

MS Carbohydrate Lunch Menu- SY10

| Product | CHO | CHO |
|--|-----|-----|
| Beans-Baked | 40 | |
| Beans-Black | 19 | |
| Beans-Refried | 25 | |
| Beef MegaMinis & Rice Bowl | 40 | |
| Breadstick-Cheese Filled | 27 | |
| Breadstick-Garlic | 27 | |
| Brownie Bite | 22 | |
| Chicken-Asian Bites | 23 | |
| Chicken-Mandarian Orange & Rice | 50 | |
| Chicken-Oven Fried & Biscuit | 13 | 26 |
| Chicken-Tenders (2) | 15 | |
| Cinnamon Apples | 20 | |
| Coleslaw | 4 | |
| Cookie | 21 | |
| Corn | 18 | |
| Egg Roll-Chicken (2) | 40 | |
| Egg Rolls- Mini (2) | 13 | |
| Empanadas | 38 | |
| Fish & Chips (chips are 2 Triangle Potatoes) | 18 | 27 |
| Fish Wedge | 18 | |
| Fruit-Chilled | 17 | |
| Fruit-Fresh | 18 | |
| Hotdog | 0 | 27 |
| Hummus/Pita Chips | 6 | 26 |
| Juice Bars | 16 | |
| Lasagna | 14 | |
| Macaroni & Cheese | 22 | |
| Nachos-Beef & Cheese | 43 | |
| Okra-Oven Baked | 27 | |
| Pasta Salad | 51 | |
| Peas-Black Eyed | 17 | |
| Peas-Green | 15 | |
| Pizza-Cheese-Presliced | 39 | |
| Pizza-Pepperoni-Presliced | 39 | |
| Potato-Creamed | 40 | |
| Potato-Cross Trax (waffle) | 21 | |
| Potato-Deli Roasters | 22 | |
| Potato-Fries Sweet | 22 | |
| Potato-Spiral | 11 | |
| Pretzels | 23 | |
| Pudding | 29 | |
| Rice-Asian | 22 | |
| Rice-Mexican | 22 | |
| Roll-Whole Wheat | 24 | |
| Salad-Chef/Crackers | 0 | 15 |

MS Carbohydrate Lunch Menu- SY10

| Product | CHO | CHO |
|---|-----|-----|
| Sandwich-Beef Burger/Bun | 0 | 27 |
| Sandwich-Beef Mini Burger/Mini Kaiser (3) | 0 | 33 |
| Sandwich-Chicken Breaded/Bun | 13 | 27 |
| Sandwich-Chicken Grilled/Bun | 0 | 27 |
| Sandwich-Chicken Mini (3)/Mini Kaiser (3) | 32 | |
| Sandwich-Fish/Bun | 18 | 27 |
| Sandwich-PB&J-Large-IW | 51 | |
| Sandwich-Philly Cheese/Hoagie Roll | 0 | 40 |
| Sandwich-Veggie Burger/Bun | 0 | 27 |
| Sandwich-Veggie Chicken/Bun | 16 | 27 |
| Sandwich-Veggie Max/Hoagie Roll | 14 | 40 |
| Sandwich-Veggie Teriyaki/Bun | 10 | 27 |
| Spaghetti & Meatballs | 27 | |
| Sub-Meatball | 55 | |
| Subs-Assorted | 46 | |
| Sun Chips | 19 | |
| Tacos-Beef & Cheese | 46 | |
| Wraps-Assorted | 37 | |
| Yogurt-Fruit Parfait | 56 | |