

**HCS  
Carb Counts**

Revised 10/1/09

<b>Entrees</b>		<b>Vegetables</b>		<b>Fruit</b>		<b>Beverages</b>		<b>Breakfast</b>	
Baked Ziti	38g	Beans and Rice	42g	Apple Sauce	30g	Apple Juice 4oz.	15g	Biscuit	22g
BBQ Dinner	12g	Broccoli Cheese Soup	20g	Banana	27g	Chocolate Milk 1%	26g	Biscuit and Gravy	32g
Cheese Quesadilla	32g	California Vegetables	5g	Blueberry Cup	7g	Cranberry Juice 4oz.	19g	Breakfast Pizza	25g
Cheeseburger	27g	Carrot Sticks with Dip	2g	Cantalope	12g	Grape Juice 4oz.	19g	Cereal - Honey Nut Cheerios	22g
Chicken & Broccoli Alfredo	33g	Cole Slaw	8g	Fresh Apples	19g	Milk 1%	12g	Cereal - Apple Cin Cherrios	22g
Chicken Fajita	17g	Corn	16g	Fresh Pears	15g	Orange Juice 4oz.	14g	Cereal - Apple Jacks	18g
Chicken Filet Sandwich	31g	Corn on Cob	20g	Frozen Fruit Bar	15g	Skim Milk	12g	Cereal - Cheerios	14g
Chicken Nuggets	11g	Cucumbers and Carrots w/ Dip	11g	Fruit Cocktail	17g			Cereal - Cinnamon Toast	22g
Chicken Parmesan w/ Pasta	36g	Green Beans	5g	Honeydew & Cantalope	8g	<b>Condiments</b>		Cereal - Coco Crispies	27g
Chicken Rings	13g	Lettuce and Tomato	2g	jello with Fruit	16g	BBQ - 2 packs	8g	Cereal - Coco Puffs	21g
Chicken Salad Wrap	42g	Mashed Potatoes	15g	Kiwi	9g	Creamy Caesar - 1.5 oz Pks.	2g	Cereal - Corn Pops	28g
Corn Dog	32g	Onions	0g	Mandrian Oranges	19g	FF Honey Dijon - 2 TBS	9g	Cereal - Crispix	18g
Deli Turkey & Cheese Hoagie	36g	Oven Roasted Potatoes	16g	Orange	15g	FF Ken's Italian - 1.5 oz.	11g	Cereal - Eggo	19g
Fish Filet w/ cheese	38g	Pickles	0g	Peach Cup	17g	FF Thousand Island - 1.5 oz Pks.	13g	Cereal - Frosted Flakes	28g
Fruit and Yogurt Plate	65g	Pinto Beans	20g	Pears	21g	French Dressing - 2 TBS.	6g	Cereal - Frosted Mini Wheats	23g
Grilled Cheese	34g	Potato Smiles	25g	Pineapple Chunks	19g	Golden Italian - 1.5 oz.	4g	Cereal - Fruit Loops	18g
Grilled Chicken Sandwich	25g	Seasoned Wedges	18g	Seedless Grapes	16g	Honey Mustard - 2 TBS	8g	Cereal - Golden Grams	23g
Grilled Franks	2g	Steamed Cabbage	7g	Spiced Apples	31g	Honey Mustard Salad Dressing	8g	Cereal - Honey Smacks	24g
Hamburger	26g	Steamed Carrots	8g	Strawberries	6g	Honey Mustard Sweet & Spicy 1.5 oz.	5g	Cereal - Kix	14g
Hot Dog	25g	Stewed Tomatoes	5g	Trail Mix - USDA	31g	Jelly - 1 - 5g pack	9g	Cereal - Raisin Bran	45g
Hot Dog with Chili	28g	Tater Tots	20g	Watermelon	11g	Ken's Ranch - 1.5 oz.	2g	Cereal - Rice Krispies	29g
Macaroni and Cheese	26g	Tomato Soup	17g	Polish Water Ice	9g	Ketchup - 2 packs	6g	Cereal - RS Frosted Flakes	25g
Pork Roast with Gravy	31g	Tossed or Garden Salad	5g	<b>Bread</b>		Ketchup - 2 TBS	8g	Cereal - Trix	18g
Salisbury Steak	12g	Vegetarian Beans	26g	Bread Stick	19g	Lite Ranch - 1.5 oz.	6g	Chicken Biscuit	29g
Seafood Basket	30g			Corn Bread	32g	Margarine - 1 tsp or 5g cup	0g	Egg Biscuit	23g
Sliced Ham	1g	<b>Pizza</b>		Hush Puppies - 3	18g	Mayo - 1 pack or 1 TBS	1g	French Toast Stix - 3	32g
Sloppy Jo	30g	Cheese	35g	Rice	42g	Mustard - 1 pack or TBS	0g	Gravy - .5 cup	10g
Spaghetti	30g	Fiestada	38g	School Made Roll	30g	Salsa - 1 oz.	4g	Pancakes - 2	28g
Steak Nuggets	15g	French Bread	36g			School made Ranch - @ TBS	2g	Sausage Biscuit	26g
Sweet & Sour Chicken w/ Rice	82g	Pepperoni	36g			Shredded Cheddar - 1oz. Cup	0g	Sausage on a Stick	22g
Taco	26g	Sausage	35g			Sour Cream - 1 TBS	2g	Steak Biscuit	30g
Turkey Pot Pie	30g	Stuffed Crust	45g			Sweet & Sour - 1 TBS	7g	Syrup - 2 TBS.	18g
Veggie Beef Soup	11g					Tarter Sauce - 2 pks.	4g		
						Thousand Island - 1.5 oz Pks.	6g		
						Thousand Island - 2TBS	7g		

Subject to Change  
Vendor Substitutions maybe made without notice.