

**Carbohydrate Values for Menu Components**  
**Evanston Skokie School District 65**  
**School Year 2024-25 (updated 1/6/25)**  
*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
<b>Middle School Breakfast</b>				
Monday	Mini Bagels	1 ea	42	milk, wheat, soy
Tuesday	Oatmeal Round	1 ea	39	milk, wheat, egg, soy
Wednesday	Breakfast doughnut cinnamon/sugar/nutmeg blend	1 ea 1 tsp	30 4	milk, wheat, soy
Thursday	Breakfast Muffin	1 ea	28	wheat, egg, milk, soy
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
<b>Elementary and Magnet School Breakfast</b>				
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)			
<b>Middle School Lunch</b>				
Monday	Bean and Cheese Pupusa	1 ea	35	milk
	Pasta	1 cup	41 g	wheat
	Alfredo OR	2 oz	4 g	milk
	Pesto	to coat	1	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	
	<b>Crispy Chicken Sandwich</b>			
	Crispy Chicken Patty	1 ea	15	wheat, soy, milk
	Hamburger Bun	1 ea	27	wheat soy
<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>Chicken Wings</b>	4 ea	1	
	buffalo sauce	light coat	0	milk, soy
	Mozzarella Cheese Bites	9 ea	32	wheat, milk
<b>Thursday</b>	<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</b>	1 ea	1	
	WG Hot Dog Bun	1 ea	27	wheat, soy
<b>Friday</b>	<b>Big Daddy's Cheese Pizza</b>	1 slice	35	milk, wheat, soy
	Big Daddy's Turkey/Beef Pepperoni Pizza	1 slice	22	milk, wheat, soy
	Try Day (check with manager for details)			
<b>Grab-n-Go's Available Daily</b>				
	<b>Shaker Salad with Hard Boiled Egg and Roll</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	
	roll	1 ea	19	wheat
	<b>Yogurt Parfait</b>			
	Yogurt	6 oz	17	milk
	fruit (variety)	1/2 cup	5-6	
	Granola or Cereal (varies)	1 oz	20-24	wheat, soy
	<b>Fresh Deli Sandwich</b>			
	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>				
Monday Week B	Deep Dish Cheese Pizza	4.98 oz	31	milk, wheat, soy
<b>Side Orders</b>				
	applesauce cup	1 ea	<b>Total: 22</b>	
	apple slices	1/2 cup	<b>Total: 8</b>	
	baked beans	1/2 cup	<b>Total: 30</b>	

	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			
	<b>M i l k</b>			
	milk, low fat	8 oz	Total: 11	
	skim, white	8 oz	Total: 11	
	<b>C o n d i m e n t s</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
			Total: 4.5 (1	
	caesar dressing	1 ea	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