Carbohydrate Values for Menu Components
Evanston Skokie School District 65
School Year 2025-26

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	33	milk
	fruit (variety)	1/2 cup	5-6	
	Granola or Cereal (varies)	1 oz	20-24	wheat, soy
Wednesday	Stuffed Maple Waffle	1 ea	37	milk, egg, wheat
Thursday	Fresh Baked Cinnamon Roll	1 ea	51	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 aritifical color)	1 ea	44-47	wheat, soy (cinn toast crunch only)
Tuesday	WG Muffin	1 ea	30	egg, milk, soy, wheat
Wednesday	WG Cereal (reduced sugar Cinnamon Toast Crunch, Honey Cheerios, Cinnamon Chex, Blueberry Chex, Trix (reduced sugar, no aritifical color)	1 ea	44-47	wheat, soy (cinn toast crunch only)
Thursday	Yogurt Cup	1 ea	12	milk
	Blueberry Lemon Bites	1 ea	21	wheat, soy, milk
Friday	Cereal Bar- variety	1 ea	23	wheat, soy, egg, milk
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	**Pasta**	1 cup	41 g	wheat
	Alfredo OR	2 oz	4 g	milk
	Pesto	to coat	1	milk
	Omelet Stack (Breakfast Sammie)			
	Omelet	1 ea	3	egg
	Cheese	1 slice	1	milk
	Biscuit or Croissant	1 ea	29/29	wheat/milk,
Tuesday	**Hamburger**			
	Beef Patty	1 ea	2	soy
	Sliced Cheese	1 slice	2	milk
	Hamburger Bun	1 ea	27	wheat soy

	Black Bean Burger	1 ea	18	egg, milk, wheat, soy
	Chicken Parm			
	Pasta	4 oz	20	wheat
	Chicken Patty w/Marinara and Cheese	1 ea	19	wheat, soy, milk
Wednesday	**Asian Chicken w/Fried Brown Rice**			
	Chicken	4 oz	25	wheat, soy, egg
	Rice	6 oz	27	none
	Veggie Dumplings	2 or 6 ea	8/24	wheat, soy, sesame
	Meatball Sub			
	Chicken Meatballs	4 ea	4	none
	Marinara Sauce	1/4 cup	4	soy
	Shredded Mozzarella	1 oz	0	milk
	Hinged Roll 5"	1 ea	26	wheat, soy
Thursday	**Meatloaf**	1 slice	19	wheat, egg, soy, milk, sesame
	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	
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
	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