

Carbohydrate Values for Menu Components
Evanston Skokie School District 65
School Year 2026-27

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

EL Breakfast & Lunch, Sides

	MENU ITEM	PORTION	CARBS (GMS)	ALLERGENS
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	Bagel	1 ea	28	wheat
	Cream Cheese	1 ea	1	milk
Wednesday	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)
Thursday	Yogurt Cup	1 ea	12	milk
	Graham cracker or Granola	1 ea	21	wheat, soy, milk
Friday	WG Muffin	1 ea	30	egg, milk, soy, wheat
Also Offered Daily: 1% or fat-free white milk and whole fresh fruit or 100% juice. (see milk and sides below)				
Elementary Lunch				
Monday Week A	Beef Hotdog	1 ea	1	
	Bun	1 ea	27	wheat, soy
	Chips	1 ea	19 (sunchips-check variety)	wheat
	OR			
	Vegetarian Meatballs w/Marinara	1 ea	18	wheat, soy
	Bun	1 ea	27	wheat, soy
Tuesday- Week A	Chicken	2 ea	12	wheat, soy
	Waffle	1 ea	37	milk, egg, wheat
	OR			
	Veggie Nuggets	5 ea	22.5	wheat, soy
	Waffle	1 ea	30	milk, egg, wheat
Wednesday- Week A	Orange Chicken w/Woodles			
	Chicken	4 oz	25	wheat, soy, egg
	Woodles	1/2 cup	17	wheat
	OR			
	Veggie Dumplings	6 ea	24	wheat, soy, sesame
Thursday- Week A	Pasta w/Plant-Based Bolognese	4 oz	26	soy, wheat, milk
	OR			
	Bosco	2 ea	34	milk, wheat
Friday- Week A	Cheesy Mac and Chicken Bites			
	Macaroni	6 oz	27	milk, egg, wheat
	Chicken Bites	5 ea	23	milk, wheat
	OR			
	Veggie Nuggets	5 ea	22.5	wheat, soy
Monday Week B	Papa Johns Cheese Pizza	1 ea	39	milk, wheat
	OR			
	Chickpea Sandwich	1 ea	31	wheat, soy
Tuesday- Week B	3 Cheese Ravioli	3 ea	29	wheat, milk, egg
	Garlic Breadstick	1 ea	16	milk, wheat
	OR			
	Pretzel	1 ea	14	wheat, soy
	Queso	2 oz	3	milk
	Chickpeas	1 ea	12	
Wednesday- Week B	Chicken Breast Patty	1 ea	8	milk, wheat, soy
	Hamburger Bun	1 ea	27	wheat, soy
	Dippin Sauce	1 ea	6	egg, soy
	OR			

	Veggie Burger	1 ea	17	soy, wheat
Thursday- Week B	Hamburger			
	Beef Patty	1 ea	2	
	Sliced Cheese	1 slice	2	milk
	Hamburger Bun	1 ea	27	wheat soy
	OR			
	Black Bean Burger	1 ea	18	egg, milk, wheat, soy
Friday- Week B	Chicken Drumstick	1 ea	10	wheat
	Biscuit	1 ea	42	milk, wheat
	OR			
	Cheese & Green Chili Tamale	1 ea	24	milk
Monday Week C	Cheese Pizza	1 ea	21	milk, wheat, soy
	OR			
	Cheese Curds w/Marinara Sauce	4 oz	42	milk, wheat, soy
	Marinara Sauce	2 oz	4	soy
Tuesday- Week C	Chicken Drumsticks	2 ea	8	
	Brown Rice	6 oz	39	
	OR			
	Pretzel	1 ea	14	wheat, soy
	Queso	2 oz	3	milk
	Chickpeas	1 ea	12	
Wednesday- Week C	Cheesy Nachos			
	Meat Sauce	3 oz	5	soy
	Cheese Sauce	2 oz	3	milk
	Chips	12-14 ct	30-32	
	OR			
	Plant-Based Meat	2 oz	3	
Thursday- Week C	Chicken Tator Bowl			
	Popcorn Chicken	10 pc	17	milk, soy, wheat
	Gravy	1oz	2	milk, soy, wheat
	Mashed Potatoes	1/2 c	14	milk
	Corn	1/2 c	17	
	Dinner Roll	1 ea	14	milk, wheat, sesame, soy
	OR			
	Veggie Nuggets	5 ea	22.5	wheat, soy
Friday- Week C	French Toast w/Breakfast Sausage			
	French Toast	1 ea	44	egg, milk, soy, wheat
	Breakfast Sausage	2 ea	0	
	OR			
	Veggie Breakfast Sausage	2 ea	8	milk, egg, wheat, soy
Available Daily as a 3rd Option- Picnic Pack	Yogurt	1 ea	19	milk
	Cheese Stick	1 ea	1	milk
	Wheat Crackers	1 ea	15	wheat, soy
	Cereal Bar	1 ea	23	wheat, soy, egg, 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	milk
	skim, white	8 oz	Total: 11	milk
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
			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
	butter	1 ea	Total: 0	milk
	honey	1 ea	Total: 11	
	jelly/jam	1 ea	Total: 9	
	chick'n dippin sauce	1 ea	Total: 6	egg, soy