Bryan County Schools School Nutrition Program Menu Carbohydrate Counts
${ }^{* * *}$ ALL TOTALS ARE APPROXIMATE, PER SERVING, UNLESS OTHERWISE NOTED***

| Menu Item | M=Main Entrée <br> S= Side <br> C= Condiment | Carb Count (Grams) | Food Group | BREAKFAST |
| :---: | :---: | :---: | :---: | :---: |
| Apple, with peel, small | S | 14 | F |  |
| Applesauce, unsweetened, 1/2 cup | S | 14 | F |  |
| Asparagus, 1/2 cup | S | 2 | V |  |
| Banana, small | S | 16 | F |  |
| Beans, Baked | S | 29 | V |  |
| Beans, Beanie Weenies | S | 30 | V |  |
| Beans, Black | S | 20 | V |  |
| Beans, Garbanzo, roasted, 1/2 c | S | 24 | V |  |
| Beans, Green | S | 4 | V |  |
| Beans, Lima 1/2 cup | S | 14 | V |  |
| Beans, Pinto 1/2 cup | S | 22 | V |  |
| Beans, refried | S | 25 | V |  |
| Beans, Vegetarian | S | 27 | V |  |
| Beef, Charbroiled Beef Patty | M | 1 | M/MA |  |
| Biscuit | S | 24 | G |  |
| Biscuit, Chicken | M | 24 | G | * |
| Blueberry Crisp | S | 50 | F/G |  |
| Boom Boom Sauce | C | 3 | C |  |
| Bosco Sticks (Cheezy Breadsticks) per stick | M | 28 | M/MA, G |  |
| Breadstick, Garlic, 1 each | S | 17 | G |  |
| Broccoli, ( Cream of) Soup | S | 15 | V |  |
| Broccoli, $1 / 2$ cup cooked | S | 5 | V |  |
| Broccoli, 1/2 cup raw | S | 3 | V |  |
| Broccoli/Lite Cheese Sauce | S | 5 | V |  |
| Broccoli Salad | S | 20 | V |  |
| Burrito | M | 40 | M/MA, G |  |
| Cabbage, 1/2 cup | S | 4 | V |  |
| Calzone, Pepperoni, 1 each | M | 31 | M/MA, G |  |
| Cantaloupe, 1/2 cup | S | 7 | F |  |
| Carrots, baby, raw | S | 4 | V |  |
| Carrots, cooked | S | 8 | V |  |
| Carrot, Fries, 1/2 cup | S | 6 | V |  |
| Cauliflower, raw | S | 3 | V |  |
| Celery, raw | S | 2 | V |  |
| Cereal, Variety 1 oz., | M | 22-27 | G | * |
| Cereal, Variety 2 oz., | M | 44-54 | G | * |
| Cheeseburger | M | 39 | M/MA, G |  |
| Cheese bites, Mini, 1 bite | M | 7 | M/MA, G |  |
| Cheesy Stick per stick | M | 28 | M/MA, G |  |
| Chicken Alfredo | M | 57 | M/MA |  |
| Chicken, Buffalo | M |  | M/MA |  |

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| :---: | :---: | :---: | :---: | :---: |
| Chicken and Rice | M | 40 | M/MA, G |  |
| Chicken Caesar Wrap | M | 45 | M/MA, G |  |
| Chicken Chunks | M | 20 | M/MA |  |
| Chicken Fajita, Meat Only | M | 2 | M/MA |  |
| Chicken Fingers, Middle and High | M | 18 | M/MA, G |  |
| Chicken Fingers, Primary and Elementary | M | 12 | M/MA, G |  |
| Chicken Patty | M | 17 | M/MA, G |  |
| Chicken Pot Pie | M | 47 | M/MA, V |  |
| Chicken, Drumstick | M | 6 | M/MA |  |
| Chicken, Nuggets | M | 20 | M/MA, G |  |
| Chicken Wings, Fire Glazed, 2 wings | M | 2 | M/MA |  |
| Chicken, Sandwich Clux Deluxe | M | 40 | M/MA, G |  |
| Chili/Beans/Cheese | M | 20 | M/MA |  |
| Chips, BBQ | SNACK | 14 | * |  |
| Chips, Chex Mix | SNACK | 20 | G |  |
| Chips, Chex Mix, flavored | SNACK | 36 | G |  |
| Chips, Corn | S | 18 | G |  |
| Chips, Potato | SNACK | 15 | V |  |
| Chips, Potato baked | S | 23 | V |  |
| Chips, Sour Cream and Onion | SNACK | 14 | * |  |
| Chips, Tortilla | SNACK | 17 | G |  |
| Chips, Tortilla baked | SNACK | 22 | G |  |
| Chips, Tortilla Ranch | SNACK | 18 | G |  |
| Chips, Tortilla RESTAURANT STYLE (served w/nachos) | S | 18 | G |  |
| Chips, Tortilla, light baked | SNACK | 20 | G |  |
| Chips, Tortilla, Nacho (2 oz.) | SNACK | 36 | G |  |
| Clementines, each | S | 9 | F |  |
| Clux Deluxe Chicken Sandwich | M | 40 | M/MA, G |  |
| Cole Slaw (1/2 cup) | S | 7 | V |  |
| Cookie, Chocolate Chip Cookies | S | 27 | G |  |
| Cookie, School Baked | S | 27 | G |  |
| Corn Dog | M | 30 | M/MA, G |  |
| Corn, 1/2 cup | S | 15 | V |  |
| Corn, creamed | S | 23 | V |  |
| Cornbread Dressing | S | 22 | G |  |
| Crackers, animal 8 (ea) | S | 15 | G | * |
| Crackers, Graham 3 (ea) | S | 18 | G | * |
| Craisins | S | 28 | F |  |
| Croissant | S | 26 | G |  |
| Cucumber, 1/2 cup | S | 2 | V |  |
| Cup, Fruit and Yogurt | S | 18 | F/M/MA |  |

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| :---: | :---: | :---: | :---: | :---: |
| Dipping Sauce \& Chips (Salsa \& Tortilla Chips) | S | 25 | V/G |  |
| Donut, yeast, each | M | 30 | G | * |
| Dressing, Cornbread, 1/2 cup | S | 22 | G |  |
| Dressing, Honey Mustard | C | 9 | * |  |
| Dressing, Salad- Caesar 2 TBSP | C | 0 | C |  |
| Dressing, Salad- Ranch 1 TBSP | C | 1 | C |  |
| Eggs, Scrambled | M | 3 | M/MA | * |
| Egg Roll, 1 each | S | 26 | G |  |
| Fish Nuggets, 4 pieces | M | 28 | M/MA |  |
| Franks, Turkey | M | 1 | M/MA |  |
| Fruit cocktail (juice pack), 1/2 cup | S | 14 | F |  |
| Garbanzo Beans, roasted, 1/2 cup | S | 24 | V |  |
| Grapes, seedless 1/2 cup | S | 7 | F |  |
| Gravy, Low Sodium Brown Gravy Mix | C | 4 | ** |  |
| Gravy, Low Sodium Roasted Chicken | C | 3 | ** |  |
| Grilled Cheese Sandwich | M | 27 | M/MA, G |  |
| Grilled Cheese, Tuscan Sandwich | M | 30 | M/MA, G, V |  |
| Grits, 1 cup | M | 35 | G | * |
| Ham, sliced | M | 1 | M/MA |  |
| Hamburger w/Bun | M | 27 | M/MA, G |  |
| Holiday Cake (Chocolate Cake) | S | 32 | * |  |
| Hot Dog w/ Bun | M | 30 | M/MA, G |  |
| Jell-O (1/2 cup) | S | 17 | ** |  |
| Kale, cooked | S | 3 | V |  |
| Ketchup, 1 packet | C | 2 | C |  |
| Kiwi, 1 med | S | 11 | F |  |
| Lemon Pudding w/ Blueberries | S | 37 | ** |  |
| Lettuce, tomato, pickle | S | 2 | V |  |
| Lima Beans, 1/2 cup | S | 20 | V |  |
| Macaroni and cheese | S | 39 | M/MA, G |  |
| Margarine | C | 1 | C |  |
| Mayonnaise, reg 1 TBSP | C | 4 | C |  |
| Mayonnaise, sugar-free, light | C | 1 | C |  |
| Melon, Honey Dew | S | 8 | F |  |
| Milk, 1\% 1 cup | BEVERAGE | 13 | D |  |
| Milk, Chocolate FF | BEVERAGE | 20 | D |  |
| Mozzarella Cheese Sticks | M | 35 | M, MA |  |
| Muffin, Banana | M | 43 | G | * |
| Muffin, Blueberry | S | 26 | G |  |
| Mustard, yellow 1 packet | C | 1 | C |  |
| Nachos, Beefy Cheese | M | 42 | M/MA, G |  |

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| :---: | :---: | :---: | :---: | :---: |
| Nachos, Cheesy | M | 36 | M/MA, G |  |
| Oatmeal, Cinnamon, 1 cup | M | 55 | G | * |
| Oatmeal Bar, Strawberry | M | 46 | G | * |
| Onion Rings, 1/2 cup | S | 30 | V,G |  |
| Orange, med. | S | 15 | F |  |
| Oranges, Mandarin, juice pack 1/2 cup | S | 12 | F |  |
| Pancakes, Sausage Pup Pancakes on a Stick | M | 17 | M/MA, G | * |
| Pancake Syrup | C | 31 | C | * |
| Pancakes, Maple Flavored Mini | M | 35 | G | * |
| Pasta Salad | S | 15 | V,G |  |
| Pasta, Spaghetti, cooked 1/2 cup | M | 18 | G |  |
| Parfait, Fruit and Yogurt | M | 64 | G/F/M/MA | * |
| Peaches, juice pack, 1/2 cup | S | 14 | F |  |
| Peanut Butter \& Jelly Sandwich, Uncrustables | M | 32 | M/MA, G |  |
| Pear, Large | S | 16 | F |  |
| Pears, Juice pack, 1/2 cup | S | 16 | F |  |
| Peas and Carrots (mixed, cooked) | S | 11 | V |  |
| Peas, Black-eyed 1/2 cup | S | 17 | V |  |
| Peas, Garden | S | 11 | V |  |
| Pepper, Green Bell raw 1/2 cup | S | 2 | V |  |
| Philly Steak, meat only | M | 3 | M/MA |  |
| Pickles, Serving | S | <1 | V |  |
| Pineapple, chunks 1/2 cup | S | 11 | F |  |
| Pineapple, juice pack, 1/2 cup | S | 10 | F |  |
| Pizza, French Bread | M | 29 | M/MA, G |  |
| Pizza, Pepperoni | M | 28 | M/MA, G |  |
| Pizza, Stuffed Crust Pepperoni | M | 35 | M/MA, G |  |
| Pizza, Whole Grain Breakfast Turkey Sausage | M | 26 | M/MA, G | * |
| Poptarts, Variety | M | 75-78 | G | * |
| Poptarts, Whole Grain Frosted Cinnamon | M | 76 | G | * |
| Poptarts, Whole Grain Frosted Strawberry | M | 76 | G | * |
| Potato, baked with skin | S | 30 | V |  |
| Potato, Twice Baked | S | 27 | V |  |
| Potatoes, Long Branch (FRIES) | S | 23 | V |  |
| Potatoes, Mashed | S | 17 | V |  |
| Potatoes, Mashed with Gravy | S | 20 | V |  |
| Potatoes, Shoe String (FRIES) | S | 22 | V |  |
| Potatoes, Sweet, Fries, 3 oz | S | 23 | V |  |
| Potatoes, Tater Tots | S | 19 | V |  |
| Potatoes, Waffle (Skincredibles) | S | 21 | V |  |
| Pretzel, Whole Grain | S | 30 | G |  |

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| :---: | :---: | :---: | :---: | :---: |
| Pudding, Lemon with Blueberries | S | 37 | ** |  |
| Pulled Pork, BBQ | M | 12 | M/MA |  |
| Pulled Pork, BBQ, Sandwich | M | 42 | M/MA, G |  |
| Raisins, unsweetened, 1.33 oz. box (1/4 cup eq.) | S | 29 | F |  |
| Rice Krispy Treats, Whole Grain | S | 9 | G |  |
| Rice, white, long-grain, cooked 1/2 cup | S | 25 | G |  |
| Rice, white, long-grain, cooked 1/2 cup w/ gravy | S | 28 | G |  |
| Roll, Cinnamon | S | 38 | G |  |
| Roll, Wheat Rolls Made w/ WG | S | 30 | G |  |
| Roll, Yeast | S | 30 | G |  |
| Salad, Caesar | S | 15 | V |  |
| Salad, Garden Side | S | 8 | V |  |
| Salad, Pasta, 1/2 cup | S | 14 | G/V |  |
| Salisbury Steak | M | 5 | M/MA |  |
| Salsa (Dipping Sauce) | S | 2 | V |  |
| Sandwich, BBQ Pork | M | 50 | M/MA |  |
| Sandwich, Chicken Caesar Wrap | M | 45 | M/MA, G |  |
| Sandwich, Chicken Salad on Croissant | M | 33 | M/MA, G |  |
| Sandwich, Chicken Sandwich (Clux Delux) | M | 39 | M/MA, G |  |
| Sandwich, Fish | M | 41 | M/MA,G |  |
| Sandwich, Grilled Cheese | M | 28 | M/MA, G |  |
| Sandwich, Grilled Chicken | M | 34 | M/MA, G |  |
| Sandwich, Ham and Cheese | M | 28 | M/MA, G |  |
| Sandwich, Turkey | M | 28 | M/MA, G |  |
| Sandwich, Hot Ham \& Cheese Sliders | M | 28 | M/MA, G |  |
| Sandwich, PB \& J Jamwich | M | 33 | M/MA, G |  |
| Sandwich, Philly Steak w/ cheese | M | 65 | M/MA, G |  |
| Sandwich, Tuna Salad on Croissant (w/ pickle relish | M | 36 | M/MA, G |  |
| Sauce, Boom Boom | C | 3 | C |  |
| Sauce, Marinara | C | 6 | V |  |
| Sauce, Marinara 2.5 oz Dipping Cup | C | 8 | V |  |
| Sauce, Taco 1 packet | C | 1 | C |  |
| Sausage, Links, 2 each | S | 0 | M/MA,G | * |
| Sausage Patty, Pork | M | 1 | M/MA | * |
| Sausage Pup Pancakes on a Stick | M | 17 | M/MA | * |
| Scone, Blueberry | M | 49 | G | * |
| Soup, Chicken Noodle (Oodles of Noodles) | M | 16 | M/MA, G |  |
| Soup, Cream of Broccoli | S | 15 | V |  |
| Soup, Potato (Loaded) | S | 17 | V |  |
| Soup, Vegetable | S | 19 | V |  |
| Sour Cream | C | 1 | C |  |

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| :---: | :---: | :---: | :---: | :---: |
| Spaghetti w/ meat sauce (3/4 cup noodles) | M | 33 | M/MA, G |  |
| Squash, summer, fresh cooked 1/2 cup | S | 4 | V |  |
| Steak Nuggets | M | 6 | M/MA |  |
| Steak, Beef Fingers | M | 18 | M/MA |  |
| Steak, Country Style | M | 18 | M/MA |  |
| Steak, Salisbury | M | 3 | M/MA |  |
| Strawberries, Diced, Cups, Frozen | S | 21 | F |  |
| Syrup, pancake, 1.5 oz . | C | 31 | C |  |
| Taco Filling | M | 5 | M/MA |  |
| Taco, Hard Shell Beef | M | 33 | M/MA, G, V |  |
| Taco, Soft Beef | M | 24 | M/MA, G, V |  |
| Taco, Walking | M | 33 | M/MA, G, V |  |
| Teriyaki Chicken, 2.4oz | M | 6 | M/MA |  |
| Tomatoes and Rice | S | 28 | V, G |  |
| Tomatoes, 1/2 cup cooked | S | 6 | V |  |
| Tomatoes, $1 / 2$ cup raw | S | 4 | V |  |
| Tomatoes, Cherry (each) | S | 2 | V |  |
| Turkey, Deli sliced | M | 2 | M/MA |  |
| Turkey, Roasted | M | 0.1 | M/MA |  |
| Vegetables, Raw with Ranch | S | 9 | V |  |
| Vegetables, Sauteed Fresh | S | 4 | V |  |
| Vegetable Fried Rice, 1/2 cup | S | 27 | G |  |
| Vegetables, Stir Fry, 1/2 cup | S | 5 | V |  |
| Waffle, Belgian, 1 each | M | 38 | G | * |
| Waffles, Breakfast | M | 23 | G |  |
| Waffles, Dutch each | S | 43 | G |  |
| Walking Nachos ** (See cheesy nachos \& beefy nachos) |  |  |  |  |
| Watermelon, diced 1/2 cup | S | 6 | F |  |
| Wing Dings (3 wings) | M | 4 | M/MA |  |
| Yams | S | 17 | V |  |
| Yogurt | E/S | 12 | M/MA |  |
| Zucchini, fresh, cooked 1/2 cup | S | 4 | V |  |
| Zucchini, Sticks, Breaded, 5 sticks | S | 21 | V |  |
|  |  |  |  |  |

