

**Carbohydrate Values for Menu Components  
Evanston Skokie School District 65  
School Year 2023-24**

*The items listed below are approximate values.  
Please consult your Dietitian and/or Certified Diabetes Educator.*

**MS/EL Breakfast & MS Lunch**

	MENU ITEM	PORTION	CARBS (GMS)	ALLERGENS
<b>Middle School Breakfast</b>				
<b>Monday</b>	WG Bagel	1 ea	28	wheat, soy
	cream cheese	1 ea	1	milk
	Croissant (spring '24)	1 ea	29	milk, soy, wheat
<b>Tuesday</b>	English Muffin	1 ea	24	wheat, soy
	peanut butter	1 ea	5	peanuts, soy
	soy butter	1 ea	8	soy
	Oatmeal Round (spring '24)	1 ea	39	milk, wheat, egg, soy
<b>Wednesday</b>	Cinnamon Sugar Doughnut			
	Breakfast doughnut	1 ea	30	milk, wheat, soy
	cinnamon/sugar/nutmeg blend	1 tsp	4	
	Cinnamon Roll (spring '24)	1 ea	41	egg, wheat
<b>Thursday</b>	WG Breakfast Muffin	1 ea	30/60	wheat, egg, soy
<b>Friday</b>	Breakfast Sandwich- product subject to change			
	Croissant	1 ea	26	wheat, milk soy
	Chicken Sausage	1 ea	0	
	Egg Patty	1 ea	1	egg, soy, milk
	Sliced Cheese	1 slice	2	milk
	Hard-Boiled Egg, Cheese Stick or Yogurt as well as 1% or fat-free white milk and whole fresh fruit or 100% juice.			
Also Offered Daily	hard boiled egg	1 ea	0	egg
	cheese stick (mozz) co-jack cheddar	1 ea	1	milk
	yogurt	1 ea (4 oz)	19	milk
	cottage cheese	4 oz	5	milk
Also Offered Daily	1% or fat-free white milk and whole fresh fruit or 100% juice. (see milk and sides below)			
	Bakecrafters Breakfast Sandwich	1 ea	18	egg, milk, soy, wheat
	Cold Cereal Cup (variety)	1 ea	44	wheat, soy
	ZeeZee cereal bar	1 ea	24	wheat, soy
	Appleway cereal bar	1 ea	23	wheat, soy, egg, milk
<b>Elementary and Magnet School Breakfast</b>				
<b>Monday</b>	WG Muffin	1 ea	28/30	wheat, egg, soy
	cheese stick (mozz) co-jack cheddar	1 ea	1	milk
<b>Tuesday</b>	WG Cereal (reduced sugar Cinnamon Toast Crunch, Honey Cheerios, Cinnamon Chex, Blueberry Chex, Trix (reduced sugar, no artificial color)	1 ea	44-47	wheat, soy (cinn toast crunch only)
	100% Juice Box	1 ea	12-15	
<b>Wednesday</b>	Cereal Bar- variety	1 ea	23	wheat, soy, egg, milk
	Yogurt tube	1 ea	8	milk
<b>Thursday</b>	WG Cereal (reduced sugar Cinnamon Toast Crunch, Honey Cheerios, Cinnamon Chex, Blueberry Chex, Trix (reduced sugar, no artificial color)	1 ea	44-47	wheat, soy (cinn toast crunch only)
	Fruit Cup (mandarins)	1 ea	17	
<b>Friday</b>	Yogurt Cup	1 ea	12	milk
	Granola	1 ea	20	wheat, soy
Also Offered Daily:	1% or fat-free white milk and whole fresh fruit or 100% juice. (see milk and sides below)			
<b>Middle School Lunch</b>				
<b>Monday</b>	Big Daddy's Cheese Pizza	1 slice	43	milk, wheat, soy
	Veggie Pinwheels	1 ea	34	wheat, soy, milk
	Pasta Alfredo (spring '24)	8 oz	48	wheat, milk
<b>Tuesday</b>	Walking Taco			
	Tortilla Chips	1 ea	28	
	Taco Meat	3.3 oz	1	
	Shredded Cheddar	1 oz	1	milk
	Fiesta beans	2 oz	11	

	<b>Asian Chicken w/Fried Brown Rice</b>			
	Chicken	4 oz	25	wheat, soy, egg
	Fried Brown Rice	1 cup	40	
	tofu	4 oz	4	soy
	<b>Chicken or Veggie Fajitas (Spring '24)</b>			
	Fajita Chicken	3.7 oz	2	
	Fajita Veggies (peppers and onions)	1/2 cup	14	
	Fiesta Blend Beans	1/2 cup	22	
	Shredded Cheddar	1 oz	1	milk
	Tortillas	2 ea	30	wheat
<b>Wednesday</b>	<b>Hamburger</b>			
	Beef Patty	1 ea	2	soy
	Sliced Cheese	1 slice	2	milk
	Hamburger Bun	1 ea	27	wheat soy
	<b>Black Bean Burger</b>	1 ea	18	egg, milk, wheat, soy
	<b>Veggie Burger</b>	1 ea	21	soy
	<b>Chicken Wings</b>	4 ea	1	
	buffalo sauce	light coat	0	milk, soy
	mac-n-cheese	6 oz	28	egg, milk, wheat
	Dinner Roll- alpha	1 ea	14	wheat, soy
	Pasta Salad (Spring '24)	8 oz	45	milk, wheat, egg
<b>Thursday</b>	<b>Pasta Bake</b>	8 oz	47	wheat, soy, milk
	bosco	1 ea	17	milk, wheat
	<b>Chicken Tator Bowl</b>			
	Popcorn Chicken	10 pc	17	milk, soy, wheat
	Gravy	1oz	2	soy, wheat, milk
	Mashed Potatoes	1/2 c	14	milk
	Corn	1/2 c	17	
	<b>Beef Hot Dog (Spring '24)</b>			
	Hot Dog	1 ea	1	
	Bun	1 ea	27	wheat, soy
<b>Friday</b>	<b>Brunch for Lunch</b>			
	Chicken Tenders	2 ea	16	wheat, soy
	Waffles OR	2 ea	28	egg, milk, wheat, soy
	<b>Pesto Pasta w/Chicken</b>			
	Fajita Chicken	3.4 oz	0	
	Rotini	1 cup	41	wheat
	Pesto	to coat	1	milk
	<b>Crispy Chicken Sandwich (Spring '24)</b>			
	Chicken Patty	1 ea	15	wheat, soy, milk
	Hamburger Bun	1 ea	28	wheat, soy
<b>Grab-n-Go's Available Daily</b>				
	<b>Chopped Salad with Hard Boiled Egg and Pita</b>			
	hard-boiled egg	1 ea	0	egg
	cheddar cheese, shredded	1oz	0.5	milk
	romaine salad	1 cup	0	
	cucumber, slices	1/4 cup	0	
	tomato, wedged	1/4 cup	2	
	pita bread	1/2 slice	19	wheat
	<b>Protein Bento Box - 1</b>			
	hard-boiled egg	1 (whole)	0	egg
	hummus	2 oz	9	
	sliced pepper sticks	1/4 cup	0	
	baby carrots	1/2 cup	0	
	pita bread	1/2 slice	19	wheat
	<b>Fresh Deli Sandwich</b>			
	Hinged Roll 5"	1 ea	26	wheat, soy
	Sliced Turkey/Turkey Ham	4 slices	0	
	Sliced Cheddar	1 slice	0.5	milk, soy
	<b>Chopped Salad with Chicken and Hard Boiled Egg</b>			
	hard boiled egg	1/45g	0	egg
	Chicken Fillet	1/2 patty	9	milk, wheat
	cheddar cheese, shredded	1oz	0.5	milk
	romaine salad	1 cup	0	
	cucumber, slices	1/4 cup	0	
	tomato, wedged	1/4 cup	0	

	dinner roll, wheat	1 ea	13	wheat, soy
	dressing, 1.5 oz variety	1 ea	1	
	PBJ uncrustable	5.3 oz	64	peanut, soy, wheat
	WowButter & Jelly	4.6 oz	53	wheat, soy, milk
<b>Park School Lunch (items not part of EL or MS Lunch Menu)</b>				
Tuesday Week A	Beef Tacos			
	Tortillas, Flour	2 ea	30	wheat
	Beef Taco Meat	3.3 oz	1	soy
	shredded cheddar	1 oz	0.5	milk
	Fiesta beans	2 oz	11	
Wednesday, Week A	Pancakes	2 ea	30	egg, milk, wheat, egg
	Chicken Sausage	2 ea	0	
Friday, Week A	Chicken Patty	1 ea	9	wheat, soy
	Hamburger Bun	1 ea	27	wheat soy
Monday, Week B	Cheese Pizza	1 ea	21	milk, wheat, soy
<b>Side Orders</b>				
	applesauce cup	1 ea	Total: 22	
	apple slices	1/2 cup	Total: 8	
	baked beans	1/2 cup	Total: 30	
	banana	1 medium	Total: 27	
	black beans (fiesta)	1/2 cup	Total: 22	
	black beans -- 581180	1/2 cup	Total: 20	
	canned peaches	1/2 cup	Total: 12	
	canned pears	1/2 cup	total: 17	
	canned pineapple	1/2 cup	Total: 20	
	chick peas	1/2 cup	Total: 12	
	craisins	1 ea	Total: 28	
	dried fruit	1 ea	Total: 30	
	elotes	1/2 cup	Total: 18	egg, soy, milk
	fresh carrots	1/2 cup	Total: 6	
	fresh celery	1/2 cup	Total: 8	
	fresh cucumber	1/2 cup	Total: 3	
	fresh grapes	1/2 cup	Total: 8	
	fresh pepper strips	1/2 cup	Total: 3.5	
	fresh romaine	1 cup	Total: 0	
	fresh steamed broccoli	1/2 cup	Total: 3	
	fruit cocktail	1/2 cup	Total: 14	
	hummus	2 oz	Total: 9	Sesame
	juice box (variety)	4 oz	Total: 12-15	
	mandarin oranges	1/2 cup	Total: 20	
	mashed potatoes	1/2 cup	Total: 14	milk
	orange wedges	1/2 cup	Total: 11	
	potato triangles	1/2 cup	Total: 28	soy
	peppers & onions	1/2 cup	Total: 14	
	plantains	1/2 cup	Total: 34	soy
	raisins	1 ea	Total: 31	
	roasted zucchini	1/2 cup	Total: 3	
	salsa cups	1 ea	Total: 2	
	sandwich salad (side salad)	1/2 cup	Total: 4	
	seasoned wedges	1/2 cup	Total: 19	wheat and soy
	sidekick	4.4 oz	Total: 23	
	steamed carrots	1/2 cup	Total: 7	
	steamed corn	1/2 cup	Total: 17	
	steamed green beans	1/2 cup	Total: 8	
	steamed green peas	1/2 cup	Total: 12-15	
	steamed mixed veggies	1/2 cup	Total: 9	
	sunflower seeds	1 ea	Total: 10	
	sweet potato wedges	1/2 cup	Total: 31	soy
	waffle fry	1/2 cup	Total: 25	wheat, soy
	whole fruit			
<b>Milk</b>				
	milk, low fat	8 oz	Total: 11	
	skim, white	8 oz	Total: 11	
<b>Condiments</b>				
	bbq sauce	1 ea	Total: 5	
	dressing - french	1 ea	Total: 3	soy
	dressing - italian	1 ea	Total: 2	soy
	dressing - ranch	1 ea	Total: 2	soy, egg, milk
	caesar dressing	1 ea	Total: 4.5 (1 ounce)	egg, fish, milk, soy
	croutons	1 ea	Total: 9	milk, wheat
	ketchup	1 ea	Total: 2	

	mayonnaise	1 ea	Total: 2	soy, egg
	mustard	1 ea	Total: 0	
	relish	1 ea	Total: 2	
	Kosher dill pickles	1 ea	Total: 0	
	syrup	1 ea	Total: 31	
	wow butter	1 ea	Total: 8	soy
	fortune cookie	1 ea	Total: 16	wheat and soy