

October Lunch Carbohydrate Info			
Date	Name	Serving Type	Carbohydrate G
Daily	Apple	Each	21.040
Daily	Apple Slices	Serving	7.125
Daily	Banana	Each	27.180
Daily	Oranges	Each	21.620
Daily	100% Apple Juice	Each	15.000
Daily	100% Orange Juice	Each	14.000
Daily	Applesauce	Serving	16.459
Daily	Applesauce Cup	Serving	14.000
Daily	Apricot Cup	Serving	25.000
Daily	Berry Cup	Serving	20.000
Daily	Dried Cranberries	Each	27.270
Daily	Diced Peaches	Serving	15.781
Daily	Diced Pears	Serving	15.565
Daily	Mandarin Oranges	Serving	23.291
Daily	Mixed Fruit	Serving	19.185
Daily	Peach Cup	Serving	19.000
Daily	Pineapple	Serving	18.656
Daily	Sliced Peaches	Serving	17.493
Daily	Sliced Pears	Serving	14.571
Daily	Strawberry Cup	Serving	21.000
Daily	Cheese Salad	Each	42.490
Daily	Grilled Chicken Salad	Each	44.741
Daily	Buffalo Chicken Salad	Each	44.715
Daily	Turkey Salad	Each	41.477
Daily	Ham Salad	Each	42.490
Daily	Chef Chopped Salad	Each	42.743
Daily	Tuna Salad	Each	40.465
Daily	Ham Sandwich	Each	36.832
Daily	Tuna Salad Sandwich	Each	33.313
Daily	Strawberry PB & J Sandwich	Each	47.000
Daily	Grape PB & J Sandwich	Each	47.000
Daily	Turkey Sandwich	Each	35.313
Daily	Ham Sub	Each	37.034
Daily	Italian Sub	Each	37.059
Daily	Turkey Sub	Each	35.515
Daily	Cheese Sub	Each	39.540
Daily	Large Peach Yogurt Parfait	Each	71.084
Daily	Large Strawberry Yogurt Parfait	Each	73.084
Daily	Large Strawberry Blueberry Yogurt Parfait	Each	67.084
Daily	Granola & Yogurt Protein Pack	Each	69.583
Daily	Slice Cheese Pizza	Slice	28.000
Daily	Slice Pepperoni Pizza	Slice	29.000
Daily	Square Cheese Pizza	Slice	27.000
Daily	Stuffed Crust Cheese Pizza	Slice	38.000
Daily	Stuffed Crust Pepperoni Pizza	Slice	35.092
Daily	Milk, 1% White	Each	13.220
Daily	Milk, FF, Choc	Each	23.000
Daily	Milk, FF, Straw	Each	23.000
10/01/2021	Breaded Chicken Sandwich	Sandwich	39.000
10/01/2021	Served with:	Each	
10/01/2021	Waffle Fries	Spoodle 4 oz	18.776
10/01/2021	Biscayne Blend Vegetables	Spoodle 4 oz	6.938
10/04/2021	Tomato Sauce	Ladle 1 (Oz)	2.710
10/04/2021	Cheese Bites	Serving (5 ct)	32.667
10/04/2021	Dinner Roll	Each	15.000

10/04/2021	Served with:	Each	
10/04/2021	Peas	Spoodle 4 oz	15.214
10/04/2021	Cauliflower	Spoodle 4 oz	4.750
10/05/2021	Chicken Poppers	Spoodle 6 oz	20.996
10/05/2021	Dinner Roll	Each	15.000
10/05/2021	Served with:	Each	
10/05/2021	Waffle Fries	Spoodle 4 oz	18.776
10/05/2021	Green Beans	Spoodle 4 oz	5.333
10/05/2021	Baby Carrots	Spoodle 4 oz	6.085
10/06/2021	Chicken Quesadilla	Slice	44.845
10/06/2021	Served with:	Each	
10/06/2021	California Blend Vegetables	Spoodle 4 oz	8.221
10/06/2021	Corn	Spoodle 4 oz	20.480
10/07/2021	Chicken Tenders	Serving	15.976
10/07/2021	Dinner Roll	Each	15.000
10/07/2021	Served with:	Each	
10/07/2021	Roasted Chickpeas	Spoodle 4 oz	23.887
10/07/2021	Seasoned Fries	Spoodle 4 oz	24.533
10/07/2021	Baby Carrots	Spoodle 4 oz	6.085
10/11/2021	Spicy Chicken Sandwich	Sandwich	47.000
10/11/2021	Served with:	Each	
10/11/2021	Green Beans	Spoodle 4 oz	5.333
10/11/2021	Malibu Blend Vegetables	Spoodle 4 oz	6.750
10/12/2021	Boneless Wings	Serving	14.545
10/12/2021	Dinner Roll	Each	15.000
10/12/2021	Served with:	Each	
10/12/2021	Broccoli	Spoodle 4 oz	5.818
10/12/2021	Seasoned Fries	Spoodle 4 oz	24.533
10/12/2021	Baby Carrots	Spoodle 4 oz	6.085
10/13/2021	Chicken Nuggets	Serving	13.313
10/13/2021	Dinner Roll	Each	15.000
10/13/2021	Served with:	Each	
10/13/2021	Mashed Potatoes	Scoop#8	14.060
10/13/2021	Chicken Gravy	Ladle 1 (Oz)	3.466
10/13/2021	Carrots	Spoodle 4 oz	9.750
10/14/2021	Cheesy Bread Braids	Serving (3 each)	45.000
10/14/2021	Served with:	Each	
10/14/2021	Seasoned Fries	Spoodle 4 oz	24.533
10/14/2021	Peas	Spoodle 4 oz	15.214
10/14/2021	Baby Carrots	Spoodle 4 oz	6.085
10/15/2021	Beef Nachos	Serving	37.408
10/15/2021	Brown Rice	Scoop#8	26.444
10/15/2021	Served with:	Each	
10/15/2021	Corn	Spoodle 4 oz	20.480
10/15/2021	Cheesy Refried Beans	Scoop#8	21.854
10/18/2021	BBQ Chicken Sandwich	Spoodle 4 oz	51.745
10/18/2021	Served with:	Each	
10/18/2021	Carrots	Spoodle 4 oz	9.750
10/18/2021	Au Gratin Potatoes	Scoop#8	25.500
10/19/2021	Mozzarella Sticks	Serving	33.000
10/19/2021	Dinner Roll	Each	15.000
10/19/2021	Served with:	Each	
10/19/2021	Seasoned Fries	Spoodle 4 oz	24.533
10/19/2021	Steamed Spinach	Spoodle 4 oz	2.049
10/19/2021	Baby Carrots	Spoodle 4 oz	6.085
10/20/2021	BBQ Rib Sandwich	Sandwich	50.945
10/20/2021	Served with:	Each	
10/20/2021	Broccoli	Spoodle 4 oz	5.818

10/20/2021	Biscayne Blend Vegetables	Spoodle 4 oz	6.938
10/21/2021	Breaded Chicken Sandwich	Sandwich	39.000
10/21/2021	Served with:	Each	
10/21/2021	Waffle Fries	Spoodle 4 oz	18.776
10/21/2021	Green Beans	Spoodle 4 oz	5.333
10/21/2021	Baby Carrots	Spoodle 4 oz	6.085
10/22/2021	Cheeseburger	Sandwich	33.997
10/22/2021	Served with:	Each	
10/22/2021	Baked Beans	Spoodle 4 oz	51.358
10/22/2021	Peas	Spoodle 4 oz	15.214
10/25/2021	Chicken Poppers	Spoodle 6 oz	20.996
10/25/2021	Dinner Roll	Each	15.000
10/25/2021	Served with:	Each	
10/25/2021	Waffle Fries	Spoodle 4 oz	18.776
10/25/2021	Green Beans	Spoodle 4 oz	5.333
10/26/2021	Chicken Quesadilla	Slice	44.845
10/26/2021	Served with:	Each	
10/26/2021	California Blend Vegetables	Spoodle 4 oz	8.221
10/26/2021	Corn	Spoodle 4 oz	20.480
10/26/2021	Baby Carrots	Spoodle 4 oz	6.085
10/27/2021	Chicken Tenders	Serving	15.976
10/27/2021	Dinner Roll	Each	15.000
10/27/2021	Served with:	Each	
10/27/2021	Roasted Chickpeas	Spoodle 4 oz	23.887
10/27/2021	Seasoned Fries	Spoodle 4 oz	24.533
10/28/2021	General Tso's Chicken	Spoodle 4 oz	22.898
10/28/2021	Brown Rice	CUP	52.889
10/28/2021	Served with:	Each	
10/28/2021	Broccoli	Spoodle 4 oz	5.818
10/28/2021	Ginger Glazed Carrots	Spoodle 4 oz	17.576
10/28/2021	Baby Carrots	Spoodle 4 oz	6.085
10/29/2021	Cheese Bites	Serving (5 ct)	32.667
10/29/2021	Dinner Roll	Each	15.000
10/29/2021	Served with:	Each	
10/29/2021	Peas	Spoodle 4 oz	15.214
10/29/2021	Cauliflower	Spoodle 4 oz	4.750