

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	Menu Item - Entree	Serving	Carbs
Bean and Cheese Burrito	Each	40	Mini Chicken Corndog	6 Each	30.37
Bean and Cheese Chimi Nada	Each	40	Pizza, Beef Pepperoni, Wedge	Each	34
Beef BBQ Ribbette	Each	13.16	Pizza, Cheese, Wedge	Each	34
Beef Hamburger	Each	27.1	Sun Butter (sunflower seed) and Jelly Jamwich	Each	33
Beef Italian Spaghetti	Serving	32.82	Turkey & Cheese Sandwich	Each	29.83
Cheese Bread Sticks	2 each	34	Turkey Hotdog on WG Bun	Each	24.43
Cheese Quesadilla	2 each	32	Turkey Roast & Gravy	4 oz.	6
Cheeseburger	Each	28.1	Turkey Soft Taco	Each	16.01
Chicken & Cheese Burrito	Each	33	Turkey Taco Meat & Tortilla Chips	Serving	19
Chicken & Vegetable Egg Roll	Each	34	Yogurt, Cheese Stick & Crackers	3 Items	37.1
Chicken Noodle Soup	½ Cup	4	Yogurt, Cheese Stick & Large Muffin	3 Items	65.68
Chicken Nuggets	5 Piece	16.25	7th & 8th Extra Entrée Choices	Serving	Carbs
Chicken Sandwich	Each	40	Big Daddy's Cheese Pizza (7 th -8 th only)	Each	36
Fish Sandwich	Each	39	Big Daddy's Pepperoni Pizza (7 th -8 th)	Each	35
Fish Treasures	4 Piece	18.06	Fish Taco (7 th -8 th)	Each	28
Grilled Cheese Sandwich	Each	30.54	Chicken Mish Mash Bowl	Each	48.05
Macaroni & Cheese	Serving	31.02	Spicy Chicken Sandwich (7 th -8 th)	Each	42.16
Orange Chicken & Sauce (no rice)	Serving	11.11	Spicy Chicken Tenders (7 th -8 th)	3 Piece	16.19
Pizza, Cheese, Round	Each	34.92	Kung Pao Chicken (no rice) (7 th -8 th)	Serving	7.38

Fruit & Vegetable s	Serving	Carbs	Menu Item – Sides	Serving	Carbs
Fresh Apple Slices	½ C	13.16	Brown Rice	Serving	18.5
Fresh Orange Slices	½ C	15.39	Yogurt with Fruit (4 oz.)	Each	19
Fresh Banana	Each	27	Cheese Stick (1 oz.)	Each	1
Mixed Fruit - Canned	½ C	17.29	Whole Grain Dinner Roll	Each	20
Diced Peaches - can	½ C	17	Crackers, Graham	Each	17.09
Pear Halves - canned	½ C	19	Bread, Garlic Toast	Each	15
Pineapple Tidbits	½ C	15	Muffin, Large (3 oz.)	Each	45.67
Mandarins - canned	½ C	18.21	Muffin, Small (2 oz.)	Each	29
Juice, 100% Fruit	Each	16	Baked Cheese Puffs	Each	14
Rosati Frozen Cup	Each	25	Salsa Cup	Each	3
Frozen Fruit Juice Cup	Each	19	Seasonal Cookies	Each	21
Applesauce ½ portion Cup	Each	14.64	Milk	Serving	Carbs
Craisins	Pkg.	28	1% White Milk	Carton	16
Fresh Whole Mandarin	Each	16	Nonfat White Milk	Carton	14
Fresh Kiwi	½ C	13.23	Nonfat Chocolate	Carton	21
Baked Beans	½ C	25.66			
Green Salad	1 C	2			
Baby Carrots	¼ C	3.74			
Sweet Hot Corn	½ C	20.41			
Refried Beans	½ C	24.62			
Mashed Potato	½ C	17.03			
Baked Potato Wedge	½ C	18.6			
Crinkle Cut Fries	½ C	14.95			
Sweet Potato Fries	½ C	12.96			
Green Beans	½ C	4			
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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