Menu Items with Carbohydrate Counts

Items served as a regular part of the daily menu: Concord Elementary School

Oranges - 15.7
Apples - 15.4

1% White Milk - 13.0
Skim Chocolate Milk - 24.0
Skim Milk - 13.0

Menu Items: Concord Elementary School

Meatloaf w/Gravy - 7.0
Corn Dog - 27.0
Ham and Cheese Sandwich - 23.8
Ham/Turkey Chef Salad - 5.2
French Toast Sticks - 28.2
Cheeseburger on a Bun - 30.4
Turkey and Cheese Sandwich - 27.5
Sunbutter and Jelly Sandwich - 63.7
Orange Popcorn Chicken w/Broccoli - 38.7
Lomein - 50.7
Chicken Patty Sandwich - 43.3
Chicken Caesar Salad - 12.4
Sloppy Joe Melt - 34.9
Hot Dog on a Bun - 31.1
Cheese Pizza - 43.9
Toasted Cheese Sandwich - 27.4
Tomato Soup - 20.0
Turkey & Swiss Sandwich - 32.0
Turkey Chef Salad - 4.9
Spicy Vegetable Flatbread Pizza - 38.7
Hot Pretzel w/Cheese Sauce - 33.5
Chili Mac - 69.3
Bosco Sticks w/Marinara Sauce - 34.2
Chicken Nuggets - 15.0
Fish Sticks - 19.0
Ranch Chicken Wrap - 29.9
Popcorn Chicken Salad - 12.0
Meatball Sub - 37.5
Diced Chicken Nachos - 20.2
Mac & Cheese - 53.1
Roast Turkey & Gravy - 5.3
Spicy Breaded Chicken Sandwich - 38.5
Starch, Vegetables, Fruit and Condiments:

<table>
<thead>
<tr>
<th>Starch</th>
<th>Vegetables</th>
<th>Fruit and Condiments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peas - 10.1</td>
<td>Fresh Carrots - 1.0</td>
<td>Diced Pears - 14.2</td>
</tr>
<tr>
<td>Green Beans - 3.5</td>
<td>Fresh Celery - .3</td>
<td>Pineapple Chunks - 14.7</td>
</tr>
<tr>
<td>Corn - 14.3</td>
<td>Fresh Cucumbers - 2.7</td>
<td>Sliced Peaches - 11.0</td>
</tr>
<tr>
<td>Carrots - 5.0</td>
<td>Fresh Broccoli - 1.7</td>
<td>Mixed Fruit - 11.5</td>
</tr>
<tr>
<td>Baked Beans - 29.1</td>
<td>BBQ Sauce Pkt. - 3.0</td>
<td>Applesauce - 21.5</td>
</tr>
<tr>
<td>Oven Potatoes - 21.8</td>
<td>Mayo Pkt. - .2</td>
<td>Sliced Apples - 15.4</td>
</tr>
<tr>
<td>Brown Rice - 35.0</td>
<td>Mustard Packet - .5</td>
<td>Ketchup Pkt. - 2.3</td>
</tr>
<tr>
<td>Corn on the Cob - 29.3</td>
<td>Salsa - 2.0</td>
<td>Ranch Dressing - 8.1</td>
</tr>
<tr>
<td>Mashed Potatoes - 19.3</td>
<td>Gravy - 6.3</td>
<td>Mexican Rice - 22.6</td>
</tr>
<tr>
<td>Tater Tots - 13.6</td>
<td>Romaine Lettuce - .4</td>
<td>Tomato Wedges - 4.1</td>
</tr>
<tr>
<td>Dinner Roll - 13.0</td>
<td>Wheat Bread - 11.9</td>
<td>Saltine Crackers (2) - 4.0</td>
</tr>
<tr>
<td>Campfire Beans - 29.7</td>
<td>Vegetarian Baked Beans - 29.0</td>
<td>Pinto Beans - 24.9</td>
</tr>
<tr>
<td>Apple Juice - 14.0</td>
<td>Orange Juice - 13.0</td>
<td>Fruit Punch - 14.0</td>
</tr>
</tbody>
</table>