

Middle Lunch Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

Tuesday - 08/22/2017

	Portion Size	Carb (g)
005064 Taco Bar	2 Tacos	38.74
005057 Taco Meat TB	2 oz	1.87
005060 Pollock Sticks TB	4 nuggets	19.07
005061 Fajita Meat TB	3 oz	2.47
990095 Crispy Chicken Salad	1 salad	61.88
001124 Whole Grain Roll	1 Roll	28.00
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Wednesday - 08/23/2017

	Portion Size	Carb (g)
001262 Sweet Thai Chili Chicken	1/2 Cup	12.01
001341 General Tso's Chicken	4 oz	26.26
001099 Brown Rice	1/2 Cup	27.22
990098 Tuna Salad	1 salad	53.10
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
000864 Broccoli Cheddar Soup	4 oz spoodle	7.37
000424 Steamed Green Beans	1/2 CUP	5.24
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Thursday - 08/24/2017

Middle Lunch Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

	Portion Size	Carb (g)
001306 Turkey Pot Roast	3 oz spoodle	3.39
000499 Meatloaf	1 serving	16.48
001067 Mashed Potatoes	1/2 cup	18.13
001124 Whole Grain Roll	1 Roll	28.00
990099 Buffalo Blue Chicken Salad	1 salad	67.15
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Friday - 08/25/2017

	Portion Size	Carb (g)
990082 Chicken Wing Bar	4 Wings	15.00
990097 Salmon Caesar Salad	1 salad	45.09
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
000857 Chicken Noodle Soup	4 oz	9.07
000307 Fresh Vegetables with Dip	1 serving	4.27
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Monday - 08/28/2017

	Portion Size	Carb (g)
001385 Smoked BBQ Brisket Sandwich	Sandwich	37.70
001276 Roasted Chicken Breast & Thigh	1 Piece	0.75
990096 Cobb Salad	1 salad	59.04

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000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
001302 Baked Potato Soup	4 oz spoodle	9.02
000439 Steamed Peas & Carrots	1/2 cup	10.34
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Tuesday - 08/29/2017

	Portion Size	Carb (g)
001364 Mashed Potato Bar	1/2 Cup	19.76
005052 Meatballs MP	3 each	5.99
005053 Turkey Pot Roast MP	3 oz spoodle	3.39
005054 Chicken MP	2 oz	1.33
001124 Whole Grain Roll	1 Roll	28.00
990095 Crispy Chicken Salad	1 salad	61.88
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Wednesday - 08/30/2017

	Portion Size	Carb (g)
000382 Chicken Pot Pie	1/2 CUP	28.73
001328 Carolina Chicken Chili	6 oz spoodle	18.89
990098 Tuna Salad	1 salad	53.10
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00

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001245 Salad Dressing	1 oz	2.00
000856 Tomato Basil Soup	4 oz spoodle	15.14
000755 Broccoli	1/2 cup	6.55
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Thursday - 08/31/2017

	Portion Size	Carb (g)
001215 Stuffed Shells	2 shells	41.42
001125 Breadstick, Whole Grain	1 Breadstick	20.00
990084 Mahi Mahi Fish & Grits	1 Bowl	0.00
000185 Cheese Grits	1/2 cup	14.30
990094 Carbonara Sauce	1 oz	2.61
990099 Buffalo Blue Chicken Salad	1 salad	67.15
001124 Whole Grain Roll	1 Roll	28.00
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Friday - 09/01/2017

	Portion Size	Carb (g)
000509 BBQ Pork Sandwich	1 Sandwich	44.06
990087 Italian Sausage Sub	1 Sub	32.61
990097 Salmon Caesar Salad	1 salad	45.09
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
000859 Chicken & Brown Rice Soup	4 oz spoodle	9.31
000271 Steamed Corn	1/2 cup	21.41

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000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Monday - 09/04/2017

	Portion Size	Carb (g)
990077 Korean BBQ Grain Bowl	1 Bowl	22.62
990079 Mahi Mahi Grain Bowl	1 Bowl	0.00
001099 Brown Rice	1/2 Cup	27.22
990096 Cobb Salad	1 salad	59.04
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
001287 Corn Chowder Soup	4 oz spoodle	16.23
000261 Carrots	1/2 cup	7.83
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Tuesday - 09/05/2017

	Portion Size	Carb (g)
001098 Beef & Cheese Nachos	1 Serving	52.61
990071 Chicken Enchilada	1 Enchilada	29.45
990095 Crispy Chicken Salad	1 salad	61.88
001099 Brown Rice	1/2 Cup	27.22
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17

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000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Wednesday - 09/06/2017

	Portion Size	Carb (g)
005047 Mac and Cheese Bar	1/2 cup	24.17
005050 Taco Meat MC	1 oz	0.94
005049 Ham MC	1 oz	1.50
005051 Meatballs MC	2 each	4.00
005048 Diced Chicken MC	1 oz	0.67
990098 Tuna Salad	1 salad	53.10
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
001043 Vegetable Beef Soup	4 oz spoodle	7.32
000433 Steamed Mixed Vegetables	1/2 cup	12.15
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Thursday - 09/07/2017

	Portion Size	Carb (g)
001360 St. Louis Style BBQ Ribs	2 ribs	12.86
001184 Cole Slaw	1/2 cup	5.89
000390 Mac & Cheese	1/2 cup	24.17
001124 Whole Grain Roll	1 Roll	28.00
000507 Meatball Sub	1 sub	41.73
990099 Buffalo Blue Chicken Salad	1 salad	67.15
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56

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990040 Condiments	1 packet	2.75
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Friday - 09/08/2017

	Portion Size	Carb (g)
001361 Boneless Chicken Wings	5 nuggets	29.60
000658 Shepherd's Pie	6 oz spoodle	22.33
990097 Salmon Caesar Salad	1 salad	45.09
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
001273 Southwestern Chicken Soup	4 oz spoodle	9.82
000755 Broccoli	1/2 cup	6.55
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Monday - 09/11/2017

	Portion Size	Carb (g)
005066 Fiona's Baked Penne Pie	6 oz spoodle	28.39
990086 Alaskan Pollock Fish Sandwich	1 Sandwich	47.00
990096 Cobb Salad	1 salad	59.04
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
990034 Ham and Bean Soup	4 oz spoodle	9.60
000433 Steamed Mixed Vegetables	1/2 cup	12.15
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Tuesday - 09/12/2017

Middle Lunch Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

	Portion Size	Carb (g)
005064 Taco Bar	2 Tacos	38.74
005057 Taco Meat TB	2 oz	1.87
005060 Pollock Sticks TB	4 nuggets	19.07
005061 Fajita Meat TB	3 oz	2.47
990095 Crispy Chicken Salad	1 salad	61.88
001124 Whole Grain Roll	1 Roll	28.00
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Wednesday - 09/13/2017

	Portion Size	Carb (g)
001262 Sweet Thai Chili Chicken	1/2 Cup	12.01
001341 General Tso's Chicken	4 oz	26.26
001099 Brown Rice	1/2 Cup	27.22
990098 Tuna Salad	1 salad	53.10
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
000864 Broccoli Cheddar Soup	4 oz spoodle	7.37
000424 Steamed Green Beans	1/2 CUP	5.24
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Thursday - 09/14/2017

	Portion Size	Carb (g)
001306 Turkey Pot Roast	3 oz spoodle	3.39

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000499 Meatloaf	1 serving	16.48
001067 Mashed Potatoes	1/2 cup	18.13
001124 Whole Grain Roll	1 Roll	28.00
990099 Buffalo Blue Chicken Salad	1 salad	67.15
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Friday - 09/15/2017

	Portion Size	Carb (g)
990082 Chicken Wing Bar	4 Wings	15.00
990097 Salmon Caesar Salad	1 salad	45.09
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
000857 Chicken Noodle Soup	4 oz	9.07
000307 Fresh Vegetables with Dip	1 serving	4.27
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Monday - 09/18/2017

	Portion Size	Carb (g)
001385 Smoked BBQ Brisket Sandwich	Sandwich	37.70
001276 Roasted Chicken Breast & Thigh	1 Piece	0.75
990096 Cobb Salad	1 salad	59.04
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00

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001245 Salad Dressing	1 oz	2.00
001302 Baked Potato Soup	4 oz spoodle	9.02
000439 Steamed Peas & Carrots	1/2 cup	10.34
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Tuesday - 09/19/2017

	Portion Size	Carb (g)
001364 Mashed Potato Bar	1/2 Cup	19.76
005052 Meatballs MP	3 each	5.99
005053 Turkey Pot Roast MP	3 oz spoodle	3.39
005054 Chicken MP	2 oz	1.33
001124 Whole Grain Roll	1 Roll	28.00
990095 Crispy Chicken Salad	1 salad	61.88
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Wednesday - 09/20/2017

	Portion Size	Carb (g)
000382 Chicken Pot Pie	1/2 CUP	28.73
001328 Carolina Chicken Chili	6 oz spoodle	18.89
990098 Tuna Salad	1 salad	53.10
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
000856 Tomato Basil Soup	4 oz spoodle	15.14
000755 Broccoli	1/2 cup	6.55
000245 Fresh Fruit	1 serving	16.47

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001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Thursday - 09/21/2017

	Portion Size	Carb (g)
001215 Stuffed Shells	2 shells	41.42
001125 Breadstick, Whole Grain	1 Breadstick	20.00
990084 Mahi Mahi Fish & Grits	1 Bowl	0.00
000185 Cheese Grits	1/2 cup	14.30
990094 Carbonara Sauce	1 oz	2.61
990099 Buffalo Blue Chicken Salad	1 salad	67.15
001124 Whole Grain Roll	1 Roll	28.00
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Friday - 09/22/2017

	Portion Size	Carb (g)
000509 BBQ Pork Sandwich	1 Sandwich	44.06
990087 Italian Sausage Sub	1 Sub	32.61
990097 Salmon Caesar Salad	1 salad	45.09
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
000859 Chicken & Brown Rice Soup	4 oz spoodle	9.31
000271 Steamed Corn	1/2 cup	21.41
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00

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001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Monday - 09/25/2017

	Portion Size	Carb (g)
990077 Korean BBQ Grain Bowl	1 Bowl	22.62
990079 Mahi Mahi Grain Bowl	1 Bowl	0.00
001099 Brown Rice	1/2 Cup	27.22
990096 Cobb Salad	1 salad	59.04
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
001287 Corn Chowder Soup	4 oz spoodle	16.23
000261 Carrots	1/2 cup	7.83
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Tuesday - 09/26/2017

	Portion Size	Carb (g)
001098 Beef & Cheese Nachos	1 Serving	52.61
990071 Chicken Enchilada	1 Enchilada	29.45
990095 Crispy Chicken Salad	1 salad	61.88
001099 Brown Rice	1/2 Cup	27.22
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Wednesday - 09/27/2017

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	Portion Size	Carb (g)
005047 Mac and Cheese Bar	1/2 cup	24.17
005050 Taco Meat MC	1 oz	0.94
005049 Ham MC	1 oz	1.50
005051 Meatballs MC	2 each	4.00
005048 Diced Chicken MC	1 oz	0.67
990098 Tuna Salad	1 salad	53.10
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
001043 Vegetable Beef Soup	4 oz spoodle	7.32
000433 Steamed Mixed Vegetables	1/2 cup	12.15
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Thursday - 09/28/2017

	Portion Size	Carb (g)
001360 St. Louis Style BBQ Ribs	2 ribs	12.86
001184 Cole Slaw	1/2 cup	5.89
000390 Mac & Cheese	1/2 cup	24.17
001124 Whole Grain Roll	1 Roll	28.00
000507 Meatball Sub	1 sub	41.73
990099 Buffalo Blue Chicken Salad	1 salad	67.15
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Friday - 09/29/2017

Middle Lunch Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

	Portion Size	Carb (g)
001361 Boneless Chicken Wings	5 nuggets	29.60
000658 Shepherd's Pie	6 oz spoodle	22.33
990097 Salmon Caesar Salad	1 salad	45.09
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
001273 Southwestern Chicken Soup	4 oz spoodle	9.82
000755 Broccoli	1/2 cup	6.55
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Monday - 10/02/2017

	Portion Size	Carb (g)
005066 Fiona's Baked Penne Pie	6 oz spoodle	28.39
990086 Alaskan Pollock Fish Sandwich	1 Sandwich	47.00
990096 Cobb Salad	1 salad	59.04
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
990034 Ham and Bean Soup	4 oz spoodle	9.60
000433 Steamed Mixed Vegetables	1/2 cup	12.15
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Tuesday - 10/03/2017

	Portion Size	Carb (g)
005064 Taco Bar	2 Tacos	38.74

Middle Lunch Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

005057 Taco Meat TB	2 oz	1.87
005060 Pollock Sticks TB	4 nuggets	19.07
005061 Fajita Meat TB	3 oz	2.47
990095 Crispy Chicken Salad	1 salad	61.88
001124 Whole Grain Roll	1 Roll	28.00
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Wednesday - 10/04/2017

	Portion Size	Carb (g)
001262 Sweet Thai Chili Chicken	1/2 Cup	12.01
001341 General Tso's Chicken	4 oz	26.26
001099 Brown Rice	1/2 Cup	27.22
990098 Tuna Salad	1 salad	53.10
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
000864 Broccoli Cheddar Soup	4 oz spoodle	7.37
000424 Steamed Green Beans	1/2 CUP	5.24
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Thursday - 10/05/2017

	Portion Size	Carb (g)
001306 Turkey Pot Roast	3 oz spoodle	3.39
000499 Meatloaf	1 serving	16.48
001067 Mashed Potatoes	1/2 cup	18.13
001124 Whole Grain Roll	1 Roll	28.00

Middle Lunch Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

990099 Buffalo Blue Chicken Salad	1 salad	67.15
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Friday - 10/06/2017

	Portion Size	Carb (g)
990082 Chicken Wing Bar	4 Wings	15.00
990097 Salmon Caesar Salad	1 salad	45.09
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
000857 Chicken Noodle Soup	4 oz	9.07
000307 Fresh Vegetables with Dip	1 serving	4.27
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Monday - 10/09/2017

	Portion Size	Carb (g)
005066 Fiona's Baked Penne Pie	6 oz spoodle	28.39
990086 Alaskan Pollock Fish Sandwich	1 Sandwich	47.00
990096 Cobb Salad	1 salad	59.04
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
990034 Ham and Bean Soup	4 oz spoodle	9.60
000433 Steamed Mixed Vegetables	1/2 cup	12.15

Middle Lunch Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Tuesday - 10/10/2017

	Portion Size	Carb (g)
005064 Taco Bar	2 Tacos	38.74
005057 Taco Meat TB	2 oz	1.87
005060 Pollock Sticks TB	4 nuggets	19.07
005061 Fajita Meat TB	3 oz	2.47
990095 Crispy Chicken Salad	1 salad	61.88
001124 Whole Grain Roll	1 Roll	28.00
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Wednesday - 10/11/2017

	Portion Size	Carb (g)
001262 Sweet Thai Chili Chicken	1/2 Cup	12.01
001341 General Tso's Chicken	4 oz	26.26
001099 Brown Rice	1/2 Cup	27.22
990098 Tuna Salad	1 salad	53.10
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
000864 Broccoli Cheddar Soup	4 oz spoodle	7.37
000424 Steamed Green Beans	1/2 CUP	5.24
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00

Middle Lunch Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Thursday - 10/12/2017

	Portion Size	Carb (g)
001306 Turkey Pot Roast	3 oz spoodle	3.39
000499 Meatloaf	1 serving	16.48
001067 Mashed Potatoes	1/2 cup	18.13
001124 Whole Grain Roll	1 Roll	28.00
990099 Buffalo Blue Chicken Salad	1 salad	67.15
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Friday - 10/13/2017

	Portion Size	Carb (g)
990082 Chicken Wing Bar	4 Wings	15.00
990097 Salmon Caesar Salad	1 salad	45.09
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
000857 Chicken Noodle Soup	4 oz	9.07
000307 Fresh Vegetables with Dip	1 serving	4.27
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Middle Lunch Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

Monday - 10/16/2017

	Portion Size	Carb (g)
001385 Smoked BBQ Brisket Sandwich	Sandwich	37.70
001276 Roasted Chicken Breast & Thigh	1 Piece	0.75
990096 Cobb Salad	1 salad	59.04
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
001302 Baked Potato Soup	4 oz spoodle	9.02
000439 Steamed Peas & Carrots	1/2 cup	10.34
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Tuesday - 10/17/2017

	Portion Size	Carb (g)
001364 Mashed Potato Bar	1/2 Cup	19.76
005052 Meatballs MP	3 each	5.99
005053 Turkey Pot Roast MP	3 oz spoodle	3.39
005054 Chicken MP	2 oz	1.33
001124 Whole Grain Roll	1 Roll	28.00
990095 Crispy Chicken Salad	1 salad	61.88
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Wednesday - 10/18/2017

	Portion Size	Carb (g)
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Middle Lunch Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

000382 Chicken Pot Pie	1/2 CUP	28.73
001328 Carolina Chicken Chili	6 oz spoodle	18.89
990098 Tuna Salad	1 salad	53.10
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
000856 Tomato Basil Soup	4 oz spoodle	15.14
000755 Broccoli	1/2 cup	6.55
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Monday - 10/23/2017

	Portion Size	Carb (g)
990077 Korean BBQ Grain Bowl	1 Bowl	22.62
990079 Mahi Mahi Grain Bowl	1 Bowl	0.00
001099 Brown Rice	1/2 Cup	27.22
990096 Cobb Salad	1 salad	59.04
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
001287 Corn Chowder Soup	4 oz spoodle	16.23
000261 Carrots	1/2 cup	7.83
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Tuesday - 10/24/2017

	Portion Size	Carb (g)
001098 Beef & Cheese Nachos	1 Serving	52.61
990071 Chicken Enchilada	1 Enchilada	29.45
990095 Crispy Chicken Salad	1 salad	61.88

Middle Lunch Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

001099 Brown Rice	1/2 Cup	27.22
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Wednesday - 10/25/2017

	Portion Size	Carb (g)
005047 Mac and Cheese Bar	1/2 cup	24.17
005050 Taco Meat MC	1 oz	0.94
005049 Ham MC	1 oz	1.50
005051 Meatballs MC	2 each	4.00
005048 Diced Chicken MC	1 oz	0.67
990098 Tuna Salad	1 salad	53.10
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
001043 Vegetable Beef Soup	4 oz spoodle	7.32
000433 Steamed Mixed Vegetables	1/2 cup	12.15
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Thursday - 10/26/2017

	Portion Size	Carb (g)
001360 St. Louis Style BBQ Ribs	2 ribs	12.86
001184 Cole Slaw	1/2 cup	5.89
000390 Mac & Cheese	1/2 cup	24.17
001124 Whole Grain Roll	1 Roll	28.00
000507 Meatball Sub	1 sub	41.73
990099 Buffalo Blue Chicken Salad	1 salad	67.15

Middle Lunch Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Friday - 10/27/2017

	Portion Size	Carb (g)
001361 Boneless Chicken Wings	5 nuggets	29.60
000658 Shepherd's Pie	6 oz spoodle	22.33
990097 Salmon Caesar Salad	1 salad	45.09
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
001273 Southwestern Chicken Soup	4 oz spoodle	9.82
000755 Broccoli	1/2 cup	6.55
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Monday - 10/30/2017

	Portion Size	Carb (g)
005066 Fiona's Baked Penne Pie	6 oz spoodle	28.39
990086 Alaskan Pollock Fish Sandwich	1 Sandwich	47.00
990096 Cobb Salad	1 salad	59.04
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
990034 Ham and Bean Soup	4 oz spoodle	9.60
000433 Steamed Mixed Vegetables	1/2 cup	12.15

Middle Lunch Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Tuesday - 10/31/2017

	Portion Size	Carb (g)
005064 Taco Bar	2 Tacos	38.74
005057 Taco Meat TB	2 oz	1.87
005060 Pollock Sticks TB	4 nuggets	19.07
005061 Fajita Meat TB	3 oz	2.47
990095 Crispy Chicken Salad	1 salad	61.88
001124 Whole Grain Roll	1 Roll	28.00
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Wednesday - 11/01/2017

	Portion Size	Carb (g)
001262 Sweet Thai Chili Chicken	1/2 Cup	12.01
001341 General Tso's Chicken	4 oz	26.26
001099 Brown Rice	1/2 Cup	27.22
990098 Tuna Salad	1 salad	53.10
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
000864 Broccoli Cheddar Soup	4 oz spoodle	7.37
000424 Steamed Green Beans	1/2 CUP	5.24
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Middle Lunch Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Thursday - 11/02/2017

	Portion Size	Carb (g)
001306 Turkey Pot Roast	3 oz spoodle	3.39
000499 Meatloaf	1 serving	16.48
001067 Mashed Potatoes	1/2 cup	18.13
001124 Whole Grain Roll	1 Roll	28.00
990099 Buffalo Blue Chicken Salad	1 salad	67.15
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Friday - 11/03/2017

	Portion Size	Carb (g)
990082 Chicken Wing Bar	4 Wings	15.00
990097 Salmon Caesar Salad	1 salad	45.09
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
000857 Chicken Noodle Soup	4 oz	9.07
000307 Fresh Vegetables with Dip	1 serving	4.27
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Monday - 11/06/2017

Middle Lunch Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

	Portion Size	Carb (g)
005066 Fiona's Baked Penne Pie	6 oz spoodle	28.39
990086 Alaskan Pollock Fish Sandwich	1 Sandwich	47.00
990096 Cobb Salad	1 salad	59.04
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
990034 Ham and Bean Soup	4 oz spoodle	9.60
000433 Steamed Mixed Vegetables	1/2 cup	12.15
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Tuesday - 11/07/2017

	Portion Size	Carb (g)
005064 Taco Bar	2 Tacos	38.74
005057 Taco Meat TB	2 oz	1.87
005060 Pollock Sticks TB	4 nuggets	19.07
005061 Fajita Meat TB	3 oz	2.47
990095 Crispy Chicken Salad	1 salad	61.88
001124 Whole Grain Roll	1 Roll	28.00
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Wednesday - 11/08/2017

	Portion Size	Carb (g)
001262 Sweet Thai Chili Chicken	1/2 Cup	12.01

Middle Lunch Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

001341 General Tso's Chicken	4 oz	26.26
001099 Brown Rice	1/2 Cup	27.22
990098 Tuna Salad	1 salad	53.10
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
000864 Broccoli Cheddar Soup	4 oz spoodle	7.37
000424 Steamed Green Beans	1/2 CUP	5.24
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Thursday - 11/09/2017

	Portion Size	Carb (g)
001306 Turkey Pot Roast	3 oz spoodle	3.39
000499 Meatloaf	1 serving	16.48
001067 Mashed Potatoes	1/2 cup	18.13
001124 Whole Grain Roll	1 Roll	28.00
990099 Buffalo Blue Chicken Salad	1 salad	67.15
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Friday - 11/10/2017

	Portion Size	Carb (g)
990082 Chicken Wing Bar	4 Wings	15.00
990097 Salmon Caesar Salad	1 salad	45.09
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01

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001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
000857 Chicken Noodle Soup	4 oz	9.07
000307 Fresh Vegetables with Dip	1 serving	4.27
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Monday - 11/13/2017

	Portion Size	Carb (g)
001385 Smoked BBQ Brisket Sandwich	Sandwich	37.70
001276 Roasted Chicken Breast & Thigh	1 Piece	0.75
990096 Cobb Salad	1 salad	59.04
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
001302 Baked Potato Soup	4 oz spoodle	9.02
000439 Steamed Peas & Carrots	1/2 cup	10.34
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Tuesday - 11/14/2017

	Portion Size	Carb (g)
001364 Mashed Potato Bar	1/2 Cup	19.76
005052 Meatballs MP	3 each	5.99
005053 Turkey Pot Roast MP	3 oz spoodle	3.39
005054 Chicken MP	2 oz	1.33
001124 Whole Grain Roll	1 Roll	28.00
990095 Crispy Chicken Salad	1 salad	61.88
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71

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000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Wednesday - 11/15/2017

	Portion Size	Carb (g)
000382 Chicken Pot Pie	1/2 CUP	28.73
001328 Carolina Chicken Chili	6 oz spoodle	18.89
990098 Tuna Salad	1 salad	53.10
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
000856 Tomato Basil Soup	4 oz spoodle	15.14
000755 Broccoli	1/2 cup	6.55
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Thursday - 11/16/2017

	Portion Size	Carb (g)
001215 Stuffed Shells	2 shells	41.42
001125 Breadstick, Whole Grain	1 Breadstick	20.00
990084 Mahi Mahi Fish & Grits	1 Bowl	0.00
000185 Cheese Grits	1/2 cup	14.30
990094 Carbonara Sauce	1 oz	2.61
990099 Buffalo Blue Chicken Salad	1 salad	67.15
001124 Whole Grain Roll	1 Roll	28.00
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

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001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Friday - 11/17/2017

	Portion Size	Carb (g)
000509 BBQ Pork Sandwich	1 Sandwich	44.06
990087 Italian Sausage Sub	1 Sub	32.61
990097 Salmon Caesar Salad	1 salad	45.09
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
000859 Chicken & Brown Rice Soup	4 oz spoodle	9.31
000271 Steamed Corn	1/2 cup	21.41
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Monday - 11/20/2017

	Portion Size	Carb (g)
990077 Korean BBQ Grain Bowl	1 Bowl	22.62
990079 Mahi Mahi Grain Bowl	1 Bowl	0.00
001099 Brown Rice	1/2 Cup	27.22
990096 Cobb Salad	1 salad	59.04
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
001287 Corn Chowder Soup	4 oz spoodle	16.23
000261 Carrots	1/2 cup	7.83
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56

Middle Lunch Carb Counts

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990040 Condiments	1 packet	2.75
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Tuesday - 11/21/2017

	Portion Size	Carb (g)
001098 Beef & Cheese Nachos	1 Serving	52.61
990071 Chicken Enchilada	1 Enchilada	29.45
990095 Crispy Chicken Salad	1 salad	61.88
001099 Brown Rice	1/2 Cup	27.22
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Monday - 11/27/2017

	Portion Size	Carb (g)
005066 Fiona's Baked Penne Pie	6 oz spoodle	28.39
990086 Alaskan Pollock Fish Sandwich	1 Sandwich	47.00
990096 Cobb Salad	1 salad	59.04
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
990034 Ham and Bean Soup	4 oz spoodle	9.60
000433 Steamed Mixed Vegetables	1/2 cup	12.15
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Tuesday - 11/28/2017

	Portion Size	Carb (g)
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005064 Taco Bar	2 Tacos	38.74
005057 Taco Meat TB	2 oz	1.87
005060 Pollock Sticks TB	4 nuggets	19.07
005061 Fajita Meat TB	3 oz	2.47
990095 Crispy Chicken Salad	1 salad	61.88
001124 Whole Grain Roll	1 Roll	28.00
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Wednesday - 11/29/2017

	Portion Size	Carb (g)
001262 Sweet Thai Chili Chicken	1/2 Cup	12.01
001341 General Tso's Chicken	4 oz	26.26
001099 Brown Rice	1/2 Cup	27.22
990098 Tuna Salad	1 salad	53.10
000833 Soup and Salad Bar	1 CUP	0.72
990055 Beans- Black/ ChickPea VS	1 oz	14.35
001310 Cheese Stick/ Cheese	1 serving	1.01
001124 Whole Grain Roll	1 Roll	28.00
001245 Salad Dressing	1 oz	2.00
000864 Broccoli Cheddar Soup	4 oz spoodle	7.37
000424 Steamed Green Beans	1/2 CUP	5.24
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75

Thursday - 11/30/2017

	Portion Size	Carb (g)
001306 Turkey Pot Roast	3 oz spoodle	3.39
000499 Meatloaf	1 serving	16.48
001067 Mashed Potatoes	1/2 cup	18.13

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001124 Whole Grain Roll	1 Roll	28.00
990099 Buffalo Blue Chicken Salad	1 salad	67.15
000271 Steamed Corn	1/2 cup	21.41
000261 Carrots	1/2 cup	7.83
000433 Steamed Mixed Vegetables	1/2 cup	12.15
001025 Black Beans	1/2 cup	32.71
000245 Fresh Fruit	1 serving	16.47
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00
001272 Pizza	slice	29.00
001274 Cheeseburger	1 burger	29.17
000539 Chicken Filet Sandwich	1 sandwich	42.56
990040 Condiments	1 packet	2.75