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| SERVING BARS AT JR HIGH & HIGH SCHOOLS |
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| MENU ITEM | INGREDIENTS | SVG SIZE | CARBS |
|-------------|-------------------------|-----------|-------|
| PASTA BAR | pasta ojh | 1 scoop | 39 |
| | pasta high school & lkv | 1 scoop | 41 |
| | alfredo sauce | 3 oz | 9 |
| | marinara | 3 oz | 5.4 |
| | meatballs | 5 each | 3 |
| | chicken | 3 oz | 2 |
| | breadstick | 1/2 stick | 9.92 |
| | | | |
| MEXICAN BAR | taco meat | #16 | 5.85 |
| | corn tortilla | 1 | 13 |
| | whole grain tortilla | 1 | 31 |
| | tortilla chips bulk | 2 oz | 38 |
| | nonfry beans | #16 scoop | 14 |
| | Mexican rice | #16 scoop | 18.8 |

| | | | |
|-----------|------------------|----------|----|
| ASIAN BAR | veggie roll | 1 each | 22 |
| | edamame | 1/2 cup | 3 |
| | orange chicken | 3 oz | 16 |
| | teriyaki chicken | 3 oz | 11 |
| | Kung Poa chicken | 3 oz | 9 |
| | brown rice | #8 scoop | 22 |
| | | | |

SANDWICHES ALL SITES

| MENU ITEM | SCHOOL(S) SERVED AT | INGREDIENTS | SVG SIZE | CARBS |
|--------------------|---------------------|----------------|----------|-------|
| BACON CHEESEBURGER | high school | patty | 1 each | 0 |
| | | bun | 1 each | 33 |
| | | turkey bacon | 1 slice | 0 |
| | | sliced cheddar | 1 slice | 0 |
| HOT&SPICY CHIX | ojh,lkv,oahs | breaded patty | 1 each | 16 |
| | | bun | 1 each | 33 |
| UNCRUSTABLES | ojh,lkv,oahs | 1 each | | 64 |
| SUB SAND | ojh,lkv,oahs | bread | | 32 |
| | | italian meats | 6 slices | 2 |
| | | sliced cheddar | 1 slice | 0 |
| TURKEY BACON SAND | oahs | bread | | 32 |
| | | turkey,deli | 2.5 oz | 1.57 |
| | | turkey bacon | 1 slice | 0 |
| | | sliced cheddar | 1 slice | 0 |
| | | pickles | 1 each | 1 |
| TURKEY BACON SAND | ojh & lkv | bread | | 29 |
| | | turkey,deli | 2.5 oz | 1.57 |
| | | turkey bacon | 1 slice | 0 |
| | | sliced cheddar | 1 slice | 0 |
| | | pickles | 1 each | 1 |

PRODUCE ALL SITES

| MENU ITEM | INGREDIENTS | SERVING SIZE | CARBS |
|------------------|-------------|-------------------|-------|
| APPLE | | 1 each | 15 |
| APPLES, BAGGED | | 1 each | 8 |
| APPLE SAUCE CUP | | 1 each | 16 |
| APPLE SAUCE BULK | apple sauce | 1/2 c | 14 |
| BAGGED GRAPES | 1 bag | 1/2 c | 15 |
| BANANA | | 1 each | 31 |
| DRY CHERRIES | | 1/4 c | 32 |
| DRY CRANBERRIES | | 1/4 c | 25 |
| FROZEN JUICE CUP | 1 EACH | 1/2 c | 29 |
| KIWI | fresh | 1/2 c | 10 |
| MELON | | 1/2 c | 10 |
| ORANGES | | 1/2 c-half orange | 8.8 |
| PEACHES | fresh | 1/2 c | 12 |
| PEARS | fresh | 1/2 c | 14 |
| PLUMS | fresh | 1/2 c | 8 |
| RAISINS | | 1 box | 31 |
| STRAWBERRIES | fresh | 1/2 c | 5 |
| WATERMELON | | 1/2 c | 11.5 |
| | | | |

VEGGIES

| MENU ITEM | | SERVING SIZE | CARBS |
|------------------|--|--------------|-------------|
| BLACK OLIVES | | 2 oz | 4 |
| BROCCOLI | | 2 oz | 3 |
| CARROTS | | 2 oz | 5 |
| CARROTS, BAGGED | | 2 oz | 5 |
| CILANTRO | | 1/4 oz | less than 1 |
| CORN PEAS | | 2 oz | 10.5 |
| CUCUMBERS | | 2 oz | 2 |
| HARD BOILED EGGS | | 1 whole | 0.6 |
| JALEPENOS | | 1 oz/28 each | 1 |
| LETTUCE | | | less than 1 |
| PICKLES | | 2 oz | 1.5 |
| RED ONIONS | | 2 oz | 4.7 |
| SALSA | | 1 oz | 1 |
| SHREDDED CHEESE | | 1 oz | 0.5 |
| TOMATOES | | 2 oz | 2.2 |
| TUNA FISH | | 2 oz | 1 |
| | | | |
| | | | |

CONDIMENTS, DRINKS, YOGURT ALL SITES

| MENU ITEM | INGREDIENTS | SERVING SIZE | CARBS |
|----------------------|--------------|--------------|-------|
| 1% MILK | | 8 oz | 16 |
| 100% JUICE | apple/orange | 4 oz | 14 |
| KETCHUP | 1 each | | 2.5 |
| LACTAID | | 8 oz | 13 |
| MAYO | 1 each | | 1 |
| MUSTARD | 1 each | | 4 |
| NF CHOCOLATE MILK | | 8 oz | 21 |
| PARFAIT-jr high | 1 SERVING | | 59 |
| PARFAIT-high schools | | | 59 |
| SMOOTHIE | 1 SERVING | | 70 |
| SOY MILK | vanilla | | 20 |
| | chocolate | | 19 |
| SWEET & SOUR SAUCE | 1 each | | 1.25 |
| SWITCH | 1 each | | 29 |
| TACO SAUCE | 1 each | | 1.25 |
| YOGURT | 4 oz | | 16 |
| | | | |
| | | | |
| | | | |
| | | | |

BREAKFAST ITEMS SERVED PER SCHOOL SITE

| MENU ITEM | SERVING SIZE | SCHOOL(S) SERVED AT | CARBS |
|---------------------------|--------------|-----------------------------|-------|
| | | | |
| CHOCOLATE MUFFIN | 1 each | all schools | 44 |
| COFFEE CAKE | 1 each | all schools | 53 |
| HONEY BUNS | 1 each | all schools | 38 |
| PANCAKES | 2 EACH | lunch only at all elementar | 27.3 |
| SYRUP CUP | 1.5 oz | all schools | 32 |
| SUGAR FREE SYRUP | 1 each | all schools | 4 |
| FRENCH TOAST | 1 PACKAGE | jr high & high school | 37 |
| OATMEAL BAR | 1 each | all schools | 47 |
| GRANOLA BAR, NUTRI | 1 each | all schools | 29 |
| CINNAMON ROLL | 1 each | all schools | 46 |
| CINNAMON CHEX | 1 each | all schools | 23 |
| GOLDEN GRAHAMS | 1 each | all schools | 24 |
| HONEY NUT | 1 each | all schools | 22 |
| KIX | 1 each | all schools | 15 |
| | | | |
| YOGURTS- gogurts | 1 each | all schools | 12 |
| STRING CHEESE-individuals | 1 each | all schools | 1 |
| COLBY CHEESE-individuals | 1 each | all schools | 0 |
| | | | |

SALADS GRAINS ALL SCHOOL SITES

| PRE-PORTIONED. SERVED AT ALL SCHOOL SITES | | |
|---|---------------------|-------|
| MENU ITEM | SERVING SIZE | CARBS |
| CHEEZITS | 1 EACH | 14 |
| CHEX MIX | 1 BAG | 19 |
| GOLD FISH | 1 BAG | 14 |
| POP CHIPS | 1 BAG | 15 |
| BREAD STICKS | 1 EACH | 28 |
| ANIMAL CRACKERS | 1 EACH | 21 |
| TORTILLA CHIPS | BAG 1.5 oz | 27 |
| TORTILLA CHIPS | BAG 1.8 oz | 34 |
| TORTILLA CHIPS | bulk 2 oz portion | 38 |
| | bulk 1.5 oz portion | 24 |

| DRESSING | CARBS |
|----------|-------|
| RANCH | 2 |
| ITALIAN | 2 |

**SALADS DO NOT INCLUDE DRESSING

** SALADS DO NOT INCLUDE GRAIN/BREAD ITEMS

| MENU ITEM | CARBS FOR JH/HS |
|------------------|-----------------|
| ASIAN CHIX SALAD | 58 |
| BBQ CHICKEN | 15 |
| CHICKEN SALAD | 6 |
| CALI COBB | 10 |
| CHEF SALAD | 10 |
| CHICKEN CAESAR | 7 |
| CHINESE CHIX | 24 |
| GREEK SALAD | 26 |
| MEX SALAD | 25 |
| SW CHICKEN SALAD | 37 |
| TURKEY & CHEESE | |
| PLAIN CHICKEN | 0 |
| PLAIN HAM | 4 |
| TUNA SALAD | 37 |
| SHREDDED CHEESE | 2 |