

Elementary K-8 Schools - Lunch Menu Carbohydrate Count

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

Menu Item – Entrée	Serving	Carbs
Bean and Cheese Burrito	Each	40
Bean and Cheese Chimi Nada	Each	39.87
Beef and Cheese Chalupa	Each	11.18
Cheese Quesadilla	2 each	32
Chicken & Cheese Burrito	Each	33
Taquitos, Chicken	2 Each	27
Turkey Taco Meat & Tortilla Chips	Serving	19.33
Bean & Cheese Lil Bites Nacho	Serving	32
Turkey Taco Pocket	Each	30.9
Orange Chicken & Sauce (no rice)	Serving	15.09
Chicken & Vegetable Egg Roll	Each	33.94
Chicken Noodle Soup	½ Cup	10.42
Chicken Sandwich	Each	41
Beef Italian Spaghetti	Serving	32.82
Macaroni & Cheese	Serving	31.02
Grilled Cheese Sandwich	Each	30.54
Chicken Nuggets	5 Piece	16.25
Fish Treasures	4 Piece	18.06
Chicken Drumstick	Each	3.0
Beef BBQ Ribbette	Each	13.16
Beef Hamburger	Each	28.1
Mini Chicken Corndog	6 Each	30.37

Menu Item – Entrée Cont.	Serving	Carbs
French Bread Cheese Pizza	Each	30
Pizza, Beef Pepperoni, Wedge	Slice	33.98
Pizza, Cheese, Wedge	Slice	34
Turkey & Cheese Sandwich	Each	29.83
Turkey Hotdog on WG Bun	Each	27.87
Cheese Bread Sticks	2 each	34
Sun Butter (sunflower seed) and Jelly Jamwich	Each	33
Yogurt, Cheese Stick & Large Muffin	3 Items	65.68
Pancakes, Mini Assorted Flavor	Bag	38.5
Cinnamon Glazed French Toast	Each	28
Pre-Cooked Turkey Sausage Link	Each	0
7 th & 8 th Extra Entrée Choices	Serving	Carbs
Big Daddy's Cheese Pizza (7 th -8 th only)	Slice	35.96
Big Daddy's Pepperoni Pizza (7 th -8 th)	Slice	34.97
Hot Link on a Bun	Each	27.88
Chicken Mish Mash Bowl	Each	48.05
Meatball Sub w/Mozzarella	Each	28.09
Spicy Chicken Sandwich (7 th -8 th)	Each	43.16
Beef Cheeseburger	Each	29.1
Fish Sandwich	Each	40
Spicy Chicken Tenders (7 th -8 th)	3 Pieces	16.19
Ultra-Spicy Bean & Cheese Burrito	Each	41.28

Fruit & Vegetable's	Serving	Carbs
Fresh Apple Slices	½ C	13.16
Fresh Orange Slices	½ C	15.39
Fresh Banana	Each	26.95
Craisins	Pkg.	28
Applesauce ½ portion Cup	Each	14.64
Juice, Veggie(Red Orange)	Each	11
Juice, 100% Fruit	Each	16
Rosati Frozen Cup	Each	25
Fruit Cup Nu Health	Each	34.88
Canned Corn	½ C	20.41
Green Salad	1 C	2.04
Shredded Lettuce ½ C	½ C	1.07
Shredded Lettuce 1 C	1 C	2.14
Pinto Beans	½ C	15
Baked Beans	½ C	25.66
Refried Beans	½ C	24.62
Baby Carrots	¼ C	3.74
Tri Patty Hash Brown	2 Patties	28.9
Mashed Potato	½ C	17.03
Potato Smiles	4 Pieces	20.09
Tator Tot	8 Pieces	14
Sweet Potato Fries	½ C	12.96
Green Beans	½ C	4
Broccoli Florets	½ C	2.92

Menu Item – Sides	Serving	Carbs
Brown Rice	Serving	18.5
Veggie Fried Rice	½ C	24
Yogurt with Fruit (4 oz.)	Each	19
Cheese Stick (1 oz.)	Each	1
Whole Grain Biscuit	Each	27.85
Bread, Garlic Toast	Each	15
Muffin, Large (3 oz.)	Each	45.67
Baked Cheese Puffs	Bag	14.03
Goldfish Cracker	Bag	14
Tartar Sauce/Taco Sauce	Each	1
Ranch	Each	0.86
BBQ Sauce	Each	4.26
Ketchup	Each	2.7
Mustard	Each	0.29
Mayo	Each	0.0
Sweet & Sour Sauce	Each	5
Syrup, Maple	Each	30.66
Milk	Serving	Carbs
1% White Milk	Carton	16
Nonfat Chocolate	Carton	21

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

“USDA is an equal opportunity provider and employer”



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.