

CARBOHYDRATE GRAMS

| | Menu Item | Carb grams |
|------------------------|--------------------------------------|------------|
| Beef Entrees | Beef Egg Roll | 25 |
| | Beef Sausage Patties (2) | 1 |
| | Hamburger Patty | 2.6 |
| | Beef Teriyaki Dippers (Pierre) | 6.4 |
| | Beef Teriyaki Dippers (Don Lee) | 9.6 |
| | Lean Beef Teriyaki Dippers (Don Lee) | 12.1 |
| | Mini Cheeseburgers (Don Lee) | 52.5 |
| | Mini Cheeseburgers (Pierre) | 42.1 |
| | El rollo taco (beef taco) | 57 |
| | Honey BBQ Beef Patty | 9.2 |
| | Mini Sloppy Joe Sandwiches (Don Lee) | 52.7 |
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| Chicken Entrees | Chicken Corn Dog (Don Lee) | 21.3 |
| | Chicken Corn Dog (Foster Farms) | 22 |
| | BBQ Chicken Drumstick (2 pc) | 11 |
| | Krunchy Chicken Strips | 12 |
| | Chicken Frank | 1 |
| | Chicken Bagel Dog | 56 |
| | Chicken Nuggets | 11 |
| | Chicken Patty (breaded) | 11 |
| | Chicken Taquito | 48 |
| | Chicken Patty (unbreaded, USDA) | 0 |
| | Breaded Chicken Parts (3 oz) | 14 |
| | Chicken Fajita with Rice | 27.4 |
| | Chicken Fajita with Tortilla | 15.6 |
| | Mandarin Orange Chicken (4.4 oz) | 22.5 |
| | Sweet & Sour chicken (4 oz) | 24 |
| | Chicken Curry | 22.5 |
| | Wrapped cheese puppy (chicken frank) | 28 |
| | Chicken Teriyaki w/ rice | 35 |
| | | |
| Turkey Entrees | Turkey Pizza Pocket | 40.8 |
| | Turkey Taco Pocket | 38.7 |
| | Turkey BBQ Taco pocket | 42 |
| | Turkey Egg Roll | 25 |
| | Mini Turkey Corn Dogs (State Fair) | 31 |
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CARBOHYDRATE GRAMS

| | Menu Item | Carb grams |
|------------------------------|---|------------|
| Vegetarian Entrees | Bean Fiesta Burrito (El Extremo) | 63 |
| | Bean and Cheese Burrito (Los Cabos) | 53.6 |
| | Cheese Calzone | 25.4 |
| | Cheese Pizza | 36 |
| | Cheese Sandwich on Wheat | 49 |
| | Garden Burger patty | 13 |
| | Beans and Rice Pocket | 50 |
| | Veggie Dog | 6 |
| | Veggie Corn Dog | 24 |
| | Cheese Lasagna | 27.5 |
| | Macaroni and Cheese (The Noodle Vender) | 37 |
| | Macaroni and Cheese (Land O'Lakes) | 33 |
| | Nacho Cheese Sauce (2 oz) | 4 |
| | Vegetarian Beans | 13.7 |
| | Vegetarian Refried Beans (3/8 cup) | 13 |
| | Cheese Quesadilla | 16 |
| | Vegetarian Beans and Rice | 18 |
| | Chili and Cheese Potato | 54 |
| | Mozzarella Cheese Cubes (2 oz) | 2 |
| | Cheddar Cheese Cubes (2 oz, yellow) | 0.7 |
| | Max chilli cheese wrap | 36 |
| | Cheesy Mashed Potatoes | 16.5 |
| | Vegetable Egg Roll | 20 |
| | Vegetable Curry | 22.5 |
| Vegetarian Spaghetti | 41 | |
| Other entrée | | |
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| | Pepperoni Pizza | 35 |
| | Fish Nuggets | 17 |
| Bread & Breakfast | | |
| | Belgium Waffle | 26 |
| | Biscuit (Pillsbury) | 29 |
| | Dinner roll | 15.1 |
| | French toast sticks (3 sticks) | 32.2 |
| | Tortilla Chips (1.5 oz) | 28.5 |
| | Wheat Hamburger Bun | 26 |
| | Hot Dog Bun | 20 |
| | White Long Grain Rice (1/2 cup) | 20.6 |
| | Pancakes & Sausage Stick | 20.9 |
| | Pancakes (2) | 26 |
| Wheat Roll | 15.1 | |

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| Vegetables | Tater Tots (3/8 cup) | 13.5 |
| | Potato Salad (3/8 cup) | 18 |
| | Salsa (3/8 cup) | 3 |
| | Garden Salad (3/8 cup) | 0.8 |
| | Mashed Potatoes (1/2 cup) | 44 |
| | Baby Carrots (2 oz) | 4.7 |
| | Jicama Sticks (3/8 cup) | 4 |
| | Carrot Sticks (3/8 cup) | 4.4 |
| | Carrot Coins (3/8 cup) | 2 |
| | Celery Sticks (3/8 cup) | 1.7 |
| | Cucumber Coins (3/8 cup) | 1 |
| | Cherry Tomatoes (3/8 cup) | 2 |
| | Shredded Iceberg Lettuce (3/8 cup) | 0.6 |
| | Pickle Spears (3/8 cup) | 2 |
| | Zucchini Sticks (3/8 cup) | 1.4 |
| Fruits | Petite Banana | 12.8 |
| | Fresh Orange | 13 |
| | Orange Wedges (1/2 cup) | 10.6 |
| | Lunch Bunch Grapes (1/2 cup) | 8 |
| | Fresh Strawberries (1/2 cup) | 5.5 |
| | Fresh Apple (medium) | 19 |
| | Fresh Apple Wedges (1/2 cup) | 7.6 |
| | Fruit Leather (kettle valley/squiggles) | 16 |
| | Canned Diced Peaches (1/2 cup) | 18 |
| | Canned Mixed Fruit (1/2 cup) | 17.8 |
| | Canned Applesauce (1/2 cup) | 13.8 |
| | Canned Diced Pears (1/2 cup) | 19 |
| | Canned Apricots (1/2 cup) | 21 |
| | Fresh Kiwi (3/8 cup) | 10 |
| | Canned Pineapple (1/2 cup) | 17 |
| | Watermelon Slices (3/8 cup) | 4 |
| | Trail Mix (1/4 cup) | 26 |
| | Raisins (1/4 cup) | 28 |
| | Fruit Snacks | 16 |
| | Cantaloupe Melon (3/8 cup) | 4.7 |
| Honeydew Melon (3/8 cup) | 5.7 | |
| Fruit Juicee | 15 | |
| Orange Juice (4 oz) | 13 | |

CARBOHYDRATE GRAMS

| | Menu Item | Carb grams |
|-------------------|------------------------------|------------|
| Desserts | "Welcome Back" Apple Cookie | 13 |
| | Halloween Cookie | 13 |
| | Holiday Wreath Cookie | 13 |
| | Turkey Cookie | 14 |
| | Valentine Cookie | 12.4 |
| | Shamrock Cookie | 13 |
| | Spring Egg Cookie | 13 |
| | Chocolate Chip Cookie | 17 |
| | Sugar Cookie | 18 |
| | Oatmeal Raisin Cookie | 15 |
| | Double Chocolate Chip Cookie | 18 |
| | Soundbite cookie | 20 |
| | Animal Crackers | 22 |
| | Graham Cookies | 19 |
| | Tiny Twist Pretzels (1 oz) | 23 |
| | Cheddar Cheese Crackers | 16 |
| | Munchie Mix | 18 |
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| Condiments | BBQ sauce (12 gm) | 3.2 |
| | Catsup (7 gm) | 1.8 |
| | Honey (9 gm) | 7.4 |
| | Mayonnaise (9 gm) | 0.3 |
| | Syrup (1.5 oz) | 28 |
| | Soy sauce (9 gm) | 0.5 |
| | Ranch (12 gm) | 1.1 |
| | Taco sauce (9 gm) | 1 |
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| Milk | Milk, 1% White | 16 |
| | Milk, Chocolate, Fat free | 28 |
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