

HCS Carb Counts

Revised 10/7/09

Entrees	Vegetables	Fruit	Beverages	Breakfast
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	Condiments	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 28g	Ketchup - 2 packs 6g	Cereal - RS Frosted Flakes 25g
Pork Roast with Gravy 31g	Tossed or Garden Salad 5g		Ketchup - 2 TBS 8g	Cereal - Trix 18g
Salisbury Steak 12g	Vegetarian Beans 26g	Bread	Lite Ranch - 1.5 oz. 6g	Chicken Biscuit 29g
Seafood Basket 30g		Bread Stick 19g	Margarine - 1 tsp or 5g cup 0g	Egg Biscuit 23g
Sliced Ham 1g	Pizza	Corn Bread 32g	Mayo - 1 pack or 1 TBS 1g	French Toast Stix - 3 32g
Sloppy Jo 30g	Cheese 35g	Hush Puppies - 3 18g	Mustard - 1 pack or TBS 0g	Gravy - .5 cup 10g
Spaghetti 30g	Fiestada 38g	Rice 42g	Salsa - 1 oz. 4g	Pancakes - 2 28g
Steak Nuggets 15g	French Bread 36g	School Made Roll 30g	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.