

**MISD SN CARB COUNTS**

BREAKFAST		MAIN DISHES		VEGGIES		FRUITS		EXTRAS	
ITEM	CARBS. GM	ITEM	CARBS. GM	ITEM	CARBS. GM	ITEM	CARBS. GM	ITEM	CARBS. GM
		BBQ Grilled Chicken	17	Baked Beans (Elem)	16	Applesauce, Elem	22	Apple Juice Carton	13
Apple Frudel	36	BBQ Pork Riblets (3)	7	Baked Beans (Sec)	21	Applesauce, Sec	25	Apple Juice Cup	14.5
Biscuit, Cinnamon Raisin	27	Beef Enchiladas	27	Beans, Seasoned Pinto (Elementary/IS)	22	Cinnamon Apples Canned, Sec	26	Buffalo Sauce 1oz	11
Biscuit, Honey Wheat	30	Burrito (Mexican Line - HS w/Fajita Chicken)	13	Beans, Seasoned Pinto (Middle/HS)	30	Cinnamon Apples, Canned, Elem	19	Burger/Sandwich Fixins'	0
Biscuit, White	24	Burrito (Mexican Line - HS) w/Taco Meat	31	Broccoli w/Cheese Sauce	6	Fruit Cocktail (Elem)	15	Butter Buds	11
Breakfast Breaded Chicken (w/o biscuit)	8	Cheese Calzone	38	Burger/Sandwich Fixin's	0	Fruit Cocktail (Sec)	21	Caesar Dressing	0.0136
Breakfast Burrito	41	Cheese Nachos	48	California Blend Veggies, Elem	7	Fruit Cocktail w/Cherry Jello, Elem	31	Chocolate Milk	24
Breakfast Pizza	26	Cheese Pizza	41	California Blend Veggies, Sec	9	Fruit Cocktail w/Cherry Jello, Sec	42	Country Gravy	5
Breakfast Round	44	Cheese Quesadilla	39	Carrot Coins	7	Hawaiian Applesauce, Elem	22	Fruit Punch Juice Carton	14
Buttered Toast	10	Chef Salad w/Cheese	5	Carrot Sticks w/Dip	9	Hawaiian Applesauce, Sec	25	Grape Juice Carton	19
Cheesy Omelet Sandwich	31	Chef Salad w/Chicken	17	Carrots, Glazed Frz, Elem	12	Mandarin Oranges, Elem	21	Icing	10
Cherry Frudel	36	Chef Salad w/Ham (Pork)	5	Carrots, Glazed Frz, Sec	14	Mandarin Oranges, Sec	27	Long Grain & Wild Rice	23
Chicken on a Biscuit (Honey Wheat)	38	Chef Salad w/Turkey	5	Cauliflower Au Gratin, Elem	13	Peaches Sliced, Elem	16	Pasta	22
Cinnamon Rolls	26	Chicken Fried Steak	18	Cauliflower Au Gratin, Sec	19	Peaches Sliced, Sec	21	Roll (Honey Wheat)	28
Cinnamon Toast	16	Chicken Nuggets (5ea)	12	Celery Sticks w/Dip	2	Pears, Elem	17	Roll (Honey Wheat)	28
Cinnamon Toasters	24	Chicken Quesadilla	35	Charro Beans, Elem	17	Pears, Sec	18	Roll (White)	29
CoCo Roos	26	Corn Dog	27	Charro Beans, Sec	23	Pineapple Chunks, Elem	18	Roll (White)	29
Cookie Crisp	19	Fish Sticks (4)	23	Coleslaw (Spanish)	11	Pineapple Chunks, Sec	25	Skim Milk	12
Crsipy Rice	29	Chicken Salad	3	Corn on th Cob	13	Pineapples w/Cherries, Elem	23	Spanish Rice	21
French Toast Stix (3 stix)	32	Gordita	25	French Fry Blend	26	Pineapples w/Cherries, Sec	31	Spanish Rice	21
Frosted Flakes	28	Grilled Chicken Sandwich (Wheat Bun)	24	Glazed Carrots (Elem)	12	Pineapples w/Lime Jello, Elem	32	Strawberry Milk	27
Frosted Flakes	28	Hot Dog Bun 6"	22	Glazed Carrots (Sec)	15	Pineapples w/Lime Jello, Sec	40	Vanilla Milk	26
Fruit a Roo	53	Lasagna w/ Meat Sauce	38	Green Beans Canned, Elem	3	Rosy Applesauce, Elem	22	White Milk 1%	12

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Honey Nut Scooters	24	Mac & Cheese	48	Green Beans Canned, Sec	4	Rosy Applesauce, Sec	25		
Pancakes	28	Meat & Cheese Nachos	48	Green Beans Frz, Elem	5	Rosy Pears, Elem	20		
Pigs In A Blanket	22	Mexican Cheese Steak	6	Green Beans Frz, Sec	6	Rosy Pears, Sec	22		
Pillsbury Mini- Cinnis	40	Mexican Pizza	28	Green Beans in Cheesy Sauce, Canned, Elem	9	Peach Fruit Cup (pre-packaged)	30		
Pillsbury Mini-Panckaes	34	Mini Corn Dogs	27	Green Beans in Cheesy Sauce, Canned, Secondary	12	Pear Fruit Cup (pre-packaged)	20		
Raisin Bran	49	Oven Baked Chicken	7	Green Beans in Cheesy Sauce, Frz, Elem	9	Strawberry Fruit Cup (pre-packaged)	36		
Sausage	0.5	Oven Roasted Chicken	0	Green Beans in Cheesy Sauce, Frzn, Sec	12	Strawberry Peach Medley, Elem	11		
Sausage on Honey Wheat Biscuit	31	Pepperoni Calzone	42	Green Peas, Frz Elem	11	Strawberry Peach Medley, Sec	15		
Sausage, Biscuit	25	Pepperoni Pizza	40	Green Peas, Frz Sec	15	Tropical Fruit, Elem	20		
Scrambled Eggs	1	Popcorn Chicken	12	Krinkle Fries	25	Tropical Fruit, Sec	26		
Scramled Eggs w/ Biscuit	25	Salisbury Steak	11	Mashed Potatoes, Elem	13	Yogurt (4 oz)	17		
Syrup	26	Sausage Calzone	46	Mashed Potatoes, Sec	17	Cherry Delight	30		
Tootie Fruities	28	Fish Sandwich	45	Mexican Corn Frz, Elem	17				
Waffle Stix (2 stix)	28	Soft Tacos	18	Mexican Corn Frz, Sec	21				
Egg & Cheese Burrito	20	Spaghetti w/ Meatsauce	27	Mixed Veggies (Elem)	6				
		Steak Fingers	18	Mixed Veggies (Sec)	8				
		Steak Parmesan	41	Peas & Carrots Frz, Elem	9				
		Tangerine Chicken	27	Peas & Carrots Frz, Sec	12				
		Teriyaki Chicken	18	Pork & Beans, Elem	18				
		Rotini w/ Meatsauce	38	Pork & Beans, Sec	25				
		Baked Rotini	41	Potatoes Au Gratin	29				
		<b>SANDWICHES</b>	49	Ranch Potato Wedges	21			<b>Desserts</b>	
								Reduced Fat Chocolate Chip Cookies	26 g



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