

**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

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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	