

| Urbana School District Breakfast Carbs | | |
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| Item | | Carbs (g) |
| Entrees | | |
| Bagel | | 20 |
| Bagel-Cinnamon Cream Cheese | | 41 |
| Bagel-Strawberry Cream Cheese | | 41 |
| Biscuit w/ Gravy | | 36.38 |
| Biscuit-Cheese & Egg | | 28.5 |
| Biscuit-Country Chicken | | 28 |
| Breakfast Bar -Apple Blueberry | | 48 |
| Breakfast Bar -Oatmeal Raisin | | 48 |
| Breakfast Bar-Banana Chocolate | | 48 |
| Breakfast Bar-French Toast | | 47 |
| Breakfast Bar-Oatmeal Chocolate Chip | | 47 |
| Burrito-Cheese & Ham Roll | | 16.51 |
| Cereal - Apple Jacks Cereal | | 24 |
| Cereal -Cocoa Puffs | | 25.01 |
| Cereal-Cheerios | | 20 |
| Cereal-Cinnamon Toast Crunch | | 24 |
| Cereal-Froot Loops | | 24 |
| Cereal-Frosted Flakes | | 24 |
| Cereal-Golden Grahams | | 24 |
| Cereal-Lucky Charms | | 23 |
| Cereal-Trix | | 24 |
| Cinnamon Roll Glazed | | 42.63 |
| Cinnamon Roll Mini | | 40 |
| Donut-Cinnamon Sugar | | 37.37 |
| Donut-Glazed | | 44.14 |
| Donut-Glazed Chocolate | | 43.15 |
| Donut-Powdered Sugar | | 34.71 |
| Egg Scrambled w/ Cheese | | 0.72 |
| French Toast Stick | | 42.5 |
| French Toast-Cinnamon | | 37 |
| Frudel-Apple | | 36 |
| Frudel-Cherry | | 37 |
| Hash brown Patty | | 14 |
| Muffin-Apple Cinnamon | | 30 |
| Muffin-Banana | | 31 |
| Muffin-Blueberry | | 31 |
| Muffin-Chocolate | | 32 |
| Muffin-Ham & Cheese | | 24 |
| Muffin-Sausage & Cheese | | 24.5 |
| Omelet w/ Cheddar Cheese | | 1 |
| Pancake on a Stick | | 17 |
| Pancake-Blueberry | | 42 |
| Pancake-Cinnamon | | 41 |
| Pancake-Maple | | 40 |

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| Pancakes Regular | | 27.89 |
| Pizza-Breakfast | | 26 |
| Quesadilla-Bacon & Cheese | | 31.16 |
| Quesadilla-Cheese & Ham | | 31.62 |
| Toast-Cinnamon w/ Margarine | | 18.97 |
| Waffle-Chicken w/ Maple Syrup | | 55.07 |
| Waffles Mini Maple | | 38 |
| Waffles Regular | | 32.23 |
| Waffles-Blueberry | | 37 |
| Yogurt-Raspberry | | 20 |
| Yogurt-Strawberry Banana | | 16 |
| Sides | | |
| Apple | | 16.52 |
| Apple Juice | | 14 |
| Banana | | 24.11 |
| Fruit punch | | 14 |
| Grape Juice | | 18 |
| Orange | | 11.74 |
| Orange Juice | | 12 |
| String Cheese | | 2 |
| Condiments & Milk | | |
| White Milk 1% | | 11 |
| Chocolate Skim Milk | | 20 |
| Grape Jelly | | 9 |
| Cream Cheese | | 2 |
| Margarine | | 0 |
| Taco Sauce | | 2 |
| Maple Syrup | | 29 |
| Ketchup | | 3 |

| Lunch Elementary and Middle School Carbs | | |
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| Item | | Carbs (g) |
| Entrees | | |
| Beef Fiestada | | 39 |
| Brown Gravy for Salisbury Steak | | 4.76 |
| Burger w/ Cheese & Bacon on a Bun | | 29.66 |
| Burger w/ Cheese on a Bun | | 29.5 |
| Chicken Fried Steak w/ Gravy | | 24.83 |
| Chicken Nuggets | | 12.5 |
| Chicken Patty Regular | | 39 |
| Chicken Patty Spicy | | 39 |
| Chicken Tenders | | 13 |
| Corn dog | | 30 |
| Corn W/ Margarine | | 15.8 |
| Fish Melt on Bun | | 43.64 |
| Fish Sticks | | 18 |
| Flatbread-Chicken Ranch Club | | 32.09 |
| General Tso chicken | | 20.7 |
| Ham & Cheese-Hot on a wrap | | 33.5 |
| Ham & Cheese Sandwich | | 33.5 |
| Hot Dog W/ Bun | | 29 |
| Macaroni & Cheese | | 49.8 |
| Meatball Pizza Sub | | 34.1 |
| Nachos- w/ Tater Tot | | 19.2 |
| Nachos-Chicken | | 20.3 |
| Pancakes for lunch | | 27.89 |
| Penne Cheesy Baked | | 53.63 |
| Penne w/ Tomato Alfredo & Chicken | | 29.11 |
| Pizza Sticks | | 30 |
| Pizza-Cheese(Elementary) | | 37 |
| Pizza-Cheese(Middle School) | | 30.88 |
| Pizza-Pepperoni(Elementary) | | 36 |
| Pizza-Pepperoni(Middle School) | | 30.88 |
| Pizza-Sausage(Middle School) | | 31.11 |
| Popcorn Chicken | | 15.23 |
| Popcorn Chicken bowl | | 55.57 |
| Popcorn Chicken Bowl-Spicy | | 49.67 |
| Popcorn Chicken-Spicy | | 16.12 |
| Potato Baked w/ Cheese & Bacon | | 35.23 |
| Pretzel/Yogurt/Cheese Plate | | 47 |
| Quesadilla-Cheese | | 31 |
| Rib BBQ on a Bun | | 44.01 |
| Salad -Fruit, Yogurt & Cheese Platter w/ Muffin | | 51.94 |
| Salad-Bagel Platter | | 23 |
| Salad-Egg Chef | | 4.17 |
| Salad-Ham Chef | | 5.54 |
| Salad-Romaine w/ Cheese | | 4.67 |

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| Salisbury steak | | 4 |
| Sausage Patty for lunch | | 2 |
| Sloppy Joe | | 36.12 |
| Sun Butter & Jelly Sandwich | | 69.74 |
| Turkey and Cheese Sandwich | | 34.93 |
| Wrap-Cheesy | | 38.54 |
| Sides/Fruits/Veggies | | |
| Apple | | 16.24 |
| Apple Juice | | 14 |
| Applesauce | | 13.72 |
| Apricot Halves | | 14 |
| Baby Carrot | | 5.84 |
| Banana | | 24.11 |
| Broccoli | | 2.12 |
| Carrot Cooked | | 6.77 |
| Cauliflower | | 2.47 |
| Celery Sticks | | 1.93 |
| Cherry Tomatoes | | 3.35 |
| Cucumber Sliced | | 2.62 |
| Diced Peaches | | 12.2 |
| Diced Pears | | 14.15 |
| French Fries | | 17.26 |
| Fruit Juice | | 14 |
| Grape Juice | | 18 |
| Green Beans W/ Margarine | | 4.49 |
| Mixed Fruit | | 13 |
| Orange Juice | | 12 |
| Orange Wedges | | 11.74 |
| Peas | | 13.4 |
| Pineapple Tidbits | | 18.07 |
| Red Pepper Slice | | 3.03 |
| Refried Beans | | 19.73 |
| Rice for General Tso Chicken | | 21.18 |
| Salad-Side | | 3.56 |
| Sliced Bread | | 30 |
| Spinach | | 2.78 |
| Tater Tots | | 16.14 |
| Tortilla chips w/ Tater Tot Nacho's | | 32.08 |
| Milk & Condiments | | |
| White Milk 1% | | 11 |
| Chocolate Milk | | 20 |
| Ketchup | | 3 |
| Mayonnaise | | 3 |
| Mustard | | 1 |
| Ranch Dressing | | 2 |
| BBQ Sauce | | 4 |
| Taco Sauce | | 1 |

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| Tartar Sauce | | 2 |
| Marinara sauce | | 5 |
| Margarine | | 0 |

High School Lunch Carbs

| Item | | Carbs (g) |
|--------------------------------------|--|-----------|
| Entrees | | |
| BBQ Chicken w/ Cheddar on a Bun | | 39.17 |
| Brown Gravy for Salisbury Steak | | 4.76 |
| Burger on a Bun | | 29 |
| Burger w/ Cheese & Bacon on a Bun | | 29.66 |
| Burger w/ Cheese on a Bun | | 29.5 |
| Chicken Fried Steak w/ Country Gravy | | 24.83 |
| Chicken Nuggets | | 12.5 |
| Chicken Patty Regular | | 39 |
| Chicken Patty-Spicy | | 39 |
| Chicken Tenders | | 13 |
| Chili Dog | | 31.04 |
| Corn Dog | | 30 |
| Corn W/ Margarine | | 15.8 |
| Enchilada-Beef | | 28.03 |
| Fish Patty Melt | | 43.64 |
| Flatbread-Alfredo Chicken | | 35.13 |
| General Tso w/ Popcorn Chicken | | 32.56 |
| Ham & Cheese - Hot on a wrap | | 33.5 |
| Hot Dog W/ Bun | | 29 |
| Korean Meatball Stew | | 18.81 |
| Macaroni & Cheese | | 49.8 |
| Meatball Pizza Sub | | 34.1 |
| Nachos-Chicken | | 20.3 |
| Nachos-Tater Tot Chicken | | 19.2 |
| Orange Popcorn Chicken w/ Broccoli | | 38.17 |
| Pancakes for Lunch | | 27.89 |
| Penne Cheesy Baked | | 53.63 |
| Penne w/ Tomato Alfredo & Chicken | | 29.11 |
| Pizza- Alfredo Chicken & Spinach | | 35.13 |
| Pizza- BBQ Chicken | | 43.57 |
| Pizza- BBQ Chicken Sriracha | | 40.99 |
| Pizza- Broccoli, Pepper, Onion | | 33.95 |
| Pizza-Bruschetta | | 30.76 |
| Pizza-Buffalo Chicken | | 30.88 |
| Pizza-Cheese | | 30.88 |
| Pizza-Cheeseburger | | 31.06 |
| Pizza-Chicken Parmesan | | 30.79 |
| Pizza- Meat Lover's | | 31.03 |
| Pizza- Mexican | | 32.02 |
| Pizza-Pepperoni | | 30.88 |
| Pizza-Pepperoni & Jalapeno | | 31.55 |
| Pizza- Pico de Gallo | | 31.79 |
| Pizza-Sausage | | 31.11 |
| Pizza-Vegetarain Hawain | | 36.14 |

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| Pizza-Veggie | | 33.47 |
| Pizza Sticks | | 45 |
| Popcorn Chicken | | 15.23 |
| Popcorn Chicken Bowl | | 55.57 |
| Popcorn Chicken Bowl-Spicy | | 49.67 |
| Potato Baked w/ Cheese & Bacon | | 35.23 |
| Rib BBQ on Bun | | 44.01 |
| Rotini w/ Meat Sauce | | 36.25 |
| Rotini w/ Spaghetti Sauce | | 32 |
| Salad- All American Chef | | 5.58 |
| Salad-Beef Taco | | 18.11 |
| Salad-Chicken & Cheese | | 4.42 |
| Salad-Chicken Caesar | | 13.02 |
| Salad-Chicken Chef | | 4.25 |
| Salad-Chicken Taco | | 17.13 |
| Salad-Cobb | | 5.66 |
| Salad-Egg Caesar | | 12.77 |
| Salad-Egg Chef | | 4.17 |
| Salad-Fruit/Yogurt/Cheese w/ 2 Muffins | | 81.94 |
| Salad-Ham Chef | | 5.54 |
| Salad-Kickin Pinto | | 33.82 |
| Salad -Pretzel/Yogurt/Cheese Plate | | 47 |
| Salad-Popcorn Chicken | | 14.64 |
| Salad- Ranch Chicken | | 5.5 |
| Salad-Romaine w/ Cheese | | 4.67 |
| Salad-Tuna Platter | | 4.56 |
| Salad-Turkey Chef | | 5.92 |
| Salisbury Steak | | 4 |
| Sandwich-Tuna Salad | | 31.89 |
| Sausage Patty for lunch | | 2 |
| Spaghetti w/ Meatballs | | 54.5 |
| Spaghetti w/ Spaghetti Sauce | | 52.5 |
| Sub-Chicken Salad | | 33.84 |
| Sub-Egg Salad | | 34.17 |
| Sub-Ham & Cheese | | 31 |
| Sub- Turkey & Cheese | | 32.04 |
| Sub-Turkey & Pepperjack | | 32.04 |
| Sun Butter & Jelly Sandwich | | 69.74 |
| Sweet n' Sour Chicken w/ Broccoli | | 30.22 |
| Wrap- Buffalo Chicken | | 38.3 |
| Wrap-Chipotle Chicken | | 38.84 |
| Wrap- Ham & Cheese | | 39.54 |
| Wrap- Ham & Cheese Baboom | | 35.45 |
| Wrap-Ham & Pepperjack | | 39.54 |
| Wrap-Ham & Swiss | | 39.04 |
| Wrap-Mediterranean Vegetable | | 50.3 |
| Wrap-Sante Fe Turkey | | 54.48 |

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| Wrap-Southwestern Chicken | | 39.2 |
| Wrap-Three Cheese | | 38.2 |
| Wrap-Turkey & Cheese | | 39.54 |
| Wrap-Vegetable | | 40.71 |
| Sides/Fruits/Veggies | | |
| Bar-Pepperoni | | 16 |
| Rice | | 21.18 |
| Apple | | 16.24 |
| Apple Juice | | 14 |
| Apple Sauce | | 13.72 |
| Apricot Halves | | 14 |
| Baby Carrot | | 5.84 |
| Banana | | 24.11 |
| Bar-10 inch flour tortilla | | 34 |
| Bar-American cheese slices | | 18.4 |
| Bar-Banana peppers | | 14.29 |
| Bar-Black Olive Slices | | 28.35 |
| Bar-Cheddar Cheese | | 16 |
| Bar-Dill pickle slices | | 7.67 |
| Bar-Flat Bread | | 28 |
| Bar-Green Pepper strips | | 21.05 |
| Bar-Ham Slices | | 7.96 |
| Bar-Jalapenos | | 21.5 |
| Bar-Pepper Jack cheese | | 16 |
| Bar-Provolone cheese | | 16 |
| Bar-Red Onions sliced | | 42.37 |
| Bar-Salami Slices | | 8 |
| Bar-Shredded Cheddar cheese | | 16 |
| Bar-Shredded Mozzarella cheese | | 16 |
| Bar-Shredded romaine | | 14.92 |
| Bar-Sliced Tomatoes | | 17.64 |
| Bar-Spinach leaves | | 16.47 |
| Bar-Sub Roll | | 28 |
| Bar-Swiss Cheese | | 0 |
| Bar-Turkey Slices | | 16 |
| Bread sticks | | 14 |
| Broccoli | | 2.12 |
| Broccoli Cooked | | 4.61 |
| Carrot Cooked | | 6.77 |
| Cauliflower | | 2.47 |
| Celery Sticks | | 1.93 |
| Cherry Tomatoes | | 3.35 |
| Cucumber Slice | | 2.62 |
| Diced Peaches | | 12.2 |
| Diced Pears | | 14.15 |
| Dinner Roll | | 28 |
| French Fries | | 17.26 |

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| Fruit Juice | | 14 |
| Grape Juice | | 18 |
| Green Beans W/ Margarine | | 4.49 |
| Mashed potatoes | | 15.3 |
| Mixed Fruit | | 13 |
| Mixed Veggies-Steamed | | 14.69 |
| Orange Juice | | 12 |
| Orange Wedges | | 11.74 |
| Pineapple Tidbits | | 18.07 |
| Red Pepper Slice | | 3.03 |
| Refried Beans | | 19.73 |
| Rice Cilantro for Korean Meatball Stew | | 47.44 |
| Rice-Egg Fried | | 24.7 |
| Rice-Mexican | | 22.26 |
| Salad-Side | | 3.56 |
| Salad-Side Rotini Pasta | | 40.5 |
| Sliced Bread | | 30 |
| Spinach Cooked | | 2.78 |
| Tater Tots | | 16.14 |
| Tortilla chips for tater tot chicken nachos | | 32.08 |
| Tortilla Chips for Taco Salad | | 33 |
| Vegetarian Baked Beans | | 29.16 |
| Milk & Condiments | | |
| White Milk 1% | | 11 |
| Chocolate Milk | | 20 |
| Ketchup Packet | | 3 |
| Maple Syrup | | 29 |
| Marinara Sauce | | 4.99 |
| Mayonnaise Packet | | 3 |
| Mustard Packet | | 1 |
| Ranch Dressing Packet | | 2 |
| BBQ Sauce Packet | | 4 |
| Tartar Sauce | | 2 |
| Bar-Bleu Cheese dressing | | 0.5 |
| Bar-French Dressing | | 4.5 |
| Bar-Italian dressing lite | | 1 |
| Bar-Caesars Dressing | | 0.5 |
| Bar-Honey Mustard | | 2.5 |
| Bar-Balsamic Vinaigrette | | 2 |