roll</i>			
Condiments				
	Ketchup- 1 Packet	Condiment	10	3
	Ketchup- 1 oz	Condiment	32	8
	Syrup- 1.5 oz Container	Condiment	111	28
	Syrup- 1 oz Container (Sugar-Free)	Condiment	0	
	BBQ Sauce- 1 packet	Condiment	7	2
	BBQ Sauce- 1 oz	Condiment	48	12
	Honey Mustard-1 oz	Condiment	40	2
	Light Ranch Dressing-1 oz	Condiment	40	2
Sides- Whole fruits are medium in size or served in a half cup portion				
3329	Apple Crisp	Fruit	479	80
	Apple, Fresh	Fruit	95	19
	Banana	Fruit	105	27
3579	Berries N Cream	Fruit	155	39
	Blueberries	Fruit	40	11
	Canned Peaches	Fruit	50	14
	Canned Pears	Fruit	75	25
	Cantaloupe	Fruit	25	7
	Grapes	Fruit	31	14
	Honey Dew	Fruit	30	7
1974	Hot Cinnamon Apples	Fruit	71	19
	Mandarin Oranges	Fruit	50	13
	Mixed Fruit Cup	Fruit	60	15
	Nectarine	Fruit	63	15
	Orange	Fruit	63	15
	Peach	Fruit	59	14
	Pear	Fruit	102	27
	Strawberries	Fruit	25	7
	Watermelon	Fruit	46	11
1681	Cheesy Garlic Bread- ½ Torpedo Roll	Grain	166	18
0680	Pasta Salad	Grain	72	16
2918	Seasoned Rice and Beans	Grain	108	22
3569	Stuffing	Grain	88	17
	1% White Milk	Milk	100	11
	Skim Chocolate Milk	Milk	130	23
	Skim Strawberry Milk	Milk	130	23
	Skim Vanilla Milk	Milk	120	20

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#	Food Item	Category	Calories	Carbs (g)
	Skim White Milk	Milk	86	13
	Cranberry Sauce (2 oz)	Side	105	25
2934	Pineapple Coleslaw	Side	107	11
	Chips	Treat	80	8
	Chocolate Chip Cookie	Treat	100	22
	Churro (half)	Treat		7
	Jello	Treat	35	8
3570	Mini Parfait	Treat	282	55
3087	Oatmeal Cup	Treat	33	6
2366	Pudding Cup	Treat	130	22
3330	Rice Pudding w/ Raisins	Treat	212	38
	Smartfood Popcorn	Treat		9
	Spongecake	Treat		41
3532	Avocado Salad	Vegetable	61	11
	Baby Carrots	Vegetable	51	14
3073	Baked Beans & Ham	Vegetable	63	11
3440	BBQ Baked Beans	Vegetable	51	11
2613	Beanie Cookie	Vegetable	110	16
2594	Black Bean Salsa	Vegetable	212	17
2919	Broccoli & Bacon Salad	Vegetable	67	5
3390	Broccoli Salad w/ Lime & Feta	Vegetable	141	3
3037	Broccoli Veggie Medley	Vegetable	31	7
1971	Caesar Side Salad	Vegetable	93	13
2096	Cauliflower Popcorn	Vegetable	96	5
2508	Cheesy Broccoli	Vegetable	101	6
3612	Cheesy Garlic Mashed Potatoes	Vegetable	107	16
3416	Cheesy Spinach	Vegetable	74	4
3185	Chilean Corn Salad	Vegetable	124	10
2616	Chocolate Hummus (1 oz)	Vegetable	28	5
2811	Cold Corn & Tomato Salad	Vegetable	133	10
2747	Cold Corn Salad	Vegetable	76	18
2879	Cold Italian Green Bean Salad	Vegetable	201	5
	Corn	Vegetable	70	18
3039	Corn & Green Beans	Vegetable	39	9
2877	Corn Salsa	Vegetable	59	13
0625	Cucumber Salad w/ Italian Dressing	Vegetable	194	6
	Cucumbers	Vegetable	8	1
3106	Garlic & Parmesan Fries	Vegetable	117	23
3353	Greek Salad	Vegetable	120	3
3205	Green Bean Creole	Vegetable	17	3

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#	Food Item	Category	Calories	Carbs (g)
1456	Green Beans	Vegetable	16	4
2913	Harvest Pudding	Vegetable	173	37
	Hash Browns	Vegetable	235	20
2358	Hummus (1/4 cup)	Vegetable	175	8
2634	Italian Tomato Salad	Vegetable	200	20
2757	Kale Chips	Vegetable	73	6
3161	Kale Salad	Vegetable	121	23
3006	Maple Sweet Potato Cubes	Vegetable	135	33
1353	Mashed Potatoes	Vegetable	76	15
1674	Mexican Corn	Vegetable	56	12
2979	Old Bay Fries	Vegetable	147	27
1254	Oriental Veggies	Vegetable	25	5
2951	Pear, Feta, Cranberry Salad	Vegetable	146	32
	Peas	Vegetable	60	21
0439	Peas & Carrots	Vegetable	38	9
	Pepper Strips	Vegetable	5	1
3310	Pico de Gallo Salsa	Vegetable	42	10
	Plum	Vegetable	30	8
2269	Pumpkin Twister	Vegetable	144	28
3008	Rainbow Veggie Medley	Vegetable	29	6
1910	Ranch Fries	Vegetable	239	38
0008	Refried Beans	Vegetable	217	37
2568	Romaine & Spinach Salad	Vegetable	13	3
1313	Sautéed Peppers & Onions	Vegetable	58	4
0762	Side Salad	Vegetable	13	3
3430	Southwestern Baked Beans	Vegetable	53	11
2619	Spinach & Strawberry Salad	Vegetable	14	3
3510	Stewed Tomatoes	Vegetable	39	9
1266	Succotash	Vegetable	73	16
1475	Three Bean Salad	Vegetable	194	20
3521	Three Bean Salad	Vegetable	178	26
3104	Toasty Bean Bites	Vegetable	71	4
3188	Tomato & Cucumber Salad	Vegetable	105	4
3038	Tomato Mozzarella Salad	Vegetable	264	5
2056	Tomato/Cucumber/Chic Pea Salad	Vegetable	100	20
1805	Whipped Sweet Potatoes	Vegetable	107	17

*Carbohydrate counts are calculated to the best of our knowledge and could vary due to unforeseen circumstances such as a change in supplier's ingredients or unavailability of product. Please use these as

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a guide and consult the food service director of your program to view a specific label for verification if there is any question.