

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
Cold Turkey Ham & Cheese Sandwich	Each	29.83
Pepperoni Pizza	Each	39
Cheese Pizza	Each	40
Hotdog on WG Bun	Each	27.87
Beef Burger	Each	28.1
Chicken Sandwich on WG Bun	Each	41
Chicken Tenders	3 Piece	16
Mac-n-Cheese Bowl	Each	39
Spaghetti Bowl	Bowl	38
Beef Taco Stick (Integrated)	Each	31.87
Turkey Chili	Serving	5
Tortilla Chips (Frito Lay)	Each	18
Salsa Cup (1/2 c portion)	Each	2
Cheesy Bread Stick (Bosco) (1 stick = 17 g)	2 Piece	34
Marinara Cup (1/4 c portion)	Each	7
Mini Pancakes	Each	37
Turkey or Beef Sausage Link		0
Yogurt Power Meal – Individual items see snack menu	Each	35
Premade Cold Sandwich (Field Trips)	Each	27

Menu Item – Snacks	Serving	Carbs
Yogurt with Fruit (4 oz)	Each	19
Cheese Stick (1 oz)	Each	1
WG Pretzel Goldfish	Each	16
Cheese Puffs	Each	14
Cheez-Its Crackers	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
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
Pineapple Nuhealth Fruit Cup	Each	17.94
Mandarin Nuhealth Fruit Cup	Each	16.94

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	16
Seasoned French Fries	½ C	20
Sweet Potato Fries	½ C	12.96
Vegetable Juice	4 oz	22
Broccoli Florets	¼ C	1.1



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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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