

PUSD NUTRITION SERVICES
CARBOHYDRATE COUNT
PHS/PMS MENU (2026-'27)

Breakfast Items	
Crumb Bar	34g
Zucchini Bread	40g
Banana Bread	38g
Pumpkin Bread	41g
Carrot Bread	38g
Challah w/ Raisins	30g
Whole Wheat Bagel w/ Cream Cheese	45 g 2 g
Turkey Bagel Dog	38g
Breakfast Empanada	20g
Pancakes & Turkey Sausage Syrup Cup	30g 2g 30g
Oatmeal w/ Brown Sugar	45g
Alicia's Egg & Potato Burrito	37g
Alicia's Chorizo Potato Burrito	37g
Honey Scooter	46g
Cheerios, reg.	21g
Cheerios, apl/cin	22g
Rice Krispies	16g
Corn Flakes	18g
Rice Chex	24g
Kix	14g

Snack Items:	
Yoplain Yogurt	27g
Kettle Chips, BBQ	30g
Kettle Chips, SeaSalt	30g
SmartFood Popcorn	28g
Blueberry Muffin	60g
Brownie	42g
Izze, Blackberry	15g
Izze, Orange	16g
Izze, Apple	15g
La Croix	0g
Sunflower Seeds	10g
Hashbrowns (Breakfast only)	28g

Milk	
2%	12g
Fat free	12g
Chocolate	30g

Lunch Items (Served Everyday)	
Sunbutter & Jelly Sandwich	64g
Chicken Caesar Salad	13 g

Lunch Items	
Chicken Tenders (2 each)	30g
Vegetarian Nuggets	27g
Whole Wheat Roll	14g
Tropical Fruit Cup	15g
BBQ Sauce (1 oz)	10g
Mac & Cheese	45g
Broccoli	5g
Cheese Burger	29g
Veggie Burger	29g
Crinkle Cut Fries (4 oz)	18g
Lettuce, Onion, Tomato, Pickle	4g
Ketchup Packet	2g
Mayo Packet	.5g
Mustard Packet	.4g
Meat Lover's Pizza	45g
Mandarin Chicken	20g
Brown Rice	27g
Roasted Mandarin Tofu	4g
Veggie Spring Roll (3 oz)	21g
Homestyle Chicken Sandwich	47g
Veggie Chicken Sandwich	55g
Tater Tots	18g
Alicia's Chicken Tamale	46g
Alicia's Cheese Tamale	45g
Corn Tortilla Chips (1 oz)	18g
Salsa Cup	4g
BBQ Pulled Pork	9g
Hawaiian Roll	15g
Roasted Corn	12g

Lunch Items	
Pasta Marinara	32g
Caesar Salad	12g
Beef Hot Dog	3g
Hot Dog Bun	2g
Veggie Dog	6g
Chicken Corn Dog	27g
Applesauce Cup	15g
Alicia's Chicken Burrito	48g
Alicia's Bean & Cheese Burrito	51g
Guacamole Cup	4g
Roselyn's Noodle Bowl with Pork	75g
Roasted Tofu Noodle Bowl	80g
Beef Empanada	29g
Plantains	41g
Mexican Slaw	8g
Green Beans	4g
Corn Salad	16g
Garam Masala Peas	17.6g
Flat Bread	11g
Indian Butter Chicken	5g
Indian Butter Tofu	10g

Fruit	
Banana	27g
Apple	25g
Pear	27g
Orange	15.4g
Peach	15g

