

CARBOHYDRATE AND FIBER LIST

The School District of Palm Beach County

BREAKFAST	Carbs (G)	Fiber (G)
Banana Bread	45.00	2.00
Blueberry & Cheese Breakfast Stick	24.00	2.00
Blueberry Bread	46.00	2.00
Canadian Bacon	0.00	0.00
Cereal Assorted 1 oz		
Cinnamon Toast Crunch	22.00	3.00
Cheerios Apple Cinnamon	22.00	2.00
Honey Nut Chex	27.00	1.00
Cheerios	20.00	3.00
Frosted Corn Flakes	24.00	1.00
Cinnamon Chex	22.00	1.00
Honey Nut Cheerios	22.00	2.00
Cereal Assorted 2 oz		
Cinnamon Toast Crunch	44.00	6.00
Cocoa Puffs	47.00	3.00
Lucky Charms	46.00	3.00
Cinnamon Chex	45.00	2.00
Honey Nut Cheerios	45.00	4.00
Cereal Bars Chewy Assorted		
Apple Cinnamon Cherrios	30.00	3.00
Cocoa Puffs	30.00	3.00
Cinnamon Toast Crunch	30.00	3.00
Cereal Bars Soft-Filled Breakfast 2 grain Assorted		
Cinnamon Toast Crunch Bar	40.00	2.00
Cocoa Puffs Bar	43.00	3.00
Cheese Stick		
Mozzarella	2.00	0.00
Colby	1.00	0.00
Cheddar	0.00	0.00
Chicken Sausage Pancake Sandwich	19.00	1.00
Chocolate Chip Mini Loaf	23.00	1.00
Chocolate Chip Mini Pancakes	37.00	3.00
Chocolate Chip Mini Pancakes - Early Head Start	18.50	1.50
Cinnamon Breakfast Bun	39.00	3.00
Cinnamon Breakfast Round	42.92	5.98
Cinnamon French Toast	28.00	2.00
Cinnamon French Toast - Early Head Start	14.00	1.00
Cinnamon Roll	38.00	3.00
Cinnamon Toast	29.63	2.83
Confetti Pancakes	36.00	4.00
Confetti Pancakes - Early Head Start	18.00	2.00
Croissant Roll	15.19	1.01
Graham Cracker Apple Cinnamon Bear	21.26	2.03
Graham Cracker Chocolate Bear	21.26	2.03
Graham Cracker Strawberry Waffle	21.26	1.01
Graham Crackers Cinnamon Chortles	16.00	2.00

Graham Crackers Confetti	21.00	0.00
Graham Crackers Honey - 3 count	21.00	2.00
Graham Crunchmania Assorted		
Cinnamon Bun	37.00	2.00
French Toast	37.00	3.00
Ham & Cheese on Hawaiian Bun	27.21	1.99
Ham Egg & Cheese Breakfast Sunrise Sandwich	24.27	1.79
Honey Wheat Donut	38.00	2.00
Lemon Mini Loaf	28.00	1.00
Mini Donut Bites - High School Only	38.00	3.00
Mini Loaves Assorted		
Blueberry	23.00	1.00
Banana	23.00	1.00
Chocolate Chip	23.00	1.00
Mini Maple Pancakes	36.00	4.00
Mini Maple Pancakes - Early Head Start	18.00	2.00
Mini Maple Waffles	37.00	3.00
Mini Sausage Pancake Wraps	15.06	3.01
Mini Sausage Pancake Wraps - High School Only	20.08	4.02
Nutrigrain Bar w/Cheese Stick		
Blueberry	30.00	3.00
Apple Cinnamon	30.00	3.00
Strawberry	29.00	3.00
Mozzarella Cheese Stick	2.00	0.00
Nutrigrain Bar		
Blueberry	30.00	3.00
Apple Cinnamon	30.00	3.00
Strawberry	29.00	3.00
Oatmeal Breakfast Bar		
Chocolate Chip	25.00	2.00
Butterscotch Chip	25.00	2.00
Oatmeal Creamy Cinnamon	43.77	4.27
Omelet Cheese	1.00	0.00
Omelet Fiesta	1.00	0.00
Pancake Sausage Wrap	19.00	1.00
Pizza Breakfast	16.00	1.00
Poptarts Assorted Whole Grain		
Strawberry	38.00	3.00
Cinnamon Brown Sugar	37.00	3.00
Fudge	38.00	3.00
Sandwich Egg & Cheese Mini	19.00	2.00
Sandwich PB&J Grape 2.8 oz.	34.00	4.00
Sausage & Cheese Breakfast Bagel	26.27	2.51
Sausage & Egg Breakfast Burrito	15.78	2.40
Sausage Biscuit	27.00	3.00
Sausage Patty	1.00	0.00
Scrambled Eggs	1.03	0.00
Scrambled Eggs - High School Only	1.53	0.00

Special Snack Pack Bagel w/Peanut Butter Cup - HS		
Whole Wheat Bagel	27.00	3.00
Peanut Butter Cup	8.00	2.00
Apple Slices	7.00	1.00
Assorted Juices (See Fruit Category)	21.4	0.00
Waffles Mini-Blueberry	36.00	3.00
Waffles Mini-Blueberry - Early Head Start	18.00	1.50
Whole Wheat Toast 2 slices		
Frozen Bread	27.67	3.95
Fresh Bread	24.03	4.00
Yogurt 4 oz. (Upstate Farm)		
Peach	19.00	0.00
Strawberry	19.00	0.00
Strawberry Banana	19.00	0.00
Vanilla	19.00	0.00
Yogurt Cup Vanilla	19.50	0.00
Yogurt Go Big Strawberry	18.00	0.00
FRUIT	Carbs (G)	Fiber (G)
100% Fruit Juice Gables Carton 4 oz.		
Orange	19.00	0.00
Apple	14.00	0.00
Fruit Blend	14.00	0.00
Grape	19.00	0.00
Cherry Apple	14.00	0.00
Green Apple	14.00	0.00
Peach	14.00	0.00
Strawberry Kiwi	14.00	0.00
Tropical Splash	14.00	0.00
100% Fruit Juice Pouch 4 oz.		
Orange	19.00	0.00
Apple	14.00	0.00
Fruit Blend	14.00	0.00
Grape	19.00	0.00
Cherry Apple	14.00	0.00
Green Apple	14.00	0.00
Peach	14.00	0.00
Strawberry Kiwi	14.00	0.00
Tropical Splash	14.00	0.00
100% Fruit Juice Gables Carton 6 oz.		
Orange	22.00	0.00
Fruit Blend	22.00	0.00
Apple	22.00	0.00
Peach	21.00	0.00
Green Apple	21.00	0.00
Cherry Apple	22.00	0.00
Strawberry Kiwi	21.00	0.00
Tropical Splash	21.00	0.00

100% Fruit Juice Pouch 6 oz.		
Orange	22.00	0.00
Apple	22.00	0.00
Grape	28.00	0.00
Peach	21.00	0.00
Green Apple	21.00	0.00
Cherry Apple	21.00	0.00
Strawberry Kiwi	21.00	0.00
Tropical Splash	21.00	0.00
100% Fruit Juice Aseptic 4 oz.		
Apple	14.00	0.00
Orange Tangerine	15.00	0.00
Berry	17.00	0.00
100% Fruit Juice Aseptic 6 oz.		
Apple	23.00	0.00
Fruit Punch	25.00	0.00
Berry	26.00	0.00
Apple & Pear Sauce Assorted		
Cinnamon Applesauce	14.00	1.00
Strawberry Applesauce	14.00	1.00
Pearsauce	20.00	4.00
Plain Applesauce	14.00	1.00
Strawberry Banana Applesauce	14.00	1.00
Canned Fruit Assorted		
Pineapple Tidbits	13.00	1.00
Mandarin Oranges	21.00	1.00
Peaches	19.00	1.00
Fruit Cups Assorted		
Peaches	18.00	1.00
Diced Pears	19.00	1.00
Mixed Fruit	19.00	1.00
Blueberries Cupped	9.00	2.00
Fresh Apple Slices	7.80	1.40
Fresh Blueberries	14.00	2.40
Fresh Cut Cantaloupe	6.78	1.35
Fresh Cut Pineapple	10.00	1.00
Fresh Cut Watermelon	7.00	0.00
Fresh Honeydew Melon	7.00	1.00
Fresh Nectarine	15.00	2.40
Fresh Peach	14.00	2.30
Fresh Pear	26.00	5.00
Fresh Plum	5.00	0.60
Fresh Strawberries	6.77	1.55
Fresh Whole Apple	25.00	4.40
Fresh Whole Banana	23.00	2.60
Fresh Whole Orange	22.00	4.40
Strawberries Cupped	21.35	2.86
GRAINS	Carbs (G)	Fiber (G)

Burrito Baja Chicken & Cheese	36.81	4.77
Burrito Beef and Bean	38.80	7.50
Burrito Beef and Bean Fiesta	39.14	7.19
Calzone Pepperoni	30.00	3.00
Calzones Cheese Mini	40.01	4.00
Cheese Omelet w/Waffle		
Cheese Omelet	1.00	0.00
Waffle	16.00	2.00
Cheese Pizza Crunchers - Elementary	41.10	6.01
Cheese Pizza Crunchers - Pre-K	30.82	4.51
Cheese Pizza Crunchers - Secondary	61.64	9.02
Cheese Sticks Mozzarella Breaded - Elementary	31.73	2.98
Cheese Sticks Mozzarella Breaded - Pre-K	25.39	2.38
Cheese Sticks Mozzarella Breaded - Secondary	38.08	3.57
Cheeseburger - Fresh Bread	25.69	3.82
Cheeseburger - Frozen Bread	30.51	3.10
Cheeseburgers Mini Twin	37.30	4.70
Cheeseburger Mini Twin - Early Head Start	18.65	2.35
Cheezy Pizza Dunkers	28.00	3.00
Chicken Asian Bites	18.14	1.33
Chicken Asian Bites w/Rice & Veggies	78.19	5.67
Chicken Asian Bites w/Rice & Veggies - Pre-K	43.18	3.13
Chicken Asian Nuggets	27.31	2.11
Chicken Caribbean	6.48	0.05
Chicken & Cheese Sandwich Grilled	25.18	3.72
Chicken Cheesy Bacon Sandwich Grilled	25.18	3.72
Chicken Fajita	32.26	4.50
Chicken General TSO	9.34	0.00
Chicken General TSO w/Rice and Veg	68.48	4.28
Chicken Homestyle	14.24	2.37
Chicken 'n Waffle	33.88	1.99
Chicken Nuggets - Elementary	14.10	1.01
Chicken Nuggets - Secondary	19.61	1.40
Chicken Oven Roast	0.00	0.00
Chicken Parmesan Sub Patty - Secondary	53.90	7.24
Chicken Parmesan Sub Tender - Secondary	55.75	5.33
Chicken Patty Breaded - Pre-K	18.00	0.00
Chicken Patty Sandwich Fresh Bread - Elementary	36.18	6.72
Chicken Patty Sandwich Fresh Bread - Secondary	42.18	3.72
Chicken Patty Sandwich Frozen Bread - Elementary	41.00	6.00
Chicken Patty Sandwich Frozen Bread - Secondary	47.00	3.00
Chicken Popcorn - Elementary	12.10	1.81
Chicken Popcorn - Secondary	18.14	2.72
Chicken Tenders - Elementary	24.05	0.00
Chicken Tenders - Pre-K	18.00	0.00
Chicken Tenders - Secondary	36.07	0.00
Chicken Teriyaki	8.00	0.00

Chicken Teriyaki w/Rice	67.14	4.28
Chicken Teriyaki w/Rice - Pre-K	34.57	2.14
Chili Vegetarian	48.51	14.35
Chili Vegetarian w/Tortilla Chips	79.73	17.47
Corndog	30.00	5.00
Corndogs Mini - Elementary	30.00	3.00
Corndogs Mini - Secondary	40.20	4.02
Fish Patty	14.01	2.00
Fish Sticks	22.92	1.99
Fish Sticks Nacho	22.00	2.00
Hamburger - Fresh Bread	24.68	3.82
Hamburger - Frozen Bread	29.50	3.10
Hot Dog - Fresh Bread	20.00	3.00
Hot Dog - Frozen Bread	27.00	3.00
Hot Dog topped w/Chili - Frozen Bread	51.27	10.18
Lasagna Cheese	35.41	2.62
Macaroni & Cheese	27.00	2.00
Macaroni & Cheese - Early Head Start	13.50	1.00
Meatloaf	10.00	1.00
Muffin Platter Apple Cinnamon		
Apple Cinnamon Muffin	44.00	2.00
Yogurt Peach Nonfat	19.00	0.00
Colby Jack Cheese Stick	1.00	0.00
Muffin Platter Banana		
Banana Muffin	44.00	2.00
Strawberry Yogurt	19.00	0.00
Mozzarella Cheese Stick	2.00	0.00
Muffin Platter Blueberry		
Blueberry Muffin	44.00	2.00
Strawberry Yogurt	19.00	0.00
Mozzarella Cheese Stick	2.00	0.00
Muffin Platter Chocolate Chip		
Chocolate Chip Muffin	44.00	2.00
Vanilla Yogurt	19.00	0.00
Colby Jack Cheese Stick	1.00	0.00
Nachos Beef w/Tortilla Chips	42.22	4.17
Nachos Beef w/Tortilla Chips - High School Only	42.81	4.23
Omelet Cheese w/ Pancakes	43.00	3.00
Parfait Blueberry Yogurt	28.40	1.98
Parfait Mandarin Yogurt - Elementary	42.78	1.11
Parfait Mandarin Yogurt - Secondary	62.28	1.11
Parfait Yogurt Mixed Berries - Secondary	50.56	2.41
Parfait Yogurt Strawberry - Elementary	62.94	1.21
Parfait Yogurt Strawberry - Secondary	82.44	1.21
Pasta Penne Italian Chicken	50.42	4.97
Pasta Penne w/Meat Sauce	55.72	6.19
Pasta Penne w/Meat Sauce - Pre-K	28.69	3.18
Pasta Penne w/Spaghetti Sauce & Cheese Cubes - Charter	50.92	4.97
PB&J Strawberry Sandwich 2.8 oz	34.00	4.00

Parfait Yogurt Peach - Elementary	47.13	1.45
Parfait Yogurt Peach - Secondary	57.42	0.97
Pizza Bagels Cheese Mini	23.94	3.99
Pizza BBQ Chicken	38.00	3.00
Pizza Cheese	30.00	4.00
Pizza Cheeseburger	35.00	3.00
Pizza Cheese Deep Dish	39.00	4.00
Pizza Cheese Stuffed Crust Wedge - Secondary	42.00	4.00
Pizza Chicken Bacon Ranch	31.00	3.00
Pizza Double Stuffed		
Cheese	31.00	4.00
Pepperoni	31.00	4.00
Pizza Fiesta	43.00	4.00
Pizza Meat Trio Wedge	29.05	4.01
Pizza Pepperoni School Wedge	33.00	4.00
Pizza Pepperoni Stuffed Wedge - Secondary	42.00	4.00
Pizza Supreme Wedge	30.00	4.00
Platter Peanut Butter w/Apple Slices - Elementary	59.00	7.00
Apples	7.00	1.00
Peanut Butter Cups	8.00	2.00
Mozzarella String Cheese	2.00	0.00
Honey Graham Crackers - 2 packages	42.00	4.00
Platter Sandwich PB&J Grape - Elementary	57.00	6.00
Honey Graham Crackers - 1 package	21.00	2.00
Mozzarella String Cheese	2.00	0.00
Peanut Butter & Jelly Sandwich	34.00	4.00
Platter Tuna Salad - Charters	2.95	0.23
Platter Tuna Salad - Elementary	2.66	0.20
Platter Tuna Salad - Secondary	3.23	0.20
Platter Yogurt & Cheese Cube		
Vanilla Yogurt 4 oz	19.00	0.00
Colby Jack Cheese Cubes	1.00	0.00
Chocolate Chip Chortles Graham Bites	17.00	2.00
Quesadilla Cheese	27.66	4.14
Quesadilla Cheese - Pre-K	33.00	4.00
Salad Asian Chicken	24.62	1.58
Salad Buffalo Chicken Tenders	22.19	0.79
Salad Chef Garden - Elementary	4.12	0.58
Salad Chicken BLT	3.45	0.58
Salad Chicken BLT Mini	2.95	0.58
Salad Chicken Caesar	8.25	1.62
Salad Chicken Popcorn - Secondary	15.94	2.48
Salad Chicken Tenders	16.99	0.71
Salad Garden Deluxe w/Cheese Cubes	5.22	1.06
Salad Grilled Chicken Mini	7.61	1.62
Salad Mandarin Chicken	44.91	2.12
Salad Mandarin Popcorn Chicken Mini	56.79	3.94
Salad Mandarin Popcorn Chicken - Secondary	57.12	3.94
Salad Simply	6.54	1.06

Salad Southwest Chicken	23.85	5.85
Salad Specialty Chef - Secondary	5.01	0.71
Salad Spicy Chicken	14.60	3.79
Salad Taco	33.03	5.13
Salad Turkey	2.55	0.57
Salad Turkey BLT	3.45	0.58
Sandwich BBQ Pork - Fresh Bread	41.24	3.72
Sandwich BBQ Pork - Frozen Bread	46.06	3.00
Sandwich Chicken Parmesan - Frozen Bread	43.90	6.24
Sandwich Chicken Parmesan - Fresh Bread	39.08	6.96
Sandwich Chicken Parmesan - Frozen Bread - HS only	49.90	3.24
Sandwich Chicken Parmesan - Fresh Bread - HS only	45.08	3.96
Sandwich Chicken Spicy - Fresh Bread - Secondary	35.18	6.72
Sandwich Chicken Spicy - Frozen Bread - Secondary	40.00	6.00
Sandwich Fish & Cheese - Fresh Bread	39.18	5.72
Sandwich Fish & Cheese - Frozen Bread	44.02	5.00
Sandwich Fish Filet - Fresh Bread	38.18	5.72
Sandwich Fish Filet - Frozen Bread	43.01	5.00
Sandwich Grilled Cheese	30.96	3.00
Sandwich Grilled Cheese - Early Head Start	15.48	1.50
Sandwich Ham & Cheese	31.01	3.95
Sandwich Hot Ham & Cheese	32.00	3.00
Sandwich PB&J Grape 5.3 oz	64.00	7.00
Sandwich PB&J Strawberry 5.3 oz	64.00	7.00
Sandwich Philly Cheese Steak	43.86	4.14
Sandwich Sloppy Joe - Fresh Bread	35.52	4.85
Sandwich Sloppy Joe - Frozen Bread	40.34	4.13
Sandwich Turkey - No Cheese	27.65	3.95
Sandwich Turkey & Cheese - Fresh Bread	26.00	4.00
Sandwich Turkey & Cheese - Frozen Bread	30.00	4.00
Sandwich Turkey & Cheese IW	32.00	3.00
Steak Salisbury	6.50	0.60
Stromboli Pepperoni	29.00	3.00
Stuffed Shells	34.23	2.50
Stuffed Shells - Pre-K	17.11	1.25
Sub Combo Ham & Cheese - Secondary	55.93	4.86
Sub Combo Italian - Secondary	51.75	3.74
Sub Combo Turkey - No Cheese	53.57	4.00
Sub Combo Turkey & Cheese - Secondary	50.24	3.86
Sub Combo Turkey, Ham, and Cheese Club - Secondary	51.24	3.86
Sub Hot Italian Sandwich	32.00	3.00
Sub Meatball	40.88	3.24
Sub Tuna Salad	35.64	3.20
Taco Nacho	18.94	2.74
Taco Pie w/Tortilla Chips	62.78	12.25
Taco Soft Turkey - High School Only	32.49	5.49
Taco Soft Turkey - K-8	31.70	5.10

Tenders Buffalo Chicken - Elementary	24.50	0.00
Tenders Buffalo Chicken - Secondary	37.18	0.00
Turkey Roast w/ Gravy	3.06	0.00
Turnover Jamaican Beef	53.00	6.00
VEGETABLES	Carbs (G)	Fiber (G)
Baked Beans - 1/2 cup	29.60	5.10
Baked Beans - Pre-K	14.80	2.55
Broccoli - 1/2 cup	5.98	1.99
Broccoli - 3/4 cup	8.97	2.99
Broccoli - Pre-K	3.00	1.00
Broccoli Florets Fresh - 1/2 cup	3.84	3.84
Broccoli Florets Fresh - 3/4 cup	5.28	5.28
California Blend - 1/2 cup	5.44	1.81
California Blend - Pre-K	2.72	0.91
Caribbean Blend - 1/2 cup	6.53	2.18
Caribbean Blend - 3/4 cup	8.17	2.72
Caribbean Blend - Pre-K	3.27	1.09
Carrot & Celery Sticks - 1/2 cup	4.72	1.75
Carrot & Celery Sticks - Pre-K	2.82	0.98
Carrot & Green Bean Medley Fresh - 1/2 cup	18.78	0.82
Carrot & Green Bean Medley Fresh - 1/4 cup	9.39	0.41
Carrot & Green Bean Medley Fresh - 3/4 cup	28.17	1.23
Carrots Fresh Baby - 1 cup	10.00	4.00
Carrots Fresh Baby - 1/2 cup	5.00	2.00
Cauliflower Florets Fresh - 1/2 cup	2.84	1.70
Cauliflower Florets Fresh - 3/4 cup	3.74	2.25
Celery Sticks	2.18	1.23
Corn & Bean Salsa - 1 cup	60.48	18.80
Corn & Bean Salsa - 1/2 cup	30.57	9.40
Corn Fiesta - 1/2 cup	16.60	1.96
Corn Fiesta - 3/4 cup	23.24	2.74
Corn Fiesta - Pre-K	8.29	0.98
Corn Frozen - 1/2 cup	16.41	2.06
Corn Frozen - 3/4 cup	24.50	3.07
Corn Frozen - Pre-K	8.75	1.10
Corn on the Cob	9.00	1.00
Cucumber Slices - 1 cup	5.10	1.70
Cucumber Slices - 1/2 cup	2.55	0.85
Cucumber Slices - 3/4 cup	3.37	1.12
Edamame - 1/2 cup	8.78	4.68
Fries Sweet Potato Waffle - 1/2 cup	23.44	2.04
Fries Sweet Potato Waffle - Pre-K	10.56	0.92
Fries Yuca - 1/2 cup	33.35	2.67
Fries Yuca - Pre-K	16.68	1.36

Garden Crunch Pack - Celery Carrots & Broccoli	6.43	3.39
Garden Crunch Pack - Tomatoes Broccoli & Cucumber	3.81	2.53
Grape Tomatoes Fresh - 1/2 cup	0.04	0.01
Grape Tomatoes Fresh - 3/4 cup	1.74	0.87
Green Beans & Peppers Asian - 1/2 cup	13.68	2.88
Green Beans & Sweet Peppers Fresh - 1/2 cup	5.76	2.88
Green Beans & Sweet Peppers Fresh - 3/4 cup	8.96	4.48
Green Beans & Sweet Peppers Fresh - PreK	2.88	1.44
Green Beans Fresh - 1/2 cup	5.08	2.18
Green Beans Fresh - Pre-K	2.59	1.11
Green Beans Frozen - 1/2 cup	5.23	2.09
Green Beans Frozen - Pre-K	2.62	1.05
Marinara Dipping Cup	6.99	2.00
Pickle Whole	1.00	1.00
Potato Smiles - Elementary	20.09	2.01
Potato Smiles - Pre-K	10.01	1.00
Potato Smiles - Secondary	30.35	3.04
Potato Wedges	19.98	2.00
Potatoes Emoticons Elementary	18.08	2.00
Potatoes Emoticons Pre-K	9.04	1.00
Potatoes Emoticons Secondary	27.32	3.04
Potatoes Hash Brown Round	16.13	1.01
Potatoes Hash Brown Round Pre-K	8.06	0.50
Potatoes Mashed - 1/2 cup	18.10	2.01
Potatoes Mashed - Pre-K	9.05	1.01
Potatoes Seasoned Spirals Pre-K	12.12	0.71
Potatoes Seasoned Spirals	17.70	1.04
Romaine Salad Cup 1 cup	3.29	0.92
Romaine Salad Cup 1/2 cup	0.85	0.00
Salad Garden	6.78	1.54
Salad Winter Elementary	40.54	5.61
Salad Winter Secondary	40.54	5.61
Salsa	5.00	1.00
Seasoned Black Beans	28.21	11.29
Seasoned Black Beans Pre-K	14.00	5.59
Seasoned Potato Sticks	20.01	2.00
Seasoned Red Beans	33.29	11.96
Seasoned Red Beans Pre-K	16.64	5.98
Sliced Sweet Plantains	55.71	1.92
Sliced Sweet Plantains Pre-K	27.86	0.96
Spicy Sweet Potato Sticks	25.99	2.08
Spinach with Cheese	7.69	5.12
Spinach with Cheese Pre-K	3.71	2.47
Steamed Broccoli 3/4 Cup	8.97	2.99
Sweet Green Peas 1/2 cup	13.97	4.99
Sweet Green Peas 3/4 Cup	20.00	7.14
Sweet Green Peas Pre-K	6.68	2.39

Sweet Peppers Mini - 1/2 cup	5.34	1.07
Sweet Peppers Mini - 3/4 cup	8.01	1.60
Yellow Squash and Zucchini Slices Fresh - 1/2 cup	2.05	0.51
Yellow Squash Slices Fresh - 3/4 cup	2.65	0.89
Zucchini Slices Fresh - 3/4 cup	3.13	1.04
MISCELLANEOUS	Carbs (G)	Fiber (G)
Assorted Milk		
1% Milk	12.00	0.00
Skim Milk	12.00	0.00
Chocolate	24.00	0.00
Whole Milk - Early Head Start Only (4 oz portion)	5.50	0.00
Cream Cheese	2.00	0.00
Dipping Sauces		
BBQ	13.00	0.00
Chipotle	1.00	0.00
Sweet & Sour	11.84	0.04
Honey Mustard	8.70	0.14
Ranch	2.02	0.00
Gravy Beef	3.00	0.00
Gravy Chicken	3.09	0.00
Gravy Turkey	3.00	0.00
Hot Sauce	0.00	0.00
Jams Assorted PC	9.04	0.06
Ketchup	2.00	0.00
Ketchup Sriracha 9 g	2.00	0.00
Mayonnaise 12 g	0.78	0.13
Mustard 5.5 g	0.29	0.11
Relish 9 g	3.00	0.00
Salad Dressing Assorted Secondary 12 g		
Italian	1.10	0.05
Buttermilk Ranch	0.98	0.03
French	2.26	0.04
Salad Dressing Assorted (entree salads) 1.5 oz		
Italian	3.89	0.19
Oriental	8.00	0.00
Ranch	3.96	0.00
Balsamic	4.00	0.00
French	11.91	0.32
Bleu Cheese	2.00	0.00
Salad Dressing Assorted Flavors Elementary 12 g		
Italian	1.10	0.05
Buttermilk Ranch	0.98	0.03
Salad Dressing Caesar 1.50 oz	1.98	0.00
Salad Dressing Thousand Island 12 g	2.00	0.00
Sour Cream	2.00	0.00
Soymilk Vanilla	18.00	2.00
Syrup Pancake	31.00	0.00
Taco Sauce	0.75	0.12

Tartar Sauce	1.00	0.00
AFTERSCHOOL SNACKS	Carbs (G)	Fiber (G)
Assorted Doritos Tortilla Chips		
Cool Ranch	20.00	2.00
Nacho Cheese	20.00	2.00
Spicy Sweet Chili	20.00	2.00
Annie's Graham Crackers Chocolate Chocolate Chip	24.00	3.00
Annie's Graham Crackers Honey	24.00	3.00
Assorted Chewy Cereal Bars		
Apple Cinnamon Cheerios	30.00	3.00
Cocoa Puffs	30.00	3.00
Cinamon Toast	30.00	3.00
Assorted Muffin Tops		
Chocolate Chip	41.00	0.00
Blueberry	42.00	2.00
Apple Cinnamon	44.00	3.00
Assorted Nutrigrain Bars		
Blueberry	30.00	3.00
Apple Cinnamon	30.00	3.00
Strawberry	29.00	3.00
Assorted Quaker Chewy Granola Bars		
Cookies & Cream	29.00	4.00
Chocolate Chunk	31.00	2.00
Baked Cheetos	15.30	1.10
Cheddar Cheese SunChips Snack Mix	15.00	2.00
Cheez-It Crackers	14.00	1.00
Cookies Chocolate Chip Mini	25.00	3.00
Juice Assorted Aseptic 6 oz		
Apple	23.00	0.00
Fruit Punch	25.00	0.00
Berry	26.00	0.00
Milk Assorted Aseptic 8 oz		
White LF 1%	12.00	0.00
Chocolate FF	22.00	1.00
Munchies Snack Mix Crackers	17.00	2.00
Oatmeal Breakfast Bars Assorted		
Chocolate Chip	25.00	2.00
Butterscotch Chip	25.00	2.00
Poptarts Whole Grain Assorted		
Strawberry	38.00	3.00
Cinnamon Brown Sugar	37.00	3.00
Fudge	38.00	3.00
Popcorn Quinoa Chips Sweet & Salty	18.00	4.00
Pretzels Heartzel	16.00	2.00
Simply Chex Mix Cheddar	20.00	2.00
Simply Chex Mix Chocolate Caramel	22.00	2.00
Simply Chex Mix Strawberry Yogurt	23.00	2.00
TGIF Crunchy Fries Cheddar Cheese	19.00	1.00
TGIF Crunchy Fries Dill Pickle	19.00	1.00
Whole Grain Brown Rice Krispy	30.24	0.00

Whole Grain Double Chocolate Brownie	27.00	2.00
SUPPER	Carbs (G)	Fiber (G)
Assorted Nutrigrain Bars		
Apple Cinnamon	30.00	3.00
Blueberry	30.00	3.00
Strawberry	29.00	3.00
Bean & Cheese Bowl with Tortilla Chips		
Bean & Cheese Bowl	13.00	4.00
Tortilla Chips	29.00	3.00
Beef and Bean Fiesta Burrito	39.14	7.19
Beefaroni	33.00	4.00
Breakfast Bun	39.00	3.00
Cheddar Cheese SunChips Snack Mix	15.00	2.00
Cheese Pizza Galaxy	31.00	3.00
Chicken & Cheese Burrito	36.81	4.77
Taco Sauce	0.75	0.12
Chicken & Cheese Wrap	26.51	2.77
Chips and Dip		
Tortilla Chips	29.00	3.00
Cheese Cup	6.00	0.00
Salsa	5.00	1.00
Fresh Baby Carrots with Ranch Dressing		
Fresh Baby Carrots	5.00	2.00
Ranch Dressing	0.98	0.03
Fresh Broccoli Florets with Ranch Dressing		
Fresh Broccoli Florets	3.84	3.84
Ranch Dressing	0.98	0.03
Fresh Cucumber Slices with Ranch Dressing		
Fresh Cucumber Slices	2.56	0.86
Ranch Dressing	0.98	0.03
Ham & Cheese Croissant Sandwich Combo		
Mayonnaise	0.78	0.13
Mustard	0.29	0.12
Chips Mix Cheddar SunChips	15.00	2.00
Turkey Ham & Cheese Croissant Sandwich	30.00	3.00
Ham & Cheese Sandwich Supper Combo		
Turkey Ham & Cheese Sandwich	32.00	3.00
Crackers Cheez-It	14.00	1.00
Mayonnaise	0.78	0.13
Mustard	0.29	0.12
Hot Dog	28.00	2.00
Macaroni & Cheese	30.00	2.00
Meatball Pinwheel	32.00	3.00
Mini Corndogs		
Corndogs Mini	30.00	3.00
Ketchup	2.00	0.00
Mustard	0.29	0.12
Mini Twin Cheeseburgers	37.30	4.70

Muffin Top Combo		
Vanilla Yogurt	19.00	0.00
Mozzarella String Cheese	2.00	0.00
Muffin Top Chocolate Chip	41.00	0.00
Pasta Alfredo Bowl	30.00	2.00
Pasta with Meatsauce and Breadstick		
Pasta with Meatsauce	25.00	3.00
Breadstick	14.00	1.00
PB&J Sandwich Supper Combo w/Cookie		
Mozzarella String Cheese	2.00	0.00
Chocolate Chip Cookie	24.30	1.60
Peanut Butter & Jelly Sandwich	34.00	4.00
PB&J Sandwich Supper Combo		
Mozzarella String Cheese	2.00	0.00
Brownie	27.00	2.00
Peanut Butter & Jelly Sandwich	34.00	4.00
Peanut Butter Cup Supper Platter		
Chocolate Chip Oatmeal Bar	25.00	2.00
Cheese Cubes	1.00	0.00
Peanut Butter Cups	8.00	2.00
Pepperoni Pinwheel	28.00	3.00
Sliced Bread Supper Combo		
Blueberry Bread	46.00	2.00
Vanilla Yogurt	19.00	0.00
Cheese Stick	1.00	0.00
Taco Stick Supper Combo		
Taco Stick	18.19	1.58
Cheese Cup	6.00	0.00
Salsa	5.00	1.00
Turkey & Cheese Lunch Kit	39.00	3.00
Turkey & Cheese Sandwich Combo		
Turkey & Cheese Sandwich	32.00	3.00
Sun Chips Cheddar Snack Mix	15.00	2.00
Mayonnaise	0.78	0.13
Mustard	0.29	0.12
Turkey Ham & Cheese Lunch Kit	33.00	1.00
Turkey Wedge Sandwich Lunch Kit		
Turkey Wedge Sandwich	28.00	2.00
Goldfish Crackers	14.00	1.00
Mayonnaise	0.78	0.13
Mustard	0.29	0.12
Croissant Turkey Ham & Cheese	31.07	3.24
Vegetable Juice Asst Aseptic		
Power Punch 4.23 oz	14.00	0.00
Tropical Twist 4.23 oz	14.00	0.00
Yogurt Cup Vanilla 4 oz	19.00	0.00
SPECIAL PROMOTIONS	Carbs (G)	Fiber (G)
Cinnamon Roll Dough	36.00	3.00
Cobbler Apple	20.87	0.99
Cookies Dick & Jane Education	22.00	2.00
Cookie Fudge	18.00	0.00

Cookie Star	22.00	1.00
Icee Whole Fruit Swirl Frozen	19.00	3.00
Italian Ice Frozen	25.00	0.00
Rice Krispies Treat Mini	9.00	0.00
Rice Krispies Treat Mini Chocolate	8.00	0.00
Roll Pumpkin Swirl 1 grain	22.00	2.00
A LA CARTE	Carbs (G)	Fiber (G)
100% Fruit Juice Aseptic 4 oz		
Apple	14.00	0.00
Orange Tangerine	15.00	0.00
Berry	17.00	0.00
100% Fruit Juice Aseptic 6 oz		
Apple	23.00	0.00
Fruit Punch	25.00	0.00
Berry	26.00	0.00
Annie's Graham Crackers Chocolate Chocolate Chip	24.00	3.00
Annie's Graham Crackers Honey	24.00	3.00
Arizona Arnold Palmer 11.5 oz	1.00	0.00
Arizona Green Tea 11.5 oz	1.00	0.00
Baked Cheetos		
Cheesy	16.00	1.00
Flamin' Hot	16.00	1.00
Cheese Puffs	13.00	0.00
White Cheddar	17.00	1.00
Baked Funyuns Onion Rings	14.00	0.00
Baked Tostitos		
Scoops .875 oz	19.00	1.00
RF Crispy Rounds 1.45 oz	29.00	3.00
Brookie	33.00	2.00
Brownie Cupcake	22.00	2.00
Cereal Bars 2 grain Assorted Soft-Filled Breakfast		
Cinnamon Toast Crunch Bar	40.00	2.00
Cocoa Puffs Bar	43.00	3.00
Cereal Bars Chewy Assorted		
Apple Cinnamon Cherrios	30.00	3.00
Cocoa Puffs	30.00	3.00
Cinnamon Toast Crunch	30.00	3.00
Cheddar Cheese SunChips Snack Mix	15.00	2.00
Cheez-It Crackers	14.00	1.00
Cold Brew Coffee 10 oz		
Black	3.00	0.00
Mocha	9.00	0.00
Salted Caramel	10.00	0.00
Vanilla	9.00	0.00
Cookie Triple Chocolate IW	28.00	1.00
Cookies Bonzers RF Frozen Dough		
Chocolate Chip	18.00	1.00
Vanilla Sugar	18.00	1.00
Carnival	18.00	1.00
Oatmeal Raisin	18.00	1.00

Cookies Chocolate Chip Mini	25.00	3.00
Cookies Educational Fun & Fitness	22.00	2.00
Cookies Fat Cat IW		
Vanilla Sugar	23.60	1.40
Celebration	23.90	1.40
Snickerdoodle	23.80	1.50
Chocolate Chip	24.30	1.60
Crackers Cheddar Goldfish	14.00	1.00
Cupcake Chocolate IW	23.00	1.00
Cupcake White IW	23.00	1.00
Doritos Tortilla Chips Assorted		
Cool Ranch	20.00	2.00
Nacho Cheese	20.00	2.00
Spicy Sweet Chili	20.00	2.00
White Nacho	20.00	2.00
Flamas	20.00	2.00
Fantastix Flamin' Hot Corn & Potato Crisps	20.00	2.00
Froot Jooce Frozen Fruit Cups		
Black Cherry	22.00	0.00
Strawberry	22.00	0.00
Mango	23.00	0.00
Tangerine	22.00	0.00
Fruit Chillers 8 oz		
Peach	30.00	0.00
Orange	29.00	0.00
Strawberry Banana	31.00	0.00
Strawberry Mango	31.00	0.00
Strawberry	31.00	0.00
Pineapple Coconut	31.00	0.00
Fruit Snacks Assorted	37.00	8.00
Fruit Snacks Mixed Berry	38.00	9.00
Gatorade G2 12 oz		
Orange	8.00	0.00
Glacier Freeze	8.00	0.00
Grape	8.00	0.00
Fruit Punch	8.00	0.00
Lemon Lime	8.00	0.00
Goldfish Pretzels	16.00	1.00
Graham Cracker Apple Cinnamon Bear	21.26	2.03
Graham Cracker Chocolate Bear	21.26	2.03
Graham Cracker Strawberry Waffle	21.26	1.01
Graham Crackers Cinnamon 3 count	21.00	2.00
Graham Crackers Honey 3 count	21.00	2.00
Granola Bars Quaker Chewy Assorted		
Cookies & Cream	29.00	4.00
Chocolate Chunk	31.00	2.00
Granola Bars Quaker Chewy		
Oatmeal Raisin	19.00	0.00
Chocolate Chunk	19.00	0.00
Peanut Butter Chocolate Chip	17.00	3.00
Ice Cream Birthday Cake Cone	33.00	2.00
Ice Cream Chocolate Shortcake	22.00	0.00

Ice Cream Cotton Candy Bar	15.00	0.00
Ice Cream Crumbled Cookie Cone	29.00	1.00
Ice Cream Cups		
Vanilla	17.00	0.00
Swirl	17.00	0.00
Strawberry	17.00	0.00
Chocolate	17.00	1.00
Ice Cream Fudge Frenzy	19.00	0.00
Ice Cream Sandwich	25.00	2.00
Ice Cream Sour Swell Cherry Bar	12.00	0.00
Ice Cream Vanilla & Chocolate Cone	27.00	0.00
Iced Coffee 8 oz Frozen Chiller - prepared w/1% milk		
Mocha	5.00	0.00
Vanilla	6.00	0.00
Caramel	5.00	0.00
Iced Tea 12 oz		
Decaf Mango Peach	17.00	0.00
Not Too Sweet	17.00	0.00
Lemon	17.00	0.00
Italian Ice	25.00	0.00
Jerky Original	6.00	0.00
Jerky Peppered	7.00	0.00
Jerky Teriyaki	6.00	0.00
Juice Carbonated Switch 8 oz		
Black Cherry	30.00	0.00
Fruit Punch	30.00	0.00
Kiwi Berry	30.00	0.00
Orange Tangerine	30.00	0.00
Watermelon Strawberry	29.00	0.00
Juice Fruit 66 8 oz		
Strawberry Melon	30.00	0.00
Tropical Punch	30.00	0.00
Mixed Berry	30.00	0.00
Passionfruit Mango	30.00	0.00
Juice Naked 10 oz		
Strawberry Banana	38.00	0.00
Mighty Mango	43.00	0.00
Berry Blast	38.00	0.00
Green Machine	43.00	0.00
Kettle Chips		
Applewood Smoked BBQ	27.00	2.00
Sea Salt & Vinegar	28.00	2.00
Jalapeno Cheddar	27.00	2.00
Original	27.00	2.00
Lay's Baked Potato Chips		
Original	19.00	1.00
BBQ	19.00	1.00
Sour Cream & Onion	19.00	1.00
Mini Savory Wheat Crackers 2 grain	28.87	3.09
Munchies Snack Mix Crackers	17.00	2.00

Nutrigrain Bars Assorted		
Blueberry	30.00	3.00
Apple Cinnamon	30.00	3.00
Strawberry	29.00	3.00
Oatmeal Breakfast Bar		
Chocolate Chip	25.00	2.00
Butterscotch Chip	25.00	2.00
Popcorn - White Cheddar	9.00	2.00
Popcorn Quinoa Chips		
Sweet & Salty	18.00	4.00
Olive Oil & Sea Salt	18.00	4.00
Poptarts Whole Grain Assorted		
Strawberry	38.00	3.00
Cinnamon Brown Sugar	37.00	3.00
Fudge	38.00	3.00
Pretzel Soft	30.00	3.00
Pretzels Heartzel	16.00	2.00
Pudding Brownie Batter	20.00	0.00
Pudding Cake Batter	19.00	0.00
Rice Krispies Treat Mini	9.00	0.00
Rice Krispies Treat Mini Chocolate	8.00	0.00
Savory Wheat Cracker Bites	14.00	2.00
Savory Wheat Cracker Twins	10.00	1.00
Simply Chex		
Cheddar	20.00	2.00
Strawberry Yogurt	23.00	2.00
Hot & Spicy	20.00	1.00
Chocolate Caramel	22.00	2.00
Snapple 11.5 oz Can		
Fruit Punch	42.00	0.00
Grape	43.00	0.00
Green Apple	41.00	0.00
Sunflower Kernels Honey Roasted	10.00	3.00
Sunflower Kernels Roasted	6.00	3.00
Taco Stick Ranchero	18.19	1.58
V-8 Fusion 8 oz		
Strawberry Banana	27.00	0.00
Pomegranate Blueberry	25.00	0.00
Vegetable Juice Aseptic 4 oz		
Tropical Twist	14.00	0.00
Gold Rush	10.00	0.00
Power Punch	14.00	0.00
Vegetable Juice Aseptic Power Punch 6 oz	22.00	0.00
Whole Fruit Frozen Juice Bars		
Outrageous Orange	14.00	3.00
Wild Cherry	13.00	3.00
Very Berry	14.00	3.00
Sour Apple	15.00	3.00

Whole Fruit Frozen Juice Cups		
Wild Cherry	19.00	3.00
Strawberry Pomegranate	19.00	3.00
Orange Pineapple	20.00	3.00
Watermelon	25.00	3.00
Whole Grain Brown Rice Krispy	30.24	0.00
HIGH SCHOOL REENGINEERING	Carbs (G)	Fiber (G)
American Cheeseburger	30.50	3.10
Big PB & J Sandwich	64.00	7.00
Black Beans	42.50	17.70
Broccoli Cheese Soup	10.78	4.00
Buffalo Chicken Tender Salad	25.30	3.84
Buffalo Chicken Pizza	28.05	3.00
Buffalo Chicken Wrap	43.55	4.88
Cheese Pizza	30.46	3.56
Cheese Quesadilla	31.00	4.00
Cheesesteak Flatbread	34.22	3.43
Cheesy Chorizo Filling	3.33	0.00
Chef Salad	6.57	3.74
Chicken and Cheese Quesadilla	30.90	4.18
Chicken Philly Flatbread	28.89	3.58
Chipotle Chicken Salad	27.74	9.01
Corn & Bean Salsa	20.44	6.50
Crispy Chicken Caesar Salad	22.44	3.09
Crispy Chicken Sandwich	47.00	3.00
Croutons 1 grain	16.20	4.05
Croutons 2 grain	32.40	8.10
Cuban Sandwich	35.81	3.00
Duck Sauce	2.00	0.00
Fiesta Pizza	29.95	4.00
Fried Rice	56.67	4.24
Granola	20.00	2.00
Ham & Cheese Croissant	19.47	1.91
Hamburger	29.50	3.10
Hot Italian Flatbread	27.94	3.06
Italian Sub	37.56	4.02
Jamaican Beef Patty	53.00	6.00
Korean BBQ Beef	31.71	0.00
Korean BBQ Meatballs	42.49	0.00
Mojo Pork	3.37	0.22
Pepper jack Cheeseburger	30.00	3.10
Pepperoni Pizza Individual	30.78	3.56
Pumpkin Spice Yogurt Parfait	70.03	3.26
Romaine Salad Cup	1.72	1.41
Simply Salad	9.02	4.19
Soft Tortilla	29.00	4.00

Soy Sauce	0.00	0.00
Spicy Chicken Salad	16.12	6.10
Spicy Chicken Sandwich	40.00	6.00
Strawberry Yogurt Parfait	69.50	4.09
Street Corn	19.19	2.39
Sweet & Spicy Broccoli	23.01	10.29
Sweet Spicy Chicken & Rice Box	66.18	4.24
Sweetfire Chicken (Thai Chili)	13.20	0.00
Szechuan Beef	24.41	0.45
Teriyaki & Rice Box	65.77	4.13
Teriyaki Chicken	9.61	0.00
Tortilla	29.00	4.00
Tortilla Chips	40.50	4.05
Turkey & Provolone Sandwich	41.56	5.09
Turkey Taco	3.76	1.49
Revised 12/11/19		