

Ann Arbor Public Schools Elementary Carb Count



Entrees	Total Carbs
Baked Chicken Tenders	28.5
Baked Whole Grain Chicken Nuggets	13.8
Beef Ravioli	30.6
Beef Rib-e-que on Whole Grain Bun	30.6
Beef Teriyaki Dippers	6.3
Bosco Sticks	53.6
Breaded Chicken Patty on Whole Grain Bun	41.8
Cheese Pizza on Whole Grain Crust	27.8
Cheeseburger on Whole Grain Bun	16.5
French Toast Sticks Whole Grain	31.1
Macaroni & Cheese	31.9
Mini Pancakes	27.6
Mini Corn Dogs Whole Grain	33.1
Nachos Taco Meat	4.4
Pepperoni Pizza on Whole Grain Crust	27.8
Popcorn Chicken Pieces	17.4
Rotini with Meat Sauce	52.0
Sloppy Joe on a Whole Grain Bun	40.7
Turkey Hot Dog on Whole Grain Bun	22.9

Alternate Lunches	Total Carbs
Pizza Bagel, Bagel, Pizza Sauce, Cheese	45.1
Nachos, Scoops, Cheese	24.2
Cereal	24.9
Hard Boiled Egg	0.5
Three Cheese Wrap	62.0
Bagel & Yogurt w/ String Cheese	57.0

Condiments (Sauces, Dressings Etc)	Total Carbs
Butter	0.0
Marinara Dipping Sauce	5.0
Light Ranch Salad Dressing	2.0
Salsa	4.4
Syrup	24.1

Sides (Vegetables, Fruits, Rolls Etc.)	Total Carbs
Animal Crackers	21.2
Apple	16.3
Apple Slices	7.8
Applesauce	14.3
Asian Vegetables Seasoned	11.9
Beans Vegetarian	29.2
Bread Sticks Whole Grain	20.0
Broccoli Steamed	2.1
Brown Rice	21.9
Carrots Sliced & Steamed	7.1
Cheese Shredded	0.2
Corn	18.4
Corn Nibbles	15.5
Dinner Roll Whole Grain	15.5
Green Beans	3.4
Fritos Fun Sized	13.4
Fruit Mixed	18.4
Mandarin Orange	20.5
Orange Wedges	11.2
Peaches Diced	22.1
Pear	23.6
Pears Diced	23.8
Peas Sweet	11.7
Pineapple Pieces	21.3
Potato Wedges	14.3
Rice (Brown) and Beans	25.0
Romaine Blend Salad	0.8
Sausage Patties Pork	0.0
Tator Tots	18.7
Totstitos Scoops Baked	19.4
Vegetables Mixed	14.5

Beverages	Total Carbs
Apple Juice	12.8
Milk Lowfat 1%	11.3
Milk Skim/Nonfat	11.2
Milk Chocolate Fat Free	21.7