

Atlanta Public Schools
September Menus Carbohydrate Counts

1% White Milk	12.0g
Applesauce (1/2C)	12.0g
Banana Muffin	26.9g
BBQ Chicken Sandwich	36.7g
BBQ Roasted Chicken w/Roll	25.0g
Beef Cheeseburger	29.2g
Biscuit	37.9g
Black Bean & Corn Salad (1/2C)	23.5g
Black Beans (1/2C)	24.2g
Black Beans (3/4c)	36.4g
Blueberry Muffin	27.9g
Breaded Chicken Sandwich	38.1g
Breadstick (1 each)	14.0g
Broccoli Florets (1/2C)	4.3g
Broccoli Florets (3/4 cup)	6.5g
Broccoli Florets (3/4C)	6.5g
Carrots (Fresh or Cooked, 1/2C)	7.9g
Carrots (Fresh or Cooked, 3/4 cup)	11.8g
Celery Sticks (1/2C)	2.2g

Cheerios w/Graham Crackers	37.3g
Cheese Nachos	51.0g
Chicken & Waffles	22.0g
Chicken Alfredo Rotini	29.7g
Chicken Alfredo Rotini with Roll	40.7g
Chicken Biscuit Breakfast Sandwich	32.4g
Chicken Burrito Bowl, Chicken	73.1g
Chicken Nachos	47.8g
Chicken Nuggets	11.1g
Chicken Nuggets w/ 1/2C Mac & Cheese	36.7g
Chicken Tenders (3 tenders)	11.0g
Cilantro Cole Slaw (1/2C)	5.6g
Corn (3/4 cup)	29.2g
Corn on the Cob (1/2 cup, or 2 small cobs)	38.0g
Country Style Gravy (1/4c)	1.2g
Croutons (2 packages)	16.0g
Diced Peaches (1/2C)	9.6g
Dinner Roll	11.0g
EZ Jammer Sandwich (1 sandwich)	15.8g
Fat Free Chocolate Milk, 8oz	30.0g
French Fries (1/2C)	13.3g

French Fries (3/4 cup)	20.0g
French Toast (1 package)	38.6g
Fresh Banana (1 banana)	25.9
Fruit Juice (all flavors, 100% Juice)	13.5g
Garden Salad w/ Croutons & Roll	66.3g
Garden Salad w/ Roll (No Croutons)	50.1g
Graham Crackers (one 3-pack)	17.0g
Green Beans (1/2C)	2.8g
Green Beans (3/4C)	8.3g
Grilled Cheese Sandwich	33.7g
Italian Mixed Veggies (1/2C)	9.1g
Lemon Pepper Oven Roasted Chicken w/ Roll	11.0g
Lemon Pepper Roasted Chicken w/ Roll & 1/2C Brown Rice	33.1g
Luigi's, Macaroni & Cheese (1 cup)	51.6g
Mashed Potatoes (1/2C)	12.1g
Mini Blueberry Pancakes (1 package)	35.0g
Mini Chicken Corndogs (6 pieces)	30.5g
Mini Waffle (1 package)	33.8g
Mixed Fruit (1/2C)	9.7g
Mozzarella Cheese Quesadilla	31.0g
New England Style Baked Beans (3/4c)	31.6g

Orange Chicken (no rice or roll)	20.2g
Orange Chicken w/ Rice	48.6g
Peas & Carrots (1/2C)	31.6g
Plain (Unflavored) Waffle (1 waffle)	10.9g
Potato Tots (3/4C)	24.2g
Raisin Bran Cereal w/ Graham Crackers	43.6g
Rice (1/2C)	28.0g
Roasted Rotisserie Chicken w/ Roll	11.0g
Roasted Rotisserie Chicken w/ Roll & Brown Rice	33.1g
Salisbury Steak w/ Roll	15.0g
Salisbury Steak, no roll, no rice	4.0g
Scrambled Eggs with Biscuit	25.4g
Sliced Pears (1/2C)	10.8g
Spaghetti Marinara w/ Meatballs	30.6g
Spaghetti Marinara w/ Meatballs and Breadstick	44.8g
Strawberries (Fresh or Frozen, 1/2C)	6.6g
Turkey Hot Dog (with bun)	26.9g
Turkey-Ham & Cheese Melt	32.3g
Turkey-Sausage & Cheese Biscuit	26.4g