

Specialty Salads
Carbohydrate Count
2011-2012

Item	Portion Size	Carb (g)
Elementary Salads		
Oriental Chicken	1 Each	11.8
Chicken Caesar	1 Each	6.1
Chef	1 Each	9.8
Fruit and Yogurt (salad w/fruit)	1 Each	20.7
Yogurt, Dannon, all flavors	4 oz	17.0
Southwest Chicken	1 Each	6.3
Black Bean & Corn Salsa	1/8 cup	4.0
Harvest Chicken	1 Each	19.5
Buffalo Chicken	1 Each	4.9
Secondary Salads		
Oriental Chicken	1 Each	13.7
Chicken Caesar	1 Each	6.3
Chef	1 Each	10.6
Fruit and Yogurt (salad w/fruit)	1 Each	20.7
Yogurt, Dannon, all flavors	4 oz	17.0
Southwest Chicken	1 Each	6.5
Black Bean & Corn Salsa	1/8 cup	4.0
Harvest Chicken	1 Each	19.7
Buffalo Chicken	1 Each	4.9
Grains		
Chow Mein Noodles	1/4 Cup	9.5
Croutons, From Scratch	1/4 Cup	5.5
Rolls, Whole Wheat	1 Roll	22.4
Italian Bread, Whole Wheat	1 Each	26.4
Cornbread	1 Each	30.1
Muffin Loaf, WG, Variety	1 Each	29.3
Tortilla Chips, White Corn	1 oz	18.6
Crackers, Saltines	Package	13.0
Crackers, Premium Gold	Package	12.0
Graham , Apple Cinn Bear	Package	19.0
Graham, Apple Cinn Waffle	Package	18.0
Graham, Blueberry Waffle	Package	18.0
Graham, Strawberry Dinosaur	Package	19.0
Graham, Strawberry Waffle	Package	19.0
Graham, Vanilla Bear	Package	18.0

Item	Portion Size	Carb (g)
Dressings		
Dressing, Ken's Ranch	Pouch	2.0
Dressing, Ken's Ranch,Fat Free	Pouch	11.0
Dressing, Ken's Light Italian	Pouch	3.0
Dressing, Ken's Creamy Italian	Pouch	4.0
Dressing, Ken's Raspberry Vina	Pouch	12.0
Dressing, Ken's Caesar	Pouch	2.0
Dressing, Ken's Greek	Pouch	1.0
Dressing, Ken's Honey Mustard	Pouch	7.0
Dressing, Ken's French,Fat Fre	Pouch	12.0