

CARBOHYDRATE & FIBER COUNTS FOR MENU ITEMS *

* Estimated grams of carbohydrate & fiber per food item based on planned portion sizes and diabetic exchanges.

LUNCH ENTREES	PORTION SIZE	CARBOHYDRATE (g)	FIBER (g)
BBQ Beef on Bun	1 sandwich	37	4
BBQ Beef Sub / Hoagie	1 sandwich	37	4
BBQ Chicken Legs	1 leg	11	0
BBQ Meatball Sub / Hoagie	1 sandwich	37	4
Bean & Cheese Stuffed Potato	1 potato	38	8
Beef & Bean Chili	1/2 c	16	4
Beef & Cheese Stuffed Potato	1 potato	30	3
Beef Enchilada Bake	4" x 6" piece	17	2
Buffalo Chicken Sandwich	1 sandwich	32	4
Caesar Salad	1 salad	8	1
Cheese Alfredo / Cheesy Pasta	3/4 c	20	2
Cheese Burrito	1 each	25	4
Cheese Enchilada Bake	4" x 6" piece	18	3
Cheese Lasagna	4" x 6" piece	30	3
Cheese Mostaccioli	1 c	30	2
Cheese Quesadilla	1 each	20	3
Cheesy Breadsticks w/Marinara	2 sticks w/sauce	32	4
Chef Salad	1 salad	8	4
Chicken Alfredo	1 c	20	2
Chicken Caesar Salad	1 salad	8	2
Chicken Fajita Wrap	1 wrap	23	3
Chicken Kofta	1 piece	3	0
Chicken Mostaccioli	1 c	30	2
Chicken Vegetable Soup	2/3 c	5	1
Chicken Salad Wrap	1 wrap	23	3
Chicken Strips	3 strips	15	2
Chicken Taco Salad	1 salad	18	4
Chicken Taco Soup	2/3 c	15	2
Chickpea Pasta Salad	1 c	24	4
Deli Sub / Hoagie	1 sandwich	30	4
Deli Turkey & Cheese Bagel	1 sandwich	30	4
Deli Turkey & Cheese on Bun	1 sandwich	30	4
Deli Turkey & Cheese Sandwich	1 sandwich	30	4
Dijon Tuna Salad on Bun	1 sandwich	30	4
Dijon Tuna Salad Sub / Hoagie	1 sandwich	30	4
Egg Salad on Bun	1 sandwich	30	4
Egg Salad Sandwich	1 sandwich	30	4
Egg Salad Sub / Hoagie	1 sandwich	30	4
Egg Salad Wrap	1 wrap	23	3
Garden Salad	1 salad	5	4
Hamburger on Bun	1 sandwich	30	4
Italian Cheese Sub / Hoagie	1 sandwich	30	4
Italian Chicken Sub / Hoagie	1 sandwich	30	4
Italian Pasta w/Meatsauce	1 c	29	2
Macaroni & Cheese	2/3 c	30	2
Meatball Sub / Hoagie	1 sandwich	30	4
Multi-cheese Bagel	1 sandwich	30	4
Multi-cheese on Bun	1 sandwich	30	4
Multi-cheese Sandwich	1 sandwich	30	4
Multi-cheese Sub / Hoagie	1 sandwich	30	4
Pasta w/Meatballs	1 c	30	5
PB & J Sandwich	1 sandwich	40	4
Salisbury Steak	1 each	4	0
Sante Fe Cheese Pasta Salad	1 c	16	4
Sante Fe Cheese Wrap	1 wrap	25	5
Sante Fe Chicken Pasta Salad	3/4 c	12	3
Sante Fe Chicken Wrap	1 wrap	25	5

LUNCH ENTREES	PORTION SIZE	CARBOHYDRATE (g)	FIBER (g)
Soft Shell Beef Taco	1 each	23	3
Soft Shell Chicken Taco	1 each	23	3
Soft Shell Turkey Taco	1 each	23	3
Southwest Cheese Wrap	1 wrap	25	5
Southwest Chicken Wrap	1 wrap	25	5
Teriyaki Chicken Legs	1 leg	5	0
Three Bean Chili	3/4 c	17	9
Tuna Salad on Bun	1 sandwich	30	4
Turkey Corn Dog	1 ea	27	1
Turkey Ham & Cheese Bagel	1 each	30	4
Turkey Ham & Cheese on Bun	1 sandwich	30	4
Turkey Ham & Cheese Sandwich	1 sandwich	30	4
Turkey Ham & Cheese Sub / Hoagie	1 sandwich	30	4
Turkey Hot Dog on Bun	1 sandwich	26	2
Turkey Salami & Cheese Bagel	1 sandwich	30	4
Turkey Salami & Cheese on Bun	1 sandwich	30	4
Turkey Salami & Cheese Sandwich	1 sandwich	30	4
Vegetable Bean Soup	1 c	20	9
Vegetable Beef Soup	2/3 c	20	5
Vegetable Beef Stew	3/4 c	10	3
Veggie Chef Salad	1 each	10	2
Veggie Taco Salad	1 each	15	1
Veggie Taco Soup	1 c	20	10
White Bean Chili	3/4 c	20	7
White Chicken Chili	1/2 c	10	5
SIDES	PORTION SIZE	CARBOHYDRATE (g)	FIBER (g)
Baked Beans	1/2 c	29	5
Baked Chips	1 pkg	18	2
Bean Dip	1/3 c	13	3
Biscuit	1 ea	27	2
Black Beans	1/2 c	19	7
Breadstick, Soft	1 stick	13	1
Breadstick, Garlic	1 stick	13	1
Brown Rice	1/2 c	15	1
Carrot Slaw	2/3 c	5	2
Corn Muffin	1 each	36	2
Deli Coleslaw	1/2 c	6	2
Dinner Roll	1 each	14	2
Hummus	1/2 c	19	4
Hummus Dip	1/3 c	13	3
Pinto Beans	1/2 c	19	9
Potato Salad	2/3 c	15	2
Potato Wedges	1/2 c	15	2
Refried Beans	2/3 c	20	5
Roasted Potatoes	1/2 c	15	2
Steamed Corn	1/2 c	19	2
Tortilla Chips	1 oz	18	2
SALAD & VEGGIES	PORTION SIZE	CARBOHYDRATE (g)	FIBER (g)
Broccoli	1/2 c	3	1
Carrots	1/2 c	4	2
Celery	1/2 c	2	1
Romaine & Spinach Mix	1 c	3	1
Romaine Lettuce	1 c	2	1
Tomatoes - Cherry / Grape	1/2 c	3	1
Zucchini	1/2 c	2	1
FRUITS	PORTION SIZE	CARBOHYDRATE (g)	FIBER (g)
Apple - 15 / 3	1 med	19	4
Applesauce - 15 / 3	1/2 c	14	1
Banana - 15 / 2	petite	18	2
Banana - 22 / 3	regular	26	3

Fruit Juice, mxd frt - 15	4 oz	14	0
Fruit Juice, frt punch - 22	6 oz	24	0
Orange - 15 / 2	1 med	15	3
Raisins - 15 / 3	1 oz	22	2
BREAKFAST	PORTION SIZE	CARBOHYDRATE (g)	FIBER (g)
Breakfast Loaf -Banana	2 oz	28	1
Breakfast Loaf - Tropical	2 oz	24	2
Cereal - Cinnamon Toasters	1 oz	22	1
Cereal - Honey Scooters	1 oz	22	2
Fruit Yogurt	1/2 c	19	0
Granola	1 oz	20	2
Muffin - Blueberry	1 ea	26	1
Muffin - Apple Cinnamon	1 ea	26	1
String Cheese	1 oz	<1	0
SNACK	PORTION SIZE	CARBOHYDRATE (g)	FIBER (g)
Animal Crackers	1 pkg	21	2
Multi-grain Bar - Apple Cinnamon	1 bar	24	4
Multi-grain Bar - Brown Sugar	1 bar	24	4
Pretzels	1 pkg	23	1
Sun Chips	1 pkg	18	2
DRESSINGS	PORTION SIZE	CARBOHYDRATE (g)	FIBER (g)
Asian	2 TB	6	0
Caesar	2 TB	1	0
French	2 TB	10	0
Italian	2 TB	4	0
Ranch	2 TB	1	0
OTHER	PORTION SIZE	CARBOHYDRATE (g)	FIBER (g)
Chow Mein Noodles	2 TB	5	2
Croutons	2 TB	5	0
Margarine	1 TB	0	0
Milk - white, skim	1 half pint	13	0
Milk - white, 1%	1 half pint	13	0
Milk - choc, skim	1 half pint	23	0
Sunflower Seeds	1 oz	5	3