

Kinder-12th Grade - Supper Menu Carbohydrate Count

Menu and Counts Subject to Change/See Your School Nurse for Updated Monthly Carb Counts

Menu Item – Entrée	Serving	Carbs
Turkey Pepperoni Pizza Pockets, Tony's	Each	32
Turkey Chili	Serving	5
Tortilla Chips (Frito Lay)	Each	18
Salsa Cup (1/2 c portion)	Each	2
Pizza, Cheese Piazza	Each	34
Beef Spaghetti Bowl	Bowl	26
Chicken Tenders	3 Piece	16
Beef Taco Stick (Integrated)	Each	31.87
Beef Burger	Each	27
Turkey Hotdog on a Bun	Each	23
Cold Turkey Ham & Cheese Sandwich	Each	29
Cheesy Bread Stick (Bosco) (1 stick = 17 g)	2 Piece	34
Marinara Cup (1/4 c portion)	Each	8
Apple Cinnamon Benefit Bar	Each	48
Yogurt, Asst. Flavors, 4 oz.	Each	19
String Cheese Stick	Each	1
Anytimers Lunchables	Each	40
Premade Cold Sandwich (Field Trips)	Each	27
Pizza Nada	Each	32

Menu Item – Snacks	Serving	Carbs
Yogurt with Fruit (4 oz)	Each	19
Cheese Stick (1 oz)	Each	1
Cheez-Its Cracker	Each	14
Nutri-Grain Bar – asst. flavor	Each	30
Scooby-Doo Crackers	Each	21
Chex Mix, Cheddar Cheese	Each	20
Chex Mix, Strawberry	Each	23
Salsa Cup	Each	5
Seasonal Cookies	Each	21
Fruit Turnover (Horizon)		27
Milk	Serving	Carbs
1% White Milk	Carton	16
Nonfat White Milk	Carton	14
Nonfat Chocolate	Carton	21
Condiments	Serving	Carbs
Ketchup	Packet	2.7
Ranch Dressing	Packet	0.86
BBQ Sauce	Packet	4.26
Taco Sauce	Packet	1.06
Mustard	Packet	0.29

Fruit Choices	Serving	Carbs
Fresh Apple Slices	½ C	13.16
Fresh Orange Slices	Each	15.39
Fresh Banana	Each	27
Mixed Fruit - Canned	½ C	17.29
Diced Peaches - can	½ C	17
Pear Halves - canned	½ C	19
Pineapple Tidbits	¼ C	7.5
Mandarins - canned	½ C	18.21
Juice, 100% Fruit	Each	16
Rosati Frozen Cup	Each	25
Frozen Fruit Juice Cup	Each	19
Applesauce Cup	Each	14.64
Craisins	Pkg	28
Fruit Turnover, Horizon	Each	27

Vegetable Choices	Serving	Carbs
Corn, Canned	1/4C	10.5
Garden Salad	½ C	1
Baby Carrots (½ Cup bag)	Bag	6
Cucumber, Slices	¼ C	1.5
Refried Beans	½ C	24.62
Baked Potato Wedges	½ C	20
Seasoned French Fries	½ C	20
Sweet Potato Fries	½ C	12.96
Vegetable Juice	4 oz	22
Broccoli Florets	¼ C	1.1



Lisa Vorce, R.D., SNS
Nutritionist
 Nutrition Services, Twin Rivers USD
 916-566-1600 ext, 50514

Nutrient values have been determined utilizing approved software comprised of common foods found in the USDA database, standardized recipes and manufacturer's specification sheets. These results should be viewed as a general nutrition guide and not for medical nutrition therapy. This is a close approximation of the true nutrient content since various factors influence the amounts of nutrients in foods. The reliability of data may fluctuate with changes in portion size, product specifications, substitutions, recipe compliance and manufacturer's ingredients.

Please contact your School Cafeteria Manager, School Nurse, or TRUSD Nutritionist for most current nutrient facts.

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