

MIDDLE SCHOOL MENU ITEMS - CARBOHYDRATE COUNTS

1/11/2018

<u>MENU ITEMS (Alpha Order)</u>	<u>Portion Size</u>	<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>
American Sub made w/Ham, Turkey & Cheese	1 sandw	416	28.29	24.20 gm
Animal Crackers	1 bag	128	21.83	1.7 gm
Apple, fresh size 138	1 each	72	19.06	.36 gm
Applesauce w/Cinn unsweet	1/2 cup	57	17.23	.03 gm
Applesauce, unsweetened	1/2 cup	56	16.7	0
Baked Potato - small size 100-110	1 each	161	36.59	4.33 gm
Banana	1 each (small)	89	22.84	1.09gm
BBQ Chicken, pulled w/BBQ Sauce	3 oz	280	43.16	18.02 gm
BBQ Ribbette on WG Bun	1 sandw	415	41.16	18.73 gm
BBQ Sauce Packet	12 gm pkt	12	3	0
Beans, Baked Vegetarian	1/2 cup	133	25.72	5.9 gm
Beef Hot Dog/WG Bun w/catsup & mustard	1 sandw	347	31.67	13.32 gm
Beef Nachos w/Salsa & Sour Cream		469	49.27	12.27 gm
Beef Taco in Soft WG Shell	1 each	187	16.5	9.55 gm
Beef Taco in Hard WG Shell	1 each	313	20.43	16.12 gm
Berry Slushy	1/2 cup	80	20	0
Breadsticks w/Cheese (2) served with Marinara Sauce (BOSCO)	2 each	320	41.99	21 gm
Broccoli / Cauliflower Florets, fresh	1/2 cup	24	4.70	1.10 gm
Broccoli, frozen, steamed	1/2 cup	9	1.65	0
Broccoli, Florets, fresh	1/2 cup	10	1.86	0
Brown Rice, cooked	1/2 cup	48	10.50	1.2 gm
Calzone w/Pepp & Sausage	1 each	250	33.00	18.00 gm
Carrot Sticks, fresh	1 cup	25	5.84	.57 gm
Carroteenies, packaged	1/2 cup	23	5.43	.53 gm
Carrots, canned, cooked	1/2 cup	57	13.28	1.23 gm
Carrots, frozen, cooked	1/2 cup	38	7.62	1.09 gm
Cauliflower, Florets, fresh	1/2 cup	20	3.88	1.50 gm
Cauliflower, frozen, cooked	1/2 cup	17	3.38	1.45 gm
Cauliflower, fresh, cooked	1/2 cup	14.5	2.55	1.14 gm
Celery Sticks, fresh	1/2 cup	12	2.21	0.51 gm
Cheese Stick, cheddar, wrapped	1 each	111	0	7.09 gm
Cheese Stick, Colby Jack, wrapped	1 each	111	0	7.09 gm
Cheese Stick, String, wrapped	1 each	61	1.01	8.10 gm
Cheeseburger on a WG Bun w/C & M	1 sandw	372	33.97	21.75 gm

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Cheeseburger on a Pretzel Bun w/C & M	1 sandw	386	36.67	20.54 gm
Cheesy Garlic Flatbread	1 each	301	35.06	16.03 gm
Cherry Tomatoes (for salads)	1/4 cup	7	1.45	.33 gm
Cherry Tomatoes/Sliced Cucumbers (for salads)	1/4 cup	4	0.78	.18 gm
Chicken Drummies, brd (4)	4 each	264	21.95	13.96 gm
Chicken Fingers	3 each	161	12.36	9.21 gm
Chicken Nuggets (5)	5 each	284	22.97	15.97 gm
Chicken Nugget Halloween	3 each	251	15.08	14.07 gm
Chicken Nugget Heart	3 each	251	15.08	14.07 gm
Chicken Nugget Shamrock	3 each	251	15.08	14.07 gm
Chicken Nugget Giggle	2 each	294	18.27	17.25 gm
Chicken Nugget Trees	3 each	251	15.08	14.07 gm
Chicken Nugget Footballs	3 each	251	15.08	14.07 gm
Chicken Parmesan Sandw w/mozz cheese	1 sandw	360	35.40	24.39 gm
Chicken Pattie, brd on a WG Bun	1 sandw	427	45.47	22.24 gm
Chicken, Popcorn Basket	1 each	355	35.77	18.35
Chicken Taco, Soft WG Shell	1 each	350	36.56	19.52 gm
Chicken Tenders, brd (3)	3 each	151	9.36	9.21 gm
Chicken Wrap, brd w/turkey bacon on a WG Tortilla	2 halves	614	51.20	32.82 gm
Crispy Chicken Salad	1 salad	341	13.16	16.94 gm
Chicken, Gen Tso over Brown Rice	2 oz/1/2 cup	337	32.98	17 gm
Chicken Mandarin Orange	3.6 oz	150	19.00	11 gm
Chili with Beans	1/2 cup	180	10.67	15.43 gm
Chili with Beans and Macaroni	1/2 cup	230	18.65	15.98 gm
Cheese/Egg/Sausage Biscuit	1 each	287	30.36	14.06 gm
Cookie, Sugar, WG	1 each	100	18.97	1.00 gm
Corn Cobbette	1 each	180	37.00	5.00 gm
Corn Dog Nuggets (turkey) (6)	6 each	250	28.00	11.50 gm
Corn Dog, Turkey (1)	1 each	240	33.00	11.5 gm
Corn, canned, heated	1/2 cup	97	19.38	2.42 gm
Corn, frozen, heated	1/2 cup	78	14.55	2.91 gm
Cracker, Goldfish	1 bag	101	14.17	3.04 gm
Cracker, Cheez-its .75 oz	1 bag	101	14.17	2.03 gm
Coleslaw, creamy	1/2 cup	39	3.61	0.62 gm

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Dinner Roll, WG, baked	1 each	77	13.36	2.97 gm
Egg / Sausage Muffin Sandwich	1 sandw	235	24.89	15.01 gm
Fortune Cookie	1 each	35	7.00	1gm
French Fries, Oven Baked	1/2 cup	160	25.05	2.00 gm
French Toast Sticks (3)	3 each	151	22.30	7.70 gm
Fruit Cocktail, canned, light syrup	1/2 cup	138	36.13	.97 gm
Fruit Snacks, Motts	1.6 oz	130	38.00	0
Grahams, Bear shaped	1 bag	131	21.55	1.62 gm
Grahams, All Sport	1 bag	84	15.19	1.52 gm
Grapes, fresh, seedless	1/2 cup	34	8.87	.35 gm
Green Beans, canned, cooked	1/2 cup	19	2.75	1.37 gm
Green Beans, frozen, cooked	1/2 cup	32	4.60	.92 gm
Hamburger on a WG Bun	1 sandw	372	33.97	21.75 gm
Hamburger on a WG Pretzel Bun	1 sandw	386	36.67	20.54 gm
Hot Dog on a WG Bun (turkey)	1 sandw	297	31.67	13.32 gm
Hummus	2 Tblsp	90	5.06	2 gm
Ketchup, individual portion (9 gm)	1 pc	9	2.47	.09 gm
Lasagna Cheese Roll-up (meatless)	1 portion	246	30.26	15.55 gm
Macaroni n' Cheese	2/3 cup	280	29.02	17.0 gm
Mandarin Oranges	1/2 cup	74	16.70	.93 gm
Marinara Sauce, cup	2.5 oz	40	7.99	1.00 gm
Mashed Potato Bowl w/popcorn chix, corn and mashed potatoes)	1 bowl	371	38.68	17.64 gm
Mayonnaise, individual portion, 7 gm	1 each	351	1.32	.54 gm
Meatballs in Gravy	4 each	158	6.35	12.21 gm
Meatball Sub Sandwich w/Cheese	4 ea/1 bun	391	37.65	22.76 gm
MILK - 1% Lowfat, Unflavored	8 oz	100	11.00	8 gm
MILK - Chocolate, Fat Free	8 oz	110	20.00	8 gm
MILK - Strawberry, Fat Free	8 oz	120	22.00	9 gm
MILK - Skim	8 oz	83	12.15	8 gm
Mixed Fruit, canned, light syrup	1/2 cup	62	13.46	1.04 gm
Mixed Vegetables, California Blend	1/2 cup	25	5.00	1.00 gm
Mixed Vegetables, Italian Blend	1/2 cup	30	6.00	1.00 gm
Mixed Vegetables, Oriental Blend	1/2 cup	30	5.00	1.00 gm
Mixed Vegetables, frozen, cooked	1/2 cup	93	18.61	4.65 gm
Mustard, individual portion, 5 gm	1 each	3	0.29	.19 gm

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Nacho Bites	8 each	271	32.11	11.04 gm
Oranges, fresh, size 138	1 each	62	15.39	1.23 gm
Pancake / Sausage on a Stick 2.9 oz	1 each	240	22.89	8.01 gm
Pancakes, Mini, Maple, IW	1 pack	230	41.03	4.00 gm
Pancakes, Mini, Strawberry, IW	1 pack	240	42.0	4.00 gm
Pasta, Penne	1/2 cup	220	52.5	9.17gm
Pasta, Rotini	1/2 cup	90	24.0	4gm
Pasta, Rotini with Meatsauce	4 oz sauce/ 1/2 c.pasta	290	35.85	20.46 gm
Pasta, Spaghetti	1/2 cup	110	22.0	4gm
Pasta, Spaghetti w/MeatSauce	4 oz sauce/ 1/2 c.pasta	236	18.65	17.73 gm
Pasta, Spaghetti w/MeatBalls	4 oz sauce/ 1/2 c.pasta	273	23.65	15.0 gm
Pea Pods	1/4 cup	19	3.46	1.3gm
Pea Pods	1/2 cup	38	6.92	2.6gm
Pea Pods & Carrots Fresh	1/4 cup	14	2.88	.74gm
Pea Pods & Carrots Fresh	1/2 cup	28	5.80	1.48gm
Peach Cup, USDA	1/2 cup	80	19.0	1.0 gm
Peaches, Diced, Cnd, Light Syrup	1/2 cup	76	18.54	0
Peanut Butter&Jelly WG Sandwich	1 sandw	582	50.81	22.74 gm
Pears, Diced, cnd., light syrup	1/2 cup	89	22.27	0
Pears, Fresh	1 each	101	27.11	.64 gm
Peas & Carrots, frozen, cooked	1/2 cup	77	16.19	4.94 gm
Peas, frozen, cooked	1/2 cup	75	13.76	4.97 gm
Pineapple Tidbits, cnd, light syrup	1/2 cup	64	15.90	0
Pizza Bagels, Cheese, mini (4)	4 each	260	24.04	21.04 gm
Pizza, Big Daddy, 4-cheese	1 slice	370	36.0	21.0 gm
Pizza, Cheesy French Bread	1 each	300	34.0	17.00 gm
Pizza Slice, Cheese	1 slice	331	35.05	16.02 gm
Pizza Slice, Pepperoni	1 slice	330	35.00	17.00 gm
Pizza, Cheese, Round 5"	1 each	340	43.00	17.00 gm
Pizza, Cheese, Stuffed Crust	1 slice	255	27.09	12.38gm
Potato Rounds, frz,ckd (Tator Tots)	1/2 cup	152	18.80	1.68 gm
Potato, Mashed (Basic American)	1/2 cup	68	15.38	1.71 gm
Potato, Sweet Potato Fries	1/2 cup	85	13.52	.71 gm
Potato, Hash Brown Pattie (1)	1 each	130	13.99	1.00 gm

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Potato, Hash Brown Pattie (2)	2 each	260	27.97	2.0 gm
Pretzel Rod, WG	1 each	70	14.00	2.0 gm
Quesadilla, Cheese	1 each	330	39.98	15.99 gm
Quesadilla, Chicken & Cheese	1 each	320	38.04	18.02 gm
Ranch Dressing, Fat Free, portion	1 each	11	2.12	2.04 gm
Refried Beans, canned	1/2 cup	182	33.67	10.4 gm
Relish, pickle, individual portion	1 each	10	2.63	2.04 gm
Rice Krispie Treat, Mini	1 each	80	1.00	6
Salad, Tossed (Romaine Greens)	1 cup	18	3.55	0.58 gm
Salsa & Sour Cream	2 oz	122	7.88	7.04 gm
Sausage Link, Chicken	1 each	40	0	2.99 gm
Sausage Link, Pork	1 each	80	1.00	6.00 gm
Sausage Pattie, Chicken	1 each	80	0	5.98 gm
Sausage Pattie, Turkey	1 each	60	0	6.00 gm
Sliced Turkey & Cheese Sandwich	1 sandw	309	29.32	23.92 gm
Sloppy Joe on a WG Bun	1 sandw	282	34.67	18.83 gm
Sun Butter, 2 oz portion for veggies	2 oz.	177	6.20	6.04 gm
Sun Butter & Jelly Sandwich	1 sandw	546	51.21	17.14 gm
Strawberry Cup, USDA	1/2 cup	90	22.00	1.0 gm
Syrup, Pancake	1.5 oz	130	33.00	0
Toasted Cheese Sandwich (or Grilled)	1 sandw	376	28.52	14.9 gm
Tomato Soup, lo sodium	8 oz	120	21.00	3.0 gm
Turkey & Cheese Wrap made with WG Tortilla	1 Wrap	511	49.35	31.84 gm
Turkey & Cheese on a WG Bun	1 sandw	309	29.32	23.92 gm
Tureky, BBQ Shredded on a WG Bun	1 sandw	343	49.36	19.72 gm
Veggie Tray - Celery, Grn Pepp, Cauli	1/2 Cup	9	1.76	0.40 gm
Veggie Tray - Grn, Red & Yellow Pepp Strips	1/2 Cup	8	1.81	8.0 gm
Veggie Tray - Baby Carrots, Cherry Tomatoes, Celery	1/2 Cup	11	2.43	0.38 gm
Veggie Tray - Cauliflower, Baby Carrots, Cherry Tomatoes	1/2 Cup	7	1.50	0.37 gm
Veggie Tray - Broccoli, Cauliflower, Cherry Tomatoes	1/2 Cup	9	1.78	0.21 gm
Veggie Tray - Broccoli, Cherry Tomatoes, Green Pepper	1/2 Cup	11	2.19	0.26 gm
Veg/Fruit Juice - Calypso Crush	4 oz	40	10.00	0

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Veg/Fruit Juice - Cherry Star	4 oz	50	13.00	0
Veg/Fruit Juice - Dragon Punch	4 oz	50	13.00	0
Veg/Fruit Juice - Power Fruit Punch Box	4.23 oz	60	14.00	0
Veg/Fruit Juice - Sunset Sip	4 oz	40	10.00	0
Veg/Fruit Juice - Tropical Twist	4.23 oz	60	14.00	0
Veg/Fruit Juice - Wango Mango	4 oz	50	13.00	0
Waffles, Mini, Maple, IW	1 pkg	340	71.01	7.04 gm
Yogurt, creamy fruit flavored	4 oz	113	19.07	3.01 gm