

Hot Entrees

Elementary School Carb Counts

Item	Serving Size	Carb Count
BBQ Chicken Dinner	3 oz	3.97g
BBQ Chicken Sandwich	1 ea	40.84g
Beef Nachos	1 ea	21.75g
Cheese Pizza	1 ea	37.00g
Chicken Soup w/ Pizza Stick	1 ea	21.38g
Chicken Nuggets	5 ea	11.00g
Chicken Patty Sandwich	1 ea	34.00g
Chicken Fajita	1 ea	18.71g
Chicken Parm Sandwich	1 ea	48.98g
Chicken Quesadilla	1 ea	28.35g
Chicken Snack Wrap	1 ea	33.84g
Chicken Tenders	3 ea	12.00g
Chili Cheese Nachos	1 ea	37.85g
Crunchy Taco	2 ea	14.27g
Fish Sandwich	1 ea	42.00g
Grilled Chicken Sandwich	1 ea	23.82g
Hamburger	1 ea	23.76g
Hot Dog	1 ea	24.47g
Mac & Cheese	1.5 c	49.36g
Cheeseburger	1 ea	23.74g
Waffle Sticks	3 ea	42.00g
Sausage Links	2 ea	00.32g

Item	Serving Size	Carb Count
French Toast Sticks	3 ea	32.25g
Meatball Parm Sandwich	1 ea	48.04g
Pasta w/ Meat Sauce	1 c	58.27g
Pizza Sticks	2 ea	32.00g
Pulled Pork Sandwich	1 ea	38.21g
Pretzel & Yogurt	1 ea	55.94g
Soft Beef Taco	1 ea	15.07g
Sweet & Sour Chicken	1 ea	30.73g
Taco Dippers	3 ea	30.00g
Turkey Dinner	1 ea	6.00g
Soft Beef Taco	2 ea	30.14g
Cheese Omelet	1 ea	1.13g

Review your menu for items that may be served with additional grains such as breadstick or rice.

Rice $\frac{1}{2}$ c 24.29g Breadstick 24.00g Rice $\frac{3}{4}$ c 32.39g

* $\frac{1}{2}$ c Rice will be served w/ tacos & fajitas; $\frac{3}{4}$ c rice will be served w/ beef nachos

