

## ELEMENTARY SCHOOL MENU ITEMS - CARBOHYDRATE COUNTS

1/23/2018

<u>MENU ITEMS (Alpha Order)</u>	<u>Portion Size</u>	<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Sodium</u>
American Sub made w/Ham, Turkey & Cheese	1 sandw	416	28.29	24.20 gm	1315.89
Animal Crackers	1 bag	128	21.83	1.7 gm	147.42
Apple, fresh size 138 (1/2 cup)	1 each	72	19.06	.36 gm	1.38
Applesauce w/Cinn unsweet	1/2 cup	57	17.23	.03 gm	16.77
Applesauce, unsweetened	1/2 cup	56	16.7	0	16.70
Baked Potato - small size 100-110	1 each	161	36.59	4.33 gm	17.30
Banana	1 each	105	26.95	1.29 gm	1.18
BBQ Chicken, pulled w/BBQ Sauce	3 oz	280	43.16	18.02 gm	840.79
BBQ Ribbette on WG Bun	1 sandw	415	41.16	18.73 gm	1037.80
Beans, Baked Vegetarian	1/2 cup	133	25.72	5.9 gm	150.36
Beef, Hot Dog	1	170	1	6 gm	460.00
Beef Hot Dog/WG Bun w/catsup & mustard	1 sandw	347	31.67	13.32 gm	883.54
Beef Nachos w/Salsa & Sour Cream	2 Pro/1 Brd	469	49.27	12.27 gm	704.08
Beef Patty w/onion	1 patty	140	2	12 gm	300.00
Beef Taco in Soft WG Shell	2 each	187	16.5	9.55 gm	150.24
Beef Taco in Hard WG Shell	2 each	313	20.43	16.12 gm	553.94
Beef Taco Filling	3.17 oz	111	5	13	292.00
Berry Slushy	1/2 cup	80	20	0	45.00
Bread Whole Wheat Garlic Sliced	1 slice	110	12	2	200.00
Breadsticks w/Cheese (2) served with Marinara Sauce (BOSCO)	2 each	320	41.99	21 gm	699.57
Breakfast Pizza Egg & Turkey Bacon	1 each	210	25	8 gm	360.00
Broccoli / Cauliflower Florets, fresh	1/2 cup	24	4.7	1.10 gm	139.76
Broccoli, frozen, steamed	1/2 cup	9	1.65	0	8.50
Broccoli, Florets, fresh	1/2 cup	10	1.86	0	9.59
Brown Rice, cooked	1/2 cup	48	10.5	1.2 gm	1.71
Calzone w/Pepp & Sausage	1 each	250	33	18.00 gm	480.00
Carrot, Shredded					
Carrot Sticks, fresh	1 cup	25	5.84	.57 gm	42.09
Carroteenies, packaged	1/2 cup	23	5.43	.53 gm	164.12
Carrots, canned, cooked	1/2 cup	57	13.28	1.23 gm	93.71
Carrots, frozen, cooked	1/2 cup	38	7.62	1.09 gm	65.31
Cauliflower, Florets, fresh	1/2 cup	20	3.88	1.50 gm	23.40
Cauliflower, frozen, cooked	1/2 cup	17	3.38	1.45 gm	16.20
Cauliflower, fresh, cooked	1/2 cup	14.5	2.55	1.14 gm	18.60
Celery Sticks, fresh	1/2 cup	12	2.21	0.51 gm	59.42
Cheese, American slice	2 slices	70	2	7 gm	420.00
Cheese Bread Bites, Wild Mike's	1 oz	70	7	4 gm	135.00
Cheese, Cheddar, shredded, mild	1/4 cup	110	1	7 gm	190.00
Cheese Stick, Cheddar, wrapped	1 each	111	0	7.09 gm	202.50
Cheese Stick, Colby Jack, wrapped	1 each	111	0	7.09 gm	202.50
Cheese Stick, String, wrapped	1 each	61	1.01	8.10 gm	212.62

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Cheeseburger on a WG Bun w/C & M	1 sandw	372	33.97	21.75 gm	744.33
Cheeseburger on a Pretzel Bun w/C & M	1 sandw	386	36.67	20.54 gm	623.69
Cheesy Garlic Flatbread	1 each	301	35.06	16.03 gm	550.92
Cherry Tomatoes (for salads)	1/4 cup	7	1.45	.33 gm	1.86
Cherry Tomatoes/Sliced Cucumbers (for salads)	1/4 cup	4	0.78	.18 gm	0.98
Chicken Drummies, brd (4)	4 each	264	21.95	13.96 gm	528.95
Chicken Fingers	3 each	161	12.36	9.21 gm	437.01
Chicken Nuggets (5)	5 each	284	22.97	15.97 gm	589.21
Chicken Nuggets, Golden Crispy	5 each	260	16	16 gm	400.00
Chicken Nugget Halloween	3 each	251	15.08	14.07 gm	350.00
Chicken Nugget Heart	3 each	251	15.08	14.07 gm	350.00
Chicken Nugget Shamrock	3 each	251	15.08	14.07 gm	350.00
Chicken Nugget Giggle	2 each	294	18.27	17.25 gm	410.00
Chicken Nugget Trees	3 each	251	15.08	14.07 gm	350.00
Chicken Nugget Footballs	3 each	251	15.08	14.07 gm	350.00
Chicken Parmesan Sandw w/mozz cheese	1 sandw	360	35.40	24.39 gm	849.78
Chicken Pattie, brd on a WG Bun	1 sandw	427	45.47	22.24 gm	753.14
Chicken Popcorn Whole Grain	12 each	250	16	15	380.00
Chicken Taco, Soft WG Shell	1 each	350	36.56	19.52 gm	756.45
Chicken Tenders, brd (3)	3 each	151	9.36	9.21 gm	332.01
Chicken Wrap, brd w/turkey bacon on a WG Tortilla	2 halves	614	51.2	32.82 gm	1644.16
Chips, Potato, baked Lays	1 bag	100	20	2 gm	115.00
Crispy Chicken Salad	1 salad	341	13.16	16.94 gm	634.03
Chicken, Gen Tso over Brown Rice	2 oz/1/2 cup	337	32.98	17 gm	724.79
Chicken Mandarin Orange	3.6 oz	150	19	11 gm	460.75
Chili with Beans	1/2 cup	180	10.67	15.43 gm	181.47
Chili with Beans and Macaroni	1/2 cup	230	18.65	15.98 gm	182.24
Clementine	1 each	34.8	9	.6 gm	0.70
Cookie, Graham, Cinnamon Teddy	1 pack	90	16	1 gm	95.00
Cookie, Gingerbread	1 each	90	14	1 gm	60.00
Cookie, Sugar, WG	1 each	100	18.97	1.00 gm	134.76
Corn Cobbette	1 each	180	37	5.00 gm	0.00
Corn Dog Nuggets (turkey) (6)	6 each	250	28	11.50 gm	705.00
Corn Dog, Turkey (1)	1 each	240	33	11.5 gm	825.00
Corn, canned, heated	1/2 cup	97	19.38	2.42 gm	436.15
Corn, frozen, heated	1/2 cup	78	14.55	2.91 gm	9.70
Cracker, Goldfish	1 bag	101	14.17	3.04 gm	172.12
Cracker, Cheez-its .75 oz	1 bag	101	14.17	2.03 gm	151.87
Coleslaw, creamy	1/2 cup	39	3.61	0.62 gm	75.31
Dinner Roll, WG, baked	1 each	77	13.36	2.97 gm	142.19
Cheese / Egg / Sausage Biscuit	1 each	287	30.36	14.06 gm	569.62

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Egg / Sausage Muffin Sandwich	1 sandw	235	24.89	15.01 gm	395.38
Fish Nuggets, Sea Shapes	4 each	220	21	13 gm	769.49
French Fries, Oven Baked w/ketchup	1/2 cup	160	25.05	2.00 gm	334.12
French Toast, Cinnamon Glaze	1 slice	210	28	8 gm	320.00
French Toast Sticks (3) w/syrup	3 each	151	22.30	7.70 gm	270.30
Fruit Cocktail, canned, light syrup	1/2 cup	138	36.13	.97 gm	14.52
Fruit Snacks, <i>MOTTS</i>	1.6 oz	130	38.00	0	55.00
Grahams, All Sport	1 bag	84	15.19	1.52 gm	85.81
Grahams, Bear shaped	1 bag	131	21.55	1.62 gm	106.59
Grahams, Bunny Friends	1 oz bag	120	20.00	2 gm	85.00
Grahams, Cinnamon Elf	1 oz bag	120	21.00	2 gm	105.00
Grahams, Honey Bunny	1 oz bag	120	20.00	2 gm	85.00
Grapes, fresh, seedless	1/2 cup	34	8.87	.35 gm	0.98
Green Beans, canned, cooked	1/2 cup	19	2.75	1.37 gm	147.81
Green Beans, frozen, cooked	1/2 cup	32	4.60	.92 gm	0.00
Hamburger, Beef Patty with Onion	1 patty	140	2.00	12 gm	300.00
Hamburger on a WG Bun	1 sandw	372	33.97	21.75 gm	744.33
Hamburger on a WG Pretzel Bun	1 sandw	386	36.67	20.54 gm	496.19
Hot Dog on a WG Bun (turkey)	1 sandw	297	31.67	13.32 gm	1126.54
Hummus	2 Tblsp	90	5.06	2 gm	243.00
Ketchup, individual portion (9 gm)	1 pc	9	2.47	.09 gm	81.63
Lasagna Cheese Roll-up (meatless)	1 portion	246	30.26	15.55 gm	545.89
Macaroni n' Cheese	2/3 cup	280	29.02	17.0 gm	670.38
Mandarin Oranges	1/2 cup	74	16.70	.93 gm	9.28
Marinara Sauce, cup	2.5 oz	40	7.99	1.00 gm	239.57
Mashed Potato Bowl w/popcorn chix, corn and mashed potatoes)	1 bowl	371	38.68	17.64 gm	901.03
Mayonnaise, individual portion, 7 gm	1 each	351	1.32	.54 gm	278.32
Meatballs in Gravy	4 each	158	6.35	12.21 gm	309.58
Meatball Sub Sandwich <i>w/Cheese</i>	4 ea/1 bun	391	37.65	22.76 gm	956.98
MILK - 1% Lowfat, Unflavored	8 oz	100	11.00	8 gm	107.36
MILK - Chocolate, Fat Free	8 oz	110	20.00	8 gm	180.00
MILK - Strawberry, Fat Free	8 oz	120	22.00	9 gm	120.00
MILK - Skim	8 oz	83	12.15	8 gm	102.90
Mixed Fruit, canned, light syrup	1/2 cup	62	13.46	1.04 gm	5.18
Mixed Vegetables, California Blend	1/2 cup	25	5.00	1.00 gm	25.00
Mixed Vegetables, Italian Blend	1/2 cup	30	6.00	1.00 gm	20.00
Mixed Vegetables, Oriental Blend	1/2 cup	30	5.00	1.00 gm	10.01
Mixed Vegetables, frozen, cooked	1/2 cup	93	18.61	4.65 gm	131.82
Mustard, individual portion, 5 gm	1 each	3	0.29	.19 gm	55.20
Oranges, Fresh, size 138	1 each	62	15.39	1.23 gm	0.00
Pancake / Breakfast Bite Sausage Pancake	3 pieces	210	17	8 gm	430.00
Pancakes, Mini, Maple, IW	1 pack	230	41.03	4.00 gm	155.11

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Pancakes, Mini, Strawberry, IW	1 pack	240	42.00	4.00 gm	150.00
Pancake / Sausage on a Stick 2.9 oz	1 each	240	22.89	8.01 gm	451.41
Pasta, Ravioli	1 cup	210	36.00	6 gm	690.00
Pasta, Rotini with Meatsauce	4 oz sauce/ 1/2 c.pasta	290	35.85	20.46 gm	771.65
Pasta, Spaghetti w/MeatSauce	4 oz sauce/ 1/2 c.pasta	236	18.65	17.73 gm	771.65
Pasta, Spaghetti w/MeatBalls	4 oz sauce/ 1/2 c.pasta	273	23.65	15.0 gm	720.87
Peach Cup, USDA	1/2 cup	80	19.00	1.0 gm	0.00
Peaches, Diced, Cnd, Light Syrup	1/2 cup	76	18.54	0	10.90
Pea Pods, Fresh	1/2 cup	13	2.4	0.9 gm	1.50
Peanut Buttter & Jelly WG Sandwich	1 sandw	582	50.81	22.74 gm	570.33
Pears, Diced, cnd., light syrup	1/2 cup	89	22.27	0	5.57
Pears, Fresh	1 each	101	27.11	.64 gm	1.78
Peas & Carrots, frozen, cooked	1/2 cup	77	16.19	4.94 gm	54.40
Peas, frozen, cooked	1/2 cup	75	13.76	4.97 gm	69.97
Peppers, Red Bell	100 gm	40	9.5	2 gm	7.00
Peppers, Green	100 gm	20	4.6	.9 gm	3.00
Pineapple Tidbits, cnd, light syrup	1/2 cup	64	15.90	0	10.60
Pizza Bagels, Cheese, mini (4)	4 each	260	24.04	21.04 gm	561.02
Pizza, Big Daddy, 4-cheese	1 slice	370	36.00	21.0 gm	500.13
Pizza, Big Daddy, Pepperoni	1 slice	266	27.90	19 gm	467.50
Pizza, Cheesy French Bread	1 each	300	34.00	17.00 gm	570.19
Pizza Slice, Cheese	1 slice	331	35.05	16.02 gm	821.27
Pizza, Cheese, Round 5"	1 each	340	43.00	17.00 gm	700.00
Pizza Slice, Pepperoni	1 slice	330	35.00	17.00 gm	870.39
Pizza, Wild Mike's Cheese Bites	1 oz	70	7.00	4 gm	135.00
Pizza, Wild Mike's 5" Deep Dish Cheese	1 each	360	34.00	20 gm	510.00
Pizza, Wild Mike's Pepperoni	1 slice	370	33.00	20 gm	580.00
Potato, Hash Brown Pattie (1)	1 each	130	13.99	1.00 gm	229.77
Potato, Mashed (Basic American)	1/2 cup	68	15.38	1.71 gm	98.27
Potato, Sweet Potato Fries	1/2 cup	85	13.52	.71 gm	120.96
Potato, Sweet Potato Fries	1/2 cup	160	23	1 gm	150.00
Potato Rounds, frz,ckd (Tator Tots)	1/2 cup	152	18.80	1.68 gm	384.94
Potato Smiles	1/2 cup	170	24.00	2 gm	384.00
Pretzel Rod, WG	1 each	70	14.00	2.0 gm	65.00
Quesadilla, Cheese	1 each	330	39.98	15.99 gm	829.56
Quesadilla, Chicken & Cheese	1 each	320	38.04	18.02 gm	770.80
Ranch Dressing, Fat Free, portion	1 each	11	2.12	2.04 gm	132.25
Refried Beans, canned	1/2 cup	182	33.67	10.4 gm	696.50
Relish, pickle, individual portion	1 each	10	2.63	2.04 gm	60.83
Rice Krispie Mini Treat, .78 oz	1 each	78	14.04	0	70.20

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Salad, Tossed ( <i>Romaine Greens</i> ) w/FF Ranch	1 cup	18	3.55	0.58 gm	128.76
Salsa & Sour Cream	2 oz	122	7.88	7.04 gm	
Sausage Link, Chicken Golden Brown	1 each	40	0	2.99 gm	134.58
Sausage Patty, Chicken Golden Brown	1 each	80	0	5.98 gm	269.16
Sausage Pattie, Turkey	1 each	60	0	6.00 gm	80.00
Sloppy Joe on a WG Bun	1 sandw	282	34.67	18.83 gm	648.80
Snack Mix Kids Mix	1 pkg	100	17	3 gm	150.00
Sun Butter, 1 oz portion for veggies	1 oz.	177	6.20	6.04 gm	106.31
Strawberry Cup, USDA	1/2 cup	90	22.00	1.0 gm	
Syrup, Pancake	1.5 oz	130	33.00	0	16.09
Taco Filling w/beef	3.17 oz	111	5.00	13 gm	292.00
Toasted Cheese Sandwich ( <i>or Grilled</i> )	1 sandw	376	28.52	14.9 gm	1210.92
Turkey & Cheese Wrap made with WG Tortilla	1 Wrap	511	49.35	31.84 gm	1484.59
Turkey & Cheese on a WG Bun	1 sandw	309	29.32	23.92 gm	966.94
Turkey, BBQ Shredded on a WG Bun	1 sandw	343	49.36	19.72 gm	948.55
Veggie Tray - Celery, Grn Pepp, Cauli	1/2 Cup	9	1.76	0.40 gm	30.79
Veggie Tray - Grn, Red & Yellow Pepp Strips	1/2 Cup	8	1.81	8.0 gm	1.17
Veggie Tray - Baby Carrots, Cherry Tomatoes, Celery	1/2 Cup	11	2.43	0.38 gm	26.79
Veggie Tray - Cauliflower, Baby Carrots, Cherry Tomatoes	1/2 Cup	7	1.50	0.37 gm	6.61
Veggie Tray - Broccoli, Cauliflower, Cherry Tomatoes	1/2 Cup	9	1.78	0.21 gm	6.46
Veggie Tray - Broccoli, Cherry Tomatoes, Green Pepper	1/2 Cup	11	2.19	0.26 gm	6.07
Veg/Fruit Juice - Calypso Crush	4 oz	40	10.00	0	10.00
Veg/Fruit Juice - Cherry Star	4 oz	50	13.00	0	36.00
Veg/Fruit Juice - Dragon Punch	4 oz	50	13.00	0	20.00
Veg/Fruit Juice - Power Fruit Punch Box	4.23 oz	60	14.00	0	15.00
Veg/Fruit Juice - Sunset Sip	4 oz	40	10.00	0	10.00
Veg/Fruit Juice - Tropical Twist	4.23 oz	60	14.00	0	15.00
Veg/Fruit Juice - Wango Mango	4 oz	50	13.00	0	20.00
Waffles, Mini, Maple, IW	1 pkg	340	71.01	7.04 gm	175.06
Yogurt, creamy fruit flavored	4 oz	113	19.07	3.01 gm	75.26