## **Carb Counts**

Neither School District nor Arbor Management, Inc., shall be liable to any person for any physical injury or other adverse consequences which may arise as an alleged result of

July. 2, 2018

Bacon Cheeseburger         26G           Baked Pasta         29G           BBQ Ribbette on a Bun         42 G           Beef and Bean Burrito         40G           Cheese Pizza         37G           Cheese Quesadillia         31G           Cheese Quesadillia         31G           Cheeseburger on a Bun         29 G           Cheesy Garlic Flatbread         36G           Chicken & Waffle Sandwich         56G           Chicken Nuggets         9.5G           Chicken Nuggets         9.5G           Chicken Sandwich         40 G           Chicken Sandwich         40 G           Chicken Sandwich, Spicy         39G           Chicken Strips/Fingers         17G           Chicken, Popcorn         10G           Corn Bread         28G           Double Stuffed Pizza Crust         31G           Egg and Turkey Sausage on a Muffin         26G           French Toast Sticks         23G           Grilled Cheese         30G           Hamburger on a Bun         28 G           Hot Dog         30G           Macaroni & Cheese         28G           Malibu Chicken Sandwich         40G           Meatball Sub <td< th=""><th><u>Lunch Entrée</u></th><th><b>Carb Counts</b></th></td<>	<u>Lunch Entrée</u>	<b>Carb Counts</b>
BBQ Ribbette on a Bun         42 G           Beef and Bean Burrito         40G           Cheese Pizza         37G           Cheese Quesadillia         31G           Cheeseburger on a Bun         29 G           Cheesy Garlic Flatbread         36G           Chicken & Waffle Sandwich         56G           Chicken Nuggets         9.5G           Chicken Quesdillia         37G           Chicken Sandwich         40 G           Chicken Sandwich, Spicy         39G           Chicken Strips/Fingers         17G           Chicken, Popcorn         10G           Corn Bread         28G           Double Stuffed Pizza Crust         31G           Egg and Turkey Sausage on a Muffin         26G           French Toast Sticks         23G           Grilled Cheese         30G           Hamburger on a Bun         28 G           Hot Dog         30G           Macaroni & Cheese         28G           Malibu Chicken Sandwich         40G           Meatball Sub         37 G           Mini Turkey Corn Dogs         33g           Nacho Supreme         42 G           Pasta & Meatballs         32G           Pepperoni Pizza	Bacon Cheeseburger	26G
Beef and Bean Burrito         40G           Cheese Pizza         37G           Cheese Quesadillia         31G           Cheese Quesadillia         29 G           Cheesy Garlic Flatbread         36G           Chicken & Waffle Sandwich         56G           Chicken Nuggets         9.5G           Chicken Quesdillia         37G           Chicken Sandwich         40 G           Chicken Sandwich, Spicy         39G           Chicken Sandwich, Spicy         39G           Chicken Strips/Fingers         17G           Chicken, Popcorn         10G           Corn Bread         28G           Double Stuffed Pizza Crust         31G           Egg and Turkey Sausage on a Muffin         26G           French Toast Sticks         23G           Grilled Cheese         30G           Hamburger on a Bun         28 G           Hot Dog         30G           Macaroni & Cheese         28G           Malibu Chicken Sandwich         40G           Meatball Sub         37 G           Mini Turkey Corn Dogs         33g           Nacho Supreme         42 G           Pasta & Meatballs         32G           Pepperoni Pizza	Baked Pasta	29G
Cheese Pizza         37G           Cheese Quesadillia         31G           Cheese Quesadillia         29 G           Cheesy Garlic Flatbread         36G           Chicken & Waffle Sandwich         56G           Chicken Nuggets         9.5G           Chicken Quesdillia         37G           Chicken Sandwich         40 G           Chicken Sandwich, Spicy         39G           Chicken Strips/Fingers         17G           Chicken, Popcorn         10G           Corn Bread         28G           Double Stuffed Pizza Crust         31G           Egg and Turkey Sausage on a Muffin         26G           French Toast Sticks         23G           Grilled Cheese         30G           Hamburger on a Bun         28 G           Hot Dog         30G           Macaroni & Cheese         28G           Malibu Chicken Sandwich         40G           Meatball Sub         37 G           Mini Turkey Corn Dogs         33g           Nacho Supreme         42 G           Pancakes         30G           Pasta & Meatballs         32G           Pepperoni Pizza         33G           Pizza, Stuffed Crust Cheese         38G<	BBQ Ribbette on a Bun	42 G
Cheese Quesadillia Cheeseburger on a Bun Cheesy Garlic Flatbread Chicken & Waffle Sandwich Chicken Nuggets Chicken Quesdillia Chicken Sandwich Chicken Sandwich Chicken Sandwich Chicken Sandwich Chicken Sandwich, Spicy Chicken Strips/Fingers T7G Chicken, Popcorn Corn Bread Double Stuffed Pizza Crust Egg and Turkey Sausage on a Muffin French Toast Sticks Grilled Cheese Hamburger on a Bun Hot Dog Macaroni & Cheese Malibu Chicken Sandwich Meatball Sub Mini Turkey Corn Dogs Nacho Supreme Pancakes Pasta & Meatballs Pepperoni Pizza Pizza, Stuffed Crust Cheese 38G Pizza, Cheese 34G Pasta & Marcheese Sticks) Pizza, Cheese 34G Pizza, Cheese 34G	Beef and Bean Burrito	40G
Cheeseburger on a Bun         29 G           Cheesy Garlic Flatbread         36G           Chicken & Waffle Sandwich         56G           Chicken Nuggets         9.5G           Chicken Quesdillia         37G           Chicken Sandwich         40 G           Chicken Sandwich, Spicy         39G           Chicken Strips/Fingers         17G           Chicken, Popcorn         10G           Corn Bread         28G           Double Stuffed Pizza Crust         31G           Egg and Turkey Sausage on a Muffin         26G           French Toast Sticks         23G           Grilled Cheese         30G           Hamburger on a Bun         28 G           Hot Dog         30G           Macaroni & Cheese         28G           Malibu Chicken Sandwich         40G           Meatball Sub         37 G           Mini Turkey Corn Dogs         33g           Nacho Supreme         42 G           Pancakes         30G           Pasta & Meatballs         32G           Pepperoni Pizza         33G           Pizza Sticks (Max Cheese Sticks)         34G           Pizza, Cheese         34G	Cheese Pizza	37G
Cheesy Garlic Flatbread Chicken & Waffle Sandwich Chicken Nuggets 9.5G Chicken Quesdillia 37G Chicken Sandwich Chicken Sandwich Chicken Sandwich, Spicy 39G Chicken Strips/Fingers 17G Chicken, Popcorn 10G Corn Bread Double Stuffed Pizza Crust 31G Egg and Turkey Sausage on a Muffin French Toast Sticks 23G Grilled Cheese Hamburger on a Bun Hot Dog Macaroni & Cheese Malibu Chicken Sandwich Meatball Sub 37 G Mini Turkey Corn Dogs Nacho Supreme 42 G Pancakes Pasta & Meatballs Pizza Sticks (Max Cheese Sticks) Pizza, Stuffed Crust Cheese Pizza, Cheese 34G	Cheese Quesadillia	31G
Chicken & Waffle Sandwich Chicken Nuggets 9.5G Chicken Quesdillia 37G Chicken Sandwich 40 G Chicken Sandwich, Spicy 39G Chicken Strips/Fingers 17G Chicken, Popcorn 10G Corn Bread 28G Double Stuffed Pizza Crust 31G Egg and Turkey Sausage on a Muffin French Toast Sticks 23G Grilled Cheese Hamburger on a Bun 28 G Hot Dog Macaroni & Cheese Malibu Chicken Sandwich Meatball Sub 37 G Mini Turkey Corn Dogs Nacho Supreme 42 G Pancakes Pasta & Meatballs Pepperoni Pizza Pizza, Stuffed Crust Cheese 38G Pizza, Stuffed Crust Cheese 38G Pizza, Cheese 38G Pizza, Cheese 38G Pizza, Cheese 38G Pizza, Cheese	Cheeseburger on a Bun	29 G
Chicken Nuggets         9.5G           Chicken Quesdillia         37G           Chicken Sandwich         40 G           Chicken Sandwich, Spicy         39G           Chicken Strips/Fingers         17G           Chicken, Popcorn         10G           Corn Bread         28G           Double Stuffed Pizza Crust         31G           Egg and Turkey Sausage on a Muffin         26G           French Toast Sticks         23G           Grilled Cheese         30G           Hamburger on a Bun         28 G           Hot Dog         30G           Macaroni & Cheese         28G           Malibu Chicken Sandwich         40G           Meatball Sub         37 G           Mini Turkey Corn Dogs         33g           Nacho Supreme         42 G           Pancakes         30G           Pasta & Meatballs         32G           Pepperoni Pizza         33G           Pizza, Stuffed Crust Cheese         34G           Pizza, Cheese         34G	Cheesy Garlic Flatbread	36G
Chicken Quesdillia         37G           Chicken Sandwich         40 G           Chicken Sandwich, Spicy         39G           Chicken Strips/Fingers         17G           Chicken, Popcorn         10G           Corn Bread         28G           Double Stuffed Pizza Crust         31G           Egg and Turkey Sausage on a Muffin         26G           French Toast Sticks         23G           Grilled Cheese         30G           Hamburger on a Bun         28 G           Hot Dog         30G           Macaroni & Cheese         28G           Malibu Chicken Sandwich         40G           Meatball Sub         37 G           Mini Turkey Corn Dogs         33g           Nacho Supreme         42 G           Pancakes         30G           Pasta & Meatballs         32G           Pepperoni Pizza         33G           Pizza, Stuffed Crust Cheese         38G           Pizza, Cheese         34G	Chicken & Waffle Sandwich	56G
Chicken Sandwich Chicken Sandwich, Spicy Chicken Strips/Fingers Chicken, Popcorn Corn Bread Double Stuffed Pizza Crust Egg and Turkey Sausage on a Muffin French Toast Sticks Grilled Cheese Hamburger on a Bun Hot Dog Macaroni & Cheese Malibu Chicken Sandwich Meatball Sub Mini Turkey Corn Dogs Nacho Supreme Pancakes Pasta & Meatballs Pepperoni Pizza Pizza, Stuffed Crust Cheese 39G Chicken Sandwich Pizza, Cheese 39G Rog	Chicken Nuggets	9.5G
Chicken Sandwich, Spicy Chicken Strips/Fingers Chicken, Popcorn Chicken, Popcorn Corn Bread Double Stuffed Pizza Crust Egg and Turkey Sausage on a Muffin French Toast Sticks Grilled Cheese Hamburger on a Bun Hot Dog Macaroni & Cheese Malibu Chicken Sandwich Meatball Sub Mini Turkey Corn Dogs Nacho Supreme Pancakes Pasta & Meatballs Pepperoni Pizza Pizza Sticks (Max Cheese 39G Chicken Sandwich Pizza, Cheese 39G Pizza, Stuffed Crust Cheese 39G Pizza, Cheese	Chicken Quesdillia	37G
Chicken Strips/Fingers Chicken, Popcorn Corn Bread Double Stuffed Pizza Crust Egg and Turkey Sausage on a Muffin French Toast Sticks Grilled Cheese Hamburger on a Bun Hot Dog Macaroni & Cheese Malibu Chicken Sandwich Meatball Sub Mini Turkey Corn Dogs Nacho Supreme Pancakes Pasta & Meatballs Pepperoni Pizza Pizza Sticks (Max Cheese Sticks) Pizza, Stuffed Crust Cheese 10G 10G 28G 23G 23G 23G 24G 24G 28G 28G 28G 30G 37 G 33g 33g 33g 33g 33g 33g 33g 33g 33g 33	Chicken Sandwich	40 G
Chicken, Popcorn Corn Bread Double Stuffed Pizza Crust Egg and Turkey Sausage on a Muffin French Toast Sticks Grilled Cheese Hamburger on a Bun Hot Dog Macaroni & Cheese Malibu Chicken Sandwich Meatball Sub Mini Turkey Corn Dogs Nacho Supreme Pancakes Pasta & Meatballs Pepperoni Pizza Pizza Sticks (Max Cheese Sticks) Pizza, Stuffed Crust Cheese 34G  10G 28G 30G 28G 28G 30G 30G 30G 37 G 33g 37 G 33g 37 G 33g 38G 32G 32G 33G 33G 33G 33G 33G 33G 33G 33	Chicken Sandwich, Spicy	39G
Corn Bread         28G           Double Stuffed Pizza Crust         31G           Egg and Turkey Sausage on a Muffin         26G           French Toast Sticks         23G           Grilled Cheese         30G           Hamburger on a Bun         28 G           Hot Dog         30G           Macaroni & Cheese         28G           Malibu Chicken Sandwich         40G           Meatball Sub         37 G           Mini Turkey Corn Dogs         33g           Nacho Supreme         42 G           Pancakes         30G           Pasta & Meatballs         32G           Pepperoni Pizza         33G           Pizza Sticks (Max Cheese Sticks)         34G           Pizza, Stuffed Crust Cheese         38G           Pizza, Cheese         34G	Chicken Strips/Fingers	17G
Double Stuffed Pizza Crust  Egg and Turkey Sausage on a Muffin  French Toast Sticks  Grilled Cheese  Hamburger on a Bun  Hot Dog  Macaroni & Cheese  Malibu Chicken Sandwich  Meatball Sub  Mini Turkey Corn Dogs  Nacho Supreme  Pancakes  Pasta & Meatballs  Pepperoni Pizza  Pizza Sticks (Max Cheese  Pizza, Stuffed Crust Cheese  31G  32G  31G  32G  30G  40G  30G  40G  37 G  33g  33g  33g  33g  34G  32G  Pizza, Stuffed Crust Cheese  38G  Pizza, Cheese  34G	Chicken, Popcorn	10G
Egg and Turkey Sausage on a Muffin  French Toast Sticks  Grilled Cheese  Hamburger on a Bun  Hot Dog  Macaroni & Cheese  Malibu Chicken Sandwich  Meatball Sub  Mini Turkey Corn Dogs  Nacho Supreme  Pancakes  Pasta & Meatballs  Pepperoni Pizza  Pizza Sticks (Max Cheese Sticks)  Pizza, Stuffed Crust Cheese  30G  28G  28G  40G  30G  40G  37 G  33g  Nacho Supreme  42 G  Pancakes  30G  Pizza Sticks (Max Cheese Sticks)  Pizza, Stuffed Crust Cheese  Pizza, Cheese  34G	Corn Bread	28G
French Toast Sticks Grilled Cheese Hamburger on a Bun Hot Dog Macaroni & Cheese Malibu Chicken Sandwich Meatball Sub Mini Turkey Corn Dogs Nacho Supreme Pancakes Pasta & Meatballs Pepperoni Pizza Pizza Sticks (Max Cheese Sticks) Pizza, Cheese  30G  28G 40G  40G  40G  40G  40G  40G  42 G  933g  83g  84C  84G  84G  84G  86G  87E  87E  87E  87E  87E  87E  87E  87	Double Stuffed Pizza Crust	31G
Grilled Cheese       30G         Hamburger on a Bun       28 G         Hot Dog       30G         Macaroni & Cheese       28G         Malibu Chicken Sandwich       40G         Meatball Sub       37 G         Mini Turkey Corn Dogs       33g         Nacho Supreme       42 G         Pancakes       30G         Pasta & Meatballs       32G         Pepperoni Pizza       33G         Pizza Sticks (Max Cheese Sticks)       34G         Pizza, Stuffed Crust Cheese       38G         Pizza, Cheese       34G	Egg and Turkey Sausage on a Muffin	26G
Hamburger on a Bun  Hot Dog  Macaroni & Cheese  Malibu Chicken Sandwich  Meatball Sub  Mini Turkey Corn Dogs  Nacho Supreme  Pancakes  Pasta & Meatballs  Pepperoni Pizza  Pizza Sticks (Max Cheese  Pizza, Stuffed Crust Cheese  Pizza, Cheese  30G  30G  28G  40G  37 G  37 G  33 G  33 G  42 G  30 G  32 G  32 G  33 G  34 G  28 G  30 G  31 G  32 G  29 C  20 C  21 C  22 C  23 C  24 C  26 C  27 C  28 C  28 G  28 C  28	French Toast Sticks	23G
Hot Dog       30G         Macaroni & Cheese       28G         Malibu Chicken Sandwich       40G         Meatball Sub       37 G         Mini Turkey Corn Dogs       33g         Nacho Supreme       42 G         Pancakes       30G         Pasta & Meatballs       32G         Pepperoni Pizza       33G         Pizza Sticks (Max Cheese Sticks)       34G         Pizza, Stuffed Crust Cheese       38G         Pizza, Cheese       34G	Grilled Cheese	30G
Macaroni & Cheese       28G         Malibu Chicken Sandwich       40G         Meatball Sub       37 G         Mini Turkey Corn Dogs       33g         Nacho Supreme       42 G         Pancakes       30G         Pasta & Meatballs       32G         Pepperoni Pizza       33G         Pizza Sticks (Max Cheese Sticks)       34G         Pizza, Stuffed Crust Cheese       38G         Pizza, Cheese       34G	Hamburger on a Bun	28 G
Malibu Chicken Sandwich  Meatball Sub  Mini Turkey Corn Dogs  Nacho Supreme  Pancakes  Pasta & Meatballs  Pepperoni Pizza  Pizza Sticks (Max Cheese Sticks)  Pizza, Stuffed Crust Cheese  Pizza, Cheese  A 7 G  40 G  40 G  40 G  40 G  40 G  40 G  42 G  43 G  44 G  44 G  45 G  46 G  46 G  47 G  48 G  48 G  48 G  48 G  48 G  48 G  49 G  40	Hot Dog	30G
Meatball Sub       37 G         Mini Turkey Corn Dogs       33g         Nacho Supreme       42 G         Pancakes       30G         Pasta & Meatballs       32G         Pepperoni Pizza       33G         Pizza Sticks (Max Cheese Sticks)       34G         Pizza, Stuffed Crust Cheese       38G         Pizza, Cheese       34G	Macaroni & Cheese	28G
Mini Turkey Corn Dogs 33g Nacho Supreme 42 G Pancakes 30G Pasta & Meatballs 32G Pepperoni Pizza 33G Pizza Sticks (Max Cheese Sticks) 34G Pizza, Stuffed Crust Cheese 38G Pizza, Cheese 34G	Malibu Chicken Sandwich	40G
Nacho Supreme 42 G Pancakes 30G Pasta & Meatballs 32G Pepperoni Pizza 33G Pizza Sticks (Max Cheese Sticks) 34G Pizza, Stuffed Crust Cheese 38G Pizza, Cheese 34G	Meatball Sub	37 G
Pancakes 30G Pasta & Meatballs 32G Pepperoni Pizza 33G Pizza Sticks (Max Cheese Sticks) 34G Pizza, Stuffed Crust Cheese 38G Pizza, Cheese 34G	Mini Turkey Corn Dogs	33g
Pasta & Meatballs  Pepperoni Pizza  Pizza Sticks (Max Cheese Sticks)  Pizza, Stuffed Crust Cheese  Pizza, Cheese  34G	Nacho Supreme	42 G
Pepperoni Pizza 33G Pizza Sticks (Max Cheese Sticks) 34G Pizza, Stuffed Crust Cheese 38G Pizza, Cheese 34G	Pancakes	30G
Pizza Sticks (Max Cheese Sticks)  Pizza, Stuffed Crust Cheese  38G  Pizza, Cheese  34G	Pasta & Meatballs	32G
Pizza, Stuffed Crust Cheese 38G Pizza, Cheese 34G	Pepperoni Pizza	33G
Pizza, Cheese 34G	Pizza Sticks (Max Cheese Sticks)	34G
·	Pizza, Stuffed Crust Cheese	38G
Pizza, Turkey Pepperoni 33G	Pizza, Cheese	34G
	Pizza, Turkey Pepperoni	33G

Pizza, Turkey Sausage	33G
Popcorn Chicken Bowl	50G
Pretzel Stick	14G
Salisbury Steak	4 G
Salisbury Steak Sandwich	33G
Salisbury Steak w/Gravy Mashed Potato's	18 G
Sausage Patty	0G
Sloppy Joe on a Bun	36G
Sloppy with Scoops	29G
Soft Pretzel	30G
Soft Tacos	33G
Stuffed Crust Pizza	36G
Sweet & Spicy Chicken Finger Wrap	61G
Turkey Hot Dog on a Bun	30 G
Walking Taco	22 G
Western Burger	40G
Whole Grain Dinner Roll	13G