

Summer 2026 Carb Counts & Allergies

Breakfast Items	Serving Amount	Total CHO (g)
Applesauce (1/2 cup)	1 each	14
Banana Bread, 3.45oz	1 each	44
Capri Sun 100% Juice Pouch, 6 oz	3/4 cup = 1/2 cup	21
Cheez-its, WG, 0.75 oz, 1G Equiv.	1 each	14
Chocolate Chip Crisps, 1.2 oz	1 each	24
Chocolate Chip Muffin, 3.6oz, 2G	1 each	52
Cinnamon Toast Crunch, RS Cereal, 1.0 oz	1 each	22
Cocoa Puffs, RS Cereal, 1.06 oz	1 each	25
Flavored Sour Raisins, 1.33oz	1 pkg = 1/2 cup Fruit	29
Honey Wheat Bar, 2.5 oz	1 each	43
Orange 100% Juice Box, 4 oz	1/2 cup	15
Plain Raisins, 1.5 oz	1 pkg = 1/2 cup Fruit	29
Strawberry Poptart, WG, Kellogg's, 1.75 oz	1 each	36
String Cheese, 1 oz	1 each	0

Milk	Serving Amount	Total CHO (g)
Lactose Free	1 each	13
Low Fat White	1 each	13
Non Fat Chocolate	1 each	19

Lunch Entrees:	Serving Amount	Total CHO (g)	CHO Note:
Beef Hot Dog on a WW Bun (EE-36)	1 each	23	HD 1g, B 20g
Cheeseburger on a Bun (EE35)	1 each	29	B 28g, HB 0g, C 1g
Cheeze Pizza Slice (SEM-77)	1/8th Slice	35	
Chicken Patty on a WW Bun (SEE-15)	1 each	47	CP 19g, B 28g
Crispy Chicken Tenders (EM-16)	3 each	21	
Hamburger on a Bun (EE35)	1 each	28	B 28g, HB 0g
PB&J Uncrustable & String Cheese (EEE-111)	1 each / 1 each	32	
Penne Pasta with Meat Sauce w/ Mozzarella (SEH-66)	1 cup / 6oz spd / 2 TBSP	50	Meat Sauce 12g, Pasta 37g, Cheese 1g
RF WG Mozzarella Sticks with Dipping Sauce (SEM-50)	6 each / 1/2 cup OR 1 each	38	Mozz sticks 31, Sauce 7g
Ham & Cheese Sandwich	1 each	32	H 2g, C 1g, B 29g
Turkey & Cheese Sandwich (EE112)	1 each	32	T 1g, C 1g, B 29g
WG Chicken Nuggets (SEM-10)	6 each	19	
WG Tortilla Rounds with Taco Meat & Cheese (SEE-55)	1ea / #12 scoop / 2 TBSP	25	Rounds, 19g, TM 5g, C 1g
WG Tortilla Scoops with Taco Meat & Cheese		28	Scoops 22g, TM 5g, C 1g
Yogurt, Bagel, String Cheese (EE-110)	1 each / 1 each / 1 each	44	Y: 15g, B: 29g, SC: 0g, Jelly: 9g
	With Jelly	53	
Beef Burrito	1 each	41	
Macaroni and Cheese (EM-40)		32	

Lunch Sides:	Serving Amount	Total CHO (g)
Fresh Baby Carrot Cup (2.5 oz)	1 each / 1 each	8
BBQ Sauce Cup, 1 oz	1 each	8
Broccoli Florets	1/2 cup	3
Capri Sun 100% Juice Pouch, 6 oz	6 oz = 1/4 C Juice	21
Fresh Celery Stick Cup (2.2 oz)	1 each / 1 each	2.5
Cheez-its, WG, 0.75 oz, 1G Equiv.	1 each	14
Corn	1/2 cup	16
Cucumber Slice Cup (2.5 oz)	1 each / 1 each	2.5
Flavored Sour Raisins, 1.33oz	1 each	29
Fresh Fruit Choice: Apple, Orange, Peach, Nectarine, Grapes	1 each	~15
Grape Jelly Cup	1 each	9
Ketchup Packets, 9g	1 each	2
Light Mayo Packet, 7/16 oz	1 each	1
Light Ranch Dip	1 each	5g
Margarine Spread	1 each	0
Mashed Potatoes (S-20)	1/2 cup	13
Salsa Cup, 3 oz	1 each	5
Smile Fries	4 pieces	29
Seasoned Potato Wedges (S-36722)	1/2 cup	21
Sliced Carrots	1/2 cup	7
Sweet & Savory Baked Beans (S-2)	1/2 cup	28
Veggie Juice Slushie, 4 oz	1 ea = 1/4 C Fruit	15
WG Choc Chip Cookies, 1.4 oz	1 each	25
Applesauce (1/2 cup)	1 each	14
Fresh Grape Tomato Cup	1 each	2.5
Dorito Nacho Cheese 1oz	1 each	19
Green beans	1 each	6