

BREAKFAST

Product Name	Serving Size	CHO (g)
Banana Choc. Benefit Bar	1 bar	48.00
Oat Choc. Benefit Bar	1 bar	47.00
Breakfast Pizza	1 piece	26.00
Choc. Muffin	1 muffin	32.00
Banana Muffin	1 muffin	30.00
Blueberry Muffin	1 muffin	30.00
Apple Cinn. Muffin	1 muffin	30.00
Cinn. Sugar Donut	1 donut	37.30
Cheese Omelet	1 omelet	1.00
Mini Confetti Pancakes	1 package	35.96
Pancakes	2 pancakes	27.33
Turkey Pancake Wrap	1 wrap	16.04
Cinnamon Roll	1 roll	42.63
Soft Filled CTC Cereal Bar	1 package	40.00
Mini Cinni	1 package	39.00
Mini Straw. Cream Cheese Bagels	1 package	41.00
Waffles	2 waffles	23.90
Cherry Frudel	1 package	37.00
Apple Frudel	1 package	36.00
Bagel & Cream Cheese	1 bagel/1 cream cheese	22.00
Egg & Cheese Bagel	1 sandwich	21.50
Sausage & Cheese Muffin	1 sandwich	24.50
Poptart (all flavors)	1 package	38.00
Trix Cereal Bar	1 bar	30.00
Golden Grahams Cereal Bar	1 bar	30.00
Cocoa Puffs Cereal Bar	1 bar	30.00
Cinn. Toast Crunch Cereal Bar	1 bar	30.00
Fruity Cheerios Cereal Bar	1 bar	29.00
Chocolate Oat Bar	1 bar	25.00
Dbl. Chocolate Oat Bar	1 bar	24.00
Cinn. Toast Crunch, Honey Nut Cheerios Cereal	1 bowl	22.00
Cocoa Puffs Cereal	1 bowl	25.01
Lucky Charms Cereal	1 bowl	23.00
Golden Grahams, Frosted Corn Flakes Cereal	1 bowl	24.00
Trix Cereal	1 bowl	18.00
Cinnamon Bun Crackers	1 package	37.00
Animal Crackers	1 package	22.00
Jungle Crackers	1 package	20.00
Yogurt	1 yogurt	13.93
String Cheese	1 string cheese	1.00
Toast	1 slice	15.00

ELEMENTARY LUNCH

Product Name	Serving Size	CHO (g)
Chicken Patty on Bun	1 sandwich	39.00
Hamburger	1 sandwich	29.00
Cheeseburger	1 sandwich	29.50
Hot Dog	1 sandwich	29.00
PBJ	1 sandwich	71.71
All American Salad	1 salad	5.17
Italian Ham Salad	1 salad	4.66
Popcorn Chicken Salad	1 salad	14.64
Pizza Dippers	2 dippers	30.00
Chicken Nuggets	5 nuggets	12.50
Popcorn Chicken	12 popcorn chicken	15.23
Mini Corn Dogs	6 corn dogs	24.35
Cheese Pizza	1 slice	37.00
Pepperoni Pizza	1 slice	36.00
Pancakes	2 each	27.33
Cheese Omelet	1 omelet	1.00
Bread	1 slice	15.00
Roll	1 roll	28.00

MIDDLE LUNCH

Product Name	Serving Size	CHO (g)
Chicken Patty on Bun	1 sandwich	39.00
Spicy Chicken Patty on Bun	1 sandwich	39.00
BBQ Pork Riblet Sandwich	1 sandwich	44.01
Hamburger	1 sandwich	29.00
Cheeseburger	1 sandwich	29.50
Hot Dog	1 sandwich	29.00
PBJ	1 sandwich	71.71
All American Salad	1 salad	5.17
Italian Ham Salad	1 salad	4.66
Popcorn Chicken Salad	1 salad	14.64
Pizza Dippers	2 dippers	30.00
Chicken Nuggets	5 nuggets	12.50
Popcorn Chicken	12 popcorn chicken	15.23
Mini Corn Dogs	6 corn dogs	24.35
Beef Nachos	1 order	40.14
Cheese Pizza	1 slice	30.87
Pepperoni Pizza	1 slice	31.12
Sausage Pizza	1 slice	31.11
Pancakes	2 each	27.33
Cheese Omelet	1 omelet	1.00
Goldfish Crackers	1 package	14.00
Bread	1 slice	15.00
Roll	1 roll	28.00

HIGH LUNCH

Product Name	Serving Size	CHO (g)
Chicken Patty on Bun	1 sandwich	39.00
Spicy Chicken Patty on Bun	1 sandwich	39.00
Hamburger	1 sandwich	29.00
Cheeseburger	1 sandwich	29.50
Hot Dog	1 sandwich	29.00
PBJ	1 sandwich	71.71
All American Salad	1 salad	5.17
Italian Ham Salad	1 salad	4.66
Popcorn Chicken Salad	1 salad	14.64
Pizza Dippers	2 dippers	30.00
Chicken Nuggets	5 nuggets	12.50
Chicken Tenders	3 tenders	13.00
Mini Corn Dogs	6 corn dogs	24.35
Beef Nachos	1 order	40.14
Cheese Pizza	1 slice	30.87
Pepperoni Pizza	1 slice	31.12
Sausage Pizza	1 slice	31.11
Bosco Sticks	2 sticks	34.17
Marinara Sauce (for Bosco Sticks)	4 oz	9.98
Bread	1 slice	15.00
Roll	1 roll	28.00