### Week 1 Carb Count

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### Week 3

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#### Tuesday

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#### Wednesday

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<td>Cheese</td>
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#### Thursday

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**Friday - 1/2 Day - No Lunch**

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<tr>
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### Deli Sandwiches & Salads

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</tr>
<tr>
<td></td>
<td>Turkey</td>
<td>0</td>
<td>244190 6 slices</td>
</tr>
<tr>
<td></td>
<td>American Cheese</td>
<td>1/2</td>
<td>150260/723360 2 slices</td>
</tr>
<tr>
<td></td>
<td>Lettuce</td>
<td>1</td>
<td>735787/153121 1/2 cup</td>
</tr>
<tr>
<td></td>
<td>Lettuce</td>
<td>451730</td>
<td>1</td>
</tr>
<tr>
<td>Ham Italian Wrap - Recipe #D-0012</td>
<td>10&quot; Tortilla Wrap</td>
<td>32</td>
<td>713340 1</td>
</tr>
<tr>
<td></td>
<td>Turkey Ham</td>
<td>1</td>
<td>656891 6 Slices</td>
</tr>
<tr>
<td></td>
<td>Salami</td>
<td>0</td>
<td>776260 2 Slices</td>
</tr>
<tr>
<td></td>
<td>American Cheese</td>
<td>0.5/1</td>
<td>150260/723360 1 slice</td>
</tr>
<tr>
<td></td>
<td>Lettuce</td>
<td>1</td>
<td>735787/153121 1/2 cup</td>
</tr>
<tr>
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</tr>
<tr>
<td>Ham &amp; Cheese Sub Sandwich - Recipe #D-0002</td>
<td>Sub bun</td>
<td>29</td>
<td>276142</td>
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<tr>
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<td>656891 6 Slices</td>
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<tr>
<td></td>
<td>American Cheese</td>
<td>1/2</td>
<td>150260/723360 2 Slices</td>
</tr>
<tr>
<td></td>
<td>Lettuce</td>
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<td>735787/153121 1/2 cup</td>
</tr>
<tr>
<td></td>
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<td>244190 6 slices</td>
</tr>
<tr>
<td></td>
<td>American Cheese</td>
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<td>150260/723360 2 Slices</td>
</tr>
<tr>
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<td>Lettuce</td>
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<td>735787/153121 1/2 cup</td>
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<tr>
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<tr>
<td>Spicy Chicken Ranch Wrap - Recipe #D-0007</td>
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<td>Spicy Chicken Patty</td>
<td>7.5</td>
<td>327080 1/2 patty</td>
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<td>Lettuce</td>
<td>1</td>
<td>735787/153121 1/2 cup</td>
</tr>
<tr>
<td></td>
<td>Lettuce</td>
<td>451730</td>
<td>1/2 cup</td>
</tr>
<tr>
<td></td>
<td>Ranch Cup</td>
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### Breakfast

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<tbody>
<tr>
<td>French Toast Sticks</td>
<td>23</td>
<td>646222</td>
<td>3 ea</td>
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<tr>
<td>Pancakes - Maple</td>
<td>35</td>
<td>284831</td>
<td>1</td>
</tr>
<tr>
<td>Pancakes - Confetti</td>
<td>39</td>
<td>395303</td>
<td>1</td>
</tr>
<tr>
<td>Sausage Patty</td>
<td>1</td>
<td>138941</td>
<td>1</td>
</tr>
<tr>
<td>Sausage Links</td>
<td>0</td>
<td>352740</td>
<td>2</td>
</tr>
<tr>
<td>Cranberries, Dried</td>
<td>28</td>
<td>765981</td>
<td>1 pkg</td>
</tr>
<tr>
<td>Cranberries, Strawberry, Dried</td>
<td>27</td>
<td>531681</td>
<td>1 pkg</td>
</tr>
<tr>
<td>Raisins</td>
<td>30</td>
<td>110910</td>
<td>1 pkg</td>
</tr>
<tr>
<td>Raisins</td>
<td>33</td>
<td>544426</td>
<td>1 pkg</td>
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<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Carb Count</th>
<th>Recipe# or Prod. Code</th>
<th>Portion Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cinni Mini</td>
<td>40</td>
<td>894291</td>
<td>1 ea</td>
</tr>
<tr>
<td>Apple Freuded</td>
<td>36</td>
<td>838340</td>
<td>1 ea</td>
</tr>
<tr>
<td>Donut - Powdered</td>
<td>41</td>
<td>738201</td>
<td>1 pkg</td>
</tr>
<tr>
<td>Donut - Chocolate</td>
<td>41</td>
<td>738181</td>
<td>1 pkg</td>
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<table>
<thead>
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<th>Portion Size</th>
</tr>
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<tbody>
<tr>
<td>Crossants, Plain</td>
<td>32</td>
<td>120872</td>
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<tr>
<td>Bagel - Plain</td>
<td>28</td>
<td>230264</td>
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<tr>
<td>Egg Patties</td>
<td>1</td>
<td>208990</td>
<td>1</td>
</tr>
<tr>
<td>Sausage Patty</td>
<td>1</td>
<td>138941</td>
<td>1</td>
</tr>
<tr>
<td>Sausage Links</td>
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<td>352740</td>
<td>2</td>
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<table>
<thead>
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<th>Carb Count</th>
<th>Recipe# or Prod. Code</th>
<th>Portion Size</th>
</tr>
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<tbody>
<tr>
<td>Yogurt, Vanilla</td>
<td>23.2</td>
<td>811500</td>
<td>4oz</td>
</tr>
<tr>
<td>Yogurt, Strawberry</td>
<td>23.2</td>
<td>811490</td>
<td>4oz</td>
</tr>
<tr>
<td>Granola</td>
<td>18</td>
<td>812821</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Strawberries</td>
<td>5.5</td>
<td>244630</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Blueberries</td>
<td>10</td>
<td>166720</td>
<td>1/2 cup</td>
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<table>
<thead>
<tr>
<th>Friday</th>
<th>Carb Count</th>
<th>Recipe# or Prod. Code</th>
<th>Portion Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cinni Mini</td>
<td>40</td>
<td>894291</td>
<td>1 ea</td>
</tr>
<tr>
<td>Apple Freuded</td>
<td>36</td>
<td>838340</td>
<td>1 each</td>
</tr>
<tr>
<td>Donut - Powdered</td>
<td>41</td>
<td>738201</td>
<td>1 pkg</td>
</tr>
<tr>
<td>Donut - Chocolate</td>
<td>41</td>
<td>738181</td>
<td>1 pkg</td>
</tr>
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</table>

### Fruits, Vegetables  Milk, Juice, Condiments

<table>
<thead>
<tr>
<th>Carb Count</th>
<th>Recipe# or Prod. Code</th>
<th>Portion Size</th>
</tr>
</thead>
</table>
| Fresh Fruit
| Apple - Slices | 7/18 | 473171 / 747650 | 1 |
| Apple - Whole  | 18 | 540005 / 355033 | 1 |
| Bananas       | 18 | 812821 | 1 |
| Clementine    | n/a | 486666 | 1 |
| Grapes Red lunch bunch | 14/ n/a | 280895/748841 | 1/2 cup |
| Orange        | 21/ 21 | 198021 / 171871 | 1/1 |
| Pear          | 25/ n/a | 198056/266560 | 1 |

| Berries / Melon
| Blueberries / Strawberries | 10.5 / 5.5 | 451690 / 212769 | 1/2 cup |
| Cantaloupe / Watermelon    | 7 / 11     | 412201 / 326089 | 1/2 cup |

| Applesauce
| Blue Raspberry / Cherry   | 17/20 | 358553 / 726570 | 1 |
| Cinnamon                  | 17     | 358572            | 1 |
| Mixed Fruit / Plain       | 21/17  | 726580 / 276171  | 1 |
| Strawberry-Banana / Wild Watermelon | 17/17 | 250012 / 276161 | 1 |

| Dried Fruit
| Cranberries, Dried        | 28 | 765981 | 1 |
| Cranberries, Strawberry, Dried | 27 | 531681 | 1 |
| Raisins                   | 30 | 110910 | 1 |
| Raisins                   | 33 | 544426 | 1 |

| Canned Fruit
| Mandarin Oranges / Pineapple Tidbits | 20/ 18 | 117897 / 189979 | 1/2 cup |
| Peaches Diced              | 12/ 14 | 810372 / 110700 | 1 |
| Pears Diced                | 17     | 290203 / 110690 | 1/2 cup |

| Frozen Slushie Cups / Fruit
| Blue Raspberry-Lemon / Kiwi-Strawberry | 22/ 22 | 794181 / 863880 | 1 |
| Strawberry-Mango / Cherry      | 22/ 22 | 863890 / 824040 | 1 |
| Sour Cherry-Lemon             | 22     | 667911            | 1 |

### Snacks

<table>
<thead>
<tr>
<th>Carb Count</th>
<th>Recipe# or Prod. Code</th>
<th>Portion Size</th>
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<tbody>
<tr>
<td>Baked Lays BBQ</td>
<td>19</td>
<td>575570</td>
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<tr>
<td>Baked Lays Regular</td>
<td>19</td>
<td>714230</td>
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<tr>
<td>Garden Salsa Sunchips</td>
<td>19</td>
<td>696900</td>
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<tr>
<td>Harvest Cheddar Sunchips</td>
<td>19</td>
<td>105260</td>
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<tr>
<td>Doritos Nacho Cheese</td>
<td>20</td>
<td>456090</td>
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<tr>
<td>Doritos Cool Ranch</td>
<td>20</td>
<td>541502</td>
</tr>
<tr>
<td>Doritos Spicy Chili</td>
<td>20</td>
<td>788670</td>
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<tr>
<td>Goldfish Cheddar Crackers</td>
<td>14</td>
<td>736280</td>
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<tr>
<td>Goldfish Extra Cheddar Crackers</td>
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<td>745481</td>
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<td>SmartPop White Cheddar Popcorn</td>
<td>9</td>
<td>419480</td>
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<tr>
<td>Cheetos Curls</td>
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<td>537871</td>
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<tr>
<td>Fruyns</td>
<td>14</td>
<td>865601</td>
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<tr>
<td>Ruffles, Cheddar &amp; Sour Cream</td>
<td>17</td>
<td>405983</td>
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<tr>
<td>Cheez-it Crackers</td>
<td>14</td>
<td>282422</td>
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<tr>
<td>Rice Krispies Treats - Mini</td>
<td>9</td>
<td>565002</td>
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<tr>
<td>Rice Krispies Treats - Large</td>
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<td>618862</td>
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<tr>
<td>Donut - Powdered</td>
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<td>738201</td>
</tr>
<tr>
<td>Donut - Chocolate</td>
<td>41</td>
<td>738181</td>
</tr>
<tr>
<td>Pop Tarts - Cinnamon - 2 count</td>
<td>73</td>
<td>123081</td>
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<tr>
<td>Pop Tarts - Strawberry - 2 count</td>
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<tr>
<td>Pop Tarts - Fudge - 2 Count</td>
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<tr>
<td>Chocolate Chip Cookie Dough</td>
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<tr>
<td>Vanilla Soft Serve</td>
<td>33</td>
<td>849451</td>
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<tr>
<td>Dutch Chocolate Soft Serve</td>
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### Fresh Vegetables

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<tbody>
<tr>
<td>Frozen Strawberry / Peach Cup</td>
<td>65510</td>
<td>22 / 19</td>
<td>1</td>
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<tr>
<td>Frozen Berry Mixed Cup</td>
<td>45043</td>
<td>20</td>
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### Potatoes

<table>
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<tbody>
<tr>
<td>Lettuce - Romaine</td>
<td>328339</td>
<td>3</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Broccoli</td>
<td>732451</td>
<td>5.5</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Carrots Baby</td>
<td>812540</td>
<td>9 / 12</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Celery Sticks</td>
<td>781592</td>
<td>2</td>
<td>1 cup</td>
</tr>
<tr>
<td>Cucumber Seedless / Select</td>
<td>532312</td>
<td>1 / 1</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Peas Snap</td>
<td>778214</td>
<td>2.5</td>
<td>1 cup</td>
</tr>
<tr>
<td>Peppers, Green / Red</td>
<td>693521</td>
<td>3.5 / 4.5</td>
<td>1/2 cup</td>
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<tr>
<td>Tomato Grape</td>
<td>129631</td>
<td>3.5</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Spinach</td>
<td>329401</td>
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### Other Vegetables

<table>
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<tbody>
<tr>
<td>Potato Smiles / Triangles</td>
<td>228818</td>
<td>30 / 26</td>
<td>5 / 2</td>
</tr>
<tr>
<td>Starz / French Fries</td>
<td>233101</td>
<td>20 / 18</td>
<td>8/ 1/2 cup</td>
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<tr>
<td>Sweet Potato Fries</td>
<td>628100</td>
<td>17</td>
<td>1/2 cup</td>
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<tr>
<td>Mashed Potato</td>
<td>222585</td>
<td>15</td>
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<tr>
<td>Potato - Tater Tots</td>
<td>141510</td>
<td>16</td>
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### Milk

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<td>11</td>
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<tr>
<td>fat free white</td>
<td>11</td>
<td>Dairy</td>
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<tr>
<td>fat free chocolate</td>
<td>24</td>
<td>Dairy</td>
</tr>
<tr>
<td>Apple Juice / Orange Juice</td>
<td>13 / 14</td>
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### 100% Juice

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<tr>
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<tbody>
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<td>13</td>
<td>135450</td>
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<tr>
<td>Apple Suncup / Orange Suncup</td>
<td>13 / 13</td>
<td>118921 / 118930</td>
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<tr>
<td>Grape Suncup / Fruit Punch Suncup</td>
<td>19 / 14</td>
<td>118940 / 355900</td>
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<tr>
<td>Orange-Pineapple Suncup</td>
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### Condiments

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<td>Ketchup Packet low sodium</td>
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<td>Mayonnaise packet-lite</td>
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<td>BBQ Sauce</td>
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<tr>
<td>Marinara Sauce / Sweet &amp; Sour Dip</td>
<td>677721</td>
<td>4 / 11</td>
</tr>
<tr>
<td>Syrup</td>
<td>160090</td>
<td>30</td>
</tr>
<tr>
<td>Creamy Caesar / Italian Dressing</td>
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<tr>
<td>Ranch Cup</td>
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<td>1 / 3</td>
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<tr>
<td>Oyster Crackers</td>
<td>565270</td>
<td>11</td>
</tr>
<tr>
<td>Margarine Cup / Parmesan Ch Pk</td>
<td>542121</td>
<td>0 / 0</td>
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