

CARBOHYDRATE/PROTEIN COUNTS

Updated on 4/9/2018

GRADE LEVEL		TOTAL PROTEIN AS SERVED	TOTAL CARBS AS SERVED	CARBS BY 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			
EI	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					
EI	Pizza, Cheese	20	32.76					

CARBOHYDRATE/PROTEIN COUNTS

Updated on 4/9/2018

GRADE		TOTAL PROTEIN	TOTAL CARBS	CARBS BY			
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/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, Raspberrry 4 oz	4	19				
INT/HIGH	Yogurt, Strawberry 8 oz	7	38				
EL	Yogurt, Strawberry Banana 4 oz	4	20				

CARBOHYDRATE/PROTEIN COUNTS

Updated on 4/9/2018

GRADE		TOTAL PROTEIN	TOTAL CARBS	CARBS BY				
LEVEL		AS SERVED	AS SERVED	COMPONENT				
	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					

CARBOHYDRATE/PROTEIN COUNTS

Updated on 4/9/2018

GRADE		TOTAL PROTEIN	TOTAL CARBS	CARBS BY				
LEVEL		AS SERVED	AS SERVED	COMPONENT				
EL	Potato Smiles	2	20					
EL/INT/HIGH	Potato Spirals, Crispy	1	18					
EL/INT/HIGH	Raisins - box	1.16	29.98					
EL/INT/HIGH	Lettuce 3-Way/spinach - 1 cup	0.97	2.04					
EL/INT/HIGH	Salad Side w/ Tomatoes - 1 cup	1.47	13.33					
EL/INT/HIGH	Strawberries, Frozen Whole (1/2 cup)	0	10					
EL/INT/HIGH	Strawberries, fresh - 7 medium	0.56	6.45					
EL/INT/HIGH	Strawberries, frozen - 4 oz	0.68	32.94					
INT/HIGH	Sweet potato fries - 1/2 cup	1	19.02					
EL/INT/HIGH	Tangerine, fresh	0.7	11.7					
EL/INT/HIGH	Tomatoes, cherry - 6 each	0.42	2.92					
EL/INT/HIGH	Feta Bean Salad	6.19	22.77					
EL/INT/HIGH	Turkey Feast - Vegetables, green beans	1	4					
EL/INT/HIGH	Watermelon, fresh	2.04	21.45					
EL/INT/HIGH	Zucchini sticks - 10 small sticks	3	2.73					
	CONDIMENTS/MISC							
EL/INT/HIGH	BBQ portion cup	0	10					
INT/HIGH	Cheese, cream	2	1					
HIGH	Dressing, chipotle - 1 oz	0.3	6.45					
HIGH	Dressing, honey sesame - 2 tbsp	0	4					
EL/INT/HIGH	Dressing, Buttermilk Ranch Packet - 12g	0	1					
INT/HIGH	Dressing, ranch - 2 oz	0	9.68					
EL/INT/HIGH	Dressing, raspberry - 2 tbsp	0	0.06					
EL/INT/HIGH	Ketchup packet	0	3					
EL/INT/HIGH	Mayonnaise packet	0	2					
EL/INT/HIGH	Milk, 1% white	11	16					
EL/INT/HIGH	Milk, nonfat chocolate	8	20					
BOWERS	Ensure w/yogurt	13	61	Ensure: 40, yogurt: 21				
EL/INT/HIGH	Mustard packet	0.24	0.29					
INT/HIGH	Salsa, fresh - 2 oz	0.39	1.6					
EL/INT/HIGH	String Cheese	6	0					
EL/INT/HIGH	Syrup, maple, portion cup	0	21					
EL/INT/HIGH	Taco sauce packet	0	1					
EL	Cereal bar, Trix		28					
EL	Backpacker S'mores	2	24					
INT/HIGH	Cookie, Chocolate chip 2oz	3	38					
INT/HIGH	Cookie, Substitute for 2oz (choc chip)	3	28					
EL	Very Berry Whole Fruit Premium Juice Bar, 2oz	0	10					
EL	Crackers, Elf Grahams	2.03	21.26					
EL	Chips, Sun Harvest	2	19					
EL	Chex-Mix Chocolate-Carmel	2	21					

