

# CARBOHYDRATE LIST FOR HIGH SCHOOL MENU ENTREES

Data is based on most up-to-date available to CNS. Ingredients are subject to change based on supplier availability, delivery schedule, etc.

All counts are in grams. Some menu items are separated out and color-coded accordingly.

For example, "Chicken Pasta Salad w/**Corn Muffin**: 47 **(43)**" indicates the salad contains 47g while the muffin has 43g.

Menu Item	Carbohydrates (g)
Asian Chicken Delight Bites (4ea)	0
Bacon Double Cheeseburger	37
Baked Potato w/Cheese & Broccoli	52
Big Daddy's Pizza Slice - Cheese	55
Big Daddy's Pizza Slice - Pepperoni	56
Biscuit	27
Buffalo Chicken Calzone	41
Buffalo Chicken Chunks (5ea)	23
Cheese Filled Breadstick	29/stick
Cheese Enchiladas (2ea)	53
Cheesy Nachos w/Salsa	51
Chicken Breast Nuggets (6ea)	12
Chicken Breast Filet Sandwich <b>Breaded / Grilled</b>	<b>62 (48)</b>
Chicken Cordon Blue Sandwich <b>Breaded / Grilled</b>	<b>61 (46)</b>
Chicken Fajita Wrap (2ea)	87
Chicken Pasta Salad	47
Chicken Quesadilla Deluxe w/Salsa (2ea)	66
Chicken Salad on Bagel	38
Chicken Tenderloin (3ea)	18
Chicken, Broccoli, Noodle Bake	26
Colossal Cheeseburger	51
Corn Muffin	43
Double Cheese Dippers w/ <b>Marinara Sauce</b>	<b>58 (16)</b>
Double Cheeseburger	37
Double Taco Deluxe w/Salsa, <b>Chips</b> or <b>Soft Shell</b>	30 <b>(42)(42)</b>
Egg Roll	25
Fish Filet on Bun	39
Fried Rice (1-1/3 cup)	84
Ham & Cheese Casserole	30
Hoagie Roll - Whole Wheat	49
Hot Dog in Bun (ea)	24
Hot Wings (8ea)	0
Kaiser Roll	28
Macaroni & Cheese, Land O Lakes	48
Max Cheese Sticks (4 count)	60
Meatball Hoagie	39
Mini Slider Beef Burgers (3 count)	45.21
Mushroom Swiss Burger	45
Oven Fried Chicken	7
Personal Pan Pizza - Pepperoni	70
Philly Cheese Steak Sandwich	23
Popcorn Shrimp (1cup)	32

Pork BBQ on Bun	31
Roll, Honey Wheat Yeast	27
Salad with Chicken Tenders	29
Salad with Chicken Breast Nuggets	21
Salad with Popcorn Shrimp	37
Salad with Breaded Chicken Breast	21
Salad with Grilled Chicken Breast	8
Salad with Asian Chicken Bites	38
Salad with Taco Meat	49
Sandwich Bread - Whole Wheat (slice)	10
Seafood Combo (1cup Shrimp & 2ea Fish)	41
Southwestern Bean & Cheese Burrito (2ea)	72
Southwestern Turkey Wrap	29
Spaghetti	34
Sub Roll	40
Turkey Corn Dog	28
Vegetarian Lasagna	30