

SPECIAL DIET CARB COUNTS

updated 9/2021

BREAKFAST

- Chicken sausage patties & tater tots -20
- Diced Turkey & tater tots- 21
- Sausage links & tater tater tots-19
- chcken tamale-19
- Turkey + bagel-34

LUNCH

- Gluten Free Chicken Tenders (5 pieces)-20
- Gluten Free Spring Pasta-59
- Low Carb Gluten Free Spring Pasta-37
- Gluten Free Pasta with Meat Sauce-54

- Low Carb Wheat Pasta with Meat Sauce-38
- Whole Wheat Penne Pasta-56

- Low sodium Beef Nachos-25 (with chips)
- Low sodium Orange Chicken-57
- Whole Wheat Chili Mac-58

- Chili Bean Rice-56
- Pork Chile Verde With Rice-38
- Chicken Fried Rice-47
- Shredded Beef with Mashed Potato-24
- Chicken Taco Bowl-58
- Beef Tacos (ground beef)-31
- Beef Tacos (Shredded Beef)-23
- Chicken Tacos-29
- Chicken Fajita Tacos-34
- Carnitas Tacos-28

Milk

- Non-fat milk-12
- Soy milk-13
- Lactaid-

Side Items

- Mixed Veggies-9
- Corn Chips (2 oz)-38
- Guacamole cup-3
- Mashed Potato cup (1/2 cup)-29