

**Carbohydrate Values for Menu Components
Evanston Skokie School District 65
School Year 2024-25**

*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
Middle School Breakfast				
Monday	Oatmeal Round	1 ea	39	milk, wheat, egg, soy
Tuesday	Yogurt Parfait	1 ea	24	wheat, soy
	Yogurt	4 oz	5	milk
	fruit (variety)	1/2 cup	5-6	
	Granola or Cereal (varies)	1 oz	20-24	wheat, soy
Wednesday	Mini Cinnamon Rolls	1 ea	35	milk, wheat, soy
Thursday	Mini Pancakes	1 ea	35	wheat, egg, soy, milk
Friday	Breakfast Sandwich- product subject to change			
	Croissant or Bagel	1 ea	29/28	wheat, milk soy
	Chicken Sausage	1 ea	0	
	Egg Patty	1 ea	1	egg, soy, milk
	Sliced Cheese	1 slice	2	milk
Also Offered Daily	Hard-Boiled Egg, Cheese Stick or Yogurt as well as 1% or fat-free white milk and whole fresh fruit or 100% juice.			
	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)			
	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
Elementary and Magnet School Breakfast				
Monday	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)
Tuesday	Mini Pancakes	1 ea	37	egg, milk, soy, wheat
Wednesday	Cereal Bar- variety	1 ea	23	wheat, soy, egg, milk
Thursday	Bagel	1 ea	28	wheat, soy
Friday	Yogurt Cup	1 ea	12	milk
	Grahams or Granola	1 ea	20-24	wheat, soy
Also Offered Daily:	1% or fat-free white milk and whole fresh fruit or 100% juice. (see milk and sides below)			
Middle School Lunch				
Monday	Bosco	2 ea	34	milk, wheat
	Tomato Soup	4 oz	18	wheat
	Veggie Frittata	1 slice	13	milk, egg
	Warm Biscuit	1 ea	29	wheat, milk
Tuesday	Turkey Tacos			
	Tortillas	2 ea	30	wheat
	Turkey Barbacoa	3.3 oz	2	
	Vegan Taco Meat	3 oz	4	
	Shredded Cheddar	1 oz	1	milk
	Fiesta beans	2 oz	11	
	Asian Chicken w/Fried Brown Rice			
	Chicken	4 oz	25	wheat, soy, egg

	Woodles	1/2 cup	20	wheat
	Veggie Dumplings	2 or 6 ea	8/24	wheat, soy, sesame
Wednesday	Chicken Parm			
	Pasta	4 oz	20	wheat
	Chicken Patty w/Marinara and Cheese	1 ea	19	wheat, soy, milk
		1 ea	27	wheat soy
	Philly Cheesesteak			
	Sliced Beef	2.5 oz	5	
	Queso	2 oz	3	milk
	Fajita Veggies (peppers and onions)	1/2 cup	14	
	Hinged Roll 5"	1 ea	26	wheat, soy
Thursday	Hamburger			
	Beef Patty	1 ea	2	soy
	Sliced Cheese	1 slice	2	milk
	Hamburger Bun	1 ea	27	wheat soy
	Chicken Tator Bowl			
	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	
	Black Bean Burger	1 ea	18	egg, milk, wheat, soy
Friday	Big Daddy's Cheese Pizza	1 slice	43	milk, wheat, soy
	Big Daddy's Turkey/Beef Pepperoni Pizza	1 slice	22	milk, wheat, soy
	Try Day (check with manager for details)			
Grab-n-Go's Available Daily				
	Shaker Salad with Hard Boiled Egg and Roll			
	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	
	roll	1 ea	19	wheat
	Yogurt Parfait			
	(see above)			
	Fresh Deli Sandwich			
	Sliced Turkey/Turkey Ham	4 slices	0	
	Sliced Cheddar	1 slice	0.5	milk, soy
	Chopped Salad with Chicken and Hard Boiled Egg			
	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
	Park School Lunch (items not part of EL or MS Lunch Menu)			
Monday Week B	Deep Dish Cheese Pizza	4.98 oz	31	milk, wheat, soy
	Side Orders			
	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
fava bean crisps	1 ea	Total: 22	
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			
Milk			
milk, low fat	8 oz	Total: 11	
skim, white	8 oz	Total: 11	
Condiments			
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