

ELEMENTARY MENU CARBOHYDRATES 2018-19

Breakfast Entrees	Serving Size	CARBS grams
Bagel - White whole grain Lenders	1 Each	29
Breakfast Bean & Cheese Burrito	1 Each	32
Breakfast Pizza (Turkey Sausage)	1 Each	26
Buttermilk Breakfast Bar	1 Pkg	35
Cereal - Cinnamon Toasters	1 Bowl	22
Cereal - Honey Scooters	1 Bowl	22
Cereal Honey Grahams	1 Bowl	23
Cereal - Rice Chex	1 Bowl	24
Cereal - Oatmeal	1 Bowl	19
Cinnamon Glazed Toast	1 Each	30
Cinnamon Breakfast Square	1 Each	61
Cream Cheese	1 Pkg	2
French Toast Sticks	3 Each	35
Fruit Yogurt - Upstate Farms	4 oz	19
Graham Crackers	1 Pkg	22
Mini Pancakes	1 Pkg	37
Mini Loaf Honey	1 Each	32
Muffin - Banana	1 Each	43
Muffins - Blueberry	1 Each	44
Pancake & Sausage Stick	1 Each	18
Sausage Link	1 Each	0
Smoothie - Orange or Berry	8 oz	34
String Cheese	1 Each	1
Sunny Side Up Turkey Ham, Egg & Cheese Sandwich	1 Each	27
Syrup	1 - 1.5 oz Pkg	31
Taco Sauce	1 Pkg	1
Triple Berry Crunch Bar	1 Each	42
Waffle Sticks	2 Each	27
Lunch Entress		
BBQ Beef Rib Patty	1 Each	12
BBQ Beef Rib Patty with Bun	1 Each	42
Beef Patty- Don Lee Beef Steak Burger	1 Each	<1
Beef Patty- Don Lee Beef Steak Burger with Bun	1 Each	30
Beef Burger on Bun - Wrapped Don Lee	1 Each	29
Bean & Cheese Burrito	1 Each	41
Beef Dippers - Teriyaki	4 Each	9

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Brown Rice	1/2 Cup	24
Chicken Pattie Tyson	1 Each	16
Chicken Pattie Tyson with Bun	1 Each	46
Chicken - Poppers Tyson	5 Each	14
Chicken Tenders Tyson	3 Each	16
Chicken -Bat/Hearts/ABC/Earthday Smart Food 4 Schools	2-3 Each	14
Corn Dog WG Chicken Foster Farms	1 Each	30
Cornmeal Superstar	1 Each	37
Crunchy Chicken Drumstick Tyson	1 Each	5
Hot Dog Oscar Meyer All Beef	1 Each	1
Hot Dog Oscar Meyer All Beef with Bun	1 Each	29
Meatballs - Chicken - Tyson	3 Each	5
Mac & Cheese Land O Lakes	6 oz	31
Mini Cheese Pockets	3 Each	34
Mini Cheeseburger - with Buns	2 Each	28
Pepperoni Pocket Pizza	1 Each	32
Pizza - Pizza Hut Cheese or Pepperoni	1 Slice	29
Roasted Chicken -Drumstick Tyson	1 Each	5
Pasta Whole Grain & Marinara Sauce	1/2 cup	26
SunFlower Butter & Jelly Sandwich	1 Each	33
Tortillas - Soft (Flour)	2 - 6 inch	30
Turkey Taco Meat	3 oz	3
Yangs Mandarin Orange Chicken (no rice)	4 oz	19
Yangs BBQ Teriyaki Chicken (no rice)	4 oz	10
Yogurt - Upstate Farms	4 oz	19
Ham & Cheese Sub	1 Each	33
Turkey & Cheese Sub	1 Each	32
Vegetarian Health Sandwich	1 Each	35
Chicken Ceasar Salad	1 Each	13
Chicken Ceasar Salad with Roll	1 Each	41
Asian Chicken Salad	1 Each	25
Asian Chicken Salad with Roll	1 Each	53
Southwest Chicken Salad	1 Each	23
Southwest Chicken Salad with Roll	1 Each	51
Garden Salad with Cheese	1 Each	7
Garden Salad with Cheese with Roll	1 Each	39
Buns-Hamburger	1 Each	30
Buns - Hot Dog	1 Each	28
Croissant	1 Each	30
Cheese Portions/String Cheese	1 oz	1

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Dinner Rolls Whole Grain - Sky Blue Foods	1 Each	28
Sub Roll	1 Each	30
All Sport Bites Crackers (MJM) - Chocolate	1 oz Pkg	21
All Sport Bites Crackers (MJM) - Vanilla	1 oz Pkg	20
Chocolate Chip Cookie (Linda's)	1/5 oz	27
Dick & Jane Cookies	1 oz Pkg	22
Fiesta Lime Chili Dipper	1 Pkg	31
Fortune Cookie	1 Each	7
Gingerbread Cookie	1 Each	19
Graham Crackers	1 Pkg	18
Granola Rockin' Ola	1 Pkg	24
Smart Food 4 Schools Cookies - Hugs not Drugs & ABC123	1 Pkg	21
Whole Grain Pretzel Goldfish Crakers	1 Pkg	17
Whole Grain Cheddar Goldfish Crackers	1 Pkg	14
Whole Grain Giant Goldfish Grahams	1 Pkg	19
Sunflower Seeds -Sunrich Naturals Blazin Hot	1 Pkg	8
Sunflower Seeds - Sunrich Naturals Honey Roasted	1 Pkg	11
Sunflower Seeds - Sunrich Naturals Roasted & Salted	1 Pkg	6
Tortilla Chips	1 Pkg	31
FRUIT		
Apple - Fresh	Med	19
Apple Slices - Fresh	2 oz Pkg	8
Banana - Fresh	Petite	23
Grapes - Fresh	1/2 cup	8
Kiwi - Fresh	Med	10
Pear - Fresh	Med	26
Peach	Med	14
Plum - Fresh	Med	8
Orange - Fresh	Med	16
Nectarine - Fresh	Med	14
Strawberries - Fresh	1/2 cup	6
Tangerine - Fresh	Med	9
Tangelo - Fresh	Med	13
Applesauce Cup	1/2 cup	14
Craisins	1 Pkg	28
Mixed Fruit - Canned	1/2 cup	9

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Peaches - Canned	1/2 cup	14
Pears - Canned	1/2 cup	15
Pineapple - Dried	Box	30
Pineapple - Frozen	1 Pkg	11
Raisins	Box	30
Rosatti's Frozen Fruit Ice - Holiday Flavors	1/2 Cup	25
Juice		
Apple	4 oz Carton	28
Appleberry	4 oz Carton	27
Cherry	4 oz Carton	14
Grape	4 oz Carton	15
Orange	4 oz Carton	14
Milk		
1% Low Fat	8oz Carton	16
Nonfat	8oz Carton	12
Nonfat Chocolate	8oz Carton	20
VEGETABLES		
BBQ Beans - canned	1/2 Cup	30
Beans - Refried	1/2 Cup	13
Black Beans	1/2 Cup	18
Broccoli	1/2 Cup	2
Carrots	2.6 oz Pkg	7
Cauliflower	1/2 Cup	3
Celery Sticks	1/2 Cup	2
Corn - Canned	1/2 Cup	20
Cucumber Slices	1/2 Cup	<1
Edamame	1/2 Cup	9
Green Salad	1 Cup	1
Jicama	1/2 Cup	6
Potato Wedges -baked	1/2 Cup	18
Zucchini Coins	1/2 Cup	2
Condiments		
BBQ Sauce	1 oz	4
Cream Cheese	1 Pkg	2

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Ketchup - Packet	1- 9 gram Packet	3
Ketchup - Pump	1 oz (~1 pump)	8
Mayo	1 Pkg	0
Mustard	1 Pkg	0
Ranch Dressing (Lite) - Pump Garden Banner	1 oz (~1pump)	4
Ranch Dressing (Fat Free) Cups Marzetti	1 oz cup	6
Taco Sauce	1 Pkg	1
Salsa	1 oz	2
Syrup	1.5 oz Cup	31