

CARBOHYDRATE/PROTEIN COUNTS

Updated on 12/14/2018

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	Calzone, mini	17.06	17					
EL	Carnitas Soft Tacos	7.22	22	Carnita Meat=7	Flour Tortilla=15			
EL	Chili Verde Quesadilla	24	21.5	quesadilla = 21.50				
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 Egg Rolls 3.0 oz (2 egg rolls)	20	40					
EL	Chicken, Egg Roll 4.4 oz (1 Egg Roll)	20	30					
EL	Chicken, Edamame Kung Pao w/rice	20	21.32	Chicken = 8.32	Rice = 13			
INT/HS	Chicken, Edamame Kung Pao w/rice	20	61.32	Chicken = 8.32	Rice = 52			
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	Turkey Chili with Bread Bowl	20	33	Chili = 5 Bread Bowl = 28				
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	Double Dogs	20	31.5					
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			
EL	General Tso Chicken and Rice	20	36	Chicken = 23	Rice = 13			
INT/HIGH	Macaroni and Cheese w/ Roll	21	41	Mac/Ch = 26	Roll = 15			
EL	Macaroni and Cheese	20	25					

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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 Cheese Ravioli w/garlic toast	20	35.81	Ravioli = 19.81	Garlic Toast = 16		
EL	Mini Meatball Hoagie	20	32				
EL	Mozzarella Bites	20	37	Mozzarella Bites = 28	Marinara = 9		
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				
EL	Pork Taco	23.54	13	Shell = 12 , taco sauce = 1			
INT/HIGH	Pork Taco	47.09	26	Shells = 24, taco sauce = 2			
EL	Pretzel Chicken Dog	20	39				
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	
EL	Salad, Entrée w/ Cheese/Roll	20	39.31	salad = 9.31	string cheese = 1	croutons = 15	roll = 15
EL	Salad, Entrée w/Cheese	20	25.31	salad = 9.31	string cheese = 1	croutons = 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	roll = 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		
EL/INT	Turkey Gravy/Potatoes/Roll	15.98	35.95	turkey gravy = 3.95	potatoes = 17	roll = 15	
INT/HIGH	Turkey Sandwich		36.22	bun = 32	turkey = 2.96	lettuce = .46	tomato = .80
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			

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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				
	BREAKFAST ENTREES							
EL/INT/HIGH	Apple Fruit Pocket	3	46					
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	Breakfast Bites	8	21					
EL/INT/HIGH	Breakfast Taquitos	8.5	15.75					
EL/INT/HIGH	Cereal, Fruit Loops	2	24					
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/INT/HIGH	Cereal, Cinnamon Chex	1	23					
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					
INT/HIGH	French Toast Sticks	9	32					
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, Chocolate	5	44					
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	Pizza, Breakfast (Sausage and Cheese, on WG Biscuit)	9.85	18.72					
INT/HIGH	Mini Cinnis	5	40					
EL/INT/HIGH	Strawberry Lemoaide Smoothie w/ Bar	7.6	52.5	Smoothie = 35.74	Bar = 16.76			
EL/INT/HIGH	Sunrise Sandwich	16	28.5	Muffin = 26	Sausage Patty = 1	Egg Patty = 1	Cheese = .50	
EL/INT/HIGH	Turkey Bacon Quesadilla	21	29					
EL	Waffles, Mini Blueberry	4	32					
INT/HIGH	Yogurt, Blueberry 8 oz		47					

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LEVEL		AS SERVED	AS SERVED	COMPONENT			
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				
	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				
EL/INT/HIGH	Grapes, Individual Bags	0	21				
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 Berry, Frozen Cup 4oz	0	20				
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				

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LEVEL		AS SERVED	AS SERVED	COMPONENT				
	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					
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					

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SNACK ITEMS								
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					
EL	Chewy Berry Granola Bar	2	27					
EL	BBQ Cookie, chocolate chip, 1oz	1	19					
EL/INT/HS	Pumpkin Harvest Cookie - Turkey Feast	1.9	24.2					
EL/INT/HS	Holiday Wreath Cookie	1.42	12.46					
EL/INT/HS	Christmas Tree Cookie	1	16					
EL/INT/HS	Shamrock Cookie	1.42	12.47					
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, Scooby Doo Grahams	1.96	21					
EL	Crackers, Tomato Basil		15					
HIGH	PBJ Pocket	7	26					
EL	Pop Tart, strawberry	2	38					
EL	Roll, cinnamon		24					
EL	Sunflower Seeds		4					
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					

