

MENU ITEM - Main Dish Breakfast	CARBS(g)
Apple Frudel	36
Banana Bread	44
Banana/Chocolate Chunk Breakfast Bar	48
Benefit Bar	47
Breakfast Pizza	29
Breakfast Round	43
Cherry Frudel	36
Cinnamon Rolls	33
Cinnamon Toast Crunch Cereal Bar	33
Cocoa Puffs Cereal Bar	30
Cream Cheese Bagel	41
Croissant	30
Egg & Cheese Breakfast Wrap	14
Egg Omelet	1
French Toast (& Cinnamon French Toast Sticks)	28
French Toast Breakfast Bar	47
French Toast Sticks	45
Ham Breakfast Bar	8
Mini Cinni	40
Mini Maple Burst Pancakes	39
Mini Strawberry Pancakes	40
Muffin - Apple Cinnamon	30
Muffin - Banana	30
Muffin - Blueberry	30
Muffin - Chocolate Chip	32
Pancake Sausage Bites	19
Pop Tarts - Blueberry (for TWO pop tarts)	70
Pop Tarts - Brown Sugar Cinnamon (for TWO pop tarts)	64
Pop Tarts - Strawberry (for TWO pop tarts)	72
Sausage Breakfast Bagel	30
Sausage Links	2
Triple Berry Blast French Toast	36
String Cheese	1
Yogurt - All Flavors	19
Zucchini Bread	35

MENU ITEM - Lunch Entrees	CARBS(g)
Alfredo Dinner	21
Baked Potato	37
BBQ Pork Sandwich	38
Beefaroni	31
Beef Fiestada	41
Beef Ravioli	30
Beef Stew	21
Big Daddy Pizza	25
Brat on Bun	32
Cheddarwurst on Bun	30
Cheese (Sliced & Shredded)	1
Cheese Quesadilla	22
Cheesy Potato Soup	13
Chicken - Popcorn	16
Chicken Burger on Bun	30
Chicken Casserole	35
Chicken Chili Crispito (for 1 crispito)	20
Chicken Nuggets	20
Chicken Parmesan	15
Chicken Patty on Bun (breaded and tater chip crusted)	42
Chicken Sticks	11
Chicken Strips	7
Chicken Teriyaki	6
Chicken Wrap	35
Chili	22
Chili Dog on Bun	35
Corn Dog	17
Fish Nuggets	25
Fish Sandwich	44
Fish Sticks	18
French Bread Pizza	40
Grilled Cheese	30
Ham	2
Ham/Turkey Sub	31
Hamburger on Bun	30
Hotdog on Bun	31
Kwik Dish Mostaccioli Dinner	15
Lasagna	30
Mac & Cheese	30
Mac n Cheeseburger Dinner	19
Meat sauce	14

Meatball Sub	33
Meatballs	4
Mexican Lasagna Dinner	15
Mini Corn Dogs	23
Panini Bread	31
Pasta	30
Pasta - Spaghetti	41
Pepperoni Pizza Square	36
Pizza Calzone	30
Pizza Crunchers	41
Pizza Dippers	31
Pork Rib Patty (Breaded) on a Bun	47
Pork Rib Patty on Bun	34
Potato Nachos	35
Salisbury Steak	9
Scalloped Potatoes	22
Sloppy Joes on Bun	48
Soup - Cheesy Potato	13
Soup - Chicken & Dumpling	23
Soup - Chicken Noodle	11
Soup - Tomato	17
Spicy Chicken Sandwich	42
Stuffed Pepper Casserole	12
Tater Tot Casserole	31
Tuna Salad Wrap	30
Turkey	1
Uncrustables	33
Walking Tacos	30

MENU ITEM - Sides	CARBS(g)
Bagged Chips	15
Breadstick - Cheese filled	28
Breadstick - Italian (no cheese)	21
Buns (Hotdog & Hamburger)	29
Buttermilk Biscuit	23
Cornbread	26
Cottage Cheese	10
Croissant	30
Dinner Roll	16
Green Bean Casserole	12
Panini Bread	31
Potato - Crinkle Cut Fries	20
Potato - Hashbrowns	12
Potato - Mashed	13
Potato - Smiles	25
Potato - Spiral Fries	21
Potato - Sweet Potato Fries	20
Potato - Tater Bucks	19
Potato - Tater Tots	20
Potato - Tri-tater	14
Potato - Wedges	20
Rice	35
Stuffing	22
Sunchips	19
Tortilla	15

MENU ITEM - Vegetables	CARBS(g)
Baked Beans	20
Broccoli	4
Carrots - Baby	6
Carrots - Diced	7
Cauliflower	3
Corn	15
Green Beans	5
Lettuce - Shredded	3
Peas	13
Refried Beans	15
Squash	10

MENU ITEM - Fruit	CARBS(g)
Apple - Slices	11
Apple - Whole	20
Applesauce	13
Banana	20
Blueberries	13
Craisins	28
Cranberry Sauce	28
Frozen Juice Cup	19
Fruit Cocktail	15
Grapes	15
Hot Apple Slices	9
Honeydew	11
Mandarin Oranges	15
Oranges	10
Peaches	14
Pears	14
Pineapple	15
Raisins	29
Strawberries	20
Tropical Fruit Salad	20

MENU ITEM - Beverages/Desserts	CARBS(g)
Cookie	20
Dirtcake	20
Dump Cake	19
Ice Cream	15
Jello	19
Juice - Apple	14
Juice - Fruit Punch	14
Juice - Grape	19
Juice - Orange	14
Milk - 1%	13
Milk - Chocolate	19
Milk - Skim	13
Pudding	20
Chocolately Chip Bar	20
Brownie	22
Apple Crisp	43

MENU ITEM - Dips, Gravy, Sauce, etc	CARBS(g)
Dill Dip	2
Dressing - French	13
Dressing - Ranch	1
Gravy - Brown	5
Gravy - Chicken	5
Gravy - Pork	4
Marinara Sauce	5
Sour Cream	2
Bacon Bits	2