

10/09/2020

## Elementary Carbs

Item	Portion	Carbs (g)
Alternate Lunch - Cheese Sandwich	1 each	30.8
Annie's Bunny Friends	1 pkg	25
Annie's Honey Bunny	1 pkg	26
Apple	1 each	18.2
Apple Crisp	1/2 cup	27.2
Apple Salad (Honey)	1/2 cup	15.9
Apple, Sliced, Packaged	1 package	7.8
Applesauce	1/2 cup	13
Asian Vegetables	1/2 cup	14.7
Baby Carrots	1/2 cup	7.2
Banana	1 each	42.1
Bananas & Cinnamon	1/2 cup	10.3
BBQ Chicken Leg	1 ea	20
Bosco Cheese Sticks w/Pizza Sauce	2 ea 1/2 cup	34 10
Breadstick	1 each	15
Broccoli Carrot Ranch Salad	1/2 cup	7.45
Broccoli Florettes	1/2 cup	2.4
Broccoli Salad w/raisins	1/2 cup	27.7
Brown Veggie Rice	3/4 cup	46.2
Carrot-Fetti Salad	1/2 cup	17.7
Cauliflower Bites	1/2 cup	3.7
Celery Sticks	1/2 cup	2.2
Cheddar Goldfish	1 package	14
Cheese Pizza	1 Slice	43.92
Cheese Quesadilla	1 ea	40
Cheese Stick	1 each	1
Cheeseburger on WG Bun	1 each	29.2
Cherry Tomatoes (Grape)	1/2 cup	2.9
Chick Pea Salad	1/2 cup	14.6
Cereal Fun Lunch	1 ea	47.06
Chicken & Cheese Quesadilla w/Salsa	1 ea 1/4 cup	38 4.3
<b>Chicken and Waffles, includes:</b>		
. Chicken Tenders	3 ea	16
. Waffles	2 ea	27
. Blueberry Topping	1/3 cup	24
. Syrup	1 ea	30
Chicken Nuggets	5 each	16.3
Chicken Parmesan	1 each	17.71
Chickcn Patty on a WG Bun	1 eacg	42.1
Chilled Peas	1/2 cup	11.4

Cinnamon Apple Slices	1/2 cup	22.6 (8 pcs)
Cinnamon Applesauce	1/2 cup	13
Cinnamon Breadstick	1 ea	16.3
Cinnamon Goldfish Graham Cracker	1 each	19.79
Cinnamon Toast Crunch Cereal	1 ea	22
Citrus Cucumber Salad	1/2 cup	9.7
Citrus Kidney Bean Salad	1/2 cup	24.9
Confetti Coleslaw	1/2 cup	6.7
Corn Dog	1 ea	30
Cranberry Pear Fruit Salad	1/2 cup	35.13
Crunchy Spinach Salad	1 cup	7.4
Cucumber Sticks (coins)	1/2 cup	2.2
Dark Green Tossed Salad (Romaine)	1 cup	2
Dried Cranberries	1/4 cup	25
Egg & Cheese Omelet	1 each	1.78
French Bread Pizza	1 each	33
French Toast Sticks	4 each	33.33
Fresh Fruit in Season	1/2 cup	15.64
Garden Cheese Salad	1 each	6.1
w/Breadstick	1 each	15
Gravy, Turkey	2 oz	4.1
Green Pepper Sticks	1/2 cup	2.1
Grilled Cheese on Goldfish Bread	1 each	25.85
Hamburger on Bun	1 ea	26.28
Grilled Cheese Sandwich	1 ea	30.54
Hash Brown Patty	1 each	14
Hot Dog on a WG Bun	1 ea	31
Hot Dog Wrap	1 each	26.2
Italian Meat Sauce	1/2 cup	5.4
Jello with Fruit	1/2 cup	53.9
Jicama Sticks	1/2 cup	5.3
Jicama, Cucmber & Fruit Salad	1/2 cup	15.8
Juice, Apple	4 oz/ 1ea	14
Juice, Grape	4 oz/ 1ea	18
Juice, Orange	4 oz/ 1 ea	14
Kidney Bean Salad	1/2 cup	11.8
Lasagna Roll Up w/ Cheese	1 ea	38.65
Lucky Fried Rice	3/4 cup	31.7
Macaroni & Cheese	2/3 cup	26.8
Mandarin Oranges	1/2 cup	12.4
Mandarin, Pineapple & Apple Salad	1/2 cup	12.1
Marinara Sauce (spaghetti sauce)	1/2 cup	12
Marinated Cucumbers	1/2 cup	11.6
Marinated Cucumber and Tomato	1/2 cup	4
Mashed Potatoes	1/2 cup	15.1
Meatballs in Sauce	5 each	9.8
Meatball Sub on WG	1 ea	38

Mexican Corn	1/2 cup	16.8
Mexican Pinto Bean Salad	1/2 cup	11.69
Milk, Chocolate 1%	8 oz/ 1ea	24
Milk, White 1%	8 oz/1 ea	11
Mixed Fruit	1/2 cup	18.7
Muffin Fun Lunch	1 ea	45.78
Orange Wedges	1/2 Cup	8.2
Oven Roasted Turkey	2 oz	0
Pancakes	2 each	27.3
Parfait, Lunch, Orange Crush w/Granola	1 each 3/4 cup	112.1
Parfait, Lunch, Blueberries w/ Granola	1 each 3/4 cup	106.8
Parfait, Lunch, Strawberries and Blueberries w/Granola	1 each 3/4 cup	110.6
Parfait, Lunch, Strawberries Only w/Granola	1 each 3/4 cup	106.8
Peaches	1/2 cup	16
Peaches & Blueberries	1/2 cup	12.8
Peaches with Cinnamon	1/2 cup	13.46
Pear, Fresh	1 ea	25.3
Pears	1/2 cup	21
Pineapple	1/2 cup	13.2
Pizza Fun Lunch	1 ea	44.98
Popcorn Chicken	12 each	15.3
<b>Popcorn Chicken Bowl</b> , includes:		
. Popcorn Chicken	12 pieces	15.3
. Mashed Potatoes	1/2 cup	15.1
. Gravy	2 oz	4.1
. Cheddar Cheese	1 tsp	2.8
Potato Oven Roasted	1/2 Cup	12.7
Potato Wedges	1/2 cup	16.2
Pumpkin Bar	1 piece	31.8
Queso Cheese Sauce	1/4 cup	4
Raisins	1 box	34
Red Pepper Strips	1/2 cup	2.8

Roasted Carrot Coins (fries)	1/2 cup	8.7
Romaine Salad (dark green tossed)	1 cup	2
Rosy Applesauce	1/2 cup	17.6
Salsa	1/4 cup	4.3
Sausage Links	2 each	0
Scrambled Eggs, Commodity	1/2 cup	1.709*
Scrambled Eggs, grocery	1/2 cup	2*
Seasoned Black Beans	1/2 cup	20.5
Seasoned Broccoli	1/2 cup	5.1
Seasoned Carrots	1/2 cup	7.2
Seasoned Cauliflower	1/2 cup	3.7
Seasoned Corn	1/2 cup	16
Seasoned Green Beans	1/2 cup	5.1
Seasoned Pasta (rotini)	1 cup	40.35
Seasoned Peas	1/2 cup	13.53
Seasoned Pinto Beans	1/2 cup	25.5
Shrimp Poppers only	10 each	10.48
Shrimp Poppers w/ Mac & Cheese	1 serving	37.28
Soy Milk, Vanilla	1 ea	17.3
Soy Milk, Chocolate	1 ea	19.2
Sugar Snap Peas	1/2 cup	3.7
Spinach Romaine Salad w/Tomatoes	1 cup	2.3
Strawberry Cup	1 ea	33
Strawberries, Sliced	1/2 cup	6.374
Sunbutter & Jelly on Goldfish Bread	1 each	43.27
Sunbutter & Jelly on Sandwich Bread	1 ea	49.02
Sweet & Sour Sauce	2 oz	18
Sweet Potato Fries	1/2 cup	27.84
Sweet Potato Puffs	8 ea	23.57
Syrup	1 each	30
Tangerine	1 ea	8.7
Tater Tots	1/2 cup	16.8
Tomato, Basil, Mozz Salad	1/2 cup	4.59
Tortilla Chips	10 each	17
Tostito Scoops	1 bag	19.37
Turkey with Gravy	5/8 Cup	2.5
Turkey and Cheese on WW Bun	1 ea	35.51
Turkey Nacho Meat	3 oz	3.2
Turkey Ham and Cheese Sub (Summer Camp)	1 ea	29.9
Turkey, Cheese, Cracker Kit	1 ea	37.1
Turkey Ham served with eggs/waffles	1 oz	0.49
Turkey Sausage Patty	1.025 oz	0
Vegetarian BBQ Baked Beans	1/2 cup	34
Waffles	2 ea	27
Warm Cinnamon Apples	1/2 cup	31.7
Wowbutter & Jelly Sandwich	1 ea	55

Watermelon Cubes	1/2 cup	6.95
Yogurt Cup	1 each	13.27
Zucchini Sticks	1/2 cup	1.76

Ketchup	1 oz	4
Ranch	1 oz	3
Mustard	1 oz	0
Italian	1 oz	3
BBQ Sauce	1 oz	12
Mayonnaise	1 oz	1
Caesar Dressing	1 oz	0.5

\* check with kitchen lead to determine which eggs used

Elementary Breakfast	Portion	Carbs (g)
Annie's Bunny Friends	1 pkg	25
Annie's Honey Bunny	1 pkg	26
Apple	1 ea	18.2
Applesauce	1/2 cup	13
Apple Bosco	1 ea	38
Apple Cinnamon Rice Krispy Bar and String Cheese	1 ea 1 ea	27 1
Bacon, Egg & Cheese Breakfast Pizza	1 ea	23
Bagel and Cream Cheese	2 ea 1 ea	28.85 2
Banana Chocolate Chunk BeneFIT Bar	1 ea	48
Breakfast Sausage Pizza	1 ea	27
Breakfast Sandwich, Egg, Ch, Bagel	1 ea	32.69
Breakfast Sand, Egg, Ch, Saus, Bagel	1 ea	32.69
Breakfast Egg, Ch Taco	1 ea	15
Cheerios	1 ea	20
Cinnamon Apple Slices	1/2 cup	22.6
Cinnamon Oatmeal	1/2 cup	20.3
Cinnamon Toast Crunch Cereal	1 ea	22
Double Chocolate Oatmeal Bar	1 ea	24
Dried Cranberries	1/4 cup	25
English Muffin	1 ea	23
Egg and Cheese Breakfast Taco	1 ea	
Egg & Cheese Breakfast Pizza	1 ea	15.64
Egg & Cheese EM B'fast Sandwich IW	1 ea	33.7
Egg & Cheese Omelet	1 ea	1.78
French Toast Sticks	4 ea	33
Fruity Cheerios Cereal and String Cheese	1 ea 1 ea	26 1
Hash Brown Patty	1 ea	14
Lucky Charms WG Cereal and	1 ea	23
Mandarin Oranges	1/2 cup	12.4
Maple Burst Mini Pancakes	1 ea	41
Mini Blueberry Pancakes	1 pkg	35
Mini French Toast	1 ea	36.9
Mini Maple Waffles	1 pkg	38
Pancake Bites	3 ea	26.65
Mixed Fruit	1/2 cup	18.7
Orange Wedges	1/2 Cup	8.2 (4pcs)
Oatmeal	1 ea	25.59

Overnight Oats w/ Choc & Banana	1 cup	56.92
Pancakes	2 each	27.3
Peach Parfait with Granola	1 ea	74.88
Pineapple Parfait		
w/Granola	1 ea	75.89
Peaches	1/2 cup	16
Peaches w/Blueberries	1/2 cup	12.8
Pears	1/2 cup	21
Pineapple	1/2 cup	13.2
Raisins	1/4 cup	34
Syrup	1 ea	30
Tater Tots	1/2 cup	16.8
Turkey Sausage Pancake on Stick	1 ea	17
Waffles	2 ea	32
Yogurt Cup	1 each	13.27
Juice, Apple, 4 oz	1 ea	14*
Juice, Orange, 4 oz	1 ea	14*
Milk, 1% white	1 ea	11
Milk, Chocolate 1 % 8 oz	1 ea	24
Milk, Skim/Nonfat 8oz	1 ea	11
Soy Milk, Vanilla	1 ea	17.3
Soy Milk, Chocolate	1 each	19.2