

CARBOHYDRATE/PROTEIN COUNTS

Updated on 7/27/2018

GRADE		TOTAL PROTEIN	TOTAL CARBS	CARBS BY					
LEVEL		AS SERVED	AS SERVED	COMPONENT					
LUNCH ENTREES									
EL	Beef Taco	16.94	14.62	shell = 12	meat = 2.62	cheese = 0			
INT/HIGH	Beef Tacos (2)	29.86	26.45	shells = 24	meat = 0.75	cheese = 0	cabbage = 1.70		
EL	Breakfast for Lunch (Mini Pancakes/Sausage)	17	44	pancakes = 42, pork sausage = 2					
EL	Breakfast for Lunch (No-Pork Chicken Sausage Patty)	20	2						
INT/HIGH	Buffalo Cheese Crunchers	32	60						
EL	Buffalo Chicken Bites	11	11						
EL	Buffalo Chicken Drumstick with roll	21	19	Chicken = 4	Roll = 15				
EL	Burrito, Bean and Cheese	11	40						
INT/HIGH	Burrito, Miguels Bean and Cheese	14	46						
INT/HIGH	Burrito, Miguels Bean, Rice, and Cheese	13	53						
INT/HIGH	Biscuit, Whole Grain	4	27						
INT/HIGH	Cajun Chicken W/roll & corn	24	29.1	Chicken = 0, Roll = 15, corn = 14.10					
EL	Carnitas Soft Tacos	7.22	22	Carnita Meat=7	Flour Tortilla=15				
EL	Cheese Sandwich, Grilled	18.54	31.16	sandwich = 31.16					
INT/HIGH	Cheeseburger	23.06	37.99	bun = 32	beef pattie = 1.18	cheese = 3.05, pickle = .50	lettuce = .46	tomato = .80	
EL	Cheeseburger Twins	19.21	42.32						
EL	Chicken Drumstick and Roll	20	20	Chicken = 5, Roll = 15					
EL/HIGH	Chicken Sandwich	20	48	bun = 32	chicken = 16				
EL	Chicken Corn Dog	9	30						
BOWERS	Crunchy Taco	11.06	26.81	Rice = 26	Beef = .75	Broth = .06			
INT/H	Deli Sandwich	20	34.57	Bun = 32 Cheese = 1 Turkey = .67 Lettuce = 0.10 Tomato = .80					
EL/INT/HS	Field Trip Sandwich	21.67	33.67	Bun = 32 Cheese = 1 Turkey = .67					
EL	Turkey Hot Dog	20	25.71	Hot dog = 1	bun = 24.71				
INT/HS	Spicy Chicken Sandwich	20	49	bun = 32	chicken = 17				
EL	Chicken Nuggets	20	14	5 Nuggets = 14					
EL/INT	Chicken Nuggets, Asian Popcorn (Holiday)	20	17						
EL/INT	Chicken Nuggets, Holiday Shapes	20	13.5						
EL	Fish, Lime Bites	20	21						
EL	Hamburger on a Bun	20	33.18	bun = 32	beef pattie = 1				
INT/HIGH	Hamburger on a Bun	20	34.94	bun = 32	beef pattie = 1	lettuce = .46	tomato = .80	pickle = .50	
HIGH	Hot Dog	20	27.71	bun = 24.71	hot dog = 3				
INT/HIGH	Macaroni and Cheese w/ Roll	21	41	Mac/Ch = 26	Roll = 15				
EL	Macaroni and Cheese	20	25						
EL	Meatloaf w/Potatoes & Roll	17.55	38.96	Meatloaf = 8	Potatoes = 17	Roll = 15			
INT/HIGH	Meatloaf w/ Potatoes, Roll & Green Beans	20.49	47.79	Meatloaf = 8	Potatoes = 17	Roll = 15	Beans = 8.84		
EL	Mini Meatball Hoagie	20	32						
EL	Orange Chicken w/ Rice	20	24	chicken = 11, rice = 13					
INT/HIGH	Orange Chicken w/ Rice	20	66	chicken = 11, rice = 52					
INT/HIGH	Pizza Hut Pizza - Cheese	20	30						
INT/HIGH	Pizza Hut Pizza - Pepperoni	20	30						
EL	Pizza, Pepperoni	20	33.77						
EL	Pizza, Cheese	20	32.76						

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EL	Pork Taco	23.54	13	Shell = 12 , taco sauce = 1				
INT/HIGH	Pork Taco	47.09	26	Shells = 24, taco sauce = 2				
EL	Pulled Pork Sandwich	34.95	51.6	bun = 32	Pork = 9.6	BBQ Sauce Cup = 10		
EL	Ravioli w/Garlic Toast	19.46	46.27	Ravioli = 30.27	Garlic Toast = 16			
HIGH	Salad, Asian	20	60.6	salad = 42.6	roll = 15	honey sesame dressing = 4		
HIGH	Salad, Baja Chicken	20	56.27	salad = 11.35	chips = 38.47	chipotle dressing = 6.45		
HIGH	Salad, Cobb	20	34.08	salad = 5.08	croutons = 14	roll = 15	roll = 15	
EL	Salad, Entrée w/ Cheese/Roll	20	39.31	salad = 9.31	string cheese = 1	croutons = 15		
EL	Salad, Entrée w/Cheese	20	25.31	salad = 9.31	string cheese = 1	croutons = 15	roll = 15	
INT/HIGH	Salad, Entrée with Cheese	20	42.36	salad = 11.36	string cheese = 1	croutons = 15	roll = 15	
INT/HIGH	Salad, Entrée with Chicken	20	41.31	salad = 9.31	chicken = 2	croutons = 15		
HIGH	Salad, Mediterranean	20	37.56	salad = 10.17	humus = 4.39	flat bread = 23		
BOWERS	Shredded, BBQ Chicken Sandwich	25.13	39.07	Chicken = 1.01	BBQ Sauce = 9.06	Bun = 29		
EL	Shrimp Poppers	20	28					
EL	Spaghetti, JTM	20	23					
INT/HIGH	Spaghetti w/Roll	20	50.97	spaghetti = 36.97	roll = 15			
EL	Sriracha Fish Melt	20	42.8	Bun = 29, Fish Patty = 13, Ranch Dressing = .8				
EL	Sweet & Sour Chicken w/rice	14	22	Chicken = 9	Rice = 13			
EL	Sweet Chili Thai Chicken w/Rice	12	30	Chicken = 17, Rice = 13				
EL	Tamale, Chicken & Cheese	20	45					
EL	Teriyaki Chicken w/Rice	20	19.46	chicken = 6.46	2 oz rice = 13			
INT/HIGH	Teriyaki Chicken w/Rice	20	58.46	chicken = 6.46	8 oz rice = 52			
EL	Turkey Chorizo Nachos	20	34.85	Chorizo = 2.62	chips = 31.23	Taco Sauce Packet = 1		
HIGH	Turkey Gravy/Potatoes/Roll	20	42.25	turkey gravy = 7.16	potatoes = 17	Roll = 15		
EL/INT	Turkey Feast - Turkey/Gravy & Potatoes w/roll	20	31.97	Turkey = 0, Gravy = 5, Potatoes = 17	Roll = 15			
INT/HIGH	Turkey Sandwich		36.22	bun = 32	turkey = 2.96	lettuce = .46		
EL	Turkey Pepperoni Pinwheel	18	28					
EL	Turkey Taco	19.91	16.8	Shell = 12 Taco Meat = 3.80 Taco Sauce = 1				
INT/H	Turkey Taco	31.81	33.28	Shell = 24 Taco Meat = 6.33 Lettuce = .91 Taco Sauce = 2.04				
EL	Turkey Pot Roast	15.22	23.35	Pot Roast = 3.11, Potatoes = 20.24				
INT/HIGH	Wrap, Buffalo Chicken	23.86	59.08	Tortilla - 40, Cheese - .50, Buffalo Chicken - 11	Cucumber - 3.40, Shredded Carrots - 2.13 , Lettuce - 2.05			
INT/HIGH	Wrap, Honey Mustard Turkey	29.9	70.38	Tortilla - 40, cheese - 1.01, Cucumber sliced - 3.40, Shredded Carrots - 2.13, Dressing - 21.79, Lettuce - 2.05				
INT/HIGH	Wrap, Chipotle Turkey	29.89	61.53	Tortilla - 40, cheese - 1.01, Cucumber sliced - 3.40, Shredded Carrots - 2.13, Dressing - 12.93, Lettuce - 2.05				
INT/HIGH	Yogurt Parfait	13.38	96.88	yogurt = 38.56, granola = 40, strawberries = 23, peaches = 18.96, blueberries = 9.4				

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LEVEL		AS SERVED	AS SERVED	COMPONENT				
	BREAKFAST ENTREES							
INT/HIGH	Bagel, Blueberry		56.47					
EL/INT/HIGH	Bagel Thin, Cinnamon Raisin		33					
EL/INT/HIGH	Bagel Thin, Plain	6	30					
EL/INT/HIGH	Bagel, Mini - Cinnamon/cheese	6	41					
EL/INT/HIGH	Banana Square, WG	4.5	46.5					
EL	Breakfast Burrito	10	22					
EL/INT/HIGH	Bar, Mini Honey Wheat	2	19					
EL/INT/HIGH	Grape Smoothie w/ Breakfast Bar	8.21	57.49	Smoothie = 38.49	Bar = 19			
EL/INT/HIGH	Orange Smoothie w/ Breakfast Bar	5.83	53.69	Smoothie = 34.69	Bar = 19			
EL/INT/HIGH	Cereal, Cinnamon Toasters		22					
EL/INT/HIGH	Breakfast Taquitos	8.5	15.75					
EL/INT/HIGH	Cereal, Toasty O's		28					
EL/INT/HIGH	Cereal, Trix	1	24					
EL/INT/HIGH	Cereal, Rice Krispies	2.03	23.29					
EL/INT/HIGH	Cereal, Cocoa Puffs	2	25					
EL	Cheese Toast		34.4					
EL	Chicken and Waffles	8	37.33	Chicken = 4.33	Waffles = 33			
EL/INT/HIGH	Chicken and Waffles	13	41.67	Chicken = 8.67	Waffles = 33			
EL/INT/HIGH	Cinnamon Roll	5	54					
EL/INT/HIGH	Coffee Cake	6	61					
EL/INT/HIGH	Whole Grain Donut w/ Maple Glaze	5	52.68					
EL/INT/HIGH	Muffin, Banana	3.9	48.84					
EL/INT/HIGH	Honey Lemon Loaf	8	31					
EL/INT/HIGH	Monte Cristo Sandwich	13.29	15.7	French Toast = 14	Turkey Ham = 1.20	Cheese = .50		
EL/INT/HIGH	Muffin, Blueberry	6	43					
EL/INT/HIGH	Muffin Top - Double Chocolate Chip	4	36					
EL/INT/HIGH	Oatmeal	4	32					
EL	Pancake Wrap	7	21					
EL/INT/HIGH	Pancakes Mini, maple w/syrup	5	36					
EL	Pancakes, Mini, Strawberry	5	42					
EL	Pizza Bagel	11.65	23.16					
EL/INT/HIGH	Roll, Cinnamon		39					
EL	Sausage Roll		19					
EL/INT/HIGH	Strawberry Lemonade Smoothie w/ Bar	7.6	52.5	Smoothie = 35.74	Bar = 16.76		Cheese = .50	
INT/HIGH	Twist, Cinnamon		58.04					
EL/INT/HIGH	Turkey Bacon Quesadilla	21	29					
EL	Waffles, Mini Blueberry	4	32					
INT/HIGH	Yogurt, Blueberry 8 oz		47					
INT/HIGH	Yogurt, Peach 8 oz	7	41					
EL	Yogurt, Raspberry 4 oz	4	19					
INT/HIGH	Yogurt, Strawberry 8 oz	7	38					
EL	Yogurt, Strawberry Banana 4 oz	4	20					

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FRUITS/VEGETABLES								
EL/INT/HIGH	Apple, fresh	0.18	9.79					
EL/INT/HIGH	Apple, fresh, sliced (2oz)	0	8					
EL/INT/HIGH	Applesauce, canned/cupped - 1/2 cup	0	14					
EL/INT/HIGH	Apricot cup, frozen - 4 oz	0.9	32.02					
EL/INT/HIGH	Apricots, canned - 1/2 cup	1.01	19.24					
EL/INT/HIGH	Banana, fresh	1.1	23.07					
EL	Beans, baked - 1/2 cup	8.58	42.59					
EL/INT/HIGH	Beans, Green (canned) 1/2 cup	2.95	8.84					
INT/HIGH	Beans, refried - 1/2 cup	9.48	29.87					
EL/INT/HIGH	Blueberries (1/2 c serving)		9.4					
EL/INT/HIGH	Broccoli florets - 6 florets	1	3.04					
EL/INT/HIGH	Cabbage, shredded w/dressing - 1 cup	1.02	5.98					
EL/INT/HIGH	Cantaloupe wedge	2.63	26.27					
EL	Carrot sticks - 6 sticks	0.71	6.79					
INT/HIGH	Carrot Babies - 16-18	0	6.99					
EL/INT	Corn & Peas - 1/2 cup	2.55	15.28					
EL/INT/HIGH	Corn - 1/2 cup	0	16.41					
EL/INT/HIGH	Corn on the cob	2.7	19.28					
EL/INT/HIGH	Cranberry Sauce Canned / Turkey Feast	0	14					
EL/INT/HIGH	Cucumber coins - 8-9 coins	1	1.84					
EL/INT/HIGH	Fruit, mixed, canned - 1/2 cup	0.52	18.1					
EL/INT/HIGH	Grapes, bulk (2-4oz servings)	0	10					
INT/HIGH	Hash browns - 1 wedge		17.95					
EL/INT/HIGH	Juice, orange - 4 oz/8 oz	4oz= 1 / 8oz= 2	4 oz = 14	8 oz = 28				
EL/INT/HIGH	Juice, apple - 8 oz	0	28					
EL/INT/HIGH	Kiwi, fresh	1.01	12.42					
EL/INT/HIGH	Mixed Berries	0	9.7	Blueberries = 4.7	Strawberries = 5			
EL/INT/HIGH	Nectarine, fresh	1.5	15					
EL/INT/HIGH	Orange wedges - 6 wedges	1.47	20.27					
EL/INT/HIGH	Peach, fresh	1.4	14.8					
EL/INT/HIGH	Peaches, canned - 1/2 cup	0.51	14.16					
EL/INT/HIGH	Peaches, frozen cup - 4 oz	0.81	30.6					
EL/INT/HIGH	Pear, fresh	0.7	27.5					
EL/INT/HIGH	Pear, Canned	0.38	15.12					
EL/INT/HIGH	Pineapple, canned - 1/2 cup	0.45	16.89					
EL/INT/HIGH	Plum, fresh	0	7.5					
	Pluot, Fresh	0	19					
INT/HIGH	Potato, oven fries - 1/2 cup	1	23					
EL/INT/HIGH	Potatoes, mashed - 3 oz	0.39	13.03					
EL/INT/HIGH	Potatoes, Red baby Mashed - 1/2 cup	6.04	16.19					
EL	Potato Wedge, Crispy	2.07	20					
EL	Potato Smiles	2	20					

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LEVEL		AS SERVED	AS SERVED	COMPONENT				
EL	Chips, Sun Harvest	2	19					
EL	Chex-Mix Chocolate-Carmel	2	21					
EL	Chewy Berry Granola Bar	2	27					
EL/INT/HS	Turkey Spice Cookie	1.54	13.76					
EL/INT/HS	Pumpkin Harvest Cookie - Turkey Feast	1.9	24.2					
EL/INT/HS	Holiday Wreath Cookie	1.42	12.46					
EL/MS/HS	Holiday Wreath Cookie		12.46					
EL	Crackers, cheddar cheese		16					
EL	Goldfish Graham, Giant Cinnamon	1	19					
EL	Gingerbread Cookie	2	19					
EL	Crackers, Cinnamon Gripz	2	19					
EL	Crackers, Goldfish Pretzels	2	16					
EL	Crackers, Goldfish	3	14					
EL	Crackers, Belly Bear	2	20					
EL	Crackers, Munchie Mix	2	18					
EL	Crackers, Smart Snack	2	18					
EL	Crackers, Tomato Basil		15					
HIGH	PBJ Pocket	7	26					
EL	Waffle graham, strawberry		19.46					
EL	Rosati Ice Cups, assorted flavors	0	25					
EL	Rice Krispies	2.03	23.29					
EL	Strawberry Nutrigrain Bar	2	29					
EL	Fiesta Cookie	1.85	16.19					
EL	TRIX Yogurt, 4oz	3	20					
EL	Fruity Cheerio cereal bar	2	30					
EL	Nature Valley Crisps - Chocolate Chip	3	25					
	SUPPER ITEMS							
EL	Supper, Baja Chicken Salad	17.46	33.62					
EL	Supper, Build your Own Pizza	18.83	32.58					
EL	Supper, Chicken Ranch Sandwich	29.8	38.86					
EL	Supper, Cheese and Veggie Plate	17	46					
EL	Supper, Cheese Meal Kit	18.2	90.52					
EL	Supper, Honey Mustard Turkey Wrap	21.13	35.19					
EL	Supper, Hummus and Veggie Plate	15	54					
EL	Supper, Medditeranean Salad	12.43	23.14					
EL	Supper, Turkey Hoagie Sandwich	26.24	35.29					
EL	Supper, Turkey & Cheese Lunch Kit	16	40					
EL	Supper, Buffalo Chicken Salad Sandwich	27.95	34.97					
EL	Supper, Pulled Pork Sandwich	34.95	51.6	bun = 32	Pork = 9.6	BBQ Sauce Cup = 10		

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	BBQ ITEMS								
EL/INT	Hamburger on a Bun	25	29	bun = 29	beef pattie = 0				
EL/INT	Chicken Patty on a bun	20.5	30	bun= 29	chk patty = 1				
EL/INT	BBQ Cookie, chocolate chip, 1oz	1	19						
EL/INT	Chips, Sun Harvest	2	19						
EL/INT	Corn on the cob	2.7	19.28						
EL/INT	BBQ Baked Beans	5.71	25.41						
	Hard Hat Items								
EL	Beef Soft Taco	10.2	16.9						
EL	French Bread Cheese Pizza	18	30						
EL	French Bread Pepperoni Pizza	17	34						
EL	Pizza Sliders - Cheese	18.53	29.34						
EL	Pizza Sliders - Pepperoni	18.95	29.5						
EL	Hummus and Crackers	15	47						
EL	Mac and Cheese IW	19	37						
EL	Mini BBQ Rib Sliders	18	46						
EL	Mini Teriyaki Chicken Burgers	19	38						
EL	Nachos	12	33						
EL	Pretzel Dog Sandwich	10.9	40.9						
EL	Spaghetti W/Meat Sauce	19	23						
EL	Teriyaki Burger/Hawaiian	18.63	37.06						
EL	Turkey/Ham/Cheese on Hawaiian Roll	11.75	28.18						
EL	Turkey/Ham/Cheese on Roll	20	30						
EL	Turkey Pepperoni Hot Pocket	18	32						
EL	Twice Grilled Quesadilla	7.01	17.3						
EL	Wow Butter and Jelly Sandwich	19	55						
EL	Beef & Cheese Lasagna	28	50						
	** Hard Hat & Supper items are periodically substituted as regular meals for all grade levels								