

Lunch October Carbohydrate Info

Date	Name	Serving Type	Carbohydrate G
10/19/2020	Cheesesteak	Spoodle 4 oz	30.269
10/19/2020	Peas	Spoodle 4 oz	15.214
10/19/2020	Assorted Fruit	Serving	21.946
10/19/2020	Milk, 1% White	Each	13.000
10/19/2020	Milk, FF, Choc	Each	23.000
10/19/2020	Nacho Cheese Doritos	Each	20.000
10/19/2020	Cheese Salad	Each	43.490
10/19/2020	Grilled Chicken Salad	Each	43.971
10/19/2020	Buffalo Chicken Salad	Each	43.971
10/19/2020	Tuna Salad	Each	41.465
10/19/2020	Turkey Sub	Each	30.091
10/19/2020	Italian Sub	Each	31.634
10/19/2020	Slice Cheese Pizza	Slice	28.000
10/19/2020	Slice Pepperoni Pizza	Slice	29.000
10/19/2020	Square Pepperoni Pizza	Slice	27.000
10/19/2020	Stuffed Crust Cheese Pizza	Slice	38.000
10/19/2020	Stuffed Crust Pepperoni Pizza	Slice	35.092
10/19/2020	Cheese Quesadilla	Slice	45.845
10/20/2020	Chicken Poppers	Spoodle 6 oz	20.996
10/20/2020	Dinner Roll	Each	15.000
10/20/2020	Oven Fries	Spoodle 4 oz	23.957
10/20/2020	Assorted Fruit	Serving	21.946
10/20/2020	Milk, 1% White	Each	13.000
10/20/2020	Milk, FF, Choc	Each	23.000
10/20/2020	Cheez-Its	Each	14.000
10/20/2020	Cheese Salad	Each	43.490
10/20/2020	Grilled Chicken Salad	Each	43.971
10/20/2020	Buffalo Chicken Salad	Each	43.971
10/20/2020	Tuna Salad	Each	41.465
10/20/2020	Turkey Sub	Each	30.091
10/20/2020	Italian Sub	Each	31.634
10/20/2020	Slice Cheese Pizza	Slice	28.000
10/20/2020	Slice Pepperoni Pizza	Slice	29.000
10/20/2020	Square Pepperoni Pizza	Slice	27.000
10/20/2020	Stuffed Crust Cheese Pizza	Slice	38.000
10/20/2020	Stuffed Crust Pepperoni Pizza	Slice	35.092
10/20/2020	Cheese Quesadilla	Slice	45.845
10/21/2020	General Tso's Chicken	Spoodle 4 oz	22.898
10/21/2020	Chow Mein Noodles	Spoodle 4 oz	26.582
10/21/2020	Broccoli	Spoodle 4 oz	5.818
10/21/2020	Assorted Fruit	Serving	21.946
10/21/2020	Milk, 1% White	Each	13.000
10/21/2020	Milk, FF, Choc	Each	23.000
10/21/2020	Chocolate Chip Cookie	Each	27.500
10/21/2020	Cheese Salad	Each	43.490
10/21/2020	Grilled Chicken Salad	Each	43.971
10/21/2020	Buffalo Chicken Salad	Each	43.971
10/21/2020	Tuna Salad	Each	41.465
10/21/2020	Turkey Sub	Each	30.091
10/21/2020	Italian Sub	Each	31.634
10/21/2020	Slice Cheese Pizza	Slice	28.000
10/21/2020	Slice Pepperoni Pizza	Slice	29.000
10/21/2020	Square Pepperoni Pizza	Slice	27.000
10/21/2020	Stuffed Crust Cheese Pizza	Slice	38.000
10/21/2020	Stuffed Crust Pepperoni Pizza	Slice	35.092

10/21/2020	Cheese Quesadilla	Slice	45.845
10/22/2020	Chicken Tenders	Serving	15.976
10/22/2020	Dinner Roll	Each	15.000
10/22/2020	Oven Fries	Spoodle 4 oz	23.957
10/22/2020	Assorted Fruit	Serving	21.946
10/22/2020	Milk, 1% White	Each	13.000
10/22/2020	Milk, FF, Choc	Each	23.000
10/22/2020	Sweet Spicy Chili Doritos	Each	20.000
10/22/2020	Cheese Salad	Each	43.490
10/22/2020	Grilled Chicken Salad	Each	43.971
10/22/2020	Buffalo Chicken Salad	Each	43.971
10/22/2020	Tuna Salad	Each	41.465
10/22/2020	Turkey Sub	Each	30.091
10/22/2020	Italian Sub	Each	31.634
10/22/2020	Slice Cheese Pizza	Slice	28.000
10/22/2020	Slice Pepperoni Pizza	Slice	29.000
10/22/2020	Square Pepperoni Pizza	Slice	27.000
10/22/2020	Stuffed Crust Cheese Pizza	Slice	38.000
10/22/2020	Stuffed Crust Pepperoni Pizza	Slice	35.092
10/22/2020	Cheese Quesadilla	Slice	45.845
10/23/2020	Meatball Sandwich with Cheese	Sandwich	37.450
10/23/2020	Mixed Vegetables	Spoodle 4 oz	15.840
10/23/2020	Assorted Fruit	Serving	21.946
10/23/2020	Milk, 1% White	Each	13.000
10/23/2020	Milk, FF, Choc	Each	23.000
10/23/2020	Rice Krispies	Each	30.000
10/23/2020	Cheese Salad	Each	43.490
10/23/2020	Grilled Chicken Salad	Each	43.971
10/23/2020	Buffalo Chicken Salad	Each	43.971
10/23/2020	Tuna Salad	Each	41.465
10/23/2020	Turkey Sub	Each	30.091
10/23/2020	Italian Sub	Each	31.634
10/23/2020	Slice Cheese Pizza	Slice	28.000
10/23/2020	Slice Pepperoni Pizza	Slice	29.000
10/23/2020	Square Pepperoni Pizza	Slice	27.000
10/23/2020	Stuffed Crust Cheese Pizza	Slice	38.000
10/23/2020	Stuffed Crust Pepperoni Pizza	Slice	35.092
10/23/2020	Cheese Quesadilla	Slice	45.845
10/24/2020	Buffalo Chicken Sandwich	Sandwich	27.028
10/24/2020	Oven Fries	Spoodle 4 oz	23.957
10/24/2020	Rice Krispies	Each	30.000
10/24/2020	Assorted Fruit	Serving	21.946
10/24/2020	Milk, 1% White	Each	13.000
10/24/2020	Milk, FF, Choc	Each	23.000
10/24/2020	Cheese Salad	Each	43.490
10/24/2020	Grilled Chicken Salad	Each	43.971
10/24/2020	Buffalo Chicken Salad	Each	43.971
10/24/2020	Tuna Salad	Each	41.465
10/24/2020	Turkey Sub	Each	30.091
10/24/2020	Italian Sub	Each	31.634
10/24/2020	Slice Cheese Pizza	Slice	28.000
10/24/2020	Slice Pepperoni Pizza	Slice	29.000
10/24/2020	Square Pepperoni Pizza	Slice	27.000
10/24/2020	Stuffed Crust Cheese Pizza	Slice	38.000
10/24/2020	Stuffed Crust Pepperoni Pizza	Slice	35.092
10/24/2020	Cheese Quesadilla	Slice	45.845
10/25/2020	Chicken Quesadilla	Slice	44.845
10/25/2020	Corn	Spoodle 4 oz	20.480

10/25/2020	Assorted Fruit	Serving	21.946
10/25/2020	Milk, 1% White	Each	13.000
10/25/2020	Milk, FF, Choc	Each	23.000
10/25/2020	Chocolate Chip Cookie	Each	27.500
10/25/2020	Cheese Salad	Each	43.490
10/25/2020	Grilled Chicken Salad	Each	43.971
10/25/2020	Buffalo Chicken Salad	Each	43.971
10/25/2020	Tuna Salad	Each	41.465
10/25/2020	Turkey Sub	Each	30.091
10/25/2020	Italian Sub	Each	31.634
10/25/2020	Slice Cheese Pizza	Slice	28.000
10/25/2020	Slice Pepperoni Pizza	Slice	29.000
10/25/2020	Square Pepperoni Pizza	Slice	27.000
10/25/2020	Stuffed Crust Cheese Pizza	Slice	38.000
10/25/2020	Stuffed Crust Pepperoni Pizza	Slice	35.092
10/25/2020	Cheese Quesadilla	Slice	45.845
10/26/2020	Chicken Poppers	Spoodle 6 oz	20.996
10/26/2020	Dinner Roll	Each	15.000
10/26/2020	Oven Fries	Spoodle 4 oz	23.957
10/26/2020	Assorted Fruit	Serving	21.946
10/26/2020	Milk, 1% White	Each	13.000
10/26/2020	Milk, FF, Choc	Each	23.000
10/26/2020	Nacho Cheese Doritos	Each	20.000
10/26/2020	Cheese Salad	Each	43.490
10/26/2020	Grilled Chicken Salad	Each	43.971
10/26/2020	Buffalo Chicken Salad	Each	43.971
10/26/2020	Tuna Salad	Each	41.465
10/26/2020	Turkey Sub	Each	30.091
10/26/2020	Italian Sub	Each	31.634
10/26/2020	Slice Cheese Pizza	Slice	28.000
10/26/2020	Slice Pepperoni Pizza	Slice	29.000
10/26/2020	Square Pepperoni Pizza	Slice	27.000
10/26/2020	Stuffed Crust Cheese Pizza	Slice	38.000
10/26/2020	Stuffed Crust Pepperoni Pizza	Slice	35.092
10/26/2020	Cheese Quesadilla	Slice	45.845
10/27/2020	Beef Nachos	Serving	37.349
10/27/2020	Corn	Spoodle 4 oz	20.480
10/27/2020	Assorted Fruit	Serving	21.946
10/27/2020	Milk, 1% White	Each	13.000
10/27/2020	Milk, FF, Choc	Each	23.000
10/27/2020	Cheez-Its	Each	14.000
10/27/2020	Cheese Salad	Each	43.490
10/27/2020	Grilled Chicken Salad	Each	43.971
10/27/2020	Buffalo Chicken Salad	Each	43.971
10/27/2020	Tuna Salad	Each	41.465
10/27/2020	Turkey Sub	Each	30.091
10/27/2020	Italian Sub	Each	31.634
10/27/2020	Slice Cheese Pizza	Slice	28.000
10/27/2020	Slice Pepperoni Pizza	Slice	29.000
10/27/2020	Square Pepperoni Pizza	Slice	27.000
10/27/2020	Stuffed Crust Cheese Pizza	Slice	38.000
10/27/2020	Stuffed Crust Pepperoni Pizza	Slice	35.092
10/27/2020	Cheese Quesadilla	Slice	45.845
10/28/2020	Chicken Nuggets	Serving	19.526
10/28/2020	Dinner Roll	Each	15.000
10/28/2020	Oven Fries	Spoodle 4 oz	23.957
10/28/2020	Assorted Fruit	Serving	21.946
10/28/2020	Milk, 1% White	Each	13.000

10/28/2020	Milk, FF, Choc	Each	23.000
10/28/2020	Chocolate Chip Cookie	Each	27.500
10/28/2020	Cheese Salad	Each	43.490
10/28/2020	Grilled Chicken Salad	Each	43.971
10/28/2020	Buffalo Chicken Salad	Each	43.971
10/28/2020	Tuna Salad	Each	41.465
10/28/2020	Turkey Sub	Each	30.091
10/28/2020	Italian Sub	Each	31.634
10/28/2020	Slice Cheese Pizza	Slice	28.000
10/28/2020	Slice Pepperoni Pizza	Slice	29.000
10/28/2020	Square Pepperoni Pizza	Slice	27.000
10/28/2020	Stuffed Crust Cheese Pizza	Slice	38.000
10/28/2020	Stuffed Crust Pepperoni Pizza	Slice	35.092
10/28/2020	Cheese Quesadilla	Slice	45.845
10/29/2020	Spicy Chicken Sandwich	Sandwich	47.000
10/29/2020	Carrots	Spoodle 4 oz	9.750
10/29/2020	Assorted Fruit	Serving	21.946
10/29/2020	Milk, 1% White	Each	13.000
10/29/2020	Milk, FF, Choc	Each	23.000
10/29/2020	Sweet Spicy Chili Doritos	Each	20.000
10/29/2020	Cheese Salad	Each	43.490
10/29/2020	Grilled Chicken Salad	Each	43.971
10/29/2020	Buffalo Chicken Salad	Each	43.971
10/29/2020	Tuna Salad	Each	41.465
10/29/2020	Turkey Sub	Each	30.091
10/29/2020	Italian Sub	Each	31.634
10/29/2020	Slice Cheese Pizza	Slice	28.000
10/29/2020	Slice Pepperoni Pizza	Slice	29.000
10/29/2020	Square Pepperoni Pizza	Slice	27.000
10/29/2020	Stuffed Crust Cheese Pizza	Slice	38.000
10/29/2020	Stuffed Crust Pepperoni Pizza	Slice	35.092
10/29/2020	Cheese Quesadilla	Slice	45.845
10/30/2020	Cheeseburger	Sandwich	38.000
10/30/2020	Baked Beans	Spoodle 4 oz	54.853
10/30/2020	Assorted Fruit	Serving	21.946
10/30/2020	Milk, 1% White	Each	13.000
10/30/2020	Milk, FF, Choc	Each	23.000
10/30/2020	Rice Krispies	Each	30.000
10/30/2020	Cheese Salad	Each	43.490
10/30/2020	Grilled Chicken Salad	Each	43.971
10/30/2020	Buffalo Chicken Salad	Each	43.971
10/30/2020	Tuna Salad	Each	41.465
10/30/2020	Turkey Sub	Each	30.091
10/30/2020	Italian Sub	Each	31.634
10/30/2020	Slice Cheese Pizza	Slice	28.000
10/30/2020	Slice Pepperoni Pizza	Slice	29.000
10/30/2020	Square Pepperoni Pizza	Slice	27.000
10/30/2020	Stuffed Crust Cheese Pizza	Slice	38.000
10/30/2020	Stuffed Crust Pepperoni Pizza	Slice	35.092
10/30/2020	Cheese Quesadilla	Slice	45.845
10/31/2020	BBQ Chicken Sandwich	Spoodle 4 oz	48.400
10/31/2020	Oven Fries	Spoodle 4 oz	23.957
10/31/2020	Assorted Fruit	Serving	21.946
10/31/2020	Milk, 1% White	Each	13.000
10/31/2020	Milk, FF, Choc	Each	23.000
10/31/2020	Popcorn	Each	21.000
10/31/2020	Cheese Salad	Each	43.490
10/31/2020	Grilled Chicken Salad	Each	43.971

10/31/2020	Buffalo Chicken Salad	Each	43.971
10/31/2020	Tuna Salad	Each	41.465
10/31/2020	Turkey Sub	Each	30.091
10/31/2020	Italian Sub	Each	31.634
10/31/2020	Slice Cheese Pizza	Slice	28.000
10/31/2020	Slice Pepperoni Pizza	Slice	29.000
10/31/2020	Square Pepperoni Pizza	Slice	27.000
10/31/2020	Stuffed Crust Cheese Pizza	Slice	38.000
10/31/2020	Stuffed Crust Pepperoni Pizza	Slice	35.092
10/31/2020	Cheese Quesadilla	Slice	45.845