

GCC Epic Elementary Schools - Lunch Menu Carbohydrate Count

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

Menu Item – Lunch Entrée	Serving	Carbs
Beef BBQ Rib Sandwich	Each	39.16
Beef Hamburger	Each	28.1
Cheese Bread Sticks	2 each	34
Taco Stick, Beef and Cheese	Each	31.87
Chicken & Vegetable Egg Roll	Each	33.94
Chicken Nuggets	5 Piece	16.25
Chicken Sandwich	Each	41
Fish Treasures	4 Piece	18.06
Grilled Cheese Sandwich	Each	30.54
Chicken Corndog Minis	6 Each	27.8
Pizza, Beef Pepperoni, Wedge	Slice	33.98
Pizza, Cheese	Slice	34.92
Yogurt, Cheese Stick & Large Muffin	3 Items	65.68

Menu Item – Sides	Serving	Carbs
Yogurt with Fruit (4 oz.)	Each	19
Cheese Stick (1 oz.)	Each	1
Muffin, Large (3 oz.)	Each	45.67
Condiments	Serving	Carbs
Taco Sauce	Each	1.06
Tartar 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

Fruits & Juice'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, Vegetable	Each	14
Juice, 100% Fruit	Each	16
Rosati Frozen Cup	Each	25
Fruit Cup Nu Health	Each	34.88
Vegetable's	Serving	Carbs
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
Baby Carrots	¼ C	3.74
Crinkle Cut French Fries	½ C	14.95
Potato, Baked Wedge	½ C	18.6
Sweet Potato Fries	½ C	12.96
Broccoli Florets	½ C	2.92

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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